



# Corn

Nutrition Facts			
Serving Size kernels from 1 medium ea (90g)			
Amount Per Serving			
<b>Calories</b> 90	Calories from Fat		
	% Daily Value		
<b>Total Fat</b> 2.5g			4
Saturated Fat 0g			0
Trans Fat 0g			
<b>Cholesterol</b> 0mg			0
<b>Sodium</b> 0mg			0
<b>Total Carbohydrate</b> 18g			6
Dietary Fiber 2g			8
Sugars 5g			
<b>Protein</b> 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 which is essential for proper functioning of nerve cells.
- Source of folate, Vitamin C and B6.
- A 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.
- 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



### **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  
1/3 C. shredded part-skim Mozzarella cheese

Directions: 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. Top with cheese and serve.

### **Corn and Green Chili Salad**

1 (10-ounce) can diced tomatoes with green chilies, drained  
2 C. frozen corn, thawed (or 2 cups canned corn, drained)  
2 T chopped fresh cilantro or 1/2 teaspoon dried cilantro flakes  
1/2 C. sliced green onions (optional)  
1/2 T vegetable oil  
1 T lime juice

Directions: In a medium bowl mix tomatoes, corn, cilantro, and green onions. In a small bowl, whisk oil and lime juice together. Pour dressing over salad and mix well. Serve immediately.

### **Easy Corn Salsa**

4 C. canned corn, drained

4 C. mild, chunky salsa

Directions: Combine corn and salsa. Mix well. Serve with crackers or tortilla chips.

### **Herbed Corn**

12 oz. frozen corn  
1 C. water  
1/4 C. butter, cubed  
2 T minced fresh parsley (or 2 tsp. dried parsley)

2 tsp. salt  
1 tsp. dill weed  
1/2 tsp. garlic powder  
1/2 tsp. Italian seasoning  
1/4 tsp. dried thyme

Directions: 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.