

Foodnity Recipes

Healthy Street Corn Salad with Greek Yogurt

15 min Prep time	**5 min** Cook time	**20 min** Total time
4 Servings	**Easy** Difficulty	**Mexican-American** Cuisine

Ingredients

Main Ingredients

- [ ] 2 cups fresh corn kernels (about 3 ears)
- [ ] 1 red bell pepper, diced
- [ ] 1 cup Greek yogurt
- [ ] 2 tbsp lime juice
- [ ] 1 tsp chili powder
- [ ] 1/4 cup chopped cilantro
- [ ] 2 tbsp crumbled feta cheese (optional)
- [ ] 1 tbsp olive oil
- [ ] Salt and pepper to taste

Instructions

1. If you have fresh ears, grill the corn for 2-3 minutes until lightly charred, then slice off the kernels. Or, skip grilling for a quicker version.
2. In a bowl, whisk together Greek yogurt, lime juice, chili powder, olive oil, salt, and pepper until smooth.
3. Add the corn kernels and diced red pepper to the yogurt mixture; toss gently so every kernel is lightly coated.
4. Fold in chopped cilantro and feta, then give the salad a final gentle stir.
5. Serve immediately, or chill for 10 minutes for a cooler bite. Enjoy!

Nutrition per serving

250 kcal	12 g	30 g	8 g
Calories	Protein	Carbs	Fat

> **Tips & notes**
> - If you prefer extra heat, add a pinch of cayenne or a drizzle of hot sauce.
> - For extra crunch, sprinkle toasted pumpkin seeds right before serving.
> - The salad can be made ahead, but add the cilantro at the last minute to keep its bright flavor.