



UNIVERSITY OF WYOMING  
EXTENSION

**NUTRITION & FOOD SAFETY**  
**RECIPE OF THE MONTH**  
**NOVEMBER**



## COWBOY CORN DIP

Mix together in microwave safe bowl:

### INGREDIENTS

3 (15 oz. each) cans of corn, drained

1 (10 oz.) can diced tomatoes and green chilies (mild, medium or hot depending upon your taste)

1 (8 oz.) block of low-fat cream cheese

1 tablespoons butter or margarine

Salt and pepper, to taste

### DIRECTIONS

1. Heat in microwave until hot - about 5 to 6 minutes. Stir a couple times while heating.
2. Serve with tortilla chips, crackers, or assorted fresh vegetables.

*Yield: 4 cups; 16 servings*



### Cowboy Corn Dip

<b>Nutrition Facts</b>	
Serving Size: (0g)	
Servings Per Container: 16	
<b>Amount Per Serving</b>	
<b>Calories</b> 70	Calories from Fat 30
<b>% Daily Value*</b>	
<b>Total Fat</b> 3.5g	<b>5%</b>
Saturated Fat 2g	<b>10%</b>
Trans Fat 0g	
<b>Cholesterol</b> 10mg	<b>3%</b>
<b>Sodium</b> 200mg	<b>8%</b>
<b>Total Carbohydrate</b> 9g	<b>3%</b>
Dietary Fiber <1g	<b>3%</b>
Sugars 2g	
<b>Protein</b> 2g	
Vitamin A 4%	• Vitamin C 2%
Calcium 2%	• Iron 2%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

INGREDIENTS: CORN, SWEET, YELLOW, CANNED, WHOLE KERNEL, DRAINED SOLIDS, TOMATOES, RED, RIPE, CANNED, WITH GREEN CHILIES, CHEESE, CREAM, LOW FAT, BUTTER (CREAM, SALT), BLACK PEPPER, SALT