

Mexican Street Corn Salad



This Mexican Street Corn Salad is a healthy, simple take on elote, the delicious Mexican street vendor version of corn on the cob!

Course	Appetizers, Side Dishes, Snacks
Diet	Gluten-Free, Vegetarian
Occasion	4th of July, Cinco de Mayo, Halloween
Time	30 minutes or less
Prep Time	10 minutes
Cook Time	15 minutes
Total Time	25 minutes
Servings	8 people
Calories	181 kcal
Author	Live Eat Learn

Ingredients

Dressing

- ½ cup plain nonfat yogurt *80 g
- 1 Tbsp lime juice 15 mL
- 1 tsp honey 5 mL
- ½ tsp paprika
- ¼ tsp cumin

Salad

- Splash of oil
- 4 ears corn about 3 cups, 285 g of kernels, shucked and kernels removed
- 1 clove garlic minced
- 2 Tbsp lime juice 30 mL
- ¼ tsp salt
- 1 cup canned black beans 200 g, drained and rinsed
- 1 red bell pepper seeded and chopped
- ½ cup chopped red onion 35 g
- ½ cup packed fresh cilantro chopped
- ½ cup cotija cheese 88 g, crumbled, can sub feta

Instructions

1. Mix all dressing ingredients and set aside.
2. Heat oil over medium/high heat in a large saute pan then add garlic and corn. Cook about 15 minutes, flipping frequently, until corn begins to char a bit. Gently toss with lime juice and salt.**
3. In a large bowl, combine corn mix, black beans, pepper, onion, cilantro, and cheese. Drizzle sauce over and serve either warm or cold. Perfect over tacos, as a chip dip, or by itself!

Notes

*If using Greek yogurt, add a dash of milk to thin it out.

**Alternatively, cook the ears of corn on the grill, then remove kernels and mix into garlic, lime juice, and salt.

Nutrition Facts

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Amount Per Serving (1 serving)

Calories 181 Calories from Fat 41

% Daily Value*

Total Fat 4.6g **7%**

Sodium 192mg **8%**

Total Carbohydrates 28.6g **10%**

Dietary Fiber 5.8g **23%**

Protein 8.8g **18%**

* Percent Daily Values are based on a 2000 calorie diet.

Recipe from Live Eat Learn at <https://www.liveeatlearn.com/mexican-street-corn-salad/>.