

Creamed Sweet Corn



Ingredients:

- 2 tbsp. olive oil
- 1 scallion or green onion, minced
- 1 poblano pepper, minced
- 2 ears corn, kernels removed
- 1 tbsp. all-purpose flour
- 1 cup almond milk no sugar added or substitute milk
- Sea salt or applewood bacon salt to taste
- 2 tsp. smoked sweet paprika

Method: Heat oil in a large skillet over medium heat. Add peppers and scallions and sauté until soft, about 2 minutes. Add corn and paprika and sauté 1 minute to heat through (or slightly longer if using frozen corn). Add flour and stir to coat corn and scallions. Add Almond milk and bring to a simmer. Reduce heat to low and cook, uncovered, until mixture thickens, about 10 to 12 minutes; season to taste with salt and pepper. Blend with inversion blender to desired smoothness. Yields about 1/2 cup per serving.