

A no-mayo version of Mexican Street Corn

By Susie Iventosch



Mexican Street Corn sans Mayonnaise

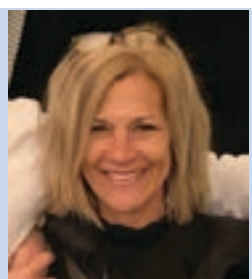
Photos Susie Iventosch

We really love corn and everything about street corn is so delicious, except a few people in my family won't touch mayonnaise. So, I've come up with a version that avoids mayo and we think it tastes even better this way. We used grilled corn to start with, and then combine it with onions, peppers, cilantro, lime juice, spices and cheese to get a

burst of flavor. It's also easy to eat, since the corn is already cut off the cob.

You can use any kind of cheese you like, but the cheese is what gives it that creamy texture to replace the mayonnaise. We use mixed Mexican cheese in addition to feta or cotija cheese. We like the tangy flavor of the feta, so we stick to that instead of cotija,

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which is a milder cheese.

The nice thing about this recipe is that you can grill the corn several days ahead of time, and store it either on or

off the cob until you're ready to make the street corn. I love that, because it saves so much time when you go to make your street corn. You can also

make the whole dish ahead of time and refrigerate it in an air-tight container until you're ready to heat and serve it.

Mexican Street Corn

(Serves 6-8)

INGREDIENTS

8 ears corn, husks and silk removed
2 tbsp. canola oil (for brushing corn)
2-3 tsp. Cajun or Diavola spice (I have a proprietary Diavola spice if you are interested!)
3 tbsp. olive oil
1 large yellow onion, chopped
2 cloves garlic, minced
1 jalapeño, finely diced
1-2 tsp. Cajun spice or Diavola
2 limes (zest and juice)
1/2 cup grated mixed Mexican cheese
1/2 cup feta cheese
1/2 cup cilantro leaves, coarsely chopped (or whole)
Sea salt and pepper to taste
Garnishes: cherry tomatoes, cilantro sprigs, extra feta, diced peppers.

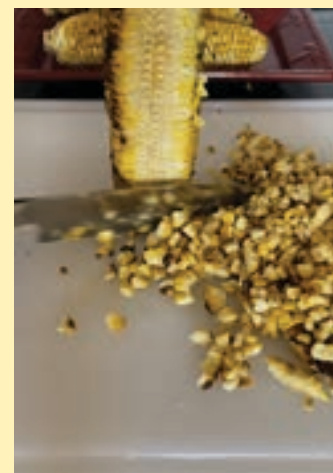
DIRECTIONS

Spray a 9x13 casserole dish with cooking spray. Set aside. Preheat oven to 350 F.

Preheat the grill to medium. Brush the ears of corn with canola oil and lightly dust on all sides with Cajun or Diavola spice. Place on upper rack of the barbecue and grill for about 10-12 minutes, turning every 3-4 minutes, until the corn is cooked and nicely browned. Remove from grill until cool enough to handle. Cut the corn off the cob and set aside.

Meanwhile, heat olive oil in a large skillet. Cook onions until translucent and beginning to brown. Add garlic, jalapeño and Cajun spice. Continue to cook until pepper softens. Add grilled corn, lime zest, lime juice, both cheeses and cilantro. Toss well and season with salt and pepper. (You can also prepare the street corn to this point and refrigerate in an air-tight container until ready to heat and serve.)

Turn mixture out into the prepared baking dish. Bake for about 25 minutes or until cheese is bubbly and street corn is heated through. Garnish with cherry tomatoes, extra feta, freshly diced peppers and cilantro sprigs.



Family Focus

Child-centered families

By Margie Ryerson, MFT

There are several theories on why many present-day families are very child-centered. There are positive reasons of course: parental love, compassion and willingness to sacrifice; efforts to compensate for unmet needs in one's own childhood; societal emphasis on the importance of the family; and a tendency to identify closely with our children so that their joy is our joy.

One of the not-so-positive outcomes may be raising children who become entitled and self-centered. Many parents have devoted themselves to their children only to have them become adults who are much more preoccupied with their lives than giving thought to their parents or to others. Some parents express surprise, since they thought that by giving to their children there would be more reciprocation along the way.

Another potentially negative consequence of highly child-centered families is that the parents often don't receive enough respect from their children as they are growing up. Some older children have expressed the view that their parents' job is to serve their needs. And parents sometimes enable this lack of respect by not setting limits with their children; and if they do, not implementing them consistently. For example, many par-

ents report how they limit time on screens and tend to have to remind, nag, or cajole until their child finally complies with the set time limit. By then, inevitably, there is frustration, anger, and resentment in the air. Another hot issue is struggling over older children consistently doing chores around the house.

One couple I worked with, Katy and Joel, were low-key non-confrontational people. They had three children ages 5 to 11. Both worked at outside jobs full-time and spent most of their non-working time with their family. They wanted parenting help to figure out better ways to handle the chaotic situation with their kids. It seemed that their two sons and daughter constantly argued with each other and vied for attention from Katy and Joel. In addition, the children were generally uncooperative at home, arguing often with their parents, "forgetting" to do their assigned chores and prolonging bedtime for up to an hour later most nights.

The stress of dealing with challenging children and a somewhat out-of-control household led to this couple being increasingly more upset. Katy and Joel were each unhappy with the way things were and took out their frustrations on each other.

Their children witnessed

Katy and Joel constantly trying to cater to them. There were very few consequences for misbehavior; instead, their parents tended to try to explain and reason with them to convince them to behave. As a result, the children seemed to feel much more in control than either of their parents did.

Even though it wasn't in their natures to be "take-charge parents," over time Katy and Joel learned to establish rules and most importantly, implement them consistently. They made a chores chart with positive incentives and also with consequences for failure to perform. The outcome was their children started having healthy competitions with each other over who would get the most rewards.

Katy and Joel practiced not letting their children interrupt them when they were talking to each other, and to say "excuse me" and wait. They scheduled date nights with each other more often in order to have more breaks from parenting and also to strengthen their relationship.

Other important changes they made with their children included setting limits on screens, working to eliminate disrespectful talk, and eventually letting their children "have a seat at the table" to have a limited choice on consequences for non-compliance. It became

clear to their children that their parents were taking charge and following up on rules and expectations with consequences.

Katy and Joel saw how effective these strategies and others gradually became, and the eventual result was a much calmer atmosphere in the home and more cooperation and respect from their children.

Dear readers: This will be my last column for the Lamorinda Weekly Newspaper as I would like to make more time for personal pursuits as well as my therapy practice. I started writing the Family Focus column 16 years ago, and I've compiled many of these columns into a book: Family Focus: A Therapist's Tips for Happier Families (Amazon.com 2021). I hope it can be a resource for those of you who have enjoyed my columns.

We're fortunate to live in a community that values children – protecting them, educating them, encouraging them, and caring for them in all the important ways. Everyone contributes to this: parents, grandparents, teachers, school counselors and administrators, coaches, child care workers, and neighbors. And notably, I see parents and grandparents constantly reaching out to gather information and re-

sources to help their families in every possible way. It is this caring and open-minded spirit that helps our children flourish and ultimately feel thankful to have grown up in this community.

Thank you to everyone who has read my musings, and also to those who have provided valuable feedback. And a special thank-you to the wonderful editor of Lamorinda Weekly, Jennifer Wake, and to Wendy and Andy Scheck, the publishers, who have always been very encouraging and supportive.



Margie Ryerson, MFT, is a local marriage and family therapist. Contact her at 925-376-9323 or margierye@yahoo.com. She is the author of Family Focus: A Therapist's Tips for Happier Families, Treat Your Partner Like a Dog: How to Breed a Better Relationship, and Appetite for Life: Inspiring Stories of Recovery from Anorexia, Bulimia, and Compulsive Overeating. They are available on Amazon.com and BarnesandNoble.com and from Orinda Books.

Local photographer's and artist's work to hang at de Young



Jeff Heyman

Photo provided

"Oak Scars No. 3, Orinda, California, 2023," a series of photographs of oak trees by East Bay photographer Jeff Heyman, was selected to hang in The de Young Open 2023, an exhibit showcasing Bay Area artists at the de Young Museum in San Francisco. The exhibit runs through Jan. 7, 2024. The de Young also selected Lafayette resident Ellen Reintjes' painting "Name that Tune: H_ on the R_" to hang in the exhibit.

Heyman's series of black and white photographs – presented together in a single 20-inch by 20-inch print – consists of nine closeup images of the "scars" on oak trees after their limbs have been removed. Each photograph captures the many unique scars left on these old growth oak trees

from decades of serial delimiting.

"A tree endures many scars during its lifetime and I have documented a number of the sometimes strange markings on oak trees in Orinda where I live," said Heyman. "These oak scars, in many ways, mirror the scars we acquire over the course of our own lives," he added.

Heyman first took photography classes at San Ramon Valley High School in Danville, Calif., during which time he learned Ansel Adams's Zone System and met noted photographers, including Ruth Bernhard. He went on to earn a degree from San Francisco State University in Fine Art Photography, studying under photographer Catherine Wagner, Melanie Walker, Jack Welpott

and Don Worth, as well as painters Paul Pratchenko and Robert Bechtle.

This is Heyman's first piece to hang at the de Young Museum, a place he visited frequently with his parents while growing up in San Francisco. He has had his work exhibited in a number of solo and group shows. Heyman's photographs are regularly featured in the Lamorinda Weekly and other publications. You can see his work, including "Oak Scars No. 3," at <https://heymanfoto.smugmug.com>. More information about The de Young Open 2023, including exhibit hours, can be found at www.famsf.org/exhibitions/de-young-open-2023.

– Submitted by Jeff Heyman