

# Elote Salad

## Mexican Street Corn Salad

Nebraska Seasonal Produce Guide

8 Servings



**EXTENSION**

Health & Wellbeing



### Ingredients

- 1 Tablespoon vegetable oil
- 4 ears of corn, scrubbed with a clean vegetable brush under running water, cut from the cob\*
- 1 jalapeno, gently rubbed under cold running water, seeds removed, diced
- ¼ cup onion, scrubbed with a clean vegetable brush under running water, diced
- ¼ cup fresh cilantro, gently rubbed under running water, diced
- ¼ cup non-fat sour cream
- ¼ cup Cotija cheese, crumbled
- 1 Tablespoon lime juice
- ½ teaspoon chili powder\*\*

### Instructions

1. Wash hands with soap and water.
2. In a large skillet, heat oil over high heat. Add corn and cook while occasionally stirring for 5 minutes, or until slightly charred. Transfer to a large bowl and let it cool.
3. Add the remaining ingredients to the corn and stir until combined.
4. Cover and refrigerate until ready to serve.
5. Store leftovers in a sealed container in the refrigerator for up to four days.

\*Three cups of canned or frozen corn can be used instead of fresh corn.

\*\*For a spicier salad, ancho chili powder, chipotle chili powder or cayenne pepper can be used.

**Nutrition Information per Serving (1/2 cup):** Calories 60, Total Fat 2g, Saturated Fat 1g, Cholesterol 5mg, Sodium 70mg, Total Carbohydrates 9g, Fiber 1g, Total Sugars 1g, includes 0g Added Sugars, Protein 2g, Vitamin D 0%, Calcium 4%, Iron 0%, Potassium 2%



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