

Plate Dream

Easy Traditional Corn Dip Recipe

10 min Prep time	**12 min** Cook time	**22 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 1 cup fresh or frozen corn kernels
- [ ] 4 oz cream cheese, softened
- [ ] 1/2 cup sharp cheddar cheese, shredded
- [ ] 2 tbsp unsalted butter
- [ ] 1 tsp Cajun seasoning
- [ ] 1 tbsp fresh lime juice

Optional Garnish

- [ ] 2 tbsp chopped cilantro
- [ ] 1 small jalapeño, finely diced (optional)

Instructions

1. In a medium skillet, melt the butter over medium heat and add the corn kernels; sauté for 3-4 minutes until they start to turn golden.
2. Reduce the heat to low and stir in the softened cream cheese, mixing until it’s fully incorporated and smooth.
3. Fold in the shredded cheddar, allowing it to melt gently while you stir.
4. Season with Cajun seasoning and lime juice, then taste and adjust with a pinch more salt if needed.
5. Transfer the dip to a serving bowl, garnish with cilantro and jalapeño if using, and serve warm with chips or veggies.

Nutrition per serving

260 kcal	8 g	15 g	18 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the dip thickens, stir in a tablespoon of milk to loosen it.
- For a smoky twist, add a dash of smoked paprika with the Cajun seasoning.
- Serve with fresh sliced bell peppers for a colorful, crunchy side.