



Esquites - Mexican Street Corn Salad

serves 4
presented by McKenzie Ziegler, RDN, CDN, LDN
 McKenzieZieglerNutrition

INGREDIENTS

- 4 ears fresh corn, husks removed
- 2 Tbsp butter
- Salt, to taste
- ½ cup scallions, finely chopped
- ½ cup cilantro, finely chopped
- 2 cloves garlic, minced
- 2 Tbsp mayonnaise
- 1 Tbsp lime juice
- 2 oz feta or Cotija cheese, finely crumbled
- Chile powder, to taste

Instructions on Reverse

Optional Ingredients:

- 1 avocado, chopped
- 15 ounce can pinto beans, drained and rinsed
- 1 jalapeño pepper, finely chopped
- 1/2 cup tomatoes, diced



Esquites - Mexican Street Corn Salad

serves 4
presented by McKenzie Ziegler, RDN, CDN, LDN
 McKenzieZieglerNutrition

INSTRUCTIONS

- Using a knife, cut kernels off ears of corn.
- In a skillet over medium-high heat, melt butter
- Add corn and season with salt.
- Cook until charred on both sides, about 10 minutes.
- Transfer to a large mixing bowl.
- Mix in remaining ingredients, including any of the optional ingredients if desired.
- Serve immediately.