

Corn

Excellent source of
Vitamin B6 and Magnesium



Corn Relish Salad

4 large ears corn, shucked
1 cup chopped tomato
1 cup chopped cucumber
¼ cup sliced green onions
¼ cup sugar

½ cup white or apple cider
vinegar
½ tsp. salt
¼ tsp. ground black pepper

Cook for for 5 minutes in a large pot of boiling water. Drain and immerse in ice water. Immediately drain and set aside. When cool, cut the kernels off the cob; scrape well. Add the tomato, cucumber and onions. In a small bowl or jar with a tight-fitting lid, combine the remaining ingredients. Add to corn mixture and toss to coat well. Serve immediately, or cover and serve immediately. Makes 5 cups.

Hot to Cut Kernels off the Cob: Trim stalk end of corn flat and stand it upright on a stable surface. With a sharp knife use a sawing motion to slice kernels from ears.

Corn and Blueberry Salad

6 ears fresh corn
1 cup blueberries
1 small cucumber, chopped
¼ cup finely chopped onion
¼ cup chopped cilantro
1 jalapeno, seeded and finely chopped

2 T. lime juice
2 T. olive oil
1 T. honey
½ tsp. cumin
½ tsp. salt

Cook corn in boiling water until tender. Cut off cob when cooled. Combine corn, berries, cucumber, onion, cilantro, and jalapeno. Combine lime juice, olive oil, honey, cumin and salt. Mix to combine and add to salad. Toss well, cover and refrigerate overnight. Makes 8-10 (1/2 cup) servings.

Grilled Corn and Squash

4 ears fresh corn
4 medium-size yellow squash
½ medium-size sweet onion
Vegetable cooking spray
3 poblano peppers

1 garlic clove, pressed
2 tbsp. chopped fresh basil
1 tbsp. chopped fresh oregano
½ tsp. salt
½ tsp. ground cumin

Remove husks from corn; cut squash in half lengthwise, cut onion into ¼-inch-thick slices. Coat corn, squash, and onion with cooking spray, and set aside. Grill peppers, covered with grill lid, over medium high heat 5 minutes on each side. Grill corn and onion, covered, over medium-high heat 4 minutes on each side. Grill squash, cut sides down, covered, over medium-high heat 5 minutes; turn squash, and grill 2 more minutes. Cut corn kernels from cob. Chop vegetables, discarding chili pepper seeds; place corn kernels and vegetables in a large bowl. Toss with garlic and remaining ingredients. Makes 6 servings.

Mexican-Style Grilled Corn

Vegetable oil, for grill
1 ½ ounces Parmesan, grated (1/3 cup)
4 ears corn, husks and silk removed, halved crosswise
1 T. unsalted butter, room temperature

Course salt and group pepper
2 T. mayonnaise (olive oil or light)
¼ tsp. chipotle chili powder
Lime wedges, for serving

Heat grill or grill pan to high. Clean and lightly oil hot grill. Place Parmesan on a plate; set aside. Brush corn with butter and season with salt and pepper. Grill corn until kernels are tender and slightly charred, 10-12 minutes, turning occasionally; let cool slightly. Brush corn with mayonnaise and roll in Parmesan to coat. Sprinkle with chili powder and serve with lime wedges. Makes 4 servings.

Grilled Fresh Corn in Spicy Lime Dressing

4 ears fresh sweet corn, shucked
2 tsp. oil, whatever you prefer
1 T. fresh lime juice
1 T. hot sauce

¼ cup chopped fresh cilantro
2 tsp. seeded, minced jalapeno
½ tsp. sugar
Salt and pepper to taste

Preheat grill to medium. Coat corn with oil and grill until lightly charred, turning frequently, 10-15 minutes. Whisk together remaining ingredients. Allow corn to cool slightly. Slice kernels off cob. Toss in dressing to coat.

Easy Corn

Vegetable cooking spray
1 cup frozen whole kernel corn
Your favorite low-sodium seasoning, such as powdered garlic

Coat shallow baking dish with vegetable cooking spray. Put whole corn in a single layer in pan. Sprinkle desired amount of seasoning onto corn. Bake at 350°F for 15-20 minutes. Or, grill over hot coals in covered pan for about 20 minutes. Serves 2.

CAT (corn, avocado and tomato) SALAD

1 ear corn
1 avocado, pitted
2 pints cherry tomatoes, halved
2 green onions or scallions, thinly sliced

Coarse salt or green pepper, to taste
1 T. vegetable or olive oil
2 T. fresh lime juice

Stir together corn, avocado, tomatoes and green onions. Whisk together remaining ingredients. Toss over salad. Makes 4 servings.

Corn Patties

1 cup fresh corn kernels
1 tsp. olive oil
1 ½ cups cooked lady or crowder peas
1-2 T. reserved cooking liquid from Lady Peas
2 green onions, sliced
1 T. finely chopped fresh flat-leaf parsley
1 T. chopped cilantro

½ tsp. ground black pepper
1 ¼ tsp. kosher salt
2 large eggs, lightly beaten
1 ½ cups panko (Japanese breadcrumbs)
2 T. butter
2 T. olive oil

Sauté corn in 1 tsp. hot olive oil in a medium skillet over medium-high heat 3 minutes or until tender. Process 1 cup lady peas in a food processor until smooth, adding up to 2 Tbsp. reserved cooking liquid as needed. Stir together green onions, next 5 ingredients, whole peas, pureed peas, corn, and ½ cup panko. Gently shape mixture into 8 patties; cover

and chill 30 minutes. Dredge patties in remaining panko. Melt 1 Tbsp. butter with 1 T. olive oil in a large skillet over medium heat; add 4 patties, and cook 3 minutes on each side or until lightly browned. Drain on paper towels. Add remaining oil and butter to skillet, and repeat procedure with remaining patties.
