

Cheesy Ranch Corn

Snack Crediting for Ages 3-5



Total Time

5 minutes



Serving Size

2/3 cup



Servings

8



Components

Meats/Meat Alternates,
Vegetables

Ingredients

- 3 (15 oz) canned corn kernels, drained and rinsed
- 1 cup plain Greek yogurt
- 1 tbsp ranch seasoning
- 1 lime, juiced
- 2 tbsp butter
- 1 cup shredded cheese

Make sure your yogurt is #CACFPCreditable!

Click [here](#) to learn how to identify sugar limits.

Directions

1. Place corn and butter in a medium microwave-safe bowl. Microwave until butter fully melts and corn is hot, about 4 minutes. Remove from microwave and mix until corn is coated in butter.
2. Add yogurt, ranch seasoning, lime juice, and cheese to bowl. Mix until well combined with corn.
3. Place 2/3 cup of cheesy ranch corn in a cup or bowl. Can serve as is or paired with vegetables or WGR crackers.

One serving provides 3/4 oz meat alternate and 1/2 cup vegetable.

