

Elote Salad (Mexican Street Corn Salad)

8 servings

Elote, meaning corn in Spanish, is also a name of a popular Mexican street food staple. The main ingredient is cooked corn on the cob, traditionally coated in mayonnaise, rolled in Cotija cheese, and sprinkled with ancho chili powder. Try this modified salad version to experience the delicious flavor combinations.

- 1 Tablespoon vegetable oil
- 4 ears of corn, scrubbed with clean vegetable brush under running water, cut from the cob*
- 1 jalapeno, gently rubbed under running water, seeds removed, diced
- ¼ cup onion, scrubbed with clean vegetable brush under running water, diced
- ¼ cup fresh cilantro, gently rubbed under running water, diced
- ¼ cup non-fat sour cream
- ¼ cup Cotija cheese, crumbled
- 1 Tablespoon lime juice
- ½ teaspoon chili powder**

1. Wash hands with soap and water.
2. In a large skillet, heat oil over high heat. Add corn and cook while occasionally stirring for 5 minutes, or until slightly charred. Transfer to a large bowl and let it cool.
3. Add the remaining ingredients to the corn and stir until combined.
4. Cover and refrigerate until ready to serve.
5. Store leftovers in a sealed container in the refrigerator for up to four days.



Notes:

*Three cups of canned or frozen corn can be used instead of fresh corn.

**For a spicier salad, ancho chili powder, chipotle chili powder or cayenne pepper can be used.

Nutrition Information per Serving (½ cup): Calories 60, Total Fat 2g, Saturated Fat 1g, Cholesterol 5mg, Sodium 70mg, Total Carbohydrates 9g, Fiber 1g, Total Sugars 1g, includes 0g Added Sugars, Protein 2g, Vitamin D 0%, Calcium 4%, Iron 0%, Potassium 2%.