



Sautéed Sweet Corn with Harissa

Wednesday, July 22, 2009

Ingredients:

- 4 Ears of sweet white corn, cut off of husk
- ½ Red onion, chopped
- 1 to 2 tablespoons of Cava Mezze Harissa (more Harissa = more spice)
- 2 tablespoons of olive oil

Directions:

1. Sauté chopped red onions in olive oil until translucent
2. Add uncooked fresh corn from husk, and continue to sauté over medium heat for 3 to 4 minutes
3. Add Cava Mezze Harissa, cook for 2 to 3 minutes more

Serve hot or at room temperature alongside your favorite protein