



Nutrition Facts

(per serving, assuming 4 servings)

Calories: 300kcal

- Protein: 10g
- Total Fat: 9g
- Saturated Fat: 2g
- Carbohydrates: 46g
- Dietary Fiber: 7g
- Sugars: 5g
- Sodium: 300mg

MEXICAN STREET CORN

Celebrate Cinco de Mayo with this healthy Mexican Street Corn Salad! Bursting with vibrant flavors and fresh ingredients, it's low in calories and high in protein. Perfect as a side dish or light meal, it's sure to impress your guests!



PREP TIME
15 MIN



COOK TIME
10 MIN



SERVINGS
1 CUP - 4
SERVINGS

Ingredients

Salad

- **Corn:** For the base of the salad, use 4 cups of corn. Fresh or frozen will work, but thaw the frozen corn before using.
- **Avocado Oil:** 1 tbsp of avocado oil
- **Red Bell Pepper:** include 1/2 of a red bell pepper.
- **Red Onion:** Use 1/2 of a red onion
- **Jalapeño:** For a dash of heat, include 1 jalapeño (deseeded and diced into small pieces).
- **Cilantro:** 1/2 cup of chopped cilantro.

Dressing

- **Greek Yogurt:** 1/2 cup of Greek yogurt will form the base of the dressing.
- **Lime:** the juice of 1 large lime.
- **Salt:** 1 tsp of salt.
- **Spices:** Add flavor with 1 tsp of each of chili powder, cumin, and smoked paprika.
- **Crumbled Cotija Cheese:** 1/3 cup of crumbled cotija cheese (and set aside extra to sprinkle on top if desired).

Instructions

1. If using frozen corn, begin by thawing it. In a skillet, heat 1 tablespoon of avocado oil over medium heat. Once hot, add 4 cups of corn and cook, stirring occasionally, until the corn is browned. Remove from heat and let it cool slightly.
2. While the corn is cooking, prepare the vegetables. Dice 1/2 of a red bell pepper for added crunch and color. Slice 1/2 of a red onion for a slight bite. Deseed 1 jalapeño and dice it into small pieces.
3. In a large mixing bowl, combine the browned corn, diced red bell pepper, sliced red onion, and diced jalapeño. Add 1/2 cup of chopped cilantro to the mix.
4. In a separate bowl, prepare the dressing by mixing together 1/2 cup of Greek yogurt and the juice of 1 large lime. Stir in 1 teaspoon of salt, along with 1 teaspoon each of chili powder, cumin, and smoked paprika until well combined.
5. Drizzle the dressing over the salad mixture and toss gently to ensure all ingredients are evenly coated.
6. Finish the salad by adding 1/3 cup of crumbled cotija cheese, mixing gently to combine. If desired, set aside some extra cotija cheese to sprinkle on top when serving.