



## Chilled Sweet Corn Soup

### Ingredients – Serves 6

- 3 ears fresh sweet yellow corn, shucked
- 2 tablespoons unsalted butter
- 1/2 cup chopped yellow onion (from 1 medium onion)
- 1 teaspoon chopped garlic (about 2 garlic cloves)
- 3/4 teaspoon kosher salt
- 1/2 teaspoon black pepper
- 1 cup water
- 2 tablespoons extra-virgin olive oil
- 1 teaspoon white wine vinegar
- Toppings: diced red pepper

1. Cut kernels from corncobs; place in a bowl. Using the large holes of a box grater, scrape liquid and pulp from cobs into another bowl. Discard cobs.
2. Melt butter in a medium saucepan over medium-high. Add onion, and cook, stirring often, until tender, about 4 minutes. Stir in corn kernels, garlic, salt, and pepper; cook, stirring occasionally, 3 minutes. Add water and reserved corn liquid and pulp. Bring to a boil over medium-high. Reduce heat to medium-low, and simmer 4 minutes. Transfer to a blender, and add olive oil. Process until smooth, ~2 minutes.
3. Stir in vinegar; cover and chill 4 to 8 hours. Add topping.



## 4 Amazing Facts about Corn

1. Corn is technically a grain and not a vegetable—the seed of a type of grass, like wheat. It therefore counts toward the recommended three daily servings of whole grains. The corn we eat is “sweet corn” (white, yellow or bi-colored), which has become even sweeter since scientists began breeding varieties with more sugar. Some “supersweet” corn also stays sweet longer. Baby corn (available canned) is sweet corn that’s been harvested early, and can be eaten cob and all.
2. Corn is a high-carbohydrate food with lots of fiber, some protein, B vitamins (e.g., thiamin and folate), a little vitamin C and a handful of minerals. Treating corn with lime (as in tortillas) makes certain amino acids and niacin more available to the body. Yellow corn contains some beta carotene and is rich in lutein and zeaxanthin—which may help keep eyes healthy and possibly protect against cataracts and age-related macular degeneration. Corn contains more calories than most veggies: 175 in a cup.
3. For the best fresh corn, purchase in season (usually mid-to-late summer). Check that the corn has been kept cool. The sugar in corn gets converted to starch more quickly at warm temperatures. Feel through the husk to see if the kernels are tightly packed and plump. Refrigerate corn when you get home, and cook it as soon as possible. Unless it’s a supersweet variety, there may be a noticeable decline in sweetness in just a day or two.
4. Boil, grill or microwave corn. Don’t add salt to the boiling water, because salt toughens the kernels. As an alternative to butter, rub with wedges of lemon or lime. Instead of salt, sprinkle with cayenne, dill or other spices and herbs. You can also add corn kernels to rice and bean dishes, soups, salads, even pancakes. Frozen and canned are just as nutritious as fresh—just watch out for extra sodium and high-fat sauces.