Corn

Corn is an all-time favorite among all ages, especially during its peak summer season. Although it is slightly high in carbs, it's chock full of fiber and great nutrients like Vitamin C, magnesium, B vitamins and carotenoids.
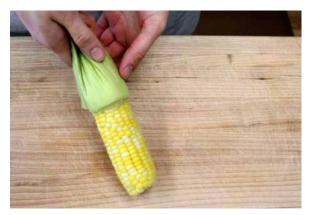
Ways to eat corn:

How to shuck corn:

There are many different methods to shuck and cut corn. No way is right or wrong, just be mindful of the recipe or way you intend on using the corn to help you decide how to shuck/cut it.

1. Shuck [raw]
Peel off the outer leaves until there is only a thin layer of inner leaves remaining around the ear, cut a slit all the way down the ear, then use this slit to help peel away the remaining leaves and strings.

2. Shuck [cooked]
Cut off the stalk end of the corn. Place it in the microwave for 2 minutes on high. With an oven mitt or towel, hold the uncut end up and gently shake & squeeze to "shimmy" the corn out.

3. Remove kernels:
Place a small bowl open side down into a larger bowl. Stand the shucked husk on the upside down bowl and use the knife to slice the kernels off the cob, allowing them to fall into the larger bowl.

Eat raw: Add kernels to egg salad, green salad, stir-fry, soup, quesadillas, or even burgers for extra texture.

Boil: Bring a pot of lightly salted water to a boil, add shucked ears and boil for 5 minutes. Drain.

Steam: Add several inches of water to a pot with a steamer basket [or use a metal colander that will fit inside the pot]. Bring to a boil then add shucked corn [whole ears or halves.] Cover. Steam shredded cabbage for 7-10 minutes until tender.

Grill shucked: Brush or rub with a small amount of oil and grill over high heat for about 10 minutes, turning occasionally to char on all sides.

Grill in foil: Season shucked corn and wrap with aluminum foil and cook for 15-20 minutes, or until tender.

Grill in husk: Grill directly on the grill rack for 15 minutes, turning occasionally.

Roast: Place whole or cut shucked corn on a baking sheet, rub with a small amount of oil and roast for 35-40 minutes for whole or 20-25 minutes for cut corn on 400°F. Eat straight off of the cobb or remove and add to soups, as a salad topping or add to salsa. You can also roast it unhusked directly on the oven rack for about 30 minutes at 350°F.

Microwave: Place 1-4 unshucked ears in the microwave and cook for 4 minutes. Allow to cool before husking. If corn is shucked, wrap in plastic wrap or damp paper towels before cooking.

Corn – *4 ears, large [shucked]*

Olive Oil – *2 tablespoons*

Onion – *~3 tablespoons*

Salt – *¹/₂ teaspoon*

Optional: Fresh Herbs
2 tablespoons [sage, thyme, chives, or basil]

Cream-Less Creamed Corn

SERVES
4

Directions:

1. Wrap plastic wrap around 3 sides of a box grater, leaving the side with the large holes unwrapped (to catch the juice). Place box grater in a wide bowl, and grate corn using the side with the large holes.
2. Heat olive oil in a pan over medium heat, add onion, stirring occasionally, for 2 minutes or until the onions are tender and translucent.
3. Add corn and salt and cooked for 4 minutes, stirring frequently, until the mixture is sweet and creamy. Removed from heat, garnish with fresh herbs (if using), and serve hot.

Tips

• Serve this recipe right away. Beware – it doesn't hold up well if made in advance!

• Serve this recipe as a sidekick to the main course or as the base of a whole meal. Complete with a protein (such as grilled chicken or shrimp) and another veggie or fresh salad for well-balanced summery meal!

- -

5 Things you should know about corn:

- In Georgia, corn is in season from mid-May through early July.
- When buying fresh corn, look for husks that are green, tight and not dried out and without holes.
- Store corn tightly wrapped in a plastic bag in the fridge for several days.
- Blanch and freeze kernels to keep them fresh for longer.
- The sweetness of corn actually is not determined by the color (yellow vs. white), but instead it is determined by its genes.

- -

ATLANTA COMMUNITY FOOD BANK