

Florida Sweet Corn Tomato and Black Bean Pasta



Ingredients:

- 3 ears fresh Florida sweet corn, kernels cut off the cob
- 1 pound pasta (corkscrew), cooked as directed on package, drained and cooled under running water
- 1 can cooked black beans (15 ounces), drained and rinsed
- 2 cups fresh Florida tomato, diced
- 1/2 cup fresh cilantro, rinsed and chopped plus more for garnish
- 1/2 cup half-and-half
- 4 cloves fresh garlic, peeled and minced
- 1 teaspoon cumin, plus more to taste
- 1 teaspoon chili powder, plus more to taste
- 1 lime, juiced
- 1 teaspoon vegetable or olive oil
- sea salt and fresh ground pepper to taste

Directions:

1. Preheat a large sauté pan over medium heat.
2. Add vegetable or olive oil to the preheated sauté pan.
3. Add the corn kernels and cook them for 2 to 4 minutes until they start to get some color.
4. Add the black beans, garlic and diced tomato to the sauté pan.
5. Cook ingredients for about 3 minutes until the tomatoes soften and release juices.
6. Add the cumin, chili powder, lime juice and half-and-half.
7. Continue to cook ingredients and bring to a boil.
8. Add the cooked pasta and cilantro.
9. Continue to cook ingredients until the pasta is heated throughout and the sauce has started to slightly stick to the pasta.
10. Taste and adjust seasoning with salt and pepper.
11. Remove pasta from heat and serve hot.
12. Garnish with any extra fresh cilantro.