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# Corn

Nutrition Facts		
Serving Size kernels from 1 medium ear (90g)		
Amount Per Serving		
Calories 90	Calories from Fat 20	
% Daily Value*		
Total Fat 2.5g		4%
Saturated Fat 0g		0%
Trans Fat 0g		
Cholesterol 0mg		0%
Sodium 0mg		0%
Total Carbohydrate 18g		6%
Dietary Fiber 2g		8%
Sugars 5g		
Protein 4g		
Vitamin A 2%	*	Vitamin C 10%
Calcium 0%	*	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet.		

## Healthy Benefits of Eating Corn

- Champion source of thiamin (vitamin B1), which the body uses to produce energy in every cell. Thiamin is also essential for the proper functioning of nerve cells.
- Corn is also a source of fiber (healthy digestion), manganese (healthy bones) and vitamin C (heals cuts and reduces colds).
- One serving is equal to ½ cup of white or yellow corn.

## In what food group does corn belong?

Grain? Vegetable? Fruit?---All Three!

Corn is considered a grain, vegetable, and fruit. When corn is harvested before maturity while the kernels are soft, it is considered a vegetable. Corn harvested at maturity is considered a grain. Each kernel of corn on a cob is a whole fruit.

## Serving Suggestions for Corn

- Add corn to your favorite salad recipes using fresh, frozen or canned corn (look for low sugar and low salt).
- Stuff corn and black beans into whole wheat pita pockets for a healthy sandwich.
- Sprinkle corn kernels on pizza for a new take on toppings.
- Add frozen or canned corn to your favorite casserole or soup.
- Eat corn in moderation because although it can be considered a vegetable, it contains more starch and sugar than other vegetables.
- Corn can be used to produce other products such as corn chips, corn bread, corn syrup, corn tortillas and corn meal.



## Corn Recipes



### **Taco Soup**

- |  |                        |
|--|------------------------|
| 2 C. black beans                                       | 2 C. red kidney beans  |
| 2 Tbsp. taco seasoning                                 | 1 small onion, chopped |
| 3 C. tomatoes, chopped or 1 large can crushed tomatoes |                        |
| 2 C. frozen corn (look for no sugar or salt added)     |                        |

Combine ingredients in a slow cooker, and cook on low for 4 hours, or until done. Serve immediately as a side, or mix with cooked brown rice for a main dish.

### **Fruit & Corn Combo**

- |                                   |   |
|-----------------------------------|---|
| 1 C. corn fresh or frozen, cooked | 1 C. pineapple tidbits, or diced pineapple    |
| 1/2 C. brown rice, cooked         | 1 C. red bell pepper fresh or frozen, chopped |

Combine all ingredients in bowl and serve. (Optional: Drizzle olive oil and/or soy sauce on top.)

### **Black Bean and Corn Pitas**

- |                                |                                   |
|--------------------------------|-----------------------------------|
| 1 (15-ounce) can black beans   | 1 C. frozen corn, thawed          |
| 1 C. fresh or canned tomatoes  | 1 avocado, chopped                |
| 1 clove garlic, finely chopped | 1 tsp. chopped fresh parsley      |
| 1/8 tsp. cayenne pepper        | 2 tsp. lemon juice                |
| 1/2 tsp. chili powder          | 2 medium whole wheat pita pockets |

Drain and rinse beans. In a medium bowl combine beans, corn, tomatoes, avocado, and garlic. Add parsley, cayenne pepper, lemon juice, and chili powder. Cut pita bread in half to form 4 pockets and spoon equal amounts of filling into each half and serve.

### **Herbed Corn**

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|----------------------------|---|
| 12 oz. frozen corn         | 1 C. water                                |
| 1 tsp. salt                | 2 T fresh parsley, minced or 2 tsp. dried |
| 1 tsp. dill weed           | 1/2 tsp. garlic powder                    |
| 1/2 tsp. Italian seasoning | 1/4 tsp. dried thyme                      |

In a large saucepan, combine corn and water. Bring to a boil. Reduce heat; cover and simmer for 4-6 minutes or until corn is tender. Drain; stir in the remaining ingredients.

### **Quick Corn & Bean Salad**

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|---|----------------------------------|
| 1 C. frozen corn, thawed                                    | 1 C. black beans, canned, rinsed |
| 1 avocado, chopped (optional)                               | 1/2 C. green onions, chopped     |
| 4 Tbsp. balsamic vinaigrette (look for low sugar, low salt) |                                  |

Combine all ingredients in bowl and serve.

### **Corn Cakes**

- |                                      |                       |
|--------------------------------------|-----------------------|
| 1 C. corn meal                       | 1 C. corn             |
| 2 eggs                               | 2 tsp. sugar          |
| 1/2 C. low fat milk or rice/soy milk | 1/4 tsp baking powder |
| 1/4 tsp salt                         | 1 Tbsp. water         |

Mix all ingredients together so the batter pours easily. Pour 1 tablespoon of batter onto a greased skillet. Cook until brown, then flip and cook the second side. Serve immediately.