

Cooking Corner Tips To Help You

Warm Up To Fresh Supersweet Corn



Fresh supersweet corn on the cob is a great cold-weather treat.

(NAPSA)—Roasting caramelizes the natural sugars in supersweet corn and is a no-fuss way to prepare an all-in-one meal. Simply toss chicken and chopped vegetables with oil and herbs, and roast. The corn cooks so quickly it only goes in the oven for 10 minutes.

Fresh supersweet corn from Florida is in season from October until June. Each medium ear has only 80 calories and is a good source of vitamin C, thiamin, fiber and folate. Refrigerated with husks removed and loosely wrapped in plastic, it will keep for about a week.

For more recipes visit www.freshsupersweetcorn.com or send a self-addressed stamped envelope to: America's Cookin', Fresh Supersweet Corn Council, 35 E. 21 Street, Box N, New York, NY 10010.

ROAST CHICKEN AND SUPERSWEET CORN

- 2 tablespoons olive oil**
- 1 teaspoon dried thyme**
- 1½ teaspoons salt, divided**
- ½ teaspoon ground black pepper, divided**

- 4 large zucchini, quartered**
- 2 large sweet onions, quartered**
- 4 large ears fresh supersweet corn, husked and quartered**
- 8 green onions (scallions)**
- 4 chicken legs and/or thighs**

Preheat oven to 425°F. In a cup, combine oil, thyme, $\frac{3}{4}$ teaspoon of the salt and $\frac{1}{4}$ teaspoon of the pepper. In a large shallow pan, toss squash and onions with half of the seasoned oil. In a bowl, coat corn and green onions with remaining seasoned oil; set aside. On a rack in a broiler pan, place chicken; sprinkle with remaining $\frac{3}{4}$ teaspoon salt and $\frac{1}{4}$ teaspoon pepper. Place pan with squash and onion on lower rack and chicken on upper rack. Roast for 25 minutes, turning vegetables and chicken occasionally. Add corn and green onions to pan with vegetables. Roast until chicken is cooked through and vegetables are tender, about 10 minutes, turning occasionally.

YIELD: 4 portions