

MEXICAN-STYLE STREET CORN SALAD

Caramelized onions give this salad depth and sweetness, while plain Greek yogurt "lightens" up the topping.

 15 minutes 1 hour 8 portions

INGREDIENTS

- 4 medium ears of sweet corn (white or yellow), husks and silk removed
- 2 large red onions, thinly sliced
- 2 tablespoons olive oil
- 2 cups plain whole milk Greek yogurt
- 2 teaspoons chili powder
- 1 teaspoon ground cumin
- 1 teaspoon garlic powder
- 1 cup crumbled queso fresco or Cotija cheese, plus more for serving (if desired)
- 1/2 teaspoon Kosher salt
- 1/4 cup cilantro, rinsed and roughly chopped, leaves and stems, plus extra for serving (if desired)
- Juice of one lime, plus extra for serving (if desired)

COOKING METHOD

- 1° Prepare a gas or charcoal grill. Or, if you prefer, preheat the oven to 400 degrees.
- 2° On a large piece of heavy duty foil, place the ears of corn and scatter with the onions. Drizzle the olive oil over top, and fold up to make a closed package.
- 3° Bake or grill for 20 minutes, or until the corn has started to brown. Turn the ears over so that they can get brown on the other side, and place back in the oven or grill. If baking, corn may need a few minutes under the broiler to help char the outside.
- 4° While the corn is cooking, stir the yogurt, chili powder, cumin, garlic, queso fresco, cilantro, lime, and salt (to taste). Let this sit for at least 15 minutes so the flavors can meld.
- 5° When the corn is browned, remove from the oven or grill. Using tongs, carefully hold the ears of corn over a bowl and use a knife to cut the kernels away from the cob. Add the grilled onions to the bowl. Add 1 cup of the yogurt sauce and stir to combine. Serve the corn with the extra yogurt sauce on the side, and extra queso fresco, cilantro, and lime (if desired).
- 6° Note; If you would like to serve the corn on the cob, split the ears in half prior to cooking. Finely dice the grilled onions and add to the yogurt mixture before spreading on the corn. Serve with extra queso fresco, cilantro, and lime (if desired).

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (207 g)	% DRI
ENERGY	101 kcal	209 kcal	10 %
FAT	5 g	9 g	15 %
FATTY ACIDS, TOTAL SATURATED	2 g	4 g	18 %
CHOLESTEROL	9 mg	18 mg	6 %
SODIUM	224 mg	463 mg	19 %
CARBOHYDRATE	10 g	21 g	7 %
SUGARS	3 g	7 g	—
FIBER	1 g	3 g	11 %
PROTEIN	6 g	13 g	—