



Aw, Shucks!

Who knew? Sweet corn may be the solution to getting your kid to eat more veggies. Hurry—it's in season now! BY KATIE WEBSTER

Sweet corn is a vegetable, but kids don't seem to hold that against it. Whether it's on or off the cob, they dig in—getting vitamin A, folate, and potassium along the way. While corn tastes great plain, leverage your kid's preference by pairing it with less-familiar foods. "Since kids feel comfortable eating corn, take advantage of it to introduce other foods and flavors," suggests Craig Johnston, Ph.D. assistant professor of pediatrics-nutrition at Baylor College of Medicine, in Houston. Our recipes use corn as a gateway to get kids to try protein-packed edamame, vitamin C-rich bell peppers, whole-grain cornmeal, and more. Think of it as the start of some a-maize-ing things.

Pan-Seared Corn on the Cob

INGREDIENTS

- 3 Tbs. water
- 1½ tsp. cider vinegar
- 1 Tbs. extra-virgin olive oil
- 4 ears corn, shucked
- 1 tsp. unsalted butter
- 2 cloves garlic, minced
- 2 Tbs. chopped fresh parsley
- ½ tsp. salt
- Freshly ground black pepper, to taste

MAKE IT

- 1 Combine water and vinegar in a bowl; set aside.
 - 2 Heat oil in a 10- to 12-inch skillet on medium-high. Add corn and cook, turning occasionally, until browned in spots, about 5 minutes. Add butter and garlic and cook, stirring constantly until fragrant but garlic is not browned, 10 to 20 seconds. Carefully pour in water-and-vinegar mixture (it will bubble vigorously). Cover, reduce the heat to medium, and cook, occasionally shaking the pan gently, until the corn is crisp-tender, about 3 minutes.
 - 3 Remove from heat; sprinkle on parsley, salt, and pepper and turn to coat. Serve corn with garlic and parsley sauce spooned over each cob. **Makes 4 ears.**
- Nutrition per ear** 119 calories; 3g protein; 5g fat (1g sat. fat); 18g carbs; 3g fiber; 8mg calcium; 1mg iron; 88mg sodium

SUCCOTASH IS TYPICALLY MADE WITH LIMA BEANS, BUT WE SUBBED EDAMAME FOR EXTRA PROTEIN.

Edamame and Sweet Corn Succotash With Marjoram

INGREDIENTS

- 2 tsp. extra-virgin olive oil
- 3 green onions, sliced, white and green parts separated
- 1 cup corn kernels (2 ears corn)
- 1 cup shelled frozen edamame
- $\frac{1}{2}$ cup chopped red sweet pepper
- 2 tsp. finely chopped fresh marjoram or oregano
- $\frac{1}{2}$ tsp. salt
- Freshly ground black pepper, to taste
- $\frac{1}{2}$ cup low-sodium vegetable broth
- $\frac{1}{2}$ tsp. cornstarch
- 2 tsp. unsalted butter

MAKE IT

- 1 Heat oil in a large skillet over medium-high heat. Add white part of green onion and cook until fragrant and starting to brown slightly, about 1 minute. Stir in corn, edamame, sweet pepper, marjoram, salt, and black pepper. Cook, stirring often, until the vegetables are crisp-tender, 4 to 5 minutes.
- 2 Stir together broth and cornstarch; add it to corn mixture along with remaining green onions. Cook and stir until thickened, bubbly, and liquid almost evaporates, about 1 minute. Remove from heat and mix in the butter until melted.

Makes 4 $\frac{1}{2}$ -cup servings.

Nutrition per serving 149 calories; 7g protein; 7g fat (2g sat. fat); 16g carbs; 4g fiber; 65mg calcium; 2mg iron; 156mg sodium

Roasted Sweet
Corn With Coconut

Cheddar-Bacon
Spoon Bread:
yum! Get the
recipe on page 68.

THAI-INSPIRED,
THIS SIDE DISH
TASTES GREAT
WITH GRILLED
FLANK STEAK.

Roasted Sweet Corn With Coconut

INGREDIENTS

- Nonstick cooking spray
- 5 ears corn, kernels removed (2½ cups)
- 1 Tbs. extra-virgin olive oil
- 1 Tbs. minced jalapeño pepper, seeded, if desired (optional)
- 2 Tbs. chopped fresh cilantro
- 2 Tbs. flaked or shredded coconut, preferably unsweetened
- 4 tsp. lime juice
- ⅓ tsp. salt

MAKE IT

- 1 Preheat oven to 400°F. Coat a 15x10x1-inch baking pan with cooking spray; set aside.
 - 2 Mix corn with olive oil and jalapeño, if using, in a medium bowl. Spread the corn mixture out evenly in the prepared pan. Roast corn, stirring once, until browned slightly and crisp tender, 10 to 15 minutes.
 - 3 Scrape the corn mixture back into the bowl and mix in cilantro, coconut, lime juice, and salt. Serve warm. **Makes 4 servings.**
- Nutrition per serving** 137 calories; 4g protein; 6g fat (1g sat. fat); 22g carbs; 3g fiber; 6mg calcium; 1mg iron; 91mg sodium



Cheddar-Bacon Spoon Bread

This popular Southern side is typically loaded with whole milk, cream, and butter. But our lightened version has fresh corn and just enough crumbled smoky bacon and sharp cheddar to honor its comfort-food roots. Nutrition bonus: Stone-ground cornmeal is a whole grain!

INGREDIENTS

- Nonstick cooking spray
- 1½ cups low-fat milk
- 1 cup cornmeal, preferably stone-ground
- 2 Tbs. sugar
- ¾ tsp. salt
- ¾ tsp. freshly ground black pepper
- 4 large eggs, separated, at room temperature
- 2 Tbs. all-purpose flour
- 1 Tbs. canola oil
- 3 slices bacon, crisp-cooked and crumbled
- 1½ cups fresh or frozen thawed corn kernels (3 ears corn)
- 1 cup shredded sharp cheddar cheese, divided

MAKE IT

- 1 Preheat oven to 375°F. Coat a 2-quart soufflé or casserole dish with cooking spray; set aside.
 - 2 Whisk milk, cornmeal, sugar, salt, and pepper in a large saucepan until smooth. Place over medium-high heat and stir until mixture thickens and is bubbly, about 5 minutes. Remove from heat. Whisk in egg yolks, flour, and canola oil until smooth. Stir in bacon, corn kernels, and ¾ cup cheese.
 - 3 Beat the egg whites in a clean medium bowl with an electric mixer on high until medium peaks form. Fold the whites into the cornmeal mixture in two batches, until just combined.
 - 4 Spoon batter into the prepared dish. Sprinkle with the remaining ¾ cup cheese. Bake until cooked through, puffed, and golden brown on top, 35 to 38 minutes. A knife inserted into the center will come out with moist crumbs attached. Let cool for at least 10 minutes before serving. **Makes 8 servings.**
- Nutrition per serving* 258 calories; 12g protein; 11g fat (5g sat. fat); 29g carbs; 2g fiber; 181mg calcium; 1mg iron; 295mg sodium

SAVE \$ ON SUMMER COOKING

Visit Recipe.com to find all these corn recipes—and thousands more! The site offers tons of ways to save on groceries by providing coupons for your favorite national brands and even sales at your local supermarket. Check it out today.

Recipe
a whole grain lifestyle

HIGH-FLAVOR BUTTERS

Like your corn buttered? When you add some zing to regular spread, one 34-calorie teaspoon will go a long way. Start with $\frac{1}{2}$ cup (1 stick) of softened butter. Mash it with a fork in a small bowl, then add one of these flavors that taste great with corn on the cob. Drop leftovers by teaspoons into a clean ice-cube tray. Freeze until firm, and then transfer them to a labeled resealable plastic bag. Thaw in the fridge for at least six hours.

Zesty Lemon

1 tsp. finely shredded lemon peel and
1 tsp. lemon juice



Smoky BBQ

1 tsp. barbecue sauce
and $\frac{1}{4}$ tsp.
smoked paprika



Orange Honey

1 tsp. honey and
1 tsp. finely shredded
orange peel

