



CORN TASTY TIDBITS



Nutrition Nuggets

- Corn is a low-fat and low-sodium food.
- It is a good source of fiber for a healthy digestive system.



How to Store

- Store corn in the refrigerator with husks on and use within 1 to 2 days.
- Store in the freezer for 8 to 12 months.



How to Prepare

- Remove husks and silks and trim the stem ends. Leave whole or cut the cob to a desired length.



How to Enjoy

- Leave whole or shelled as a side dish. Sauté, grill, or roast.
- Add to salads, relishes, salsas, tacos, rice bowls, casseroles, and soups.

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Did You Know?

- The average ear of corn has 800 kernels, arranged in 16 rows.
- There is one piece of silk for each kernel.



CORN RECIPES

3 Easy Ways to Cook Fresh Corn

Microwave: Place corn in the microwave, still in the husk. For one ear of corn, cook on high for 2 minutes. Add 1 minute for each additional ear, turning the corn each minute. Allow the corn to cool for several minutes before removing the husks and silk.

Boil: Remove husks and silk and trim the ends. Carefully place the corn in a large pot of boiling water. Cook 2 to 4 minutes or until kernels are tender.

Grill: Pull back the husks, but do not remove them. Remove the silks and sprinkle each cob with 2 tablespoons of water and no-salt seasoning such as pepper or herbs. Replace the husks and tie them shut with a string that has been soaked in water. Place ears on a hot grill for 20 to 30 minutes, turning often.

Corn and Green Chilies

INGREDIENTS

- 2 to 3 ears of corn or about 2 cups of kernels
- 1 cup tomatoes, diced
- 4-ounce can green chilies
- 1/2 tablespoon oil
- 1 tablespoon lime juice
- 1/3 cup green onion, sliced
- 2 tablespoons fresh cilantro, chopped

DIRECTIONS

1. Cook corn in boiling water or the microwave. Allow the corn to cool completely and cut the corn from the cob.
2. In a medium mixing bowl, combine the corn with the remaining ingredients and mix well.
3. Serve immediately.

Corn and Tomato Salad

INGREDIENTS

- 3 to 4 ears of corn or about 1 3/4 cups kernels
- 3 small tomatoes, diced
- 1/3 cup fresh basil, chopped
- Optional: olive oil and lime juice to taste

DIRECTIONS

1. Cook corn in boiling water or the microwave. Allow the corn to cool completely and cut the corn from the cob.
2. Combine all ingredients in a medium bowl and mix well.
3. Serve at room temperature or chilled.