



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