## Roast the corn and put the butter away

Really. No butter. Just plenty of julcy flavor.

As soon as corn is picked, its natural sugar begins to convert to starch - making the corn taste less sweet. So ideally, buy corn as soon after it's picked as you can, and cook it as quickly as possible. But even corn that has been trucked in or refrigerated is delicious grilled or roasted, which heightens the sweetness and adds a nice sweetness and adds a nice smoly taste.

When selecting corn, pick cars with bright green, tight-fitting husks and golden brown

It's peak corn season right now, and time for simple ways to enjoy the natural sweetness of fresh corn-on-the-cob.

Most folks equate corn-on-the-cob with plenty of meltid butter. But you will be pleasant ly astonished to discover, like the ALCR staff who taste-tested this version, how wonderful corn can taste without butter. Really. No butter, Just plenty of juicy flavor.

As soon as corn is picked, its natural sugar begins to cover or the provided that the incidence of fueting the content of the care tendence of fueting faced about half the incidence over of the care tendence is not with the provided that the provi nigness to loss levels of them faced about half the incidence of breast cancer as those with he lowest. Other research shows that people with the highest dietary intake of lutein had a substantially lower incidence of colon cancer than those with the lowest intake. Although yellow corn contains less lutein than dark green, leafy vegetables, it's still an excellent source of this cancer-protective phytochemical. Lutein may also reduce the risk of heart attack and stroke.



Roast corn the right way and you can skip the butter for natural flavors.

Corn roasted in the following way is so good you may want to roast a few extra ears and cut the kernels off the cob for sal-ads, salsas, or soups.

s, salsas, or soups. Roasted Corn with Cumin

oven to 500 degrees.
In a small bowl, whisk together lime Juice, cumin, salt, pepper and li. Prepare com, one ear at a time. Pull off and diseard the 2 or 3 tough outer leaves. Carefully pull back remaining leaves, one at a time, exposing as much of the ear as possible. (It is better to uncover only half the ear than to tear the hussle, J Pull off all the silk.

Brush kernels with oil mixture, using just enough to coat corn lightly. Smooth folded leaves back into place, one by one, until ear is completely covered.

ear is completely covered.

Arrange corn on the grill or
place in oven. Roast 15 minutes.
If using a grill, turn ear 2 or 3
times. (This is not necessary if
oven-roasting.) Serve corn
immediately, accompanied by
additional salt, if desired, and
lime wedges, which are squeezed
over the corn as it is caten.

Makes 6 servings. Per serving: American Institute for Cancer Re-91 calories, 3 g. total fat (less search

than 1 g. saturated fat), 17 g. car-bohydrate, 2 g. protein, 2 g. dietary fiber, 207 mg. sodium.

bohydrate, 2 g. protein, 2 g. dietary fiber, 207 mg. sodium.

AIRR offers a Nutrition Hotline (1-800-843-81M) Monday-friday 9 am. to 5 pm. ET, a free service that allows you to ask a registered dietilan questions about diet, nutrition and cancer. The American institute for Cancer Research is the only major cancer charity focusing exclusively on the link-between diet, nutrition and cancer. The Institute provides a range of education programs that help millions of Americans learn to make changes for lower cancer risk. AICR also supports innovatives research in cancer prevention and treatment at universities, hospitals and research centers across the LLS. The institute has provided more than 52c million in funding for research lett, untrition and cancer. AICR's Web address is www.aic.com, AICR is a member of the World Cancer Research Fund international.

## Build on pasta for quick, easy summer meals

Pasta makes a great base for a quick meal, offering many shapes and sizes to choose

snapes and sizes to choose from.

This recipe from the August issue of Cooking Light maga-zine tosses together orzo, dill and chick peas. Pair it with a side of romaine-mint salad and it becomes a light summer meal.

ORZO SALAD WITH CHICKPEAS,

DILL AND LEMON
1 cup uncooked orzo (rice-shaped

leup uncouseu virus pasta)
V2 cup thinly sliced green onions
V2 cup thinly sliced green onions
V2 cup t2 ounces; crumbled fela
cheese
V4 cup chopped fresh dill
1 (IP-ounce) can chickpeas (garbanzo beans), drained
3 tablespoons fresh lemon juice
1 V2 tablespoons extra-wirgin

olive all I tablespoon cold water 1/2 teaspoon salt 1/2 teaspoon bottled minced gar-lic

Cook pasta according to pack-Cook pasta according to pack-age directions, omitting fat and salt. Drain and rinse with cold water; drain. Combine pasta, onions, cheese, dill and chickpeas in a large bowl, tossing gently to combine. Combine juice and remaining ingredients in a small

1 Tosp. fresh Jime juice 1 lsp. ground cumin 1/2 tsp. salt 1/4 lsp. freshty ground black pepper

2 limes, cut lengthwise into wedges

CHOPPED ROMAINE WITH MINT 4 cups thinly sliced romaine le

tuce 1/2 cup chopped fresh mint 1 tablespoon fresh femon juice 2 teaspoons olive oil 1/8 teaspoon salt

romaine lettuce and 1/2 cup chopped fresh mint in a bowl. Combine 1 tablespoon fresh lemon juice, 2 teaspoons olive oil and 1/8 teaspoon salt in a small

bowl, stirring with a whisk. Driz-zle over salad, toss to combine. Nutrition information: 327 cal., 10.4 g total fat (2.9 g saturat-cd fat), 13 mg. chol., 10.8 g pro., 47.6 carb.





CUITS 754.744.9530 montempring ALL TICKETS ON SALES





