



Give Them More  
of the  
Good Stuff!

# Corn Basics


*Corn is a good source of fiber  
that can help lower cholesterol  
and regulate blood sugar.*

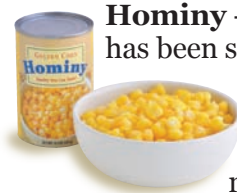
## Shop and Save


- ✿ Fresh corn has the best flavor and the lowest price when it is in season during the summer in your local area.
- ✿ Farm stands and farmers markets usually have corn that was picked that day. Corn is usually best when eaten shortly after picking.
- ✿ Look for husks that are tight, green and not dry. The corn silk should be brown and somewhat moist.
- ✿ Canned and frozen corn is available year-round. Look for canned corn with low sodium or rinse it before serving.




## Types of Corn

**Sweet corn** - sweeter and less starchy than field corn. Sweet corn is available fresh, frozen or canned and can be yellow, white or bicolor (a mix of yellow and white kernels on the same cob). 

**Hominy** - field corn that has been soaked in lye to help remove the hull, then cooked and rinsed. It is available canned or as dried kernels that are cooked like dried beans. The dried kernels can be coarsely ground into **grits** or finely ground to make **masa flour**. 

**Cornmeal** - ground from dried, mature field corn. Stone ground cornmeal is whole grain but degermed cornmeal has the germ and bran removed. 

**Popcorn** - has kernels with a hard, moisture-resistant hull surrounding a dense pocket of starch that pops open when heated. Popcorn is a whole-grain snack. 

## Store Well Waste Less

- Refrigerate fresh corn in the husk when possible. Although corn is best when eaten soon after picking, newer varieties keep their flavor and texture for up to a week or longer.
- Freeze corn on the cob or as cut kernels. Blanching in boiling water is recommended before freezing

for better flavor, but it is safe to freeze without blanching. Use frozen corn within 8 to 12 months.

- The "BEST if used by" date on the label of canned or frozen corn is a guide to using it while at its best quality. If stored well, it is still safe to eat after this date.



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. SNAP can help you buy nutritious foods for a better diet. To find out more, contact Oregon Safe Net at 211. USDA is an equal opportunity provider and employer.

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# Enjoy Corn

## Cooking Fresh Corn

**Boil: On the cob** – Remove husks and silk from each ear of corn. Boil enough water to cover the corn. Add the corn to the boiling water. Cook until heated through, 3 to 5 minutes after the water returns to the boil.

**Cut off the cob** – Add kernels to a small amount of boiling water. Cover and cook 3 to 5 minutes. Drain and serve.

**Microwave: On the cob** – Ears can be in the husk or husked. Place husked ears in a covered microwave-safe dish or wrap them in wax paper. Cooking time will depend on the size and number of ears. Try 3 minutes on high for two ears.

**Cut off the cob** – Add 1 Tablespoon of water per cup of corn in a microwave-safe dish. Cover and cook on high until heated through, 3 minutes for 1 cup.

**Roast or Grill:** Leave in the husk or wrap husked ears in aluminum foil. Roast 20 minutes, turning once, on a grill or in a 350 degree oven.

**Sauté:** Add kernels to a skillet with a small amount of oil, margarine or butter. Cook and stir over medium-high heat for 5 to 7 minutes.

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

## Corn and Tomato Salad

### Ingredients:

- 1 ¾ cups **corn**, (fresh, frozen/thawed or canned/drained)
- 3 small **tomatoes**, diced (1½ cups)
- ⅓ cup **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.

**Makes** 3 cups

**Prep time:** 5 to 10 minutes

## Corn Pancakes

### Ingredients:

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

### Directions:

1. Mix the cornmeal, flour, baking powder and salt.
2. Beat the eggs and milk together and add to the flour mixture.
3. Add the corn and mix well.
4. Lightly oil or spray a large skillet or griddle. Heat over medium heat. For each pancake, pour about ¼ cup of batter onto the hot griddle.
5. Cook until golden on the bottom and small bubbles break on the top surface. Turn and cook on the other side.
6. Refrigerate leftovers within 2 hours.

**Makes** 7 pancakes (4 inches across)

**Prep time:** 15 minutes

**Cook time:** 5 minutes per batch



## Kids Can!

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

- pull the husks and silk off the corn.
- measure ingredients.
- wash vegetables under cool running water.