



Mexican Street Corn Salad

Servings 6 | Prep time 10 mins. | Total time 15 mins.

Equipment: Large frying pan, Large bowl

Utensils: Mixing spoon, Measuring cups and spoons

Ingredients

2 tablespoons olive oil OR vegetable oil

24 ounces frozen corn, thawed and patted dry (about 5 1/3 cups)

1/2 cup green onions, chopped

1/4 cup cilantro, roughly chopped

1/2 cup cotija cheese, crumbled, divided

2 tablespoons lime juice

1 jalapeño, deseeded and finely chopped (optional)

1 garlic clove, minced OR 1 teaspoon garlic powder

1/2 teaspoon salt

1 teaspoon chili powder

Instructions

1. Before you begin, wash your hands, surfaces, and utensils.
2. Heat the oil in a large frying pan over medium-high heat. When the oil begins to bubble, add the corn and cook, mixing often, until charred and starting to pop, 6-7 minutes.
3. Pour the charred corn into a large bowl and add the green onions, cilantro, 1/4 cup of the cotija cheese, lime juice, jalapeño (if using), garlic, salt, and chili powder. Toss thoroughly to mix.
4. Serve topped with additional cilantro and remaining 1/4 cup of cotija cheese.

Nutritional Information:

Calories 180 Total Fat 9g Sodium 380mg Total Carbs 22g Protein 5g