

Mexican Street Corn Bowls

Yield: 4 min
Total Time: 45 min

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

Ingredients:

- 1 cup brown rice
- 4 cups romaine lettuce chopped
- 15 ounces black beans drained and rinsed
- 1 avocado halved, peeled, seeded and thinly sliced
- 1/2 cup cilantro leaves fresh
- 1 lime cut into wedges
- 4 ears corn shucked and rinsed
- 2 tablespoons unsalted butter
- 1 jalapeño seeded and diced
- 2 cloves garlic minced
- 3 tablespoons mayonnaise
- 2 tablespoons cotija cheese crumbled
- 2 tablespoons cilantro
- 1/2 teaspoon chili powder
- 1 lime
- 2 cups grape tomatoes halved
- 1/4 cup diced red onion
- 2 tablespoons cilantro leaves chopped fresh
- 1 clove garlic pressed
- 1 lime
- kosher salt to taste

Nutrition:

1. Calories: 530 calories
2. Carbohydrate: 77 grams
3. Cholesterol: 25 milligrams
4. Fat: 20 grams
5. Fiber: 17 grams
6. Protein: 16 grams

7. SaturatedFat: 7 grams
 8. Sodium: 790 milligrams
 9. Sugar: 6 grams
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