



Instant Pot Mexican Corn on the Cob



1/4th of recipe (1 ear): 124 calories, 3g total fat (1g sat fat), 219mg sodium, 20.5g carbs, 2g fiber, 7.5g sugars, 5.5g protein

Blue Plan (Freestyle™) SmartPoints® value 1*

Prep: 5 minutes **Cook:** 20 minutes



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Ingredients

4 medium ears of corn, husks removed
4 wedges The Laughing Cow Light Creamy Swiss Cheese (or 1/4 cup light/reduced-fat cream cheese)
1 tsp. taco seasoning
Optional topping: chopped fresh cilantro

Directions

Add 2 cups of water to an Instant Pot. Place [a stainless-steel steamer basket](#) inside the pot.

Place corn in the basket, seal with lid, and manually set for 2 minutes. (Instant Pot will preheat for about 15 minutes.)

Once cooked, press Keep Warm/Cancel. Vent to release steam. (Careful. It's hot!)

Spread cheese onto corn, and sprinkle with taco seasoning.

MAKES 4 SERVINGS

SmartPoints® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the **SmartPoints®** values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The **SmartPoints®** values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the **SmartPoints®** trademark.