

Parmesan & Chive Corn on the Cob



Ingredients:

- 5 ears corn, cleaned and husked
- 1 T. unsalted butter
- Salt and pepper to taste

Topping

- 4 T. unsalted butter
- ¼ cup grated Parmesan cheese
- 1 T. dried or fresh chives, minced

Directions:

1. Preheat oven to 400 degrees F. Line a baking sheet with foil and spray thoroughly with cooking spray.
2. Place the cleaned ears of corn onto the baking sheet and sprinkle with salt and pepper. Top each ear of corn with a pat or so of butter.
3. Place the pan in the oven and roast for about 35-40 minutes until the ears start to brown. Turn the corn every so often during baking.
4. In the meantime, in a small pan, melt the butter, then stir in parmesan cheese and chives. Stir the mixture and remove from heat and drizzle over the ears of corn when removed from the oven. Enjoy!

It's that time of year again...sweet corn is ready! One of my most cherished memories is going to my mom's house and the smell of sweet corn fills the air. Our family works like an assembly line from picking the corn, to shucking it, to getting all those pesky little hairs off, to blanching it, cooling it, cutting it off the cob and finally bagging it for the freezer. Even my almost two-year old son got in on the action this year, adding more ears of corn to the, what seemed like endless pile of corn on the table, and scrubbing the silk off a small ear of corn until there probably wasn't much edible corn left on the cob. 😊 This process can be quite exhausting by the end of the day, but we all reap the benefits of those tasty, sweet kernels we can enjoy all year round. And no matter how you prepare it, whether grilled, boiled, roasted or even microwaved, nothing beats biting into that first ear of corn in the summertime. Can this delicious treat really be a healthy vegetable? There are a lot of myths and misconceptions about this delicious, yellow food, but here is some clarification that may help you decide if corn should be part of your diet.

I have heard time and time again, "I can't eat corn, I'll gain weight" or "I know I should stay away from corn because it's unhealthy". There has been much controversy over this vegetable, but I'm here to tell you that corn can be part of a healthy diet. Corn contains a variety of nutrients including folate, thiamin,

phosphorous, vitamin C, and magnesium. A half cup of corn contains only 15 grams of carbohydrates. To put that in perspective, you could eat a half cup of oatmeal **or** an 8-ounce glass of milk **or** 15 medium grapes for the same amount of carbohydrates. In this carb-phobia world we are living in now, many people are trying to avoid starchy foods, but carbohydrates are essential and a moderate amount should be included in the diet. Corn is also great for our digestive tract. Corn has high amounts of insoluble fiber, the kind of fiber that goes through the body intact and gets those bowel movements going. Insoluble fiber is also beneficial in helping feed the good bacteria in our gut. Many people are also concerned with GMOs (genetically modified organism) today. Chances are the sweet corn you are buying in your grocery store is not GMO corn. Although it does exist, it's rare. If you are concerned with GMO sweet corn, eat certified organic sweet corn. Certified Organic farmers are not allowed to knowingly plant GMO seed.