



Summer Recipe II

Corn on the Cob with Umeboshi

Makes 2 servings

For irresistible cholesterol- and fat-free corn on the cob with a fine flavor that rivals butter and salt, try the bright red Japanese pickled plum called "umeboshi." "Ume," for short, is known for its medicinal qualities ("The King of Alkaline Foods," antibacterial, antiviral and antifungal).

2 ears organic (non-GMO) corn, husked

Water

1 teaspoon plum paste

1. Add corn to boiling water and cook until tender, 2 to 5 minutes. Spread a very thin layer of umeboshi on kernels and serve.

For 2 servings, per serving:

Calories: 71 Protein: 2.4gm Saturated Fat: 0.09gm Fiber: 3gm Carbohydrates: 17gm Fat: 0.57gm

Cholesterol: 0 Sodium: 233mg

Calories from Protein: 11% Calories from Fats: 6% Calories from Carbohydrates: 82%