

Sweet Ways



Sweet Corn and Black Bean Enchiladas

Yield: 6 to 8 servings

- 1 tablespoon vegetable oil
- 1/2 cup onion, chopped
- 1 cup fresh sweet corn kernels
- 2 bell peppers, diced
- 1 teaspoon ground cumin
- 1 cup salsa
- 1 can low sodium black beans, rinsed and drained
- 1 salt and freshly ground pepper
- 10 6-inch corn tortillas
- 2 cups shredded Monterey Jack cheese, divided
- 1 8-ounce can enchilada sauce

Preheat oven to 350°F.

Lightly spray an 11 x 7-inch (2-quart) baking dish with pan release cooking spray.

Add vegetable oil to a medium pan. Cook onion, corn and bell peppers over medium high heat for 3 minutes. Add cumin, salsa and black beans, and continue to cook for two minutes, stirring occasionally. Season with salt and pepper to taste. Remove pan from heat and let cool slightly.

Place an even amount of the filling mixture in each tortilla. Using 1 cup shredded cheese, evenly distribute it on top of each tortilla. Carefully roll up each tortilla, and place seam side down in sprayed baking dish.

Pour enchilada sauce over rolled enchiladas, spreading to coat all tortillas. Sprinkle with remaining 1 cup cheese.

Bake 25 to 30 minutes or until cheese is melted and sauce is bubbly around edges. Remove from oven and let cool slightly.

Serve with diced avocado, salsa and sour cream, if desired.



Sweet Corn and Tomato Bisque

Yield: 4 servings

- 2 tablespoons unsalted butter
- 1/2 onion, finely chopped
- 4 ears fresh sweet corn, kernels removed
- 1 large garlic clove, minced
- 4 cups low-sodium broth (vegetable or chicken)
- 1 salt and fresh ground pepper
- 2 tablespoons sour cream
- 2 medium tomatoes, coarsely chopped
- 1 scallion, thinly sliced
- 1 tablespoon cilantro, finely chopped

Melt butter in large, heavy pot. Add onion and cook over moderately high heat, stirring, until lightly browned, for about 6 to 7 minutes.

Stir in corn and garlic, cooking until corn is lightly browned, about 5 minutes. Add broth and simmer until corn is tender, about 15 minutes. Lightly season with kosher salt and pepper to taste.

Transfer half the soup into blender or food processor; purée until almost smooth. Add blended soup back into

See SWEET WAYS on page 9

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