

## ELOTE SALAD

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*Elote salad is a fun take on traditional Mexican elotes. This salad originally includes both sour cream and mayonnaise, but this recipe substitutes sour cream for plain Greek yogurt to increase protein and healthy fats content.*

**Yield:** 8 servings

### Ingredients:

- 1 Tbsp **olive oil**
- 4 cups **corn**, fresh, canned, or frozen (approximately 24 oz frozen)
- 1 **bell pepper**
- 1 bunch fresh **cilantro**, minced (set aside a few leaves for a garnish)
- 1 **jalapeno**, diced
- ½ large **red onion**, diced
- 1 **avocado**, diced
- 2/3 cup **cotija cheese**, shredded or crumbled (can substitute with any cheese of choice)

### The dressing:

- 3 Tbsp plain **Greek yogurt**, regular or reduced fat
- 2 Tbsp **mayonnaise**, regular or reduced fat
- 4 Tbsp **lime juice**
- ½ tsp **cumin**
- ½ tsp **paprika**
- ¼ tsp **kosher salt**
- ¼ tsp **chili powder**

### Instructions:

1. Heat olive oil in a stove pan on medium high heat and add the corn. Cook the corn until it is slightly charred, about 7-10 minutes. Add the cooked corn to a large bowl and set aside.
2. Add the pepper, jalapeno, cilantro, onion, and avocado to the large bowl with the corn and mix well.
3. In a separate bowl, add all the dressing ingredients together and mix until smooth.
4. Add the dressing to the large bowl with the corn and mix well. Add half of the cotija cheese and mix well.
5. Top with the remaining cheese and cilantro. Enjoy!

**Per Serving:** Calories 208, Protein 6.1 g, Saturated Fat 3.4 g, Sodium 221.4 mg, Fiber 4.5 g, Sugars 6.7 g

This recipe was adapted from [www.servedfromscratch.com](http://www.servedfromscratch.com).