

## Effortless Oven-Roasted Corn on the Cob With Husks



### Ingredients

- As many ears of corn as you need

### Instructions

1. Arrange a rack in the middle of the oven; preheat to 400°F. Leave the corn on the cob with its husks and silks attached. Put the corn on the oven rack lengthwise and spaced 1 inch apart.
2. Roast for 30 minutes. Remove the center cob and pull back the husks just enough to test for doneness; the corn should have swollen shiny kernels with a few browned ones too.
3. Remove the corn from the oven. Let cool for 15 minutes. Wrap a kitchen towel around the base of a corn cob to hold it without getting burned as the husks retain some heat. Pull back the husks and silks at the same time; they will come off easily.

*Adapted from food52.com*

## Quick & Easy Caramelized Pears



### Ingredients

- 3 tablespoons unsalted butter
- 3 medium pears, quartered and cored
- 1/4 cup packed light-brown sugar
- 1 teaspoon pure vanilla extract
- Salt

### Instructions

1. In a large skillet, melt butter over medium-high heat. Add pears, one cut side down, and cook until browned, then reduce heat to medium and cook 3 minutes. Turn pears to other cut side and cook 4 minutes. Add sugar and 1 tablespoon water, swirling pan to combine. Turn pears skin side down and cook until sauce is thickened slightly, 2 minutes. Stir in vanilla and pinch of salt.

*Adapted from marthastewart.com*

**S C H E D U L E   C H A N G E**

**OUR NEXT BOX WILL BE IN 3 WEEKS!**

**NEXT BOX:** ORDER BY **THURSDAY, OCT 31.** PICK-UP **WEDNESDAY, NOV 6.**  
ORDER BY **THURSDAY, NOV 14.** PICK-UP **WEDNESDAY, NOV 20.**

## Cauliflower Rice



*Cauliflower is such a versatile vegetable and one of our favorite things to do with it is to turn it into "rice." Because rice can often leave dishes feeling heavy, it's nice to substitute a vegetable where a starch would usually be. In addition, it's a great way to squeeze more servings of vegetables into your day.*

### Ingredients

- 1 large head cauliflower

### Instructions

1. Wash and thoroughly dry cauliflower, then remove all greens.
2. Cut the cauliflower into large chunks. Using a box grater, use the medium-sized holes (the side commonly used to grate cheese), to grate into "rice."
3. Transfer to a clean towel or paper towel and press to remove any excess moisture, which can make your dish soggy.
4. Once you have your cauliflower rice, it's easy to cook (or enjoy raw)! Simply sauté in a large skillet over medium heat in 1 Tablespoon oil. Cover with a lid so the cauliflower steams and becomes more tender. Cook for a total of 5-8 minutes, then season as desired (such as with soy sauce or salt and pepper).
5. Use cauliflower rice in recipes that call for rice, such as stir fries or fried rice! Store leftovers in the refrigerator up to 5 days. Store uncooked cauliflower rice in the freezer up to 1 month.

*Adapted from [minimalistbaker.com](http://minimalistbaker.com)*

## Iceberg Lettuce Nutrition Mythbusting!

*Iceberg lettuce had a bad reputation there for a bit so let's focus on how refreshing AND nutritious this lettuce is, while we keep adding to the variety of greens we eat. While it's true that other greens may have more and different nutritional value, here's what iceberg has to offer.*

### In 1 cup of chopped lettuce:

- 9 calories
- 0.5 grams protein
- 0 grams fat
- 1.7 grams carbohydrates
- 0.7 grams fiber
- 10 milligrams calcium
- 80 milligrams potassium
- 286 IU vitamin A



Like most veggies, one of the main iceberg lettuce benefits is a **natural source of fiber**, a nutrient that helps support healthy bowel movements and helps keep us feeling satisfied.

While on the lower end, at just 1 gram of fiber per serving, every little bit counts. Most Americans do not meet the requirements of 25 -34 grams of fiber per day. And chances are you're enjoying more than one cup of iceberg lettuce at a time (and if not, this is your sign to make yourself a big salad).

Iceberg lettuce also has a lot to offer when considering the roster of vitamins and minerals it contains. From **immune-supporting vitamin A** to **bone health-supporting magnesium and calcium**, it would be a stretch to claim that this lettuce is deprived of nutrients, as some folks on the internet claim.

And since iceberg lettuce is incredibly low in calories with only 9 calories per cup of chopped lettuce, it's a **fantastic food for those who are managing their weight**. There are carbs in iceberg lettuce, but the amount is extremely low relative to many other food options. What's the bottom line? **Enjoy your iceberg lettuce with healthy confidence!**

*Written and adapted from our Registered Dietitian friends at Eating Well.*



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