

## Summer Corn Salad

- 2 Ears Fresh Corn in husk
- ¼ c Red Bell Pepper, chopped
- ½ c shelled edamame
- 1 T Rice Wine Vinegar
- 1 T light mayonnaise
- 1 ½ T Cilantro
- 2 scallions, chopped
- salt and pepper, to taste

Keeping the husks attached, peel them back in sections on each ear of corn, and remove the silk. Cover the exposed corn with the husk. Soak the corn in cold water for 5 to 10 minutes.

Preheat one grate of a well-oiled grill or stove-top grill pan to medium-high.

Place the corn, still covered by the husk, on the medium-high grate. Cook for 3 minutes, turn to the other side, and cook for 3 minutes.

Remove from the grill, peel back the husk, turn the heat to high, and return the corn to the grate to mark and lightly char on all sides, turning as needed for 5 to 7 minutes. Cut the kernels from the cob and place in a medium bowl. Add the remaining ingredients. Season with salt and pepper to taste. Cover and chill until ready to serve.

## Corn Chowder

- 6 ears of corn
- 6 strips of bacon
- 1 small red onion, finely chopped
- 3 jalapeño peppers, seeded and finely chopped
- 1 small celery rib, finely chopped
- 3 medium tomatoes, seeded and finely chopped
- 1 pound red potatoes, peeled and cubed
- 1 teaspoon salt
- 1/8 t allspice
- 1/8 t ground black pepper

- 1 small bay leaf
- 2 cups light cream
- 1 cup 2% milk
- Chopped cilantro, for garnish
- Monterrey Jack cheese, optional

Working over a bowl, cut the corn kernels from the cobs at about half their depth. Then, using the back of the knife, scrape the cobs over the bowl to release all the "milk"; set aside.

In a large saucepan, fry the bacon over moderately high heat, stirring occasionally, until crisp, about 10 minutes. Transfer the bacon to paper towels to drain. Crumble and reserve.

Discard all but 3 tablespoons of the bacon drippings from the pan. Add the onion and cook over moderate heat until soft, 4 to 5 minutes. Add the jalapeño and celery, and cook until slightly softened, about 2 minutes. Add the tomatoes, potatoes, salt, allspice, pepper, bay leaf and the reserved corn kernels and their "milk" and stir well. Cook over moderate heat until mixture begins to sizzle.

Reduce the heat to low. Cover and cook, stirring occasionally, until the potatoes are tender, 35 to 45 minutes. Stir in the cream and milk and bring just to a boil. Remove from heat. Ladle the chowder into bowls and garnish with the crumbled bacon, cilantro and cheese, if desired.

## Spicy Corn Muffins

- 2/3 cup low-fat milk
- 3 tablespoons vegetable or canola oil
- 1 egg
- 3/4 cup all-purpose flour
- 3/4 cup yellow cornmeal
- 1 tablespoon sugar
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 1 cup fresh whole kernel corn (frozen that has been thawed can be substituted)
- 1 jalapeno, seeded and finely diced
- 1/4 cup Cheddar or Monterrey Jack Cheese

Heat oven to 400 degrees. Line muffin tins with with paper baking cups. Beat milk, oil and egg in medium bowl. Stir in remaining ingredients except corn just until flour is moistened (don't over mix). Fold in corn, jalapeno, and cheese.

Divide batter evenly among muffin cups to 3/4 full.

Bake 12-15 minutes. Serve with chili or with butter.

