

Grilled Corn and Squash

4 ears fresh corn
4 medium-size yellow squash
 $\frac{1}{2}$ medium-size sweet onion
Vegetable cooking spray
3 poblano peppers
1 garlic clove, pressed
2 tablespoons chopped fresh basil
1 tablespoon chopped fresh oregano
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{2}$ teaspoon ground cumin

Remove husks from corn; cut squash in half lengthwise, cut onion into $\frac{1}{4}$ -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.

Nutrition per serving: 100 calories, 2.4g fat, 4.9g protein, 18.5g carbs, 0mg chol, 199mg sodium



Corn Shrimp Salad

$\frac{3}{4}$ pound cooked shrimp, peeled and deveined
Juice from 1 lime
1 large tomato
 $\frac{1}{2}$ cup fat-free Italian dressing
1 (17 ounce) can no-salt whole kernel corn, drained

Mix all ingredients in large bowl. Chill 30 minutes. Makes 4 servings

Nutrition per serving: 165 calories, 2g fat, 150mg chol, 340mg sodium

Corn Maque Choux (Fried Corn)

Caramelizes best if cooked in an iron skillet but you can use another type.

1 onion, diced
1 green bell pepper, diced
1 red bell pepper, diced
1 lb. corn kernel (cut from the cob or frozen and thawed)
3 Tbs. unsalted butter
Kosher salt
Fresh ground black pepper
1 pinch cayenne

In the skillet, heat the butter over medium low heat until melted. Add the onion and sauté until wilted but not brown. Add the bell peppers and the corn and stir to coat everything with butter. Sprinkle with some salt, pepper, and cayenne, and continue cooking over med-low heat, stirring frequently, until all liquid (if any) completely evaporates. Cook and stir until the vegetables start to take on a slight caramelization (this may take 20 minutes.) Adjust seasonings if necessary.

Makes 6 servings
Cal. 134
Cal. from fat 58
Cholesterol 15 mg.
Total Carb 19.8 g
Protein 2.9 gm

Corn Saute

$\frac{1}{2}$ cup sliced onion
 $\frac{1}{3}$ cup melted butter or 2 Tbsp.
Italian dressing
2 (17 oz.) cans kernel corn, drained (or use fresh!)
2 tsp. sugar
 $\frac{1}{2}$ cup diced green pepper
 $\frac{1}{2}$ tsp. basil
1 (17 oz.) can green beans, drained
Salt and pepper to taste
Saute onion in butter for 1 minute.
Add remaining ingredients and cook for 5-10 minutes, stirring constantly.



Corn and Black Bean Salad

$\frac{1}{4}$ cup balsamic vinegar
2 Tbsp. vegetable oil
 $\frac{1}{2}$ tsp. salt
 $\frac{1}{2}$ tsp. white sugar
 $\frac{1}{2}$ tsp. ground black pepper
 $\frac{1}{2}$ tsp. ground cumin
 $\frac{1}{2}$ tsp. chili powder
3 Tbsp. chopped fresh cilantro
1 (15 oz.) can black beans, rinsed and drained
1 (8.75 oz.) can sweet corn, drained

Mix ingredients. Serve cold.

Corn Quiche

2 cups fine crushed cheese
crackers
6 Tbsp. Butter
2 Tbsp flour
 $\frac{1}{2}$ tsp. salt
 $\frac{1}{4}$ tsp. celery salt
 $\frac{1}{8}$ tsp. pepper
2 Tbsp. minced onion
 $1\frac{1}{4}$ cups milk
2 eggs, beaten
2 c. cooked corn (fresh, frozen or
canned)

Mix cracker crumbs and two
tablespoons butter. Pat into a
glass pie plate, reserving $\frac{1}{2}$ cup
for later. Melt remaining butter
(4 Tbsp), blend in flour,
seasonings, and onion. Then add
milk and cook until thickened over
medium heat. Gradually add the
hot mixture to eggs. Blend well
and add corn. Pour into lined pie
plate or quiche pan on top of
crumbs. Sprinkle with the
reserved crackers. Bake at 400
degrees for 20 minutes. Let cool
5 minutes. Cut into wedges. 6
servings.

Corn Salad

2 cups frozen corn, thawed
 $\frac{3}{4}$ cup chopped tomato
 $\frac{1}{2}$ cup chopped green pepper
 $\frac{1}{2}$ cup chopped red pepper
 $\frac{1}{2}$ cup chopped celery
 $\frac{1}{4}$ cup chopped onion
 $\frac{1}{4}$ cup red wine vinegar
2 Tbsp. olive oil
1 tsp. sugar

Mix vegetables in large bowl. Mix
dressing ingredients in blender.
Pour over vegetables and chill.



Sauteed Corn and Red Peppers

1 Tbsp olive oil
1 large onion, chopped
2 red bell peppers, seeded, chopped
4 cups fresh corn kernels
 $\frac{1}{4}$ tsp. thyme

Heat oil in a large nonstick skillet
over medium high heat. Add onion
and red peppers. Cook, stirring until
corn is crisp- tender, about 3
minutes. Serve hot.