

## Seasonal Eating

## Cajun Corn

Ideas for Using Fresh Produce

- 1/2 onion, chopped
- 1/2 red or green bell pepper, chopped
- 3 ears fresh corn, kernels cut from the cob
- 1 tablespoon olive oil
- 1 tablespoon butter
- 1/4 + 1/8 teaspoon Cajun Seasoning (or more to taste)
- 1/2 teaspoon kosher salt
- 1/4 teaspoon dried thyme
- 1/4 cup heavy cream

In a large skillet, heat olive oil and butter over high heat until bubbling. Add the onion, bell pepper and corn kernels. Let the vegetables brown slightly, stirring frequently over medium high heat. When there is some browning, about 3-5 minutes, add the Cajun seasoning, salt, thyme and cream. Cook until cream is reduced, onion is soft and corn is darker yellow in color, about 1-2 more minutes.



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