

SWEET CORN



HOW TO USE

Add fresh corn kernels to a green salad or to salsa for some extra crunch; Add it to macaroni and cheese; Mix it with low fat cheese, chopped nuts, and a light dressing or lime juice for a refreshing salad.

HOW TO STORE

Keep it in a plastic bag with small holes in the refrigerator for up to 4 days.

HELPS SUPPORT

Heart health and digestion.

TEX-MEX SKILLET

Servings: 4

Preparation Time: 25 Minutes

INGREDIENTS

- 1 ear of corn
- 1 pound lean ground beef, chicken, or turkey
- 1 (15½-ounce) can black or pinto beans
- ½ cup water
- 2 cloves garlic
- 1 pinch salt and ground black pepper
- Optional
- ¾ teaspoon chili powder



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INSTRUCTIONS

1. In a colander, drain and rinse the beans.
2. Peel the garlic and chop it into tiny pieces.
3. Using a sharp knife, cut the corn in half width-wise. Place the flat side of each half face-down and remove the kernels by slicing around the cob from top to bottom. Repeat this until all kernels are removed.
4. In a large pan over medium heat, cook the meat and garlic, until the meat is lightly browned and fully cooked. Drain it to remove the fat.
5. Stir in the corn, beans, water, and spices. Bring the mixture to a boil, then lower the heat and cover the pan. Cook it just below a boil until almost all the liquid is gone, about 10 minutes.

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