

Make the most of summer's sweet treat: Delicious corn

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(HealthDay)—Sweet corn is an irresistible summer veggie and a good

source of fiber. Ideally, you want to eat it as soon as possible after it's picked, but you can store corn for up to one week—keep the husks on and refrigerate in produce bags.

There's nothing quite like biting into fresh [corn](#) on the cob, but you can turn this "fruit" of summer from side dish into a main dish. For a do-ahead time saver, prep the corn in advance: Discard the husks, cut off the kernels with a serrated knife, and store the shucked kernels in an airtight container until ready to use.

Corn pairs well with superfoods like beans and greens, and lends a naturally [sweet taste](#) to recipes like this delicious take on falafel.

Corn & Chickpea Falafel

- 1 15-ounce can chickpeas, drained and well rinsed
- 2 cups corn kernels
- 1 cup parsley
- 4 scallions
- 1/3 cup all-purpose flour
- 1 teaspoon baking powder
- 2 tablespoons tahini paste
- 1/4 cup [olive oil](#), divided
- 8 cups baby greens

Place the chickpeas in a [food processor](#) and pulse until finely chopped, and then transfer to a bowl. Fold in the corn kernels. Chop the parsley and scallions, and add to the bowl. Add in the flour and baking powder. Mix well until a heavy, thick and wet mixture forms, and then stir in the tahini.

Using your hands, make 16 patties of about three tablespoons each. Heat half the olive oil in a large skillet and add half the patties. Cook for four to five minutes until well browned and crisp, turning occasionally.

Transfer to a paper towel to drain. Repeat with the remaining oil and patties.
Serve over the greens.

Yield: 4 servings

More information: The Utah State University Cooperative Extension has a tipsheet on [corn](#) from how to pick the best ears to how to freeze it for enjoying at a later date.

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