

CORN FRITTERS

| Serves 4 |

INGREDIENTS:

- 5 cobs of fresh corn (2 1/2 cups grated)
- 1 egg (separated)
- 2 tsp. flour
- 1/4 tsp. salt

INSTRUCTIONS:

1. Grate corn off of cobs.
2. Beat egg white and add it to corn mixture.
3. Add flour and salt to corn mixture.
4. Whip egg white until stiff.
5. Fold stiffened egg white into corn mixture.
6. Sautee as pancakes. Do not overcook.



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STEWED CORN MEDLEY

| Serves 6 |

INGREDIENTS:

- 3 medium onions, sliced thin
- 2 cloves of garlic, crushed
- 3 tbsp. olive oil
- 2 green or red peppers, chopped
- 3 tomatoes, chopped
- 2 cups fresh cut corn (4 cobs)*

INSTRUCTIONS:

1. Cook onions, and garlic in oil 2-3 min.
2. Add peppers and tomatoes.
3. Simmer, covered, 10 min. A
4. dd corn, simmer 5 min.
5. Salt and pepper.

* Remove the kernels from the cob with a sharp knife, then scrape the cob to capture the juices.
1 cob = 1/2 cup.



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