

Salad Ingredients:

- 3 cups frozen corn or 4-5 fresh corns on the cob
- 2 cloves garlic, minced
- 3 green onions, sliced
- 1 large avocado, diced
- ½ cup canned black beans, drained & rinsed
- ¼ cup Cotija or Queso Fresco cheese, crumbled for garnish
- lime wedges for garnish

Salad Preparation:

1. Preheat the oven to 425. Toss corn in 1 tablespoon of olive oil, spread on a lined sheet pan. Place sheet pan in oven, roasting for 15 minutes. Remove the pan from the oven and add minced garlic, stirring to combine. Return the pan to the oven and continue roasting for an additional 5-7 minutes or until corn is browned. Remove from the oven, cool.
2. In a large bowl, combine the rinsed beans, cooled corn, avocado, and onions. Drizzle on dressing and gently toss to coat. Sprinkle with Cotija cheese. Enjoy salad immediately!

Dressing Ingredients:

- ½ cup plain greek yogurt
- ¼ cup cotija cheese, crumbled
- 3 tablespoons freshly squeezed lime juice
- ¼ teaspoon lime zest
- 1 tablespoon jalapeño pepper, minced
- ½ bunch cilantro, chopped
- ⅛ teaspoon ground cumin
- ¼ teaspoon paprika
- ½ teaspoon chili powder
- 1 teaspoon Sriracha or pinch of cayenne pepper
- Salt and ground black pepper

Dressing Preparation:

Combine all the dressing ingredients in a small bowl and season to taste with 1/4 teaspoon salt and 1/8 teaspoon pepper. Whisk until well combined and refrigerate until ready to use.



Nutrition Facts

Serves 6

Amount Per Serving

Calories			195
			% Daily Value*
Total Fat 9.8g			13%
Saturated Fat 2.6g			
Polyunsaturated Fat 1.2g			
Monounsaturated Fat 4.8g			0%
Cholesterol 8.7mg			3%
Sodium 147.6mg			6%
Total Carbohydrate 23g			8%
Dietary Fiber 5.9g			21%
Sugars 6g			
Protein 8.1g			16%
Vitamin A	7%	Vitamin C	16%
Calcium	8%	Iron	7%
Vitamin D	3%	Magnesium	13%
Potassium	11%	Zinc	10%
Phosphorus	14%	Folic Acid (B9)	21%

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