

Mexican Street Corn Salad

Prep: 10 min Cook: 10 min Total: 20 min Servings: 8

Calories: 180 Fat: 11g Protein: 5g Carbs: 17g Fiber: 2g

Ingredients

- 4 cups corn (approximately 24 oz frozen)
- 1 Tbsp avocado oil
- 1 red bell pepper diced
- 1 bunch of fresh cilantro minced, a few leaves left for garnish
- 1 jalapeno diced
- 1/2 large red onion diced
- 2/3 cup cotija cheese shredded/crumbled

Dressing:

- 5 Tbsp Lime Avocado Mayo (MYL)
- 4 Tbsp fresh lime juice approximately 2 limes
- 1/2 tsp cumin
- 1/2 tsp paprika
- 1/4 tsp kosher salt
- 1/4 tsp chili powder

Directions

1. Heat avocado oil in a saute pan over medium-high heat. Add the corn and cook until slightly charred, about 7-10 minutes. Transfer the corn to a large bowl and set aside.
2. Add the bell pepper, jalapeno, cilantro, and onion to the bowl with the corn and mix well.
3. In a small bowl, combine all the dressing ingredients and whisk until smooth.
4. Pour the dressing into the large bowl with the corn mixture and stir to combine. Add 1/2 of the cotija cheese and mix again.
5. Top with the remaining cheese and a sprinkle of cilantro.
6. Serve immediately, or cover and refrigerate for up to 8 hours before serving.
7. Enjoy your Mexican Street Corn Salad!