**Cooking Corn:**

3 Easy Ways to Cook Perfect Corn on the Cob

Stovetop

Bring a large kettle of water to boil. Place husked corn in a large skillet. Pour boiling water over the corn. Cook over high heat until the water returns to a rolling boil. Immediately drain.

Grill

Lightly brush husked corn with olive oil. Place on a hot grill and cook, turning occasionally, until lightly browned and charred in spots, 6-10 minutes. Keep in mind that smaller kernels cook more quickly.

Microwave

Place corn (in the husk, untrimmed) in a microwave-safe dish; microwave on high for 5 minutes. Using a towel or wearing gloves, transfer the corn to a cutting board. Use a sharp knife to cut off the stem end, including the first row of kernels. Make sure you cut all the way through the husk. Grasp the ear of corn from the top and shake the ear. The cooked corn will slip right out of the husk, completely free of silks.

Sweet Corn is Good for You!

♥ Sweet corn has gotten a bad rap in recent years because we hear negative things about field corn, the commodity

crop used to manufacture livestock feed, ethanol, high-fructose corn syrup, corn oil and processed foods.

♥ An ear of corn has about the same number of calories as an apple and less than one-fourth the sugar. Sweet corn is loaded with plant chemicals that promote healthy vision.

♥ Cooking corn makes it more nutritious. Antioxidant activity, which protects the body from cancer and heart disease,

is actually increased when corn is cooked.

♥ Enjoy! Corn is high in fiber, a good source of protein, and low in fat

Corn and Black Bean Salad­ Ready in 10 minutes, serves 6

2 cups corn, canned, frozen, or cooked fresh and cut from cob

2 T. oil

1 cup diced bell pepper

¾ cup diced onion

¼ cup cider vinegar

1 can (15 oz) black beans, rinsed and drained

1 t. minced garlic

½ cup snow peas, julienned, or use green beans

1 t. salt

1 t. black pepper

In a medium pan over medium heat add the oil, then the bell pepper and onion. Sauté for 3 minutes, then add vinegar, beans, and corn and sauté for 2 minutes. Stir in the garlic and beans or peas, and sauté for 1 minute. Remove from heat and season with salt and pepper. Serve warm or cold.