



(Cut out cards on dotted lines)

**Yield 4 to 6 Servings**

### Sweet Corn and Ricotta Fritters

- 2 ears fresh Florida sweet corn, kernels removed
- 1/2 bunch fresh Florida cilantro, chopped fine
- 4 ounces low-fat ricotta cheese
- 2 large Florida eggs, beaten
- 1/3 cup self-rising unbleached or whole-wheat flour
- Olive oil (for shallow pan frying)
- Kosher salt and fresh ground pepper to taste

#### Preparation

In a medium-sized bowl, combine corn, cilantro, ricotta, eggs, flour and a pinch of salt and pepper. Add a small amount of olive oil to a medium-high preheated sauté pan. Carefully add spoonfuls of the corn mixture to the hot pan. Cook on both sides until golden brown. Test the first done fritter, and adjust seasoning with salt and pepper. Serve with low-fat sour cream if desired.



# FLORIDA Sweet Corn



(Cut out cards on dotted lines)

**Yield 4 Servings**

### Sweet Corn with Southern BBQ Butter

- 1/4 cup of your favorite barbecue sauce (sweet, spicy, etc.)
- 1/4 stick butter
- 4 ears fresh Florida sweet corn, shucked
- Kosher salt and fresh ground pepper to taste

#### Preparation

Preheat oven broiler on high. In small saucepan over low heat, combine barbecue sauce and butter until melted and smooth. Place sweet corn in a medium-sized baking dish and pour barbecue mixture over sweet corn. Broil sweet corn, 4 inches from broiler, being sure to watch the whole time. Turn and baste the sweet corn until golden. Serve warm.





## Florida Sweet Corn

Florida is the largest producer of market fresh sweet corn in the U.S. Sweet corn is mostly grown in the southeast and central parts of Florida. Sweet corn is available from October through June, with peak availability in April and May.

### How to buy:

It is best to buy fresh sweet corn with the husk still attached. Sweet corn cobs should feel and look moist and plump, with the kernels inside fat and shiny; press against the husk and you should be able to feel the kernels inside. The silk of the corn should be a little sticky and should look glossy, stiff and moist. Do not purchase sweet corn that has straw colored husks; they should be green.

### Tips for storage:

Store sweet corn in the husk, placed in a refrigerator or a cool dry place. Keep the ears separated during storage to prevent mold.

### Cooking tips:

Cook your corn as soon as you can. As corn sits, the sugars convert to starch. Steam corn for five to seven minutes or try roasting and grilling for a smoky flavor. Easily remove kernels from the cob by standing the corn on end on a cutting board and cut down the cob with a sharp knife. Salt can make corn tough, so only lightly salt the corn before cooking, and be sure to add or serve salt after cooking.

### Flavors well with:

Seafood, onion, tomato, chili peppers, thyme, rosemary

### Nutrition info:

*Serving Size: 154g (1 cup) • Calories 132  
Calories from fat 16.38g • Total Fat 1.82g  
Total Carbohydrate 29.29g  
Protein 4.96g  
Fiber 4.2*

DACS-P-01407  
REV. 06/09



Sweet Corn and Ricotta Fritters



Sweet Corn with Southern BBQ Butter

(Cut out cards on dotted lines)