

Cilantro Corn

Ingredients

Enough for ten people as a side dish

Preparation time: from 5 min (if using frozen variety corn) to 30 min (if using corn on the cob and cooking on stove)

- 2 Lbs frozen white sweet corn kernels (best for you, especially the organic variety or on the cob; don't use canned corn it always has a delicious aluminum/tin flavor)
- 1 ¼ teaspoons sea salt
- ½ teaspoon brown sugar
- 1 cup chopped cilantro
- ¾ cup Greek or Mediterranean Yogurt (Trader Joe's or Whole Foods stores have the ideal type for proper taste – free unwanted commercial here. Even low fat varieties work well for this dish. While at any of these stores get the corn too, it is the best. Sour cream is okay also, though your heart will scream in panic with the cholesterol and you may die but with a smile on your face. Don't use regular yogurt as the taste won't be what it is supposed to be and you may end up thinking intensely of me or/and alternatively remembering the fact that I also have a mother, for making you waste your morning yogurt and a couple pounds of good corn.



Preparation

If using corn on the cob remove kernels and microwave on high for about four minutes, or if an eco freak, in boiling water for about 20 minutes. If using frozen variety make a few holes on bag and microwave or cook on stove same amount of time as fresh corn. Let kernels cool down. Add yogurt, salt, sugar and cilantro. Devour quickly before your family members sneak up on you and finish it up.