

# Vegetable of the Month

## Corn



Because of its high protein and carbohydrate content, corn has been an important nutritional resource for thousands of years. Corn can be traced back to Mexican or central American cultures as early as 3400 B.C., and has become a staple among Native American civilizations throughout the Western Hemisphere. Today, corn has less starch and is sweeter. The sweetness accounts for its popularity among Americans. Americans consume about 25 pounds of corn per person annually, most of which is frozen or canned. A good thing about corn is that frozen and canned corn has about the same nutritional value as fresh corn. So, for the many Americans who are not able to get fresh corn, they can still enjoy frozen or canned for nearly the same nutritional value as fresh corn.

### Nutrition Facts

Serving Size (154g)  
Servings Per Container

Amount Per Serving

**Calories 130**      **Calories from Fat 15**

% Daily Value\*

**Total Fat 2g**      **3%**

Saturated Fat 0g      **0%**

**Cholesterol 0mg**      **0%**

**Sodium 25mg**      **1%**

**Total Carbohydrate 29g**      **10%**

Dietary Fiber 4g      **16%**

Sugars 9g

**Protein 5g**

Vitamin A 8%      • Vitamin C 15%

Calcium 0%      • Iron 4%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:		2,000	2,500
Total Fat	Less than	65g	80g	
Saturated Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

## Varieties

There are more than two hundred varieties of corn. All are good sources of vitamin C, but only yellow kernels contain small amounts of vitamin A in the form of beta carotene.

## How to Select

Make sure the husks are green, tight and fresh looking. Pull the husk open to make sure that the ear contains tightly packed rows of plump kernels. The kernels should be smaller at the tip of each ear. Large kernels at the tip is a sign of overmaturity. If you pinch a kernel, milky juice should spurt out. Corn should be stored in a cool area. Warmth causes the sugar content of corn to be converted into starch. This process will cause the ears to become less sweet.

## Storage

If the corn is not cooked shortly after it is purchased, then it should be stored in refrigerator. Refrigeration helps the corn retain its sugar and vitamin C content. If you buy unhusked corn, keep it in its husk until you are ready to cook it. This will help the corn retain its moisture content. To fully enjoy the great taste of sweet corn, cook it as soon as possible. The sooner the better is a good "rule of thumb."

## Make Corn Part of Your 5 A Day Plan



- Grilled corn is a tasty summer treat. Grill it with the husk still on to retain flavor. Instead of using margarine, butter, or salt on your corn, try fresh herbs, light dressings, and or lemon.
- Corn kernels are a great addition when mixed with other vegetables.
- Try adding corn to your favorite vegetable soups, in rice to add color, or in tossed salads.

# Recipes

## **Corn Chowder**

Makes 6 servings

Each serving equals four 5 A Day servings

- 2 lbs white potatoes, diced
- 1 bay leaf
- 3 tsp margarine
- 3 medium onions, chopped
- 4 celery ribs, chopped
- 2 tsp cumin seeds
- 3 Tbsp all-purpose flour
- 1/2 tsp each dried sage, crushed, and white pepper
- 2 cups skim milk
- 1 1/3 cups cooked fresh or frozen whole kernel corn

In large saucepan, combine potatoes, bay leaf, and 4 cups of water; bring to boil. Cook covered 15 minutes or until potatoes are tender. Discard bay leaf. Drain potatoes reserving liquid. Set aside. In same saucepan, melt margarine. Add next four ingredients; cook until onions are tender. Stir in flour, sage, and white pepper. Stir in enough reserved potato liquid to make a paste. Stir in remaining potato liquid and potatoes. Heat. Stir in milk and corn; heat through. If desired, top with snipped parsley and red pepper slices.

Nutritional analysis per serving: calories 248, protein 9g, fat 3g, percent calories from fat 9 %, cholesterol 1g, carbohydrates 50g, fiber 6g, sodium 106mg

## **Grilled Corn on Cob**

Makes 4 servings

Each serving equals one 5 A Day serving

4 ears fresh corn with silks and husks

1 fresh lime or lemon, cut into wedges

salt to taste (optional)

ground pepper

Leaving on husks and silks, soak corn for 30 minutes in enough water to cover. Remove corn from water and pull the husks away from the top of the cobs to drain any excess water. Arrange corn on grill over hot coals and close lid of grill. Cook 25-30 minutes, turning frequently, until corn is tender. If husks are too hot to handle, let them cool before removing them. Squeeze fresh lemon juice over corn. Sprinkle with salt, pepper, or chili powder.

Nutritional analysis per serving: calories 143, protein 5g, fat 2g, percent calories from fat 8%, cholesterol 0mg, carbohydrates 14g, fiber 2g, sodium 138mg

## **Quick and Easy Fresh Corn from the Microwave Oven**

Pull down husks while leaving them attached at ends of corn. Remove corn silk.

Rinse. Pull husks back up to cover corn tightly. Microwave the ear for 3 minutes on high power. Pierce a kernel with fork to determine doneness. Re-secure husks and turn ear over if more cooking time is required. Cooking multiple ears of corn at the same time will require a longer cooking time. For husked corn, wrap ears in paper towel or microwave wrap and microwave until done.

## **Corn Salad**

Makes 6 servings

Each serving equals two 5 A Day servings

3 cups canned corn or thawed frozen corn  
2 Tbsp olive oil  
1 cup minced red onion  
2 tsp chili powder  
1 tsp cumin  
1 green bell pepper, seeded, and diced  
1 red bell pepper, seeded and diced  
1 1/2 cups tomatoes, seeded and diced  
4 Tbsp chopped fresh cilantro  
3 Tbsp cider vinegar  
salt and pepper to taste

In a small sauté pan, warm olive oil over medium heat. Add onion and sauté for a few minutes. Add chili powder and cumin and sauté for 1 minute longer. In a serving bowl, combine corn, bell peppers, tomatoes, and cooled onions. Toss to mix. Add cilantro and vinegar. Toss well to combine. Season to taste with salt and pepper, and toss again. This recipe is best served at room temperature.

Nutritional analysis per serving: calories 184, protein 4g, fat 4g, percent calories from fat 19%, cholesterol 0g, carbohydrates 34g, fiber 5g, sodium 102mg