

Mexican Street Corn with Blue Label Organic Cilantro

Ingredients

DRESSING:

- ½ cup plain nonfat yogurt
- 1 tablespoon lime juice
- 1 teaspoon honey
- ½ teaspoon paprika
- ¼ teaspoon cumin

SALAD:

- Splash of oil
- 3 cups corn kernels
- 1 clove garlic, minced
- 2 tablespoons lime juice
- ¼ teaspoon salt
- 1 cup canned black beans, drained and rinsed
- 1 red bell pepper, chopped
- ½ cup red onion, chopped
- ½ cup fresh cilantro, chopped
- ½ cup cotija cheese, crumbled

Directions

Mix all dressing ingredients and set aside.

Heat oil over medium-high heat in a large sauté pan then add garlic and corn.

Cook about 15 minutes, flipping frequently, until corn begins to char a bit.

Gently toss with lime juice and salt.

In a large bowl, combine corn mix, black beans, pepper, onion, cilantro, and cheese.

Drizzle dressing over salad and serve.

Salad can be served cold or warm, enjoyed as a dip, or a perfect topping in your tacos!



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