



MEXICAN STREET CORN SALAD

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[HTTPS://TASTEFULLYGRACE.COM/WPRM_PRINT/MEXICAN-STREET-CORN-RECIPE/](https://tastefullygrace.com/wprm_print/mexican-street-corn-recipe/)

What is corn?

- Corn is a grain eaten worldwide and a source of carbohydrates, which provide the body with energy.
- It comes in many varieties (Sweet corn, popcorn, baby corn, etc.) and can be used in both savory and sweet dishes.

Health benefits of corn

- Rich in Vitamins and Minerals. Each variety has a different micronutrient breakdown. Sweet corn contains Folate, Vitamin B6 and B3
- Gluten-free – safe for celiac diets
- Soluble Fiber – Good for your heart and gentle on digestion!
- Slow-digesting Carbohydrates + Fiber – Helps balance blood sugar and keeps you full and energized.



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Recipe

Ingredients

- 4 cups fresh corn
- 1/4 cup mayonnaise
- 1/4 cup sour cream
- 1 1/2 tablespoons fresh lime juice plus 1/4 teaspoon packed lime zest
- 1 tablespoon extra virgin olive oil
- 1 tablespoon finely chopped chives or scallions
- 1/4 teaspoon chili powder
- 1/4 teaspoon smoked paprika
- Small handful fresh cilantro or parsley finely chopped
- Small handful cotija or queso fresco cheese crumbled
- Salt to taste

Instructions

1. Grill or sauté corn (or 50/50 both!). To grill corn, brush each cob with a light layer of olive oil, and grill for about 12 minutes (3 minutes per side) over medium-high heat. Cut 4 cups of grilled kernels off the cob. Alternatively, sauté corn cut off the cob in olive oil for 4-7 minutes over medium heat until just tender and warmed.
2. Let corn cool to room temperature. While cooling, mix together the mayo, sour cream, lime zest and then juice, chives, chili powder, smoked paprika, and salt.
3. Add the cooled corn to the sauce. Place street corn in a serving bowl, and top with cilantro and cotija cheese. Enjoy!

Nutrition: Makes 6 servings

Serving: 1 serving | Calories: 209kcal | Carbohydrates: 20g | Protein: 5g | Fat: 14g | Saturated Fat: 4g | Polyunsaturated Fat: 5g | Monounsaturated Fat: 4g | Cholesterol: 15mg | Sodium: 150mg | Potassium: 304mg | Fiber: 2g | Sugar: 7g | Vitamin A: 374IU | Vitamin C: 8mg | Calcium: 45mg | Iron: 1mg