

ONE BITE

VEGAN MAGAZINE

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Vegan Summer Picnic Recipes

Esquites Mexican Corn Cups

By Steven Seighman

Prep Time - 10 minutes

Cook Time - 5 minutes

Total Time - 15 minutes

Celebrate summer with this simple and delicious recipe for Esquites Mexican Corn Cups. It's easy to make and is the perfect dish for your family get-together or when you just need a delicious snack.

Serves: About 6 cups

Ingredients

- 5 ears corn, husked
- 1 tsp. olive oil
- 1 clove garlic, minced
- 1 jalapeño pepper, finely chopped
- ½ cup [Follow Your Heart Grapeseed Vegenaïse](#) (or any non-dairy mayonnaise)
- Juice from one lime
- ½ tsp. chili powder
- ¼ tsp. salt
- ½ cup cilantro, chopped
- ¼ cup [Follow Your Heart Parmesan](#) or [cotija cheese](#)

Instructions

1. Add corn to pot of boiling, salted water. Cover the pot and return to a boil. Turn off the heat and let the pot sit for 5 minutes before removing corn to use.
2. While corn cooks sauté garlic and jalapeño in a pan over low heat until soft, about 4 minutes.



3. Add the garlic and jalapeño to a large mixing bowl and stir in all the remaining ingredients except the cheese.
4. Drain the corn and cut the kernels from the cobs. Add the kernels to the mayonnaise mixture and stir until thoroughly mixed.
5. Spoon into cups or small bowls and top with a pinch of parmesan or cotija.

Notes

This recipe is gluten-free.



About the author...

The Nut-Free Vegan is a resource for plant-based eaters who need to steer clear of tree nuts. Its creator is Steven, a nine-year vegan and lifelong food allergy sufferer. Steven works as a food photographer and graphic designer, and lives in Montclair, New Jersey, with his wife and cat. In 2017 he started his website because of his strong belief in enacting change through positivity.

[Check out his website.](#)

