



# Corn Dip

## PREP TIME

15 min

## COOK TIME

60 min (chill time)

## TOTAL TIME

75 min

## SERVINGS

8

## COST

\$

## COURSE

Appetizer/snack

## INGREDIENTS

- 1 cup plain non-fat Greek yogurt
- 1 cup sharp cheddar cheese, shredded
- 1 cup fresh corn (about 2 cobs)
- 1 4 oz can diced green chiles
- 2 green onions, chopped
- 1/2 tsp garlic powder
- 1 tsp chili powder
- 1/2 tsp cumin
- Pinch of red pepper flakes (optional)
- 1/4 tsp salt

## INSTRUCTIONS

1. In a mixing bowl, combine all the ingredients
2. Stir until completely combined
3. Cover and place in the refrigerator for an hour to combine flavors
4. Serve with your favorite tortilla or vegetable chips

## NOTES

### Cheese Options

You could use different types of cheeses if you do not have sharp cheddar.

### Corn Options

If needed, you can use frozen or canned (drained) corn instead of fresh.

## COOKING WITH KIDS!



Follow these tips for ideas on how to include your kids while making this recipe

Your kids can help add all the ingredients and stir them together.

