

Creamy Mexican Street Corn Salad

Yield: 4 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/creamy-mexican-corn-salad-recipe>

Ingredients:

- 2 tablespoons olive oil
- 5 garlic cloves pressed
- 3 1/2 cups corn Fresh, canned or frozen
- 1 cup black beans drained and rinsed
- 1 red bell pepper Large, diced
- 1 sweet onion Medium, finely diced
- 3 jalapeños diced, seeds, and veins removed for a mild taste
- 1/4 cup jalapeño Pickled
- 5 ounces cream cheese can use light or fat-free
- 1 teaspoon smoked paprika
- 1 cup grated cheddar cheese
- salt
- pepper
- 2 tablespoons fresh chopped cilantro to garnish, optional

Nutrition:

1. Calories: 510 calories
2. Carbohydrate: 48 grams
3. Cholesterol: 70 milligrams
4. Fat: 30 grams
5. Fiber: 10 grams
6. Protein: 18 grams
7. SaturatedFat: 14 grams
8. Sodium: 700 milligrams
9. Sugar: 11 grams

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