

Mexican Street Corn Salad

Yield: 4 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/spicy-mexican-mayonnaise-recipe>

Ingredients:

- 1/2 cup nonfat yogurt plain, *80 g
- 1 tablespoon lime juice 15 mL
- 1 teaspoon honey 5 mL
- 1/2 teaspoon paprika
- 1/4 teaspoon cumin
- oil Splash of
- 4 ears corn about 3 cups, 285 g of kernels, shucked and kernels removed
- 1 clove garlic minced
- 2 tablespoons lime juice 30 mL
- 1/4 teaspoon salt
- 1 cup canned black beans 200 g, drained and rinsed
- 1 red bell pepper seeded and chopped
- 1/2 cup red onion chopped, 35 g
- 1/2 cup fresh cilantro packed, chopped
- 1/2 cup cotija cheese
- 88 grams feta

Nutrition:

1. Calories: 310 calories
2. Carbohydrate: 21 grams
3. Cholesterol: 50 milligrams
4. Fat: 18 grams
5. Fiber: 5 grams
6. Protein: 18 grams
7. SaturatedFat: 9 grams
8. Sodium: 860 milligrams
9. Sugar: 7 grams

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