

## **Have A Plant® Cook Along: Sweet Corn 3-Ways With Chef Todd Fischer**

June 9th @ 5:30pm EST

Sponsored by Duda Farm Fresh Foods

### **SHOPPING LIST**

Dandy® Celery  
Dandy® Super Sweet Corn (12 ears)  
Garlic  
Avocado  
Vegetable Stock  
Dandy® Radish Mini Sticks  
Chives  
Silken Tofu (12 oz.)  
Extra Virgin Olive Oil  
1 Dozen Eggs  
Milk  
Chorizo (12 oz.)  
Shredded Pepper jack Cheese (2 cups)  
Fire Roasted Green Chiles (6 oz = 1 small can)  
Greek Yogurt  
Honey  
Sliced Toasted Almonds  
Za'atar spice blend (store bought)  
Mint leaves (Optional)  
Cayenne Pepper  
Salt  
Pepper

## Dandy® Sweet Corn Vegan Gazpacho

Serves 4

Recipe Created by Chef Todd Fisher

½ cup Diced Dandy® Celery (small dice from celery sticks or whole stalk celery)  
4 Ears Dandy® Super Sweet Corn (Stripped from Cob)  
1 Clove Garlic  
1 Avocado  
2 cups Vegetable Stock  
1 tsp. Salt  
1 dash Cayenne Pepper  
12 oz. Package Silken Tofu (drained)  
¼ Cup Dandy® Radish Mini Sticks  
4 chives (minced)  
2 Tbsp. Extra Virgin Olive Oil

In the cup of your blender, place your diced Dandy® Celery, Dandy® Super Sweet Corn, garlic clove, avocado, vegetable stock, salt and cayenne pepper. Start blender on medium. While blender is running, add the silken tofu and continue blending until smooth. Adjust seasoning as needed and refrigerate until ready to serve.

Combine Dandy® Radish Mini Sticks, chives and 2 Tablespoons of extra virgin olive oil together and drizzle on top of the Dandy® Super Sweet Corn Gazpacho before serving.

**Note:**

Additional Garnish Options: Poached Shrimp or Crab and/or Toasted Almonds.  
Soup can be strained before refrigerating for a smoother consistency.

## Dandy® Super Sweet Corn & Chorizo Egg Muffin

Makes 12

Recipe Created by Chef Todd Fisher

4 Ears Dandy® Super Sweet Corn (stripped from cob)

12 Eggs

½ Cup Milk

1 tsp. Salt

½ tsp. Pepper

12 oz. Cooked Chorizo (oil separated)

2 cups Pepper Jack cheese (shredded)

¾ Cup Fire Roasted Green Chiles (diced)

Preheat oven to 350°F. In your blender on low speed, blend together the eggs, milk, salt and pepper.

Grease a 12-cup muffin tin. Equally disperse half of the Dandy® Super Sweet Corn, chorizo, cheese and green chilies into the cups. Then, pour egg mixture into the cups, filling ½ full. Top with remaining ingredients (evenly dispersed among the 12 cups). Bake on center rack for 20-25 minutes. Or until a wooden skewer is inserted and comes out clean.

### **Notes:**

Use your rendered Chorizo oil to grease the muffin tins – this adds flavor and creates less waste. Breakfast Egg Muffins can be stored in an airtight container for up to 5 days. To reheat, microwave for 1 minute or place in a preheated oven at 400°F for 5 minutes.

## Za'atar Spiced Dandy® Super Sweet Corn

Serves 4

Recipe Created by Chef Todd Fisher

4 Ears Dandy® Super Sweet Corn  
3 Tbsp. Greek Yogurt  
½ Tbsp. Honey  
¼ tsp. Salt  
¼ tsp. Pepper  
1 Tbsp. Za'atar spice blend (store bought)  
2 Tbsp. Sliced Toasted Almonds  
12 small mint leaves (Optional)

To prepare the Dandy® Super Sweet Corn, heat your grill to high heat.

Over high heat, grill the ears of corn allowing for some charring to happen, approximately 5-6 minutes. If you do not have a grill, you can steam or boil the Dandy Super Sweet Corn for 4-6 minutes.

While Corn is cooking, combine the yogurt, honey, salt and pepper. Mix well until smooth.

Once corn has cooked, remove from heat. Using a pastry brush, brush each ear of corn with your yogurt mixture. Then sprinkle each ear with the Za'atar seasoning and the toasted almond slivers.

Set Corn on serving vessel and garnish with mint leaves, if desired.