



Grilled Corn Salsa with Avocado



Image by Erica Gamboa

Grilled summer corn, cut fresh off the cob and tossed with black beans, crunchy red onion, spicy chile peppers, fresh cilantro, and creamy avocado, finished with a squeeze of lime juice, and topped with salty crumbled Cotija cheese. This recipe is fresh, delicious, and easy to make as an appetizer, served with corn tortilla chips, or as a topping for tacos, burritos, or any of your favorite Mexican dishes.

BY ERICA GAMBOA

Servings: 6 | **Difficulty:** Easy

PREP TIME: 20 minutes + **COOK TIME:** 10 = **TOTAL TIME:** 30 minutes

Ingredients

- 3 ears fresh corn, husks & silk removed and cleaned
- 1-15 oz. can of black beans, rinsed thoroughly and drained
- 1/2 small red onion, finely chopped
- 1/4 cup fresh cilantro, roughly chopped
- 2 large avocados, cut into cubes / pieces
- 2 serrano peppers, finely chopped
- 3 limes, juiced
- 3 tbsp. cotija cheese, crumbled
- Salt & pepper to taste; start with 2 tsp. of each
- 1 tbsp oil of choice, for brushing the corn.
(I use olive oil, but any oil or cooking spray will work.)

Directions

- 1 Brush the cleaned and husked corn with oil or spray it with cooking spray.
- 2 On medium-high heat, on a griddle, outdoor grill, or skillet, grill the corn until all sides are lightly charred, turning frequently to avoid burning.
- 3 Remove from heat and set aside to cool for a few minutes.
- 4 Prepare the veggies by chopping the onion, cilantro, and serrano peppers as directed, placing them in a medium mixing bowl, and setting aside.
- 5 In another smaller bowl, take the corn and place it in the bowl, standing up on its flat side. Take a sharp knife and cut downward, getting as close to the base as possible, to remove the corn kernels. Rotate the corn and continue the steps until all of the corn kernels are removed.
- 6 Take the corn kernels and add them to the bowl with the other veggies.
- 7 Add the can of black beans, and make sure to rinse and drain thoroughly.
- 8 Prepare and add the avocado by cutting it into cubes or pieces.
- 9 Add the lime juice.
- 10 Season to taste with salt & pepper.
- 11 Gently fold all of the ingredients together until well combined.
- 12 Top with cotija cheese.
- 13 Taste for seasoning and adjust if necessary.
- 14 Serve in a decorative serving dish, tray, or bowl with a side of corn tortilla chips. You can also use this salsa to top tacos or as a side dish to a meal and enjoy it immediately.

Tips for the tastiest results:

You've known me to say this time and time again: fresh is always best. From the corn to the lime juice and herbs in this recipe, the essence of this recipe is in its freshness from the fresh ingredients. I would highly recommend using fresh corn as well as fresh lime juice. Although this salsa can be made with canned corn, because you do not have to grill the corn to have a successful dish, I find that canned corn can be too sweet for this recipe. And frozen corn can lose its texture due to the moisture content; it tends to be more on the soggy and soft side. One of the things I love the most about this salsa is the crunch from all of the fresh veggies. It's delightful, and to achieve this, my suggestion is to use fresh corn and fresh citrus to really get the very best flavors out of every ingredient in every bite.

Because this salsa has avocado, I would also recommend assembling this salsa right before you are ready to enjoy it. The lime juice will start to break down the soft avocado and soften the beans, and it will not have the same delicious crunch. It is another reason why I opted out of adding tomatoes. I personally love tomato in everything, it really is one of my favorite ingredients to cook with, but because it tends to water down recipes after a while and it does let out a lot of moisture into the dish, I decided to leave it out. It would not be something you'd want to save for later if there were any leftovers.

Lastly, one very important step in making this salsa is to make sure to drain and rinse the black beans. If you do not do this, the black liquid will turn the salsa black. Although the liquid is very delicious, you do not want to add it here.

Alternatives & Substitutions:

Serrano chiles can be substituted for a milder chile pepper, like jalapeño. Or instead of chile peppers, use red or green bell peppers for color, crunch, and flavor.

Also, if you enjoy a touch of spice but do not want to add any chiles or peppers, you can sprinkle the top of the salsa with Tajin seasoning for a subtle chile-lime hint of spice.

Regular, fresh corn off the cob can be used instead of grilled corn. You do not need to grill it if it's not a flavor you enjoy. However, I do recommend using white corn like Mexican corn or mildly sweet corn, but not too sweet from the sweet corn variety.

Nutrition

Nutrition Facts

Servings: 6

Amount per serving

Calories **238**

% Daily Value*

Total Fat 14.3g **18%**

Saturated Fat 3g **15%**

Cholesterol 8mg **3%**

Sodium 13104mg **570%**

Total Carbohydrate 28g **10%**

Dietary Fiber 8.4g **30%**

Total Sugars 3.9g

Protein 6.6g

Vitamin D 0mcg **0%**

Calcium 95mg **7%**

Iron 2mg **9%**

Potassium 624mg **13%**

**The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice.*

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