



WellBeingMD's  
Mindful Kitchen

## Best Way to Cook Corn on the Cob



Adapted from [spicysouthernkitchen.com](http://spicysouthernkitchen.com)

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**Prep Time:** 5 minutes    **Cook Time:** 8 minutes    **Total Time:** 13 minutes    **Servings** 6 to 8 servings

Boiling corn with a cup of milk and a stick of butter creates the most delicious corn imaginable. Truly the BEST way to cook corn on the cob!

### Ingredients

- 6-8 ears of corn, husks and silks removed and cut in half (if desired)
- 1 cup organic whole milk
- 1 stick organic butter

### Instructions

1. Fill large pot about halfway with water.
2. Bring water to a boil.
3. Add milk and butter. Add corn and reduce heat.
4. Simmer corn for 6 to 8 minutes.
5. Remove corn from cooking liquid and its ready to serve.

### WHENEVER POSSIBLE,

### ALWAYS CHOOSE NON-GMO CORN

Avoiding GMO corn is a no-brainer. If you've watched any food documentary, you know corn is highly modified. "As many as half of all U.S. farms growing corn for Monsanto are using genetically modified corn," and much of it is intended for human consumption.

Monsanto's GMO corn has been **tyed to numerous health issues, including weight gain and organ disruption**. GMO corn just doesn't have the same taste or contains the same level of beneficial vitamins, minerals and antioxidants that organic corn has.

When eaten in an unprocessed way and properly prepared, non-GMO whole corn kernels actually have some impressive nutrients to offer — and this isn't shocking considering that corn is a vegetable, after all. For example, organic corn is a **vitamin C food, magnesium-rich food**, and contains **certain B vitamins** and **potassium**. It also supplies a good dose of **two antioxidants linked to eye and skin health called zeaxanthin and lutein**. Eating fresh corn on the cob also gives you a good amount of the daily **dietary fiber** you need, along with some **complex carbohydrates** that are a good energy source.



Squirrels preferred organic over GMO corn

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Home of "The Mindful Kitchen"

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