

# Cheesy Ranch Corn



Brighter  
Futures  
INDIANA



Child Care  
Resource and  
Referral Network

## Ingredients

3 15-ounce cans of corn, drained and rinsed

1 cup plain Greek yogurt

1 Tablespoon ranch seasoning

1 lime, juiced

2 Tablespoons butter

1 cup shredded cheese

## Instructions

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

*Scan the QR code or visit [FamilyResourceNavigator.org/FoodforThought](https://FamilyResourceNavigator.org/FoodforThought)  
for additional recipes and healthy eating tips.*

