

Cheesy Sweet Corn Cups



GREEN (ACT & SA) / Everyday (NSW)

Makes 10 serves, Serving size: ½ cup (approx. 90g)

Ingredients:

- 5 cups frozen corn
- 1 cup reduced-fat shredded cheese, to sprinkle

Method:

1. Place frozen corn in a colander and rinse with water until the corn is no longer icy and stuck together.
2. Transfer corn into a microwave-safe bowl and add approximately 4 tablespoons of water. Cover bowl with cling wrap and poke a few holes in the wrap with a fork.
3. Place dish in microwave and cook on high for approximately 5-6 minutes.
4. Drain the excess water from the bowl before evenly distributing into cups to serve.
5. Sprinkle cheese on top of each corn cup. Let cool for a few minutes before serving with a spoon.

Variations:

- Mexican corn cup: Instead of sprinkling with grated cheese, mix chipotle sauce and parmesan cheese through the cooked corn.
- Corn could also be cooked on the stove.

Nutrition information:

[Recipe name here]	Per serve (90g)	Per 100g
Energy (kJ)	419	465
Protein (g)	5.7	6.4
Fat – total (g)	4.6	5.1
Fat – saturated (g)	2.3	2.5
Carbohydrates – total (g)	8.9	9.9
sugar (g)	4.8	5.4
Sodium (mg)	77	85