



Greenmarket Recipe Series

**Natural
Gourmet
Institute**

BLACKED POBLANO AND CORN SAUTÉ WITH CUMIN & CILANTRO

Recipe by Natural Gourmet Institute

SERVES 6-8

Ingredients:

2 tablespoons extra virgin olive oil
3 poblano peppers*, seeded and chopped
1 onion*, small diced
1 garlic clove*, minced
3 sprigs fresh thyme*, minced
1 teaspoon ground cumin
2 ears of corn*, kernels removed
¼ teaspoon sea salt
Pinch black pepper

½ ounce cilantro*, leaves chopped
Juice of 1 lime

Directions:

1. In large skillet, heat olive oil. Add onions and poblanos; cook until gently blistered, about 7-10 minutes. Stir in garlic, thyme, and cumin.
2. Add corn; sauté over medium heat until tender, about 5-7 minutes.
3. Season with sea salt and black pepper. Garnish with fresh cilantro and lime juice; serve hot.

Make It A Meal: Fold into omelets or use as a tamale filling with a bit of grated queso fresco.

****Ingredients available seasonally at your neighborhood Greenmarket***

For over 40 years GrowNYC's Greenmarket staff, volunteers and farmers have been working together to promote regional agriculture, preserve farmland and ensure a continuing supply of fresh, local produce for all New Yorkers. To learn more about GrowNYC's Greenmarket, gardening, recycling and education programs, visit www.growNYC.org.

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