Elote Salad

PREP TIME: 10 MINUTES | COOK TIME: 15 MINUTES | SERVES: 4

Elote is the favorite grilled corn Mexican street food. In salad form, it is called esquites and combines the same delicious ingredients in an easy-to-make, off-the-cob vibrant side dish.

Ingredients

• 2 cans (11 oz. each) whole kernel golden sweet corn
• 1/2 cup finely crumbled cotija or feta cheese
• 4 Tbsp. chopped cilantro, divided
• 2 Tbsp. mayonnaise
• 2 Tbsp. sour cream
• 1 lime (1 tsp. finely grated zest and 1 Tbsp. juice)
• 2 Tbsp. vegetable oil
• 1 1/2 tsp. chili powder

Instructions

1. Drain corn in a colander and pat dry with a clean dish towel or paper towels; set aside. Combine cheese, 3 Tbsp. cilantro, mayonnaise, sour cream, lime zest, and juice in a large heat proof bowl; set aside.

2. Heat oil in a large nonstick skillet over medium-high heat until hot and shimmering. Add dry corn and spread to an even layer. Cook 5 minutes without stirring, until corn starts to turn golden brown. Cook 5 to 6 minutes, stirring occasionally, until toasted and golden. Add chili powder; cook 30 seconds, stirring constantly.

3. Add hot corn to bowl and stir to coat evenly. Sprinkle with remaining 1 Tbsp. cilantro before serving warm or at room temperature.

For more recipes and resources, visit www.healthiergeneration.org/delmonte