

Quick and Easy Meals

Fall 2024

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Mexican Street Corn-Inspired Salad

Serves 4

Time 15 minutes

Vegan

Common Allergens Check mayonnaise label

Recipe lightly adapted from [Vegan Richa](#)

Ingredients

- 10 ounces or 2 cups frozen roasted corn, thawed
- 15-ounce can black beans
- ½ red bell pepper, finely diced
- ¼ red onion, finely diced
- 1 jalapeno, finely diced
- 1 tablespoon nutritional yeast
- 1 teaspoon lime juice or to taste
- 1 teaspoon paprika
- ½ teaspoon garlic powder
- ¼ teaspoon salt or to taste
- ¼ cup cilantro, chopped, for garnish (optional)

Chipotle mayonnaise

- ¼ cup vegan mayonnaise
- 2-3 teaspoons lime juice
- ¼ teaspoon chili powder
- ½ teaspoon paprika
- ¼ teaspoon garlic powder
- Water to thin



Instructions

1. In a large bowl, combine salad ingredients and stir well to combine.
2. In a small bowl, combine chipotle mayonnaise ingredients and stir well. If necessary, add water, ½ teaspoon at a time, until it reaches desired consistency. It should be just thin enough to pour.
3. Pour dressing over salad and garnish with cilantro if using.

Notes

- If you cannot find roasted frozen corn, heat a skillet over medium high heat. When hot, add 1 teaspoon oil and thawed frozen corn and cook to golden brown on some edges.
- If you do not need this recipe to be vegan/egg-free, you can use regular mayonnaise.
- To make this recipe less spicy, omit the jalapeno or replace with ¼ green bell pepper