



Spring Veggie Fever

25 Mouthwatering Spring Vegetable Recipes



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A Free eCookbook from the Mr. Food Test Kitchen
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Spring Veggie Fever: 25 Mouthwatering Spring Vegetable Recipes

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Dear Friend,

After the cold winter months, we always look forward to the fresh produce available in the spring and summer. Thankfully, Florida's early growing season means we can get a jump start on the great taste that so many of us crave. Sunshine Sweet Corn is a Florida favorite that we love using in many of our recipes, which is why we've teamed up with Sunshine Sweet to bring you an eCookbook filled with bright, spring veggies that'll keep you and the family feeling happy and healthy.

Whether you prefer it on the stalk or mixed into your main course, sweet, golden corn is a nutritious way to get in your recommended amount of veggies. And since fresh sweet corn freezes so well, you'll be able to store and use it to make your favorite recipes all year long!

Get ready to host a fiesta with the help of our colorful veggie dips and salsas! Our **Avocado, Bean, and Corn Salsa** (page 1) is great for those who don't like super spicy dips. What it lacks in spice, it more than makes up for in flavor! If you're looking for some munchies to get your party started, then our **Farmstand Quesadillas** (page 5) are right up your alley.

Salads and soups are a great supplement to any dinner, which is why we know you'll love our springtime selection. Our **Springtime Veggie Salad** (page 6), for example, will surely add some sunshine to your day with its festive variety of ingredients. And if you're looking to ward off those rainy spring showers, then our **Egg Noodle Veggie Chowder** (page 13) will make you feel right at home.

If you're ever looking to add a vibrant dish to your dinner plate, then you've got to check out our selection of side dishes. For a southern classic, be sure to check out our recipe for **Fresh Corn Cakes** (page 19). When you see this recipe, you'll be reminded of childhood trips to your local fair. Our **Roasted Spring Vegetables** (page 20) have all of your favorite veggies in one place, so you don't have to choose between them!

We love adding corn into our main entrees, too, which is why you're going to love the cozy dishes we've got in store. From our brunch-ready **Asparagus Frittata** (page 25) to our **Roasted Vegetable Pizza** (page 26), we're sure you'll find plenty of ways to say...

"OOH IT'S SO GOOD!!"[®]
Kelly Howard Patty



P.S. Enjoy this eCookbook filled with 25 spring vegetable recipes. Remember, our *Spring Veggie Recipes* eCookbook is available FREE, with many others also available on www.MrFood.com. Go on, tell your friends to visit MrFood.com, so they too can get their very own FREE copies!

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A FEW OF OUR FAVORITE WAYS TO COOK SWEET CORN

Skillet-Steam In a skillet, bring 1 inch of water to a boil. Add husked corn in a single layer. When the water returns to a boil, reduce heat, cover and cook until hot, about 3 minutes; drain. (Corn can also be cooked on a steamer rack, over boiling water, about 3 minutes.)

Boil In a deep saucepan, bring 4 inches of water to a boil. Add husked corn. When the water returns to a boil, cook until hot, about 2 minutes; drain.

Roast Preheat oven to 500° F. In a shallow baking pan, place husked ears. Roast until corn is hot and some kernels turn golden brown, about 7 minutes.

Grill Prepare a medium-hot fire. Grill husked corn, turning once or twice, until hot and some kernels turn golden brown, about 5 minutes.

Microwave In the microwave, place no more than four ears of husked corn, wrapped individually in damp paper towels. Microwave on high power until hot, about 2 minutes per ear.



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Avocado, Bean, and Corn Salsa

Our Avocado, Bean, and Corn Salsa is a fresh alternative to your standard salsa dip. This lively combination isn't just healthier for you, it's also perfectly delicious! Serve it over your favorite salads and grilled meats or grab a chip and dig in!

Makes: 4 cups

What You'll Need:

1/4 cup store-bought vinaigrette
1/4 cup (about 3) thinly sliced scallions (green onions)
2 tablespoons chopped cilantro or parsley
1 teaspoon grated lime peel
1/4 teaspoon salt
1 (15-ounce) can black beans, drained and rinsed
2 ears fresh corn, kernels removed (see Note)
1/4 cup diced red bell pepper
1 fully ripened avocado, halved, pitted, peeled and diced



What To Do:

1. In a large bowl, whisk together salad dressing, scallions, cilantro, lime peel, and salt.
2. Add beans, corn and pepper; toss to coat. Add avocados; toss gently.

Notes:



- Serve with tortilla chips, pita crisps or fresh veggies.
- To remove corn from the cob, cut wide end so it stands up and using a sharp knife or corn stripper, cut off the kernels.

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Throw-Together Corn Relish

Fresh and cut off the cob, corn makes a great base for this goes-with-everything relish. Corn Relish is an all-American favorite recipe that's sure to be the hit of your next party, picnic or company dinner.

Serves: 8

Cooking Time: 15 min

What You'll Need:

8 ears fresh corn, husks removed
1/2 cup vegetable oil
1/4 cup cider vinegar
1-1/2 teaspoons fresh lemon juice
1/4 cup chopped fresh parsley
2 teaspoons salt
2 teaspoons sugar
1/2 teaspoon dried basil
1/4 teaspoon ground red pepper
2 large tomatoes, coarsely chopped
1/2 cup green bell pepper, chopped
2 scallions, thinly sliced



What To Do:

1. Bring a soup pot of water to a boil over high heat. Add the corn, cover, and return to a boil. Remove pot from heat and let stand for 5 minutes. Drain corn and let cool.
2. In a large bowl, combine the oil, vinegar, lemon juice, parsley, salt, sugar, basil, and ground red pepper; mix well. Cut the cooled corn off the cob (See Note) and add to the oil mixture. Add the tomatoes, bell pepper, and scallions. Mix well, cover, and chill for at least 2 hours before serving.



To remove corn from the cob, cut wide end so it stands up and using a sharp knife or corn stripper, cut off the kernels.

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Corn 'n' Black Bean Salsa

We always say that we eat with our eyes. We know this is true because our tummies will sure be rumbling once we see how colorful this Corn 'n' Black Bean Salsa is.

Makes: 4 cups

Chilling Time: 30 min

What You'll Need:

1 (15-ounce) can black beans, rinsed and drained
2 ears fresh corn, kernels removed (see Note)
1/2 cup chopped red bell pepper
1/2 cup chopped fresh cilantro
3 scallions, thinly sliced
3 tablespoons lime juice
2 tablespoons balsamic vinegar
1 teaspoon ground cumin
1/2 teaspoon salt



What To Do:

1. In a large bowl, combine black beans, corn kernels, bell pepper, cilantro, scallions, lime juice, vinegar, cumin, and salt; toss gently until well blended.
2. Cover and chill at least 30 minutes before serving.

Notes:



- Serve with tortilla chips. Or if you prefer, you can serve over grilled chicken or fish.
- This will keep in the refrigerator up to 3 days if stored in an airtight container.
- To remove corn from the cob, cut wide end so it stands up, then using a sharp knife or corn stripper, cut off the kernels.

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Fresh Corn Dip

What a novel dip to serve when you're expecting company. Our Fresh Corn Dip that we suggest serving in an edible bread bowl is a super change of pace from traditional dip recipes.

Serves: 12

What You'll Need:

4 ears fresh corn, cooked (see Notes)
3 cups shredded sharp Cheddar cheese
4 to 5 scallions (green onions), sliced
1 (4-ounce) can diced green chilies, drained
1/4 cup diced roasted red pepper
1 cup sour cream
3/4 cup mayonnaise
1 tablespoon chili powder
1 teaspoon cumin powder
1 teaspoon crushed red pepper
1 (1-pound) round pumpernickel bread, unsliced



What To Do:

1. Using a sharp knife, remove corn from cob and place in a large bowl. Add cheese, scallions, green chilies, and roasted red pepper; set aside.
2. In a small bowl, combine remaining ingredients except the bread; mix well. Pour over corn mixture and toss until evenly coated. Refrigerate 2 hours, or until ready to serve.
3. Using a serrated knife, cut a hole in top of bread about 3 inches in diameter. Hollow out bread, leaving one inch of bread around sides. Spoon dip mixture into bread bowl. Cut bread top and hollowed out pieces into 1-inch chunks for dipping.

Three easy ways to cook fresh corn on the cob:



- **Steam:** Bring 1 inch of water to a boil, add husked corn, return to a boil, cover, and cook 3 to 4 minutes.
- **Microwave:** Wrap corn in a damp paper towel and microwave 2 minutes per ear.
- **Grill:** Wrap each ear of corn in aluminum foil and cook on grill 15 to 20 minutes or until kernels are tender.

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Farmstand Quesadillas

Quesadillas are a great mealtime solution since they can be stuffed with virtually anything. Case in point: our Farmstand Quesadillas, which have plenty of fresh vegetables to keep your health on track!

Makes: 4 cups

Cooking Time: 15 min

What You'll Need:

Cooking spray

1/2 bunch fresh asparagus, cooked, trimmed and cut into 1/2-inch pieces

1/2 cup red onion, finely chopped

2 ears fresh corn, kernels removed (see Note)

2/3 cup shredded reduced-fat Colby-Jack cheese

1-1/2 teaspoons ground cumin

4 (8-inch) low-carb flour tortillas



What To Do:

1. Preheat oven to 450 degrees F. Coat 2 rimmed baking sheets with cooking spray.
2. In a medium bowl, combine asparagus, onion, corn, cheese, and cumin; mix well.
3. Place one tortilla on a baking sheet, top with half of vegetable mixture, then cover with another tortilla; repeat. Lightly coat tops of tortillas with cooking spray.
4. Bake 6 to 8 minutes, or until tortillas are crisp and the cheese is melted. Remove from oven. Cut each quesadilla into quarters and serve immediately.

Notes:



- Top with low-fat sour cream, scallions, and salsa for an added kick!
- To remove corn from the cob, cut wide end so it stands up, then using a sharp knife or corn stripper, cut off the kernels.

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Springtime Veggie Salad

When fresh corn is at its height of freshness, pull out this recipe to enjoy the bounty of the garden.

Serves: 4

Cooking Time: 15 min

What You'll Need:

4 large ears fresh corn, husks removed
3 cups lightly packed baby arugula
1 cup grape or cherry tomatoes, cut in half
2 tablespoons chopped fresh cilantro
2 tablespoons lime juice
2 tablespoons olive oil
2 cloves garlic, minced
Salt and freshly ground black pepper to taste



What To Do:

1. Coat cold grill rack with cooking spray. Preheat grill to medium-high heat (350 to 400 degrees). Coat corn with cooking spray.
2. Grill corn, covered, 12 to 15 minutes, or until lightly browned, turning occasionally. Remove corn from grill and cool slightly.
3. To remove corn from the cob, cut wide end so it stands up, then using a sharp knife or corn stripper, cut off the kernels.
4. In a large bowl, combine corn kernels, arugula, tomatoes, cilantro, lime juice, and garlic, tossing gently to coat. Season to taste with salt and pepper. Serve immediately.

Serving Suggestion:



We tested this recipe with arugula, but you can always use other fresh salad greens such as baby spinach or romaine lettuce.

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Santa Fe Rice Salad

This Santa Fe Rice Salad looks just as good as it tastes! The fresh and brightly-colored corn, bell pepper, and parsley make this a dish your eyes (and taste buds!) won't likely forget. And did we already mention it's delicious?

Serves: 4

Chilling Time: 2 hr

What You'll Need:

2 cups cooled cooked rice
1 (15-ounce) can pinto beans, rinsed and drained
3 ears fresh corn, kernels removed (see Note)
1 red bell pepper, diced
1/4 cup minced onion
2 tablespoons white vinegar
2 tablespoons vegetable oil
2 tablespoons chopped fresh parsley
1 jalapeno pepper, minced
2 teaspoons chili powder
1 teaspoon salt
1/4 teaspoon sugar



What To Do:

1. In a medium bowl, combine rice, beans, corn kernels, pepper and onion.
2. In another small bowl, whisk together remaining ingredients. Pour over rice mixture; mix well.
3. Cover and chill 2 to 3 hours to allow flavors to blend. Stir before serving.



To remove corn from the cob, cut wide end so it stands up, then using a sharp knife or corn stripper, cut off the kernels.

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Edamame Garden Salad

The popular Asian soybean, edamame, turns this ordinary corn and bean garden salad into something extraordinary. Edamame Garden Salad is a healthy go-along that fits any of your main-dish favorites.

Serves: 6

What You'll Need:

1/2 cup olive oil
1/4 cup natural flavor rice vinegar
1 teaspoon lemon juice
1 teaspoon chopped fresh garlic
1 teaspoon salt
1/4 teaspoon black pepper
2 cups edamame, cooked according to package directions (see Notes)
1 cup black beans, rinsed and drained
2 ears fresh corn, kernels removed (see Note)
1 cup halved cherry tomatoes
1/2 red onion, chopped
1/2 green bell pepper, chopped
1/2 red bell pepper, chopped
2 tablespoons chopped fresh cilantro



What To Do:

1. In a small bowl, combine olive oil, rice vinegar, lemon juice, garlic, salt, and black pepper; mix well and set aside.
2. In a large bowl, combine remaining ingredients. Pour dressing over salad and toss until evenly coated. Refrigerate until ready to serve.

Notes:



- Edamame can usually be found in the freezer section of the supermarket, either in the vegetable or ethnic food section.

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Easy Corn Soup

Served hot or cold, our Easy Corn Soup is a deliciously simple way of enjoying this tasty grain. It's "corn"-tastic!

Serves: 6

Cooking Time: 20 min

What You'll Need:

12 to 14 ears fresh corn, kernels removed (see Note)

1 tablespoon salt

6 cups water

1 tablespoon chopped fresh chives



What To Do:

1. In a soup pot over medium heat, simmer corn kernels with salt in water 20 minutes, covered, or until corn is very tender. Reserve 2 tablespoons corn for garnish.
2. In a blender, puree remaining cooked corn in batches until very smooth. (Use caution when blending hot liquids.)
3. Ladle into bowls and serve sprinkled with chives; garnish with reserved corn kernels.



Notes:

- If desired, this soup may be served cold. Just chill it by setting a bowl of soup in a larger bowl of ice and cold water and stir. If soup is too thick, thin with water.

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Spring Radish Salad

If you're looking for something light and fresh, you have to try this Spring Radish Salad recipe! It's perfect as a spring side dish or all on its own.

Serves: 4 cups

Chilling Time: 1 hr

What You'll Need:

2 cups sliced radishes
1/2 teaspoon salt
1 cup sliced sweet onion
1 cup thinly sliced cucumber
1/2 cup olive oil
1/4 cup white vinegar
1 teaspoon sugar
1 clove garlic, minced
1 teaspoon chopped fresh dill



What To Do:

1. In a medium bowl, toss radishes with salt; let stand about 10 minutes. Drain any liquid and transfer radishes to a large bowl. Add onion and cucumber.
2. In a small bowl, whisk oil, vinegar, sugar, garlic, and dill until well mixed; pour over vegetables and toss to combine. Cover and refrigerate at least 1 hour before serving.

Did You Know?

Radishes come in a wide range of shapes, sizes, colors, and flavors. They can be the size of a hazelnut or a carrot, and range in color from bold reds, pinks, and purples to starker white and black.

In Season: Radishes are available year-round, but are at their peak from April through July.

What to Look For: Choose those that are plump, firm, smooth, and free of cracks and blemishes. If you plan on serving radishes raw as a snack, buy them with the leaves still attached; they should be bright green and fresh.

How to Store: Place radishes in a perforated plastic bag in the crisper. Those purchased with tops removed can be kept up to a week. Radishes with leaves on should be used within a day or so because the greens don't stay fresh very long.



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Grilled Caesar Salad

If you love Caesar salads, you're going to love this grilled version! Our Grilled Caesar Salad uses all of the traditional ingredients, and takes them straight to the grill! The result? A sweet and smoky salad that's drizzled in your favorite Caesar dressing and homemade croutons.

Serves: 4

What You'll Need:

- 1 large sweet onion, cut into 1/4-inch slices
- 1 tablespoon plus 1 teaspoon olive oil, divided
- 1 large head romaine lettuce, cut in half lengthwise with core intact
- 1/4 cup shredded Parmesan cheese
- 1 (2-ounce) Kaiser roll, split in half
- 1/2 cup light Caesar vinaigrette



What To Do:

1. Preheat grill to medium heat.
2. Place onions on grill and cook 3 to 4 minutes on each side, or until browned.
3. Drizzle 1 tablespoon olive oil on cut sides of romaine and place on grill. Cook each side 4 to 5 minutes, or just until lettuce begins to wilt.
4. Meanwhile, brush remaining olive oil on cut sides of Kaiser roll and place, oil side down, on grill. Grill for 1 to 2 minutes, or until roll gets crispy. Cut roll into 1/2-inch cubes for croutons.
5. Place romaine on a platter; cut each half in half again. Top each romaine wedge with onion, Parmesan cheese, croutons, and Caesar vinaigrette, distributing evenly. Serve warm.



Option:

- Toss a couple of grape tomatoes on the grill with the other ingredients to serve with this amazing Caesar salad.

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Revved Up Radish Slaw

We're getting all revved up about this fantastically easy, and oh-so delicious, Revved Up Radish Slaw! It's a recipe that works perfectly as a spring or summer side dish!

Serves: 6

Preparation Time: 20 min

What You'll Need:

3 cups shredded radishes (about 15)
1 cup chopped yellow peppers
1 cup shredded carrots
3 scallions, thinly sliced
1/2 cup mayonnaise
3 tablespoons rice vinegar
2 teaspoons sugar
2 teaspoons Dijon mustard
1/2 teaspoon salt
1/4 teaspoon black pepper



What To Do:

1. In a bowl, combine radishes, yellow peppers, carrots and scallions.
2. Whisk mayonnaise and remaining ingredients until well combined. Drizzle over slaw, toss until coated.
3. Serve immediately or refrigerate until ready to serve.



To shred radishes, we used the large holes on a box grater. You can also use a food processor with a shredding blade. Make sure to shred the radishes – not grate them.

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Egg Noodle Veggie Chowder

When they ask for seconds (and maybe even thirds) of this pasta soup, you'll be glad to give it to them 'cause you'll know it's loaded with lots of good things.

Serves: 4

Cooking Time: 45 min

What You'll Need:

1/2 pound egg noodles
1 cup diagonally sliced celery
1 small yellow squash, thinly sliced
1 cup fresh broccoli florets
1 cup fresh broccoli florets
1/2 cup thinly sliced red onion
2-1/2 cups milk
2 (10-1/2-ounce) cans condensed chicken broth
2 cups (8 ounces) shredded Cheddar cheese
1/4 teaspoon salt
1/4 teaspoon freshly ground black pepper



What To Do:

1. In a large pot of boiling salted water, cook noodles to desired doneness; drain and set aside.
2. Meanwhile, in a large saucepan, combine vegetables, milk, and chicken broth. Cover and bring to just under a boil. Reduce heat and simmer 15 minutes.
3. Stir in Cheddar cheese, salt and pepper.
4. Add noodles to vegetable mixture. Simmer about 5 minutes or until thoroughly heated.



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Green Beans with Grape Tomatoes

Grape tomatoes and green beans make for the perfect combination when you're looking for an easy vegetable side dish to make with dinner. If you've ever wondered what other recipes use grape tomatoes aside from salad, then this is the recipe for you.

Serves: 8

What You'll Need:

2 quarts water
2 pounds fresh green beans, trimmed
6 tablespoons butter
1 pint grape tomatoes, halved
1 tablespoon chopped fresh thyme or 1 teaspoon dried thyme
2 teaspoons sugar
1 teaspoon salt
1/2 teaspoon pepper



What To Do:

1. Bring 2 quarts water to a boil in a large pot; add beans and cook 8 minutes or until crisp-tender; drain. Plunge into ice water to stop the cooking process; drain.
2. Melt butter in a large skillet over medium heat 6 to 7 minutes or until butter begins to brown. Add green beans and sauté until tender. Stir in grape tomatoes and remaining ingredients. Serve immediately.



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Southwestern Vegetable Medley

If vegetables looked and tasted this good all the time, none of us would ever have a problem getting their recommended daily servings!

Serves: 6

Cooking Time: 15 min

What You'll Need:

1/4 cup vegetable oil
1 teaspoon garlic powder
1/4 teaspoon cayenne pepper
1 teaspoon salt
1 zucchini, cut into 1/2-inch chunks
2 yellow squash, cut into 1/2-inch chunks
1 large red bell pepper, cut into 1/4-inch strips
3 ears of fresh corn, husked and cut into 1/2-inch circles
1 fresh jalapeno pepper, stems and seeds removed, sliced into rings



What To Do:

1. In a small bowl, combine oil, garlic powder, cayenne pepper, and salt; mix well. Place in a large skillet over medium-high heat; add zucchini, yellow squash, and bell pepper.
2. Cook 6 to 8 minutes, or until vegetables are tender, stirring occasionally. Add corn and jalapeños; mix well. Cook 5 to 6 minutes, or until thoroughly heated. Serve immediately.

Option:

As usual, it's your call...use these or other vegetables according to what your family likes.

Did You Know?



To store your fresh sweet corn, as soon as you get it home from the market you can keep it in husk or shuck it right away – it's up to you! Either way, just make sure you place your fresh sweet corn in a storage bag or air-tight container in the fridge. Sweet corn will stay fresh for five days stored properly!

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Spicy Lime Corn on the Cob

Corn on the cob was and still is a must-have at a cook-out. And one taste of this tangy lime buttered corn will explain why the '50s fad of foil cooking is still with us!

Serves: 6

Cooking Time: 25 min

What You'll Need:

1/4 cup (1/2 stick) butter, melted
2 tablespoons fresh lime juice
1/2 teaspoon ground red pepper
1/4 teaspoon salt
6 ears fresh corn, husked



What To Do:

1. Preheat grill to medium heat.
2. In a small bowl, combine all ingredients except corn; mix well.
3. Place each ear of corn on a piece of aluminum foil. Brush each with butter mixture and wrap tightly in aluminum foil.
4. Grill 18 to 22 minutes, or until tender. Carefully unwrap corn, and serve.



Did You Know?

Corn is a whole grain food, high in fiber, low in fat, a source of essential nutrients and only about 80 calories per ear. Now that's something to make you smile from ear-to-ear.

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Seasoned Butter Corn Spreads

Sweet corn on the cob takes on a lot of tasty personalities with our versatile selection of Seasoned Corn Spreads. With so many flavor options from all over the world, there is something for everyone.

Try these different spreads! There is one here for everyone you know!

Cajun: Combine 3 tablespoons softened butter, 1/2 teaspoon celery salt, 1/4 teaspoon garlic powder, 1/4 teaspoon salt, and 1/4 teaspoon ground red pepper

Southwest: Combine 3 tablespoons butter, 1 teaspoon chili powder, and 1 teaspoon salt

Italian: Combine 3 tablespoons olive oil, 2 tablespoons finely chopped fresh basil or 2 teaspoons dried Italian seasoning, and 2 tablespoons finely grated Parmesan cheese

Thai: Combine 2 tablespoons sesame oil, 1 tablespoon rice vinegar, 2 tablespoons chopped cilantro, and 1/4 teaspoon salt

Orange-Soy Glaze: Mix 1/4 cup orange marmalade and 1 tablespoon soy sauce



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Corn, Okra, and Tomatoes

This dish is fresh, fresh, FRESH and so, so yummy! Corn, Okra, and Tomatoes are a great combo for a dish full of texture, flavor, and “OOH IT’S SO GOOD!!”

Serves: 6

Cooking Time: 35 min

What You’ll Need:

1/3 cup butter
1 large onion, chopped
1 large green bell pepper, chopped
2 cloves garlic, minced
2 cups chopped plum tomatoes
4 ears fresh corn, kernels removed (see Note)
1 cup sliced fresh okra
1 teaspoon salt
1/2 teaspoon freshly ground black pepper



What To Do:

1. In a large skillet over medium-high heat, melt butter; add onion, bell pepper, and garlic and cook until tender, stirring constantly. Add tomatoes; bring to a boil. Reduce heat to low and simmer 15 minutes.
2. Add corn kernels, okra, salt, and pepper; return to a boil. Reduce heat to low and simmer 8 to 10 minutes, or until corn is tender.

Notes:

- Remember, the fresher the better when you're making a veggie dish such as this. Vegetables lose flavor and nutrients when they sit in the fridge! Fresh Florida Sweet Corn stays sweet longer, which gives us more days to enjoy the sweet, fresh, flavor of corn on the cob, a week or more after harvest!
- To remove corn from the cob, cut wide end so it stands up, then using a sharp knife or corn stripper, cut off the kernels.



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Fresh Corn Cakes

Garden-fresh corn on the cob is the key to making these awesome Fresh Corn Cakes. Whether you serve these as is for a novel veggie side dish, or drizzled with a bit of honey for brunch, you can't go wrong.

Makes: 18

Cooking Time: 20 min

What You'll Need:

4 ears fresh corn, kernels removed (see Note)
3 large eggs
3/4 cup milk
3 tablespoons butter, melted
3/4 cup all-purpose flour
3/4 cup yellow or white cornmeal
1 (8-ounce) package shredded mozzarella cheese
2 tablespoons chopped fresh chives
1 tablespoon sugar
1-1/2 teaspoons salt
1/4 teaspoon cayenne pepper



What To Do:

1. In a food processor, combine 1-3/4 cups corn kernels, the eggs, milk, and butter; process 3 to 4 times, or just until corn is coarsely chopped.
2. In a large bowl, stir together flour, cornmeal, mozzarella cheese, chives, sugar, salt, and cayenne pepper; stir in remaining corn kernels and the chopped corn mixture just until dry ingredients are moistened.
3. Coat a griddle or skillet with cooking spray. Over high heat, pour 1/8 cup batter per corn cake onto griddle. (Do not spread or flatten cakes.) Cook cakes in batches 3 to 4 minutes, or until edges begin to brown. Turn and cook on other side 2 to 3 more minutes, or until heated through. Serve immediately.



To remove corn from the cob, cut wide end so it stands up, then using a sharp knife or corn stripper, cut off the kernels.

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Roasted Spring Vegetables

If you're looking for a fresh and colorful side dish to complement any main course, then our Roasted Spring Vegetables are right up your alley!

Serves: 4

Cooking Time: 25 min

What You'll Need:

1/4 cup olive oil
4 cloves garlic, minced
3/4 teaspoon salt
1/4 teaspoon black pepper
12 ounces asparagus, washed, trimmed, and cut into 2-inch pieces
8 radishes, washed, trimmed, and cut in half
3 ears fresh corn, husked and cut into 1/2-inch circles
1 tablespoon chopped fresh dill



What To Do:

1. Preheat oven to 400 degrees F. Coat a baking sheet with cooking spray.
2. In a large bowl, combine olive oil, garlic, salt, and pepper; mix well. Add vegetables to mixture and toss until evenly coated. Spread in a single layer on prepared baking sheet.
3. Bake 25 to 30 minutes, or until veggies start to brown. Sprinkle with dill and serve.

Notes:



- Roasted sweet corn is a real treat. Slow-cooked, juicy, tender, and sweet, there's nothing quite as tasty as roasted sweet corn!
- **Roast:** Preheat oven to 500° F. In a shallow baking pan, place husked ears. Roast until corn is hot and some kernels turn golden brown, about 7 minutes.

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Old Time Corn Bread Muffins

Our easy from-scratch recipe for classic corn bread muffins is one you'll make time and again. Old Time Corn Bread Muffins can be out of your oven and on your table quickly, but they'll taste like they came from a bakery.

Makes: 12 muffins

Cooking Time: 20 min

What You'll Need:

1-1/2 cups milk
1/3 cup vegetable oil
3 ears fresh corn, kernels removed (see Note)
1 egg
2 cups yellow cornmeal
1 cup all-purpose flour
3 tablespoons sugar
1 tablespoon baking powder
1 teaspoon salt



What To Do:

1. Preheat oven to 425 degrees F. Coat a 12-cup muffin tin with cooking spray.
2. In a large bowl, combine all ingredients; mix well. Spoon batter into muffin cups.
3. Bake muffins 18 to 20 minutes, or until golden. Serve warm.

Make it Fancy:

Stir a bit of honey into some whipped butter to make a special old-fashioned country spread for serving with these muffins.



Did you Know?

Florida grows more sweet corn than any other state in the Union! Its long growing season makes Florida sweet corn a great year-round crop!

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Lemony Green Beans

These Lemony Green Beans make for a great side dish! Perfect for a picnic, holiday, or dinnertime party, your guests will love the fresh and citrusy flavor in these tender-cooked greens.

Serves: 4

What You'll Need:

1/4 cup slivered almonds
1 pound fresh green beans, trimmed and halved
1/3 cup water
4 teaspoons extra virgin olive oil
1/2 teaspoon salt
1/2 teaspoon finely grated lemon peel
2 tablespoons chopped fresh parsley



What To Do:

1. Heat a medium skillet over medium-low heat. When the skillet is hot, add the almonds and toast for about 2 minutes, stirring frequently, until golden; remove almonds and set aside.
2. Add green beans to the skillet with water, oil, and salt. Increase heat to medium-high, cover skillet, and cook beans for 5 to 8 minutes, until bright-colored and fork-tender.
3. Uncover and continue to cook for 1 to 2 more minutes, until the water evaporates and the green beans begin to sauté.
4. Turn off heat, stir in toasted almonds, lemon peel, and parsley. Serve immediately.



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Creamy Baked Onions

There'll only be tears of joy when you serve this easy onion bake to your guests! It's a company fancy side dish that is one of our most popular onion recipes!

Serves: 8

What You'll Need:

8 sweet onions, peeled and cut in half horizontally
1-3/4 cups chicken broth
3 tablespoons olive oil
2 teaspoons chopped fresh rosemary
3/4 teaspoon salt
1/4 teaspoon black pepper
1/2 cup heavy cream
2 tablespoons all-purpose flour
1/8 teaspoon ground nutmeg



What To Do:

1. Preheat oven to 425 degrees F.
2. Place onions cut side up in a 9- x 13-inch baking dish. Pour chicken broth over onions and drizzle with olive oil. Sprinkle with rosemary, salt and pepper.
3. Bake uncovered 55 to 60 minutes, basting often.
4. In a small bowl, combine heavy cream and flour; mix until smooth. Pour mixture over onions and sprinkle with nutmeg.
5. Bake 20 to 25 minutes, until the pan juices are thickened and onion tops are golden.



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Veggie Skewers

Grab a bunch of fresh veggies and set aside 10 minutes because that's all you need to put together our Veggie Skewers which are perfect for a barbecue or potluck gathering!

Makes: 8 skewers

Cooking Time: 10 min

What You'll Need:

8 wooden or metal skewers
4 ears fresh corn, husked and cut into 1-1/2-inch circles
2 small red onions, peeled and cut into half moons
1 green bell pepper, cut into 16 chunks
16 cherry or grape tomatoes
1/4 cup olive oil
1 teaspoon salt
1/2 teaspoon black pepper
1/4 cup prepared pesto sauce



What To Do:

1. If using wooden skewers, soak them in water for 15 to 20 minutes.
2. On each skewer, thread a piece of corn, red onion, green pepper, and cherry tomato; repeat. Brush skewers with olive oil and sprinkle with salt and pepper.
3. Using a large grill pan, over medium-high heat cook kebabs 4 to 5 minutes per side, or until vegetables are tender. Remove from pan and drizzle with pesto before serving.

Did you Know?



- One medium-sized ear of corn provides over 10% of our daily requirement for dietary fiber.
- Foods that contain fiber, like Florida sweet corn, also help provide a feeling of fullness and may help curb your appetite and assist with weight management.

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Asparagus Frittata

This brunch-worthy Asparagus Frittata is so quick to make, but is sure to be talked about long after your get-together. It's the secret ingredients that add that special flavor that makes this frittata a stand-out.

Serves: 8

Cooking Time: 30 min

What You'll Need:

10 eggs
1/2 cup honey Dijon mustard and mayo blend
2 tablespoons grated Parmesan cheese, plus extra for garnish
1/2 teaspoon salt
1/4 teaspoon black pepper
1 tablespoon olive oil
1 tablespoon butter
1/2 bunch fresh asparagus, trimmed and cut into 1/2-inch pieces
1/2 cup sliced scallions
2 cups fresh baby spinach



What To Do:

1. In a large bowl, combine eggs, honey Dijon mustard and mayo blend, 2 tablespoons Parmesan cheese, salt, and pepper; mix well and set aside.
2. In a 10-inch skillet, heat oil and butter over medium-high heat. Add asparagus and scallions and sauté 5 minutes. Add spinach and cook until almost wilted, spreading mixture evenly across bottom of skillet. Pour egg mixture over vegetables, cover, reduce heat to low, and cook 15 to 20 minutes, or until eggs are set.
3. Turn frittata out of the skillet, sprinkle with Parmesan cheese, and cut into wedges. Serve immediately.



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Roasted Vegetable Pizza

Using a rich blend of roasted vegetables and blended cheeses, our Roasted Vegetable Pizza is just bursting with flavor. Roasting the vegetables helps bring out different textures of sweet flavor, perfect for really turning what could be an ordinary recipe into something truly memorable.

Serves: 4

Cooking Time: 35 min

What You'll Need:

1 (14-ounce) package prebaked Italian pizza bread shell

1 zucchini, halved lengthwise and sliced into 1/2-inch-thick chunks

1/2 cup thinly sliced red onion

1/2 cup chopped red bell pepper

1 ear fresh corn, kernels removed (see Note)

1 tablespoon olive oil

1 tablespoon balsamic vinegar

1 cup prepared tomato-basil pasta sauce

3/4 cup (3 ounces) shredded pizza cheese blend



What To Do:

1. Preheat oven to 450 degrees F. Place bread shell on a pizza pan. Coat a baking sheet with cooking spray.
2. Bake 8 minutes; remove from oven and set aside.
3. In a medium bowl, combine zucchini, onion, bell pepper, corn kernels, oil, and vinegar; toss to combine. Spread on prepared baking sheet.
4. Bake 20 minutes, or until vegetables are roasted.
5. Spread pasta sauce over prepared bread shell. Spoon vegetables over sauce; sprinkle with cheese. Bake 3 to 4 more minutes, or until cheese is melted. Cut into wedges and serve.



To remove corn from the cob, cut wide end so it stands up, then using a sharp knife or corn stripper, cut off the kernels.

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Grandma Bell's Onion Tart

This southern-style sweet onion tart that we call Grandma Bell's Onion Tart is a tasty go-along for a weeknight meal, or it will do you proud when you have company!

Serves: 6

Cooking Time: 1 hr

What You'll Need:

1 (9-inch) frozen ready-to-bake pie shell, thawed
3 tablespoons butter
3 sweet onions, thinly sliced
2 eggs
1 cup sour cream
1/8 teaspoon dry mustard
1/2 teaspoon salt
1/8 teaspoon black pepper
1/8 teaspoon paprika



What To Do:

1. Preheat oven to 350 degrees F. Bake pie shell 8 to 10 minutes, or until light golden; set aside.
2. In a medium skillet over high heat, melt butter. Add onions and sauté 5 minutes. Reduce heat to medium-low, cover, and sauté 2 to 4 additional minutes, or until tender. Place in pie shell.
3. In a medium bowl, combine eggs, sour cream, dry mustard, salt, and pepper; mix well and pour over onions. Sprinkle with paprika.
4. Bake 40 to 45 minutes, or until sides and crust are golden and a wooden toothpick inserted in center comes out clean. Cut into wedges and serve.



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Rainbow Pasta Primavera

Our Rainbow Pasta Primavera is a warm and colorful pasta dish that's loaded with all of your favorite spring veggies! It's a dish that highlights the freshness (and tastiness!) of the season.

Serves: 6

Cooking Time: 15 min

What You'll Need:

- 1 (12-ounce) package bow-tie pasta
- 2 tablespoons olive oil
- 1/4 pound asparagus, trimmed and cut into 1-1/2-inch pieces
- 1 sweet onion, sliced into half moons
- 2 carrots, thinly sliced
- 1 yellow or red bell pepper, cut into 1-inch chunks
- 3 plum tomatoes, cut into 1-inch chunks
- 3 cloves garlic, minced
- 1-3/4 cups reduced-sodium chicken or vegetable broth
- 1 (1-ounce) package dry ranch dressing mix
- 2 tablespoons grated Parmesan cheese (optional)



What To Do:

1. Cook pasta according to package directions, omitting the salt; drain and keep warm. Meanwhile, in a large skillet over medium heat, heat oil; sauté asparagus, onion, carrots, and bell pepper 2 minutes. Stir in tomatoes and garlic.
2. In a small bowl, combine broth and dressing mix; pour over vegetables and bring to a boil. Reduce heat to low and simmer 5 to 7 minutes, or until vegetables are crisp-tender, stirring occasionally.
3. In a large bowl, combine warm pasta and vegetable mixture; add Parmesan cheese, if desired, and toss until well coated. Serve immediately.



Add a Touch of Sunshine!

Want to highlight your fresh sweet corn? Try cutting a couple cobs into small wheels and placing them around the dish. It will add great eye appeal and ensure your gang will know that they're eating fresh sweet corn!

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