



## Corn and Green Beans with Parmesan Cheese

This recipe uses two of summer's biggest crops and is made richer with some tangy Parmesan Cheese. It's unusual and delicious.

### Ingredients:

- 3 ears fresh corn on the cob, shucked and the kernels stripped from the cob
- 6 ounces of green beans, trimmed
- 3 scallions, cleaned and thinly sliced on a bias
- 1 small bunch of cilantro, chopped.
- ½ cup corn nuts (also called Quicos), coarsely chopped (they will add a nice crunch)
- 3 tbsp. freshly squeezed lime juice
- 1 tsp. Tabasco sauce
- 4 tbsp. extra virgin olive oil
- Freshly ground black pepper
- Shaved or Grated Parmesan cheese for garnish

### Procedure:

1. In a skillet, sauté the corn over medium heat until it is heated through, for about 2 minutes.
2. Prepare a bowl of ice water. Bring a pan of water to a boil. Add the green beans to the boiling water until they turn a bright green, then transfer to the bowl of ice water. When the beans are cool, drain and pat them dry. (*This method is called "blanching".*)
3. In a large bowl, combine the corn, green beans, scallions, chopped cilantro, corn nuts, lime juice, hot sauce, olive oil along with salt and pepper to taste. Toss and transfer to a serving platter.
4. Garnish the top with shaved or grated parmesan cheese, serve and enjoy!