

Recipes of the Month

Choosing to eat healthy does not mean you have to sacrifice on taste. The Department of Campus Recreation offers monthly recipes that will show you how to prepare everyday foods in a healthy, tasty and creative way.

Recipes of the Month

Breakfast:

Banana Oatmeal Smoothie

1 banana (can be frozen for a thicker shake)

2 cups of ice (if not using frozen banana)

1/3 c yogurt

1/2 c cooked oatmeal

1/3 cup almonds

Place all ingredients in a blender, placing the ice in last. Blend on high until the smoothie thickens.

Vegetable:

Slow Cooker Corn on the Cob

(from: theyummylife.com)

- A slow cooker.
- Aluminum foil for wrapping individual ears of corn.
- Ears of corn, husked and silk removed; how many you cook depends on the size of your slow cooker. The ears can be cut in half to make them fit better or for smaller portions.
- Olive oil
- Salt (I use sea salt)
- Pepper, freshly ground preferred
- Seasonings for added flavors: fresh herbs, chili powder, ground cumin, lime juice, Sriracha, pesto, curry powder, coconut milk
- Holders for cobs of corn.

Step 1. Place a corn ear in the center of a sheet of foil, brush it all over with olive oil, and sprinkle with freshly ground pepper and salt.

Step 2. Tightly wrap the corn ear in the foil. The photos below illustrate how to get a tight leak-proof seal. Pull up the two sides of foil over the center of the corn ear (lengthwise), fold over the top approx. 1/2 inch, continue folding it over until the fold is flattened against the top of the corn. Pinch in the foil on each end and roll it up towards the cob end.

Step 3. Place the foil wrapped cobs of corn, seam side up, inside the slow cooker. No need to add any water. Cover. Here are the cooking times for my slow cooker. For 4-6 ears with the slow cooker approx. 3/4 full, cook on high for 2 hours or low for 4 hours. For 8-10 ears with the slow cooker filled all the way to the top, cook on high for 3 hours and on low for 5 hours.

NOTE: these are approximate times; slow cookers can vary widely in how hot and quickly they cook. So, you may need to make adjustments. If your slow cooker has a warm setting, you can hold the corn on warm for at least an hour after it is cooked.

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