



# Give Your Family More of the Good Stuff!



## Shop and Save

- ☀ Fresh corn will be the best quality and lowest price when it is in season during summer, in your local area.
- ☀ Try to choose corn that is picked daily. Corn begins to lose flavor and sweetness very soon after picking.
- ☀ Look for husks that are tight, green, and fresh looking.
- ☀ Corn silk should be pale yellow to light brown. It should be somewhat moist and not dark or dry.
- ☀ Canned and frozen corn is available year-round. Look for low-sodium varieties.



## Corn Basics

*An ear of corn is a good source of fiber.*



## Types of Corn

Field corn varieties have more starch and less sugar content than sweet corn varieties.

**Sweet corn** - corn varieties with high sugar content. Best picked when immature. Can be yellow, white or bi-color (a mix of yellow and white kernels on the same cob). Newer varieties are sweeter and convert sugar to starch more slowly. Available canned or frozen.



**Hominy** - dried field corn that has been soaked in an alkali solution. The B vitamins and amino acids are more available. Can be eaten as-is, coarsely ground into grits, or mashed to make masa.



**Corn meal and corn flour** - ground from dried, mature field corn. Flour is more finely ground than meal. Look for whole grain instead of de-germed to get all the goodness of whole grains!



**Popcorn** - kernels with a hard, moisture-resistant hull surrounding a dense pocket of starch which will pop when heated.

## Store Well Waste Less

- Fresh corn on the cob may be stored in the refrigerator for up to 5 days but flavor is best when eaten right away. Refrigerate corn in its husk.
- Corn can be frozen on the cob or as cut corn. Blanching in boiling water is recommended but it is safe to freeze without blanching. Newer super sweet varieties may be frozen

without blanching and stored for up to 8 months without flavor loss.

- Look for "Best if used by" or "Best by" date on label of canned or frozen corn. Choose the longest storage time. Store cans in a cool, dry location. Keep frozen corn at 0 degrees F for 8 to 12 months.



# Cooking with Corn

## Cooking Fresh Corn

**Boil:** Add shucked corn ears to enough boiling water to cover them; cook 5 to 7 minutes. If corn is cut from the cob, add to a small amount of boiling water in a saucepan, cover, cook for 4 minutes, drain and serve.

**Microwave:** Place up to four ears of corn still in the husk in the microwave. If the corn is husked, place in a microwave-safe dish with 2 Tablespoons of water and cover with a lid. Microwave on high 3 to 6 minutes depending on number of ears and doneness desired. For cut corn, add 1 Tablespoon of water per cup of corn to a microwave safe dish. Cook on high for 4 to 5 minutes.

**Roast:** Brush each ear with melted margarine and wrap in aluminum foil. Place on grill or in a preheated 350 degree oven. Roast 20 to 30 minutes, turning once.

**Sauté:** Add raw cut corn to a skillet with a small amount of margarine. Cook and stir over medium-high heat for 5 to 7 minutes.

🌿 Canned or frozen corn cooks quickly by boiling or microwave. Just heat to serving temperature.

Go to  
**FoodHero.org**  
for easy, tasty  
corn recipes

## Corn & Tomato Salad

### Ingredients:

- 1¾ cups **corn**, (cut off the cob – raw or cooked, frozen/thawed, or canned/drained)
- 3 small **tomatoes**, diced (1½ cups)
- ⅓ cup fat-free **Italian salad dressing**
- ¼ cup minced fresh **basil**

### Directions:

1. Combine all ingredients in a bowl.
2. Serve at room temperature or chilled.
3. Refrigerate leftovers within 2 hours.

## Corn Pancakes

### Ingredients:

- ½ cup **cornmeal**
- ½ cup **all-purpose flour**
- 1 Tablespoon **baking powder**
- ½ teaspoon **salt**
- 2 large **eggs**
- ½ cup non-fat or 1% **milk**
- 2 cups cooked **corn** (fresh, frozen or canned/drained)

### Directions:

1. Mix cornmeal, flour, baking powder and salt.
2. Beat the eggs and milk together and add to the flour mixture.
3. Add corn and mix well.
4. Lightly oil or spray a large skillet or griddle. Heat over medium heat. Pour batter onto hot griddle to make individual pancakes.
5. Cook until golden on the bottom. Turn and cook on other side.
6. Refrigerate leftovers within 2 hours.



**Kids  
Can!**

When kids help make healthy food, they are more likely to try it. Show kids how to:

- 🌿 pull the husks off corn.
- 🌿 measure ingredients.
- 🌿 wash and chop vegetables.

One large ear of  
corn makes about  
1 cup of cut corn