Corn

Corn is a good source of fiber and vitamin C. Enjoy corn in vegetable soups, with rice or tossed salads.

Buying fresh corn...
- Select husks that are green and fresh looking with straight rows of kernels. Silk-ends should not have decay or worm damage.

Storing fresh corn...
- Store corn in the crisper drawer of the refrigerator.
- Keep it in the husk until ready to cook.
- Use corn within 1 to 3 days for best flavor.

Enjoying fresh corn...
- Remove the husk before cooking.
- Cook corn on the cob in enough water to completely cover the corn. The water should be at a good rolling boil before adding the corn.
- Do not add salt to the water.
- Cook for 3 to 5 minutes and serve.

Eat more fruits and vegetables.
Increase fiber.
Corn and Green Chili Salad
www.cachampionsforchange.net/en/index.php

This recipe uses vegetables you can buy with your cash-value vouchers.

Ingredients...
• 2 cups frozen corn, thawed
• 1 (10-ounce) can diced tomatoes with green chilies, drained
• ½ tablespoon vegetable oil
• 1 tablespoon lime juice
• ½ cup green onions, sliced
• 2 tablespoons fresh cilantro, chopped

Directions...
1. Combine all the ingredients in a medium bowl; mix well and serve.

Nutrition information...
Calories 90, Fat 2g., Carbohydrate 16g., Protein 3g., Fiber 3g., Sodium 270mg., Cholesterol 0mg.

Family Goals
☐ My family and I will try fresh corn on the cob.
☐ My family and I will try frozen corn for dinner.
☐ My family and I will try canned corn with rice.
☐ My family and I will try a frozen corn in a salad.
☐ Other

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NSB #3315