

Creamed Corn with Bacon and Leeks
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Yield: 6 servings (serving size 2/3 cup).

"Scraping the cut ears of corn releases the remaining starch milk, giving the creamed corn is thick consistency. Pair this sweet-smoky side dish with grilled chicken."

6 ears of fresh corn
2 cups 1% low fat milk
1 tablespoon cornstarch
1 teaspoon sugar
1/2 teaspoon salt
1/4 teaspoon freshly ground black pepper
4 slices of bacon
1 cup chopped leek

1. Cut kernels from ears of corn to measure 3 cups, using the dull side of a knife blade, scrape milk and remaining pulp from cobs into a bowl. Place 1-1/2 cups kernels, low-fat milk, cornstarch, sugar, salt and pepper in a food processor, process until smooth.
2. Cook bacon in a large nonstick skillet over medium heat until crisp. Remove bacon from pan, reserving 1 teaspoon drippings in pan, crumble bacon. Add leek to pan, cook 2 minutes, stirring constantly. Add puréed corn mixture, 1-1/2 cups corn kernels, and corn milk mixture to pan. Bring to a boil, reduce heat, and simmer 3 minutes or until slightly thick. Stir in crumbed bacon just before serving.