

MICROWAVE CORN ON THE COB

Yield: 4 servings

Try this fast, energy-saving, healthful, and flavorful method of cooking corn on the cob. Here's why: (1) Time Savings—the cornsilk comes off the cob much more easily. (2) Energy Savings—it cooks quickly in the microwave. (3) Superior Nutrient Retention—fragile vitamins and antioxidants stay inside the vegetable. (4) Concentrated Nutrients—natural flavors and sugars remain concentrated, reducing the need to add excess salt. (5) Better Flavor and Texture—retains its vibrant color and crunchy kernels rather than becoming waterlogged or mushy.

CLEAN UP TIP—add *ALL* corn food waste to your We Compost bucket (i.e., stem ends, husks, cobs, and cornsilk).

4* large corn cobs in their husk**
salted butter

1. Break off the outside brown corn silk and any elongated dark green leaf husk tips. Cut the stem end of the cobs to fit your microwave using its inner revolving plate as your guide. **Do NOT peel off the husks.** If your corn cobs do not have a husk and are already trimmed, just go to step 2.
2. Place each cob under running water to remove dirt and soak through. Wrap each in paper towels and place on a microwave-safe plate in a *single* layer. Place the cobs in the microwave and cook on high for 16 minutes or *4 minutes per cob*.
3. The cobs are done when the kernels' color has deepened and become glossy. Allow the cobs to cool until you can hold them without burning yourself. Remove the paper towel and cut off the stem end of the cobs.
4. Peel the husks off from the top down to the stem end. Clean off any stray strands of corn silk. Top with salted butter.

Substitutions/Notes:

* Can include 1 to 4 ears of corn in the microwave at a time. Cooking more than 4 ears can overcrowd the microwave and cause uneven cooking, so it is best to prepare large amounts in batches.

** Can also use shucked corn cobs and frozen corn cobs. For frozen cobs add an extra minute of cooking time per cob.