Fresh pick: sweet corn

Corn often gets a bad rep. “A lot of my patients think corn is a worthless vegetable, based on the fact that it’s ‘starchy’ and because the industry has turned most of it into high fructose corn syrup,” says Joanna Lipp, R.D., a URMC clinical nutrition specialist. Skip the tortilla chips and opt for recipes using whole corn – kernels are considered a whole grain, says Lipp.

1. Prep grill with direct, high heat.
2. Place corn in husks on hot grill. Cover. Turn occasionally, until charred on all sides, about 15 to 20 minutes.
3. Remove from grill and let sit for 5 minutes or until cool enough to handle. Remove silks and charred husks.

Recipes are a collaboration between Food & Nutrition Services and Well-U
Smoky Corn & Black Bean Pizza

Ingredients
- 1 plum tomato, diced
- 1 cup canned black beans, rinsed
- 1 cup fresh corn kernels, (about 2 ears)
- 2 tablespoons cornmeal
- 1 pound prepared whole-wheat pizza dough

Directions
1. Preheat grill to medium.
2. Combine tomato, beans and corn in a medium bowl. Sprinkle cornmeal onto a large baking sheet. Stretch the dough into about a 12-inch circle and lay it on top of the cornmeal, coating the entire underside of the dough.
3. Transfer the crust from the baking sheet to the grill. Close the lid and cook until the crust is puffed and lightly browned on the bottom, 4 to 5 minutes.
4. Using a large spatula, flip the crust. Spread barbecue sauce on it and quickly sprinkle with the tomato mixture and cheese. Close the lid; grill until the cheese is melted and the bottom of the crust is browned, 4 to 5 minutes.

Avocado-Corn Chowder with Grilled Chicken

Ingredients
- 2 ripe avocados, divided
- 1/2 cups water
- 1/2 cup fresh orange juice
- 1 teaspoon honey
- 1 teaspoon kosher salt, divided
- 1/2 teaspoon freshly ground black pepper, divided
- 1/4 teaspoon ground red pepper (optional)
- 12 ounces skinless, boneless chicken breast
- 1 teaspoon olive oil
- 1 small garlic clove, cut in half
- 1 1/2 cups fresh corn kernels (about 3 ears)
- 1 cup chopped red bell pepper
- 1/3 cup chopped green onions
- 1/4 cup chopped fresh cilantro
- 4 lime wedges

Directions
1. Peel and coarsely chop 1 avocado; place in a blender. Add water, orange juice, honey, 3/4 teaspoon salt, 1/4 teaspoon black pepper, and red pepper, if desired; blend until smooth. Place in freezer to chill while chicken cooks.
2. Heat a grill pan over medium-high heat. Brush chicken with oil; sprinkle with remaining 1/4 teaspoon salt and 1/4 teaspoon black pepper. Place chicken in pan; cook 4 minutes on each side or until done. Remove chicken from pan; rub chicken with cut sides of garlic halves. Let chicken stand 10 minutes; cut or shred into bite-sized pieces.
3. Peel and dice remaining avocado. Stir diced avocado, corn, bell pepper, and onions into chilled avocado puree. Spoon chowder into bowls; top with chicken and cilantro. Serve with lime wedges.