

Corn Dip

Prep Time: 15 minutes

Total Time: 35 minutes (with standing time)

Serves: 6 – 8

Ingredients:

2 (11-ounce) cans Mexicorn

$\frac{3}{4}$ cup mayonnaise

$\frac{3}{4}$ cup sour cream

1 (4-ounce) can diced green chilies

1 teaspoon ground cumin

1 teaspoon garlic powder

$\frac{3}{4}$ teaspoon onion powder

$\frac{1}{2}$ teaspoon smoked paprika (mild or hot)

$\frac{1}{4}$ teaspoon white pepper

1 teaspoon chili powder (see Notes)

$\frac{3}{4}$ teaspoon seasoned salt (such as Lawry's)

1 fresh jalapeno pepper, diced, optional

$\frac{1}{4}$ teaspoon cayenne pepper (more or less if desired)

Fritos Scoops or tortilla chips

Instructions:

1. Pour the cans of corn into a colander set over a bowl to drain while preparing the other ingredients.
2. In a medium bowl, add all the remaining ingredients and stir together.
3. Add the drained corn and combine well.
4. Taste for seasoning and adjust as desired.
5. If time allows, let the dip stand for 20 minutes before serving, allowing the flavors to meld together, making a better-tasting dip. (If not serving for over an hour, cover and refrigerate until ready to serve. Stir the dip after refrigeration before serving.)
6. Cover and refrigerate any leftovers. The dip keeps well for up to 4 days.

Notes:

What is "Mexicorn"? This blend includes golden whole kernel corn, red and green sweet peppers, sugar, and salt. As you can see, they are simple ingredients that you can make from fresh and add to the dip instead of using canned corn. I am going to recreate this dip with this style of preparing everything from fresh, just to compare the two dips for fun. Look for the recipe in the next email!

You can certainly use fat free dairy if you are on a diet that watches fat content, like WW.

Heat or not heat – it's totally up to you! Love the heat? You can use a hotter pepper than a jalapeno, like a habanero. Prefer no heat? Dice up a green bell pepper instead. You'll still have the texture and color without the heat.

Chili powder doesn't have to be the basic ground chili powder that is most commonly found. Try chipotle, ancho, or dark chili powder. You can switch things up.

Nutrition chart does not include Fritos, or any other dipping ingredients.

Restir before serving in case there's any separation of liquid.

Other optional add-ins: black beans, cooked and crumbled bacon, cotija cheese, diced pimentos, sliced green onions, etc.

Nutrition Facts	
Serves 6	
Amount Per Serving	
Calories	225
% Daily Value*	
Total Fat 16.9g	22%
Cholesterol 14.4mg	5%
Sodium 285.9mg	12%
Total Carbohydrate 15.3g	6%
Dietary Fiber 1.7g	6%
Sugars 4.5g	
Protein 3.1g	6%
Vitamin A 4%	Vitamin C 4%
Iron 2%	Potassium 4%
Riboflavin (B2) 4%	Vitamin B12 3%
Vitamin E 6%	Vitamin K 46%