

# CHEESY JALAPENO *Corn Dip*

**\$1.20**

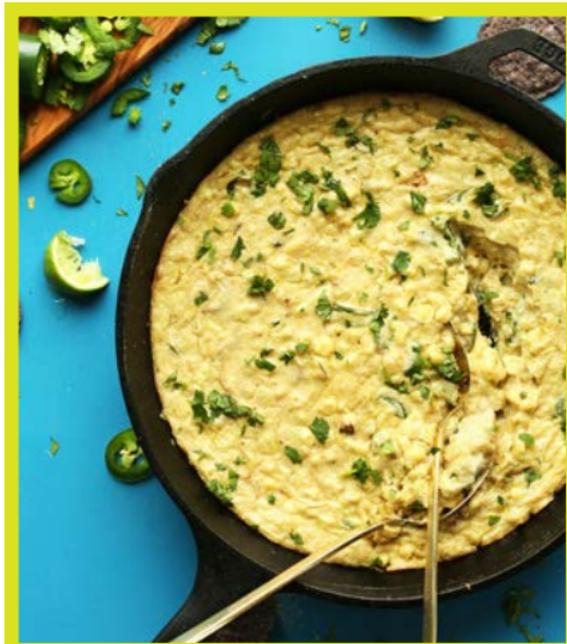
*per serving*

**30** MINUTES  
OR LESS

**9 INGREDIENTS**

*Buy Local!*

- 2 Tbsp olive oil, divided
- 1 shallot, chopped
- 4 cloves garlic, minced (2 Tbsp)
- 3 cups fresh corn, cut off the cob** (~4 ears | or sub canned (drained))
- Sea salt and ground black pepper, to taste
- 1 jalapeño**, minced (seeds / stem removed)
- 8 ounces cream cheese (use vegan if needed)
- 2/3 cup raw cashews
- 2-3 Tbsp nutritional yeast, plus more to taste
- 3/4 tsp ground cumin
- 4-6 Tbsp water (or unsweetened plain almond milk)



\*highlighted ingredients can be bought at the market!



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## HOW TO: JALAPENO CHEESY CORN DIP

1. Preheat oven to 375 degrees F (190 C).
2. Heat a cast iron or oven-safe skillet over medium heat. Add 1 Tbsp olive oil, shallot and garlic. Stir constantly to prevent burning.
3. Add corn, a healthy pinch each sea salt and pepper and stir. Cook for 3-5 minutes until shallots appear softened and the corn is slightly darker in color. Add the jalapeños in the last minute of cooking, then remove from heat and set aside.
4. To a blender, add cream cheese, soaked (drained) cashews, nutritional yeast, cumin, 4 Tbsp water or almond milk, remaining 1 Tbsp olive oil, and a healthy pinch each salt and pepper. Blend on high, scraping down sides as needed, until creamy and smooth. Add only enough water or almond milk to encourage blending. You want it very creamy, thick, and pourable.
5. Taste and adjust seasonings as needed, adding more cumin for smokiness, nutritional yeast for cheesiness, and salt and pepper for overall flavor.
6. Pour the sauce into the skillet with the corn mixture. Stir until well combined, then smooth down with a spoon or spatula.
7. Bake for 10-13 minutes or until hot and bubbly. Remove from oven (carefully, with an oven mitt!), serve immediately with veggies or tortilla chips. Cilantro and lime juice make a colorful and delicious garnish.
8. Best when fresh, though leftover dip can be stored in the refrigerator up to 3-4 days. Reheat in a 350 degree F (176 C) oven (or in the microwave) until completely warmed through.

### *why is it healthy?*

#### JALAPENO

Jalapenos contain Capsaicin which has impressive health benefits, particularly as an anti-inflammatory- it also aids in weight loss (specifically belly fat).

#### CASHEWS

Cashews are full of healthy fat and protein. They also contain a "therapeutic amount" of tryptophan, which can boost mood.

#### CORN

Corn is an inexpensive veggie that provides quick energy and sweetness to any meal.

This recipe is from **Minimalist Baker**

Go to [minimalistbaker.com](http://minimalistbaker.com) to see more recipes!

<http://minimalistbaker.com/cheesy-jalapeno-corn-dip/>

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