



VEGETABLE OF THE MONTH JUNE

CORN

Due to 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 mostly 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.

Sweet Corn

Serving Size 1 Medium ear (90g/3.2oz)

Amount Per Serving

Calories 80 **Calories from Fat** 10

% Daily Value *

Total Fat 1g 2%

Sodium 0mg 0%

Potassium 240mg 7%

Total Carbohydrate 18g 6%

Dietary Fiber 3g 12%

Sugars 0g

Protein 3g

Vitamin A 2% Vitamin C 10%

Calcium 0% Iron 2%

Even though corn is higher in protein content than any other vegetable, it lacks the essential amino acids lysine and tryptophan. To create a complete protein, with all of the essential amino acids, corn can be combined with other plant foods that contain high levels of lysine and tryptophan. Legumes (dried beans) are an example of a food that contains a high amount of lysine and tryptophan. By combining the two, you create a complete non-animal source of protein.

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 over-maturity. 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*

It is easy to include corn in your 5 A Day Plan. Grilled corn is a tasty summer treat. Instead of using margarine, butter, or salt on your corn, try fresh herbs, light dressings, or lemon. Corn kernels are a great addition when mixed with other vegetables. Try adding corn to your favorite vegetable soups, tossed salads, or add 1 ½ - 2 inch long pieces/rounds of fresh corn to kebab skewers.



RECIPES

Corn Chowder

- 2 pounds white potatoes, diced
- 1 bay leaf
- 3 tsp margarine
- 3 med onions, chopped
- 4 celery ribs, chopped
- 2 tsp cumin seeds
- 3 tbs all-purpose flour
- 1/2 tsp each dried sage, crushed, and white pepper
- 2 cups skim milk (1%)
- 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: Calories 248, Total Fat 3g, Saturated Fat 0.5 g, Cholesterol 1g, sodium 106mg, Carbohydrates 50g, Fiber 6g, Protein 9g. Protein 14 %
Carbohydrates 77 % Fat 9 %.

Grilled Corn on Cob

- 4 ears fresh corn with silks and husks
- 1 fresh lime or lemon, cut into wedges
- salt to taste (optional)
- ground pepper or chili powder to taste

Leaving husks and silks on, soak corn for 30 minutes in enough water to cover. Remove corn from water and pull the husks a little way down from the top 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 from corn. Squeeze fresh lemon juice over corn. Sprinkle with salt, pepper, or chili powder.

Corn Salad

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 ½ 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. Makes 6 servings.

Nutritional Analysis: Calories 138, Total Fat 5g, Saturated Fat 0.7g, Cholesterol 0g, *sodium 20mg, Carbohydrates 23g, Fiber 4g, Protein 4g. Protein 10 %
Carbohydrates 59 % Fat 31 %.

*without added salt to taste

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.