

Chili Lime Corn Salad

INGREDIENTS FOR 6 SERVINGS:

- 3 Ears Charred Corn. Shucked
- 1 1/2 tbsp Canola Oil
- 3 tbsp Fresh, Chopped
- Cilantro • 1 1/2 tbsp Fresh Squeezed, Lime Juice
- 1 1/2 tbsp Fresh, Seeded, Diced Jalapeno Peppers
- 1/4 tsp Kosher Salt
- 2 1/4 tsp Granulated Sugar 3/8 tsp Fresh Ground Black Pepper
 - Pan Coating Cooking Spray

INSTRUCTIONS:

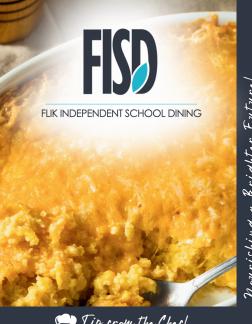
- 1. Prepare Grill with Pan Spray & Grill Corn on the Cob until Kernels are Lightly Charred.
- 2. Remove from Grill & Chill.
- 3. Cut Kernels off Corn and Discard Cobbs.
- 4. In a Bowl Whisk together Oil, Sugar, Cilantro, Lime Juice, Jalapeno, Salt, and Pepper.
- 5. Toss with Chilled Corn Kernels & Serve!

SERVING SIZE: 1/2 CUP



TAG US IN YOUR VERSION!





Prip from the Chef!

Corn Pudding takes a while to bake. Use shallow dishes around 2" deep for the best results!

Corn Pudding

INGREDIENTS FOR 8 SERVINGS:

- 1 1/8 tbsp All Purpose Flour
- 3/4 tsp Baking Powder
- 1/3 tsp Kosher Salt1/8 tsp Fresh Ground
- Black Pepper3 Large Eggs, Beaten
- 3/4 cup Heavy Whipping Cream
- 2 3/4 oz Unsalted Butter
- 2 1/3 tbsp Granulated Sugar
- 3 cups Fresh Corn Kernels
- Pan Coating Cooking Spray

INSTRUCTIONS:

- 1. In a Bowl Whisk together Flour, Baking Powder, Salt, and Pepper.
- In a Separate Bowl Whisk together Liquid Eggs, Heavy Cream, Melted Butter, and Sugar.
- 3. Whisk Wet Ingredients into Dry until Smooth, and then Stir Corn Kernels into Mixture.
- 4. Prepare Baking Dishes with Pan Spray & Pour Batter into Dishes.
- Bakes in a 325F degree oven until Pudding is Set
 Barely Jiggles in the Center about 45 mins

SERVING SIZE: 1/2 CUP

TAG US IN YOUR VERSION!

FOOT STATE OF THE S







Use the water to rinse out tomato cans to ensure you get every drop!

Marinara Sauce

INGREDIENTS FOR 10 SERVINGS:

- 3/8 oz Chopped Garlic Cloves •
- 1/2 cup Finely Diced Onions
- 3 tsp Canola Oil
- 4 tbsp Thinly Sliced Button Mushrooms
- 4 tbsp Small Diced Red Bell **Peppers**
 - 2 tbsp Diced Parsnips
- 2 tbsp Small Diced Celery
- 1 28 oz can Crushed Tomato

- 1 12 oz can Tomato Puree
- 2 tbsp Chopped Oregano
- 1/2 tsp Kosher Salt 2 tbsp Finely Chopped Carrots • 1/8 tsp Crushed Red Pepper Flakes
 - 3 tsp Granulated Sugar
 - 4 tbsp Chopped Basil
 - 4 tbsp Water
 - 1/2 cup Chopped Spinach
 - 1 1/2 tsp Chopped Parsley

INSTRUCTIONS:

- 1. Sauté Onions & Garlic in Oil until Translucent.
- 2. Add Carrots, Mushrooms, Peppers, Parsnips & Celery, and continue to Sauté for 3-5 mins.
- 3. Add Crushed Tomatoes, Tomato Puree & Water, Then Add Sugar, Oregano, Basil, Red Pepper & Salt.
- 4. Simmer 45 mins & Puree well with Immersion Blender.
- 5. Add Spinach & Parsley, and Stir until Wilted.

SERVING SIZE: 1/2 CUP

TAG IIS IN YOUR VERSION!



