



Recipes Using Fresh Corn-on-the-Cob

Grilled Corn-on-the-Cob

You will need:

4 ears of corn, fresh in their husks butter or herb butter

Instructions:

- Prepare your grill with direct, high heat - about 550 degrees F.
- Place the corn in their husks on the hot grill. Cover the grill.
- Keep turning corn until the husks are completely blackened and charred on all sides - about 15 - 20 min.
- Remove corn from grill. Let them stand for about 5 minutes. Peel husks off of corn and serve.

Corn and Lime Black Bean Salsa

You will need:

4 ears of corn husked	2 tbsp. olive oil	1 tbsp. cider vinegar
$\frac{1}{2}$ tsp. ground cumin	1 (15.5 oz.) can black beans, drained and rinsed	1 green pepper, diced
1 cup cherry tomatoes, halved	3 each tbsp. chopped cilantro and parsley	$\frac{1}{4}$ cup chopped onion
3 tbsp. fresh lime juice	$\frac{1}{2}$ tsp. salt	

Instructions:

- Follow instructions for *Grilled Corn-on-the-Cob*.
- Combine lime juice, olive oil, vinegar, cumin and salt. Cut corn off the cob and place in a large bowl.
- Stir in black beans, green pepper, tomatoes, onion, cilantro, parsley and salad dressing.
- Cover with plastic wrap and refrigerate for three hours. Serve with warm tortilla chips.

Chicken Avocado Corn Salad

You will need:

2 6-oz. skinless, boneless chicken breasts	3 ears of corn, shucked and grilled	$\frac{1}{4}$ cup lemon juice
4 tbsp. olive oil	4 chopped garlic cloves	salt and pepper to taste
6 cups raw baby spinach	1 avocado, sliced	$\frac{1}{3}$ cup Parmesan cheese

Instructions:

- Heat grill to medium heat. Once heated, apply olive oil to grate.
- Whisk together olive oil, salt, pepper, lemon juice and garlic. Set aside $\frac{1}{2}$ of the dressing.
- Add chicken to the remaining dressing and turn to coat. Rub corn with olive oil, salt and pepper.
- Grill corn for 4 - 6 minutes and grill chicken for about 10 minutes or until it registers 165 degrees F.
- Cut kernels off the cob and slice the chicken.
- Toss spinach, chicken, corn, and avocado with reserved dressing and sprinkle with Parmesan.

Pan Seared Chipotle Butter Corn-on-the-Cob

You will need:

1/2 cup butter 1 lime, juiced 2 tbsp. minced cilantro 2 chipotle peppers in adobo sauce pepper

Instructions:

Cook corn. Mix all ingredients into softened butter. Roll butter into a log and refrigerate or freeze.

Pan Seared Parmesan Corn-on-the-Cob

You will need:

1 stick of butter, softened $\frac{1}{2}$ cup finely grated Parmesan cheese $\frac{1}{2}$ tsp. pepper

Instructions:

Cook corn. Beat together cheese, butter and pepper until creamy. Spoon onto plastic wrap, roll into log and refrigerate or freeze.

Cinnamon and Sugar Corn-on-the-Cob

You will need:

softened butter $\frac{1}{4}$ cup granulated sugar $\frac{1}{2}$ tsp. cinnamon

Instructions:

Cook corn. Coat corn with softened butter. Sprinkle with cinnamon-sugar mixture.

Sea Salt and Red Pepper Corn-on-the-Cob

You will need:

butter fine sea salt red pepper flakes ground black pepper, optional

Instructions:

Cook corn. Coat with butter. Sprinkle with sea salt, red pepper flakes and optional black pepper

Boiled Corn-on-the-Cob

You will need:

fresh ears of corn butter salt

Instructions:

- For maximum freshness, husk the corn just before cooking.
- Choose a pot large enough to hold the amount of corn you want to cook with enough water to cover the corn.
- Cover the pot and bring cold **unsalted** water to a boil on high heat. Some people like to add a little sugar.
- Add husked corn ears and bring water back to a boil. This should take about 3 - 4 minutes.
- Once water comes back to a boil, immediately remove corn from water and serve.

Micro Waved Corn-on-the-Cob

You will need:

ears of corn, husk on

Instructions:

- Place corn in microwave. Do not remove the husk.
- Microwave the corn on the high setting for 4 minutes for each piece of corn in oven.
- Use an oven mitt to remove corn from the microwave. It will be hot!
- Cut off the bottom of the corn - about one row of corn above the stem.
- Slip off the husk and silk. Enjoy!

Pan Seared Corn-on-the-Cob

You will need:

4 ears of corn olive oil salt and pepper

Instructions:

- In a large skillet, heat 2 tbsp. olive oil to medium high. Remove husks and silk from corn.
- When oil is at medium heat, place cobs in pan. Turn cobs every 2 minutes so they brown on all sides.
- Baste cobs with olive oil and salt and pepper. Cook for 7 - 10 minutes until corn is tender.