



## MEXICAN STREET CORN SALAD WITH AVOCADO

### ingredients:

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| 1 Tablespoon canola oil  | 3 Tablespoons cotija or feta cheese, finely crumbled |
| 4 ears fresh corn, shucked, kernels cut from cob (about 4 cups)                    | 2 Tablespoons low-fat mayonnaise                     |
| 1 jalapeno pepper, stemmed, seeded and minced                                      | Juice from 1 lime                                    |
| 1 clove garlic, minced   | $\frac{1}{2}$ teaspoon chili powder                  |
| $\frac{1}{3}$ cup diced red bell pepper  | $\frac{1}{2}$ teaspoon cumin                         |
| 2 scallions, chopped   | $\frac{1}{4}$ teaspoon salt                          |
| $\frac{1}{2}$ medium avocado (semi-firm but ripe), peeled, cored and chopped small | $\frac{1}{4}$ cup fresh cilantro, chopped            |

### directions:

1. Heat vegetable oil in a large skillet over medium-high heat. Add corn, jalapeno and garlic and cook, tossing occasionally until corn is charred all over, about 6-9 minutes.
2. Remove skillet from heat and allow to cool slightly.
3. In a large bowl combine corn mixture, bell pepper, scallions, avocado, cheese, mayonnaise, lime juice, chili powder, cumin, salt and cilantro. Mix well and serve.

Cook's note: Can substitute 4 cups frozen corn, thawed, for the fresh corn.

Yield: 8 servings

### Nutrition Information Per Serving:

125 calories  
6.5 grams fat  
1 gram saturated fat  
4 mg cholesterol  
155 mg sodium  
16 grams carbohydrates  
3 grams fiber  
3 grams protein

Food exchanges:  
2 starch,  $1 \frac{1}{2}$  fat



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