

SHOP YOUR FAVORITE KITCHEN PRODUCTS
AT THE **FOOD&WINE** STORE »

POWERED BY COOKING.COM



FOOD&WINE
Inspiration served daily

RECIPE



© Frances Janisch

Raw Sweet Corn and Cashew Chowder

Contributed by **Ani Phyo**

TOTAL TIME: 15 MIN

SERVINGS: 4

The Good News Not only is yellow **corn** a good source of vitamin B, magnesium and thiamin, it also contains carotenoids (organic pigments with health benefits) not found in white corn. **Ani Phyo** likes to add a handful of vitamin A-rich spinach or soft lettuce to the chowder. "Then it becomes part-soup, part-salad," she says.

ACTIVE: TOTAL TIME: **15 MIN** SERVINGS: **4**

BASIC-EASY **FAST** **HEALTHY** **MAKE-AHEAD** **VEGETARIAN**

INGREDIENTS

3 1/4 cups fresh yellow corn kernels (from 4 large ears)

2 cups water

1/2 cup raw cashews

6 tablespoons extra-virgin olive oil

1 small garlic clove

2 teaspoons kosher salt

1 1/2 teaspoons chopped cilantro leaves

Freshly ground pepper

DIRECTIONS

1. In a blender, combine 2 1/4 cups of the corn with the water, cashews, olive oil, garlic and salt and puree until smooth. Pour the soup into bowls. Garnish with the remaining 1 cup of corn kernels, the cilantro and a sprinkle of pepper, then serve.

MAKE AHEAD

The corn chowder can be refrigerated overnight.

NOTES

One Serving 402 cal, 31 gm fat, 4.6 gm sat fat, 30 gm carb, 4 gm fiber.

From **Simply Delicious Raw-Food Recipes**, Recipe of the Day: September 2009

Published **June 2008**

