



June 2017 Issue

Recipes

Summer Corn and White Bean Soup

Serves 6

Ingredients

- 1 tablespoon canola oil
- 1 cup sliced green onions
- 3/4 cup chopped cooked ham (about 4 ounces)
- 3 cups fresh corn kernels (about 5 ears)
- 1/2 teaspoon salt
- 2 (15-ounce) cans navy beans, rinsed and drained
- 2 (14-ounce) cans less-sodium chicken broth
- 2 (4.5-ounce) cans chopped green chiles, undrained



How to Make It

Heat canola oil in a pot over medium heat. Add onions and ham, and cook 3 minutes, stirring frequently. Stir in corn and remaining ingredients. Bring to a boil; reduce heat, and simmer 5 minutes or until thoroughly heated.



Recipes

Spicy Buttermilk Chicken and Vegetable Kabobs

Serves 4

Ingredients

- 1/4 cup fat-free buttermilk
- 2 tablespoons light brown sugar
- 1 tablespoon grated peeled fresh ginger
- 1 tablespoon grated fresh garlic
- 1/4 teaspoon ground allspice
- 1/4 teaspoon ground red pepper
- 1/8 teaspoon paprika
- 1 1/2 pounds skinless, boneless chicken breasts, cut into 1-in. pieces
- 1 pt. multicolored cherry tomatoes
- 2 large orange bell peppers, cut into 1-in. pieces
- 1 red onion, cut into 1-in. pieces
- Cooking spray
- 1/2 teaspoon kosher salt
- 1/4 teaspoon freshly ground black pepper



How to Make It

Preheat grill to high. Combine first 7 ingredients in a bowl. Thread chicken onto 4 (10-inch) skewers. Thread tomatoes, bell peppers, and onion alternately onto 8 (10-inch) skewers. Brush chicken and vegetable kebabs with half of buttermilk mixture.

Coat grill grates with cooking spray. Place kebabs on grill; grill 5 minutes. Turn and grill 5 minutes or until chicken is done, brushing chicken and vegetables with remaining buttermilk mixture. Remove kebabs from grill. Sprinkle with salt and black pepper.