

Corn Dip



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

Additional 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 corn instead of fresh

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Utah State University Extension

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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



Kids!

Cooking with