

Parmesan Cilantro Corn

INGREDIENTS:

2 Tbsp. butter
4 c. frozen corn
1 garlic clove minced
1 Tbsp. lime juice
1 tsp. cumin
1/4 tsp. cayenne pepper
1/3 c. grated Parmesan
cheese
3 Tbsp. Greek yogurt
3 Tbsp. milk
1/2 tsp. salt
1/4 tsp. black pepper
1/2 c. cilantro, chopped

DIRECTIONS:

In a large skillet over medium-high heat, melt butter. When butter is melted, add the garlic and corn, stirring to coat with butter. Cook, stirring frequently, for two minutes. Add lime juice, cumin and cayenne pepper and cook for two more minutes. Stir in cheese, Greek yogurt and milk. Add additional milk or yogurt as needed to make a creamy texture. Continue to stir so corn doesn't stick to the pan. Add salt and pepper. Cook corn until most of the cream has been absorbed, about five minutes more. Remove from heat, stir in cilantro and serve hot.

NUTRITION:

Makes eight (1/2 cup) servings. Each serving has 120 calories, 4.5 grams (g) fat, 4 g protein, 18 g carbohydrate, 1 g fiber and 210 milligrams sodium.