

Corn

Key Points

- For the best buy, look for fresh green husks with no rotten spots.
- To prepare fresh corn, remove husk and silk from corn. Place ears in boiling water for 7 minutes. Drain and allow to cool.
- To store fresh corn, leave husk on and wrap in a plastic bag. Refrigerate for up to 3 days.
- Corn contains fiber, which helps to keep you regular.



Corn & Zucchini Soup

Ingredients:

2 cans (14.5 ounces each) chicken broth
1 onion, chopped
2 garlic cloves, chopped
3 zucchini, chopped
2 cups corn
2 cups chopped tomatoes
1 cup low-fat milk**
Salt and pepper, to taste

Directions:

1. In a large pot, heat 1/4 cup chicken broth over medium heat.
2. Add onions and garlic. Cook until soft, stirring often.
3. Add zucchini. Cook until soft, stirring often.
4. Stir in corn, tomatoes, and the rest of the broth. Turn heat up to high, and bring to a boil.
5. Turn heat down to low, and add milk**. Cook until heated through, stirring constantly.
6. Add salt and pepper to taste.
7. Refrigerate leftovers.

Makes 6 servings.

Succotash Salad

Ingredients:

2 cups corn
2 cups butter beans or lima beans
1 bell pepper, chopped
3 scallions or 1/2 onion, chopped
1 garlic clove, chopped
2 tablespoons vegetable oil
2 tablespoons vinegar
Salt and pepper, to taste

Directions:

1. In a large bowl, combine corn, beans, bell pepper, scallions (or onion) and garlic.
2. In a small bowl, mix oil, vinegar, salt and pepper.
3. Add oil mixture to large bowl (corn mixture).
4. Mix well and serve.
5. Refrigerate leftovers.

Makes 4 servings.

Quick Tips

- Add cooked corn to salads.
- Grill or roast ears of corn with their husks on.
- Add to soups and stews.
- Remember to rinse all fruits and vegetables before using.

**If using nonfat dry milk powder (NFDM), mix 1/3 cup NFDM with 1 cup water and add in step 5.

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The Nutrition Facts Label—What does it tell us?

Recipe name: Corn & Zucchini Soup

Nutrition Facts	
Serving Size: 1/6 of recipe (330g)	
Servings Per Recipe: 6	
Amount/Serving	
Calories 100	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	2%
Trans Fat 0g	
Cholesterol less than 5mg	1%
Sodium 330mg	14%
Total Carbohydrate 20g	7%
Dietary Fiber 2g	9%
Sugars 6g	
Protein 5g	
Vitamin A 15%	Vitamin C 40%
Calcium 8%	Iron 4%
*Percent (%) Daily Values are based on a 2,000 calorie diet.	

1. Start with Serving Size.

2. Check Calories.

3. Limit these:

- Total Fat
- Saturated Fat
- Trans Fat
- Cholesterol
- Sodium

4. Get enough of these:

- Fiber
- Vitamin A
- Vitamin C
- Calcium
- Iron

Percent (%) Daily Value:
5% or less is LOW
20% or more is HIGH

The Nutrition Facts Label—What does it tell us?

Recipe name: Succotash Salad

Nutrition Facts	
Serving Size: 1/4 of recipe (230g)	
Servings Per Recipe: 4	
Amount/Serving	
Calories 230	Calories from Fat 70
% Daily Value*	
Total Fat 8g	13%
Saturated Fat 1g	6%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 290mg	12%
Total Carbohydrate 37g	12%
Dietary Fiber 7g	27%
Sugars 6g	
Protein 7g	
Vitamin A 10%	Vitamin C 35%
Calcium 4%	Iron 15%
*Percent (%) Daily Values are based on a 2,000 calorie diet.	

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