

Esquites (Mexican Corn Salad)

Yield: 5 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-ideas-for-cooking-frozen-corn-mexican-corn>

Ingredients:

- 2 tablespoons canola oil
- 4 cups frozen corn fresh or thawed, from about 5 medium ears
- 1/2 teaspoon kosher salt
- 1 clove garlic minced
- 1/4 cup chopped fresh cilantro coarsely
- 1 jalapeño pepper small, seeded and finely chopped
- 3 tablespoons cotija cheese crumbled, plus more for garnish
- 2 tablespoons mayonnaise or Mexican crema
- 1 tablespoon lime juice freshly squeezed
- 1 1/2 teaspoons chili powder

Nutrition:

1. Calories: 170 calories
2. Carbohydrate: 19 grams
3. Cholesterol: 10 milligrams
4. Fat: 11 grams
5. Fiber: 2 grams
6. Protein: 5 grams
7. SaturatedFat: 2 grams
8. Sodium: 400 milligrams
9. Sugar: 3 grams

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