

CORN

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Step 3: Stir in 2 cloves minced garlic and cook for 1 minute. Stir in 3 cups corn kernels. Cook, stirring often, about 3 minutes, then stir in 1 pint halved cherry tomatoes. Cook until everything is very hot, about 2 minutes.

Step 4: Season with ½ teaspoon salt and ¼ teaspoon pepper, or to taste. Remove from heat and stir in crisp bacon. Fold in 1 cup sliced basil. Serve right away.

WARM GRILLED CORN AND EDAMAME SUCCOTASH SALAD

Prep 25 minutes
Cook 15 minutes
Makes 6 cups, serving 6

- Ingredients:**
2 ears corn on the cob, shucked, rinsed
1 large sweet onion, peeled, sliced crosswise into 3 sections
2 thick wedges Napa or green cabbage, about 6 ounces total
1/3 cup olive oil, plus more for drizzling
1/2 teaspoon coarse (kosher) salt, plus more for sprinkling
1 1/2 cups frozen shelled edamame or lima beans
2 small limes
1 teaspoon sweet paprika
1/2 teaspoon ground cumin
1/2 cup (about 2 ounces) crumbled queso fresco or feta cheese or ¼ cup heavy whipping cream
1/4 cup thinly sliced fresh chives or green onion tops

Step 1: Prepare a charcoal grill or preheat a gas grill until medium hot.

Step 2: Put 2 ears of corn, onion sections and cabbage wedges on a baking sheet. Drizzle all sides with some oil and sprinkle with salt. Place vegetables directly on the grill over the heat. Grill, occasionally turning until nicely golden on all sides, about 15 minutes. Transfer to a cutting board. Let cool.

Step 3: Meanwhile, cook 1 1/2 cups edamame in a small pot of boiling salted water until crisp-tender, about 2 minutes. Drain.

Step 4: Grate rind from 2 limes into a large bowl. Then squeeze juice from limes into the bowl. Stir in 1/3 cup olive oil, 1 teaspoon paprika, 1/2 teaspoon cumin and 1/2 teaspoon salt in a large bowl. Add warm edamame to dressing in a bowl.

Step 5: Use a sharp knife to remove corn kernels from cobs and add to the dressing. Chop grilled onion and cabbage and add to the dressing. Mix well. Add 1/2 cup crumbled queso fresco or 1/4 cup heavy cream. Serve at room temperature sprinkled with 1/4 cup chives.



Abel Uribe/The Daily Meal-TNS

BBT corn skillet, prepared and style by Shannon Kinsella.

SWEET CORN AND MAPLE ICE CREAM

Prep 15 minutes
Cook 10 minutes
Chill Several hours
Makes 1 ½ quarts

This rich, sweet ice cream tastes like the best cornbread topped with maple syrup. For a fun salt and salty twist, sprinkle on a little chile lime seasoning.

Note: The trick to great ice cream texture is to thoroughly chill the base before putting it into the ice cream machine. Don't skip the straining of the base through the sieve; it'll remove the corn kernel skins.

- Ingredients:**
3 cups fresh raw corn kernels
1 cup whole milk
2 cups heavy whipping cream
½ cup sugar
½ cup pure maple syrup
½ teaspoon salt
4 large egg yolks
1 teaspoon pure vanilla extract
Fresh black raspberries or blackberries for serving
Chile lime seasoning or Tajin
Classic Chile Lime seasoning, optional for serving

Directions:
Step 1: Puree 1 1/2 cups corn kernels with 1/2 cup whole milk in a blender until very smooth. Transfer to a deep, heavy saucepan. Repeat with remaining 1 1/2

cups corn and 1/2 cup milk.

Step 2: Stir 2 cups heavy whipping cream, 1/2 cup sugar, 1/2 cup maple syrup and 1/2 teaspoon salt into the corn mixture. Heat over medium heat until simmering.

Step 3: Meanwhile, set a large bowl over a larger bowl of ice. Place a mesh sieve in the large bowl.

Step 4: Whisk 4 egg yolks in a small bowl.

Step 5: Slowly ladle 1 cup of the heated corn mixture into the egg yolks to heat them gently. Then, whisk the egg yolk mixture back into the simmering corn mixture and cook on very low heat just until thickened, 2 or 3 minutes. Do not boil.

Step 6: Immediately pour the mixture through the sieve into the bowl set over the ice. Whisk to cool the mixture and stop the cooking. Stir in 1 teaspoon vanilla. Refrigerate the corn mixture until very cold or up to 2 days.

Step 7: Pour the cold corn mixture into your ice cream maker and freeze according to the manufacturer's directions. Scoop into a container. Cover and freeze solid for at least 1 hour.

Step 8: Serve small scoops of the ice cream topped with berries. If desired, shake a little chili-lime seasoning over the ice cream.

Tasty chicken salad, no need to heat up the kitchen

By LINDA GASSENHEIMER
Tribune News Service

No need to heat up the kitchen for this tasty chicken salad. Raisins, curry powder and cooked chicken make this salad a light, refreshing summer meal.

Curry powder is a blend of several spices. A true curry powder is freshly made each time it is used. Although not authentic, prepared curry powder, found in the spice section of the super-market, works well in this recipe. It doesn't keep long, about two to three months at most. If you have an old bottle on your spice rack, it's best to buy a fresh one.

- Helpful Hints**
- Any type of rotisserie or cooked chicken can be used.
 - Honeydew melon or peaches can be used instead of cantaloupe.
 - Buy cantaloupe already cut into cubes for quick preparation.

- Countdown**
- Mix sauce together.
 - Add chicken.
 - Line plates with salad leaves.
 - Add chicken salad.
 - Toast bread.

- Shopping List**
- To buy: 1 jar reduced-fat mayonnaise, 1 jar curry powder, 1 jar apricot jam, 10 ounces



Linda Gassenheimer-TNS

Curry Chicken Salad.

cooked chicken breast, 1 bunch celery, 1 small box raisins, 1 container cantaloupe cubes, 1 bag washed, ready-to-eat salad greens, 1 bunch parsley (optional garnish) and 1 loaf multi-grain bread.

- Staples: salt and black peppercorns.

CURRY CHICKEN SALAD

- 1/2 cup reduced-fat mayonnaise**
2 tablespoons warm water
3 teaspoons curry powder
1 tablespoon apricot jam
10 ounces boneless, skinless cooked chicken breast cut into 1-inch pieces, (about 2 cups)
1/2 cup sliced celery
2 tablespoons raisins
2 cups cantaloupe cubes (about 1/2 to 1-inch each)
Salt and freshly ground

black pepper
Several salad leaves
2 tablespoons chopped parsley (optional garnish)
4 slices multigrain bread

Add mayonnaise and water to a large bowl. Mix until smooth. Add the curry powder and apricot jam. Mix together, again until smooth. Add the chicken, celery, raisins and cantaloupe. Mix well. Add salt and pepper to taste.

Line two dinner plates with the salad leaves and spoon the chicken salad on top. Sprinkle parsley over salad, if using.

Serve with toasted multigrain bread.

Yield 2 servings.

Per serving: 662 calories (37% from fat), 27 g fat (4.3 g saturated, 6.4 g monounsaturated), 126 mg cholesterol, 48.4 g protein, 56.6 g carbohydrates, 8.3 g fiber, 761 mg sodium.

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