

Street Corn Dip with Cottage Cheese

Prep: 4 minutes • Cook: 6 minutes

A creamy, high-protein dip featuring charred sweet corn blended with tangy lime, jalapeño heat, and salty feta for a fresh, lively bite. Cool, zesty, and irresistible straight from the fridge.

Ingredients

- 2 teaspoons neutral oil (grapeseed, vegetable, etc.)
- 3 cups corn kernels (fresh or frozen)
- 2 cloves garlic (minced)
- 3/4 cup cottage cheese
- 2 tablespoons lime juice (fresh)
- 1 tablespoon mayonnaise
- 1 teaspoon hot sauce (Mexican-style)
- 3/4 teaspoon fine sea salt
- 1/3 cup scallions (thinly sliced (green onions))
- 1/4 cup cilantro (finely chopped (stems and leaves))
- 2 tablespoons feta cheese (crumbled (or cotija; more if desired))
- 2 tablespoons jalapeño (minced; seeds and ribs removed (adjust to taste))

Instructions

1. Heat a large skillet over medium-high heat. Add the neutral oil and swirl to coat.
 2. Add the corn kernels in an even layer and cook without stirring until lightly charred on one side, about 2 minutes.
 3. Toss and continue cooking until lightly charred all over, about 3 minutes more.
 4. Add the minced garlic and cook, stirring constantly, until fragrant, about 30 seconds. Immediately transfer the corn mixture to a large bowl to prevent the garlic from burning.
 5. In a blender, combine the cottage cheese, lime juice, mayonnaise, hot sauce, and fine sea salt. Blend until completely smooth and creamy.
 6. Add the blended mixture to the bowl with the charred corn. Stir in the scallions, cilantro, feta, and jalapeño until evenly combined.
 7. Taste and adjust seasoning with additional salt, lime juice, or hot sauce as desired.
 8. Optional: Chill for at least 1 hour to allow flavors to meld.
 9. Garnish with extra scallions, cilantro, feta, and/or jalapeño if desired. Serve with tortilla chips, pita chips, or fresh veggies.
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Tags: Dip, High Protein, Vegetarian, Gluten Free, Mexican Inspired, Corn

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