

## Have A Plant® Cook Along: Savor The Flavor

Wednesday, April 14 @ 5:30pm EST

With Cara Harbstreet, MS, RD

### Shopping List

- U.S.-grown long-grain white rice
- Kosher salt
- White corn frozen or canned
- Cooking oil, canola
- Green onions
- Fresh cilantro
- Mayonnaise
- Sour cream or Mexican crema
- Tajín
- Chipotle powder
- Cojita cheese grated
- Large lime

### Mexican Street Corn & Rice Bowl

**Prep Time:** 5 minutes, **Cook Time:** 25 minutes, **Servings:** 6

This elotes-inspired recipe uses familiar ingredients that may already be hanging out in your pantry! Enjoy the fresh, bold flavors of summer in this side dish (or add your favorite protein to make it a meal)

## Ingredients

- 1 1/2 cups U.S.-grown long-grain white rice
- 2 3/4 cups water
- 1 tsp kosher salt divided
- 2 cups white corn frozen or canned
- 1 tbsp cooking oil canola
- 3 medium green onions thinly sliced
- 1/3 cup chopped cilantro
- 3 tbsp mayo
- 3 tbsp sour cream or Mexican crema
- 1 tsp Tajín
- 1/2 tsp ground chipotle powder
- 1/4 cup cojita cheese grated
- 1 large lime cut into wedges

## Instructions

### To Cook Rice on the Stovetop

1. Measure the water into a saucepan and bring to a boil over high heat. Add half of the divided salt, and once boiling, add the U.S.-grown long-grain white rice. Reduce heat to a simmer and cover with a tightly sealing lid.
2. Cook, without stirring, according to package directions (or about 20 minutes). Remove from heat then fluff with a fork before continuing with remaining instructions.

### To Cook Rice Using a Rice Cooker

Measure the uncooked rice, water, and half of the divided salt into the bowl of the rice cooker (rinse first if desired to reduce stickiness). Adjust settings, if applicable, and seal the lid. Once timer goes off, fluff with a fork before continuing with remaining instructions.

### **For Mexican Street Corn and Rice Bowls (Elotes-Inspired)**

1. As rice cooks, heat the cooking oil in a skillet. Once heated, add the white corn. Toast in the skillet for 5-6 minutes, stirring occasionally, or until the corn becomes roasted and browned around the edges. Remove from heat and set aside.
2. Meanwhile, chop the cilantro and slice the green onions into thin slices.
3. Combine the mayonnaise, sour cream, remaining salt, Tajín, and chipotle powder in a small bowl. Set aside.
4. When rice is finished cooking, transfer to a large mixing bowl. Add the roasted corn, chopped cilantro, green onions, and mayonnaise mixture and fold together to combine. Garnish with lime wedges, cojita cheese, and additional spices if desired. Serve immediately.

### **Notes**

Recipe, as written, yields 6-8 servings as a side dish or 4 servings as an entree when paired with your preferred protein.