

Helergon Kitchen

Traditional Corn Dip Recipe – Easy & Delicious

10 min Prep time	**10 min** Cook time	**20 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 2 cups fresh or frozen corn kernels
- [ ] 1 cup sharp cheddar cheese, grated
- [ ] 2 tbsp butter
- [ ] 1 tsp cumin
- [ ] 1/2 tsp smoked paprika
- [ ] 1 tbsp lime juice
- [ ] Salt and pepper to taste

Optional Add-ins

- [ ] 1 tsp honey (optional)
- [ ] 1 jalapeño, finely diced (optional)
- [ ] Fresh cilantro for garnish

Instructions

1. Heat a medium skillet over medium heat and melt the butter until it begins to foam.
2. Add the corn kernels and sauté for 3-4 minutes, stirring until they turn a light golden hue and release a sweet scent.
3. Sprinkle cumin and smoked paprika over the corn, stirring to coat evenly; let the spices toast briefly.
4. Reduce heat to low, then fold in the grated cheddar, allowing it to melt slowly while you stir.
5. Stir in lime juice, season with salt and pepper, and if using, drizzle honey and add jalapeño. Warm through, garnish with cilantro, and serve immediately.

Nutrition per serving

320 kcal	12 g	22 g	22 g
Calories	Protein	Carbs	Fat

Tips & notes

- For extra creaminess, stir in a tablespoon of cream cheese at the end.
- If the dip becomes too thick, thin with a splash of milk or vegetable broth.
- Serve while hot for the best texture; it firms up as it cools.