

Skillet Corn

START TO FINISH 35 minutes

- 4 slices bacon
- 2 cups fresh or frozen whole kernel corn
- 1 cup frozen shelled sweet soybeans (edamame)
- 1 cup grape tomatoes or cherry tomatoes, halved
- ½ of a medium red onion, thinly sliced
- 2 Tbsp. snipped fresh cilantro
- 1 small fresh jalapeño chile pepper, seeded and finely chopped (see tip, page 82)
- 1 Tbsp. olive oil
- ½ tsp. finely shredded lime peel

- 1 Tbsp. lime juice
- 2 cloves garlic, minced
- ¼ tsp. ground cumin
- ⅛ tsp. salt
- ⅛ tsp. chili powder

1. In a large skillet cook bacon over medium heat until crisp. Remove bacon and drain on paper towels, reserving 2 tablespoons drippings in skillet. Crumble bacon; set aside. Add corn and soybeans to the reserved drippings. Cook and stir for 3 to 4 minutes or just until vegetables are crisp-tender.

2. In a large bowl combine the corn and bean mixture, tomatoes, red onion, cilantro, and jalapeño pepper.

3. For dressing, in a small screw-top jar combine oil, lime peel, lime juice, garlic, cumin, salt, and chili powder. Cover and shake well. Pour dressing over corn mixture; toss gently to coat. Sprinkle with crumbled bacon. **Makes 6 servings.**

PER SERVING 182 cal., 11 g fat (3 g sat. fat), 9 mg chol., 160 mg sodium, 17 g carb., 3 g fiber, 7 g pro.



How to Cut Corn Kernels

Peel corn; remove silk. Using a sturdy knife, trim the stem end of the cob. Holding the corn cob cut-side down on a cutting board, use a sawing motion to cut downward to remove the kernels. One ear will yield about ½ cup kernels.

