

For a lettuce-less salad that hits the spot, Healthy Mexican Street Corn Salad is the perfect recipe. Great for a crowd and made with bell pepper, cotija cheese, and more!

INGREDIENTS:

- 4 cups corn, fresh or frozen (if frozen, thaw first)
- 1 tbsp avocado oil
- 1/2 red bell pepper, diced
- 1/2 red onion, diced
- 1 jalapeno, deseeded and diced small
- 1/2 cup cilantro, chopped
- 1/2 cup Greek yogurt
- 1 large lime, juiced (about 3 tbsp)
- 1 tsp salt
- 1/2 tsp chili powder
- 1/2 tsp cumin
- 1/2 tsp smoked paprika
- 1/3 cup crumbled cotija cheese + more for sprinkling on top



INSTRUCTIONS:

1. Heat a large skillet over high heat with avocado oil. Once hot, add corn in. You want to char your corn slightly so it has a roasted flavor and some brown bits. This will take about 4-6 minutes, toss occasionally.
2. Pour into a large bowl and let cool.
3. Prepare the rest of your veggies (peppers, onion, and cilantro) by chopping. Once chopped, add them to the bowl with the corn.

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4. In a small bowl, whisk together Greek yogurt, lime juice, salt, chili powder, cumin, paprika. Stir in cheese.
5. Add yogurt sauce to bowl and stir to combine everything well.
6. Top with more cheese and cilantro.
7. Store in fridge for up to five days.

NUTRITION

Serving Size 1/2 cup

Serves 10

Amount Per Serving	
Calories	98
% Daily Value*	
Total Fat 4.2g	5%
Cholesterol 5.9mg	2%
Sodium 307.3mg	13%
Total Carbohydrate 13.1g	5%
Sugars 4.8g	
Protein 4.2g	8%
• Vitamin A 4% • Vitamin C 17%	

Nutrition is provided as a courtesy and is an estimate. If this information is important to you, please have it verified independently.

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