

Foodnity Recipes

Street Corn Creamy Cucumber Chicken Salad

15 min Prep time	**20 min** Cook time	**35 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 2 ears of corn, grilled and kernels removed
- [ ] 2 boneless, skinless chicken breasts
- [ ] 1 large English cucumber, diced
- [ ] 1 cup Greek yogurt
- [ ] 2 tbsp lime juice
- [ ] 2 tbsp olive oil
- [ ] ¼ cup chopped fresh cilantro
- [ ] Salt and pepper to taste

Optional Add-ins

- [ ] ½ avocado, cubed
- [ ] 1 tsp chili powder
- [ ] ½ cup crumbled feta

Instructions

1. Heat a grill pan over medium-high heat; brush corn with a little oil, grill until charred, then slice kernels off the cob.
2. Season chicken breasts with salt, pepper, and a pinch of chili powder; sear in a skillet with 1 tbsp oil until golden, about 5-6 minutes per side. Let rest, then dice.
3. In a large bowl, whisk together Greek yogurt, lime juice, remaining olive oil, and a pinch of salt.
4. Add the grilled corn kernels, diced cucumber, and chicken pieces to the bowl; toss gently to coat.
5. Stir in chopped cilantro and, if using, avocado and feta; give a final light toss.
6. Serve immediately, or chill for 20 minutes for a cooler, refreshing bite.

Nutrition per serving

380 kcal	30 g	32 g	14 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a spicier profile, drizzle a little hot sauce before serving.
- For extra crunch, toss in toasted pepitas just before plating.
- The salad stays vibrant if you keep the dressing separate until ready to eat.