

CORN

Chicken, Tomatoes, and corn Foil Pack

4 chicken breasts
2 cups corn
2 cup grape tomatoes halves
2 cloves garlic, chopped
¼ cup oil
Salt and pepper to taste

Cut 4 sheets of foil about 12 inches long. To each piece of foil, add 1 chicken breast, ½ cup of corn, 1/2 cup tomatoes ¼ of the garlic. Top each chicken with ¼ of the oil. Fold up ingredients into a packet and cook in oven at 375 degrees for 30-45 min until chicken is cooked through.

Stuffed peppers with corn, black beans, and pepper jack

4 bell peppers, tops sliced off
2 15 oz cans black beans, rinsed and drained
1 cup corn
¾ cup grated pepper jack cheese
1 small onion, thinly sliced
2 tsp chili powder
Couple dashes of hot sauce (optional)

1. Preheat oven to 350 degrees. Cut bell peppers in half. In casserole dish, line up bell pepper cut side up. Bake in oven 20 min.
2. Meanwhile, in large bowl, combine black beans, corn, 1.2 cup pepper jack cheese, chili powder, and hot sauce
3. Remove bell peppers from oven, spoon black bean mixture into bell peppers and sprinkle with remaining cheese. Back about 10 minutes more until cheese is melted.