



Mexican Corn Salad

Servings: 8

Preparation Time: 20 minutes

Start to Finish Time: 30 minutes

Mexican Corn Salad blends sweet, smoky, and tangy flavors with creamy dressing, cotija cheese, and lime. It's the perfect side or dip for any occasion.

2 15.25 oz cans corn, SEE NOTES: if you want to use fresh or frozen corn kernels

1/2 cup mayonnaise (you can also use Greek yogurt for a lighter option)

1/4 cup sour cream

1/2 cup cotija cheese, crumbled (or feta as a substitute)

1/4 cup fresh cilantro, chopped

2 each green onions, thinly sliced

1/2 each red onion, finely diced

1 each jalapeño, seeds removed and finely chopped (optional), SEE NOTES

1 clove garlic, minced

1/2 teaspoon smoked paprika

1/2 teaspoon chili powder

1 each lime, juiced (about 2 tablespoons)

salt and pepper, to taste

MIX THE DRESSING:

In a large bowl, whisk together mayonnaise, sour cream, lime juice, smoked paprika, chili powder, and garlic.

ASSEMBLE THE SALAD:

Add the corn, red onion, jalapeño, green onions, and cilantro to the dressing. Toss to combine.

Stir in the cotija cheese and mix gently.

SEASON & SERVE:

Add salt and pepper to taste. Adjust lime juice if needed.

Serve the salad warm or chilled, garnished with extra cilantro, cheese, and a sprinkle of chili powder for extra spice.

Serving Ideas: This salad is perfect as a side dish for tacos, grilled meats, or as a dip with tortilla chips! meats, or as a dip with tortilla chips!

Mexican Corn Salad is a vibrant dish rooted in Mexico's long history with corn, or maize, which was first domesticated over 9,000 years ago. Corn played a central role in the diets and culture of ancient civilizations like the Aztecs and Maya. Modern street foods like elote (grilled corn on the cob) and esquites (seasoned corn in a cup) are inspired by these traditions.

We recently served this salad as a side for taco night, and it was a huge hit—no adjustments needed! Even our most discerning critic, Melinda, gave it rave reviews. The dish blends sweet, smoky, tangy, and spicy flavors, with creamy dressing, cotija cheese, fresh cilantro, and a touch of lime. Versatile and easy to make, it's perfect as a side or a dip with chips. This Mexican Corn Salad is bound to become a favorite at any gathering.

NOTE: If using fresh corn (about 6 ears of fresh corn), grill the ears of corn or sauté the kernels in a hot skillet with a bit of oil until they get a slight char (about 5-7 minutes). If using frozen, thaw and cook until warm, adding a little char if desired.

NOTE: Jalapenos: I used pickled jalapeños for the recipe and they added a milder "heat".

Per Serving (excluding unknown items): 208 Calories; 10g Fat (41.3% calories from fat); 7g Protein; 26g Carbohydrate; 3g Dietary Fiber; 20mg Cholesterol; 389mg Sodium; 10g Total Sugars; 0mcg Vitamin D; 117mg Calcium; 1mg Iron; 371mg Potassium; 171mg Phosphorus. Exchanges: .