



# WATERCREST

## SENIOR LIVING



### The Chef's Corner

#### Versatility of Corn

Corn has been eaten around the world for centuries. Considered both a vegetable and a grain, corn is believed to have derived from teosinte, a wild grass plant that still currently grows in Mexico. Breeding by Native Americans, pilgrims and scientists resulted in the product we know today; it can be white, yellow, red, blue or purple. Rich in fiber, vitamins C and B, magnesium and potassium, corn is high in carbohydrates and relatively low in protein and fat. Processed corn products may not be as nutritious. It is typically eaten alone as sweet kernel corn or creamed, as popped corn, or prepared in cornmeal, tortillas, polenta, and snacking chips. Corn oil is often included in recipes. It's also used for fuel and animal feed. Corn is particularly high in lutein and zeaxanthin, two carotenoids that may prevent cataracts and age-related macular degeneration (AMD). Mexican street corn, or "elote" is a favorite among many – this grilled corn on the cob is brushed with a blend of mayonnaise, lime, chili powder and sprinkled with Cotija cheese and cilantro.

From our Chef's Corner to your table, enjoy!

#### **Chef's Recipe from the kitchen of Chef Louis at Market Street East Lake Mexican Street Corn Chili**

##### **Ingredients:**

- 3 white onions, chopped
- 2 Tbsp minced garlic
- 3 cups shredded chicken
- 1 32 oz container of chicken stock
- 2 4 oz. cans diced Hatch mild green chilies
- 2 15-16 oz cans creamed corn
- 2 15-16 oz cans roasted corn
- 2 15-16 oz cans corn w/peppers
- 1 16oz. container sour cream
- 1 8 oz. block pepper jack cheese, melted
- 2 Tbsp cumin
- 1 Tbsp oregano
- Salt & pepper, to taste
- 2 bunches chopped cilantro
- Juice from 3 fresh squeezed limes
- Chicken seasoning, to taste
- Garlic powder, to taste
- 6 dashes green Cholula hot sauce
- Optional: 1 7-8 oz wedge Hatch chili cheddar cheese, melted

##### **Directions:**

In a large saucepan, saute onions and garlic.  
Add chicken and chicken stock; bring to a boil.  
Add remaining ingredients, reduce heat, and cover with lid.  
Simmer on low heat for 6-8 hours, stirring occasionally.  
Serve with fried tortilla strips, sour cream and chopped cilantro for garnish.