

Cleveland County Kitchen

Developed by: Nancy Abasiekong, Extension Agent, Family & Consumer Sciences and Annie Thompson, Extension Admin. Assistant

July 2015



Nutrition Facts Label for Corn

Nutrition Facts

Serving Size 1 ear corn (102g)	
Amount Per Serving	
Calories 90	Calories from Fat 10
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 19g	6%
Dietary Fiber 2g	8%
Sugars 6g	
Protein 3g	
Vitamin A 4%	Vitamin C 10%
Calcium 0%	Iron 2%
*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	

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Food of the Month - Corn

Sweet Corn

Sweet corn is one of the favorite and more popular foods of summer! Many people look forward to this summertime treat. Corn is 'in-season' and available at farmers' markets, farm stands and grocery stores in the Cleveland County area from mid June until early September.

Did you know?

Corn is known as maize in most of the world and is the most widely grown crop in the Americas.

There are many different types of corn – our summertime favorite, **Sweet Corn**, is the best-known type. Dent Corn (also known as field corn for livestock) is next. The third type is Flint Corn (known as decorative Indian Corn) that is used in fall arrangements.

Fresh sweet corn is usually eaten as a vegetable. While dried corn, including popcorn, is eaten as a grain.

However, botanists classify corn as a fruit, like tomatoes, green peppers, cucumbers and squash.

Origin

Sweet corn is popular worldwide. It was originally native to the Americas and appears to have had its start in Mexico. Field corn was grown in North America before 200 B.C. Sweet corn, a variety of maize, is grown for human consumption and is used fresh or as a processed product. As early as the 1770s, the American Indians were known to grow corn. It was also collected and used by European settlers beginning around that time.

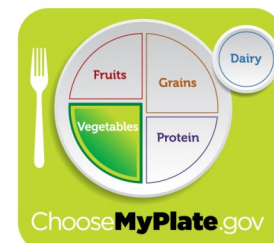
Varieties

Sweet corn comes in several hundred varieties and is available in three different colors: yellow, white and bi-colored (yellow and white). Most varieties are hybrids that have been developed for flavor, vigor and higher yields. Corn sweetness is not determined

by the color. According to our local Horticulture Extension Agent, Daniel Shires, some of the most common varieties available in our area are: Silver Queen, Peaches & Cream, Obsession (a new variety), and Bodacious. *Merit and Seneca Chief are older varieties that are often requested and may still be available.* Talk with your farmers' market vendor to learn more about the corn you are purchasing.

Nutrition

Corn is a starchy vegetable that offers nutrition and great taste. It can be eaten raw or cooked. See the ChooseMyPlate icon below as a guide when planning healthy family meals using a variety of vegetables.



Nutrition Facts

Check out the Nutrition Facts Label (above left) to see some of the powerful nutrients found in sweet corn. Corn is a good source of many nutrients and vitamins. A medium sized ear of corn contains:

- Approximately 75-90 calories (without butter added)

- Vitamin C (10% daily value)
- Niacin, folic acid, and other B vitamins
- Low fat - complex carbohydrate
- Protein (3 grams/ear)
- Good source of dietary fiber



Selection/Storage

Selection

When buying fresh corn, look for corn that is stored in refrigerated areas, on ice or stored in the shade. Choose corn that is picked daily. Shop early in the day for the freshest selection.

Look for sweet corn that has:

- Fresh-looking, tight, bright green husks
- Dark brown silks that are still moist and soft
- Ears that are full sized (for the variety) and have tight rows of plump kernels that have a milky liquid when pierced.

Avoid ears that:

- Have underdeveloped or over mature very large or dark yellow kernels (these will be tough and not sweet)
- Show signs of decay or worm damage

Storage

For best quality and flavor, use corn the day it is picked. If this is not possible, place corn (do NOT husk until ready to cook) in perforated plastic bags, in the refrigerator crisper, use within 1 to 2 days. If corn is held too long, the quality declines as the sugar quickly converts to starch.



Safe Handling

Clean surfaces, utensils, and hands after touching raw meat and poultry and before handling fresh produce. To remove dirt, wash corn thoroughly in cold water. Drain and rinse several times. Do not use soap, detergent, or bleach as they can be absorbed by the vegetable. Lift corn from the water to prevent dirt and residues settling back on the produce.

Preparation Tips

Corn is very versatile and can be prepared quickly. It can be eaten raw, steamed, boiled, roasted, grilled, microwaved, or popped (after it's dried – popcorn).

Shuck corn when ready to prepare by pulling the husk down the ear and snapping off at the base. Clean the ear of corn by holding under cold running water and rubbing in a circular motion or use a small vegetable brush to remove the silks. Cook corn-on-the-cob or cut corn off the cob using a sharp paring knife.

Cooking Methods

Boiling or Steaming:

Boiling is the most popular way to prepare corn. Remove husk, silks and clean corn. In a large pot, heat to boiling, enough Unsalted water to submerge corn. Boil for about four minutes.

Corn can also be **steamed** by placing shucked ears upright in a stockpot with 1 to 1 1/2 inches of water or by placing ears on a steaming rack. Cover the pot and steam for 7 - 10 minutes after water returns to a boil or until corn is tender.

Microwaving:

Corn can be microwaved with or without the husk. For best flavor remove outer husks, leaving inner husks, remove corn silks, rinse ear. Pull husks back up to cover corn. Place on microwave-safe dish and cook on high for 2 minutes. Let stand another 2 minutes before removing husks.

Or you can husk corn and wrap each ear in waxed paper or plastic wrap or place in a glass microwave-safe dish with a cover. Cook about two minutes per ear.

Corn cooked on the cob can also be sliced off and used in your favorite recipes.

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Cooking Methods

Roasting/Grilling: Corn can be grilled in or out of the husk. For a milder flavor, soak corn in husks in cold water before placing on hot grill. Cook until evenly heated on all sides, about 10 – 15 minutes. For a more intense grilled flavor, husk corn before grilling. Grill 5 – 7 minutes, turning occasionally to expose all sides to the heat.

Preserving:

Corn can be preserved by freezing or canning (pressure canned only). Frozen or canned corn are options that are available all year.

See the National Center for Home Food Preservation website for details –

Freezing Corn: <http://nchfp.uga.edu/how/freeze/corn.html>

Canning - Whole Kernel Corn: http://nchfp.uga.edu/how/can_04/corn_kernel.html

Canning – Cream Style Corn (pints only):

http://nchfp.uga.edu/how/can_04/corn_cream.html



To learn more healthy ways to enjoy corn, check out: “**Top 10 Ways to Enjoy Corn**” on the Fruits & Veggies More Matters website: <http://www.fruitsandveggiesmorematters.org/top-10-ways-to-enjoy-corn>

Product information and recipes are also available on the Tufts University New Entry Sustainable Farming Project website -- <http://nesfp.nutrition.tufts.edu/world-peas-food-hub/world-peas-csa/produce-recipes/sweet-corn>

Skillet Corn Medley

- 2 medium onions, halved and thinly sliced
- Olive oil spray
- 2 green or red bell peppers, sliced in thin strips
- 3 medium tomatoes, peeled, cored and chopped
- 2 cups fresh or frozen cut corn
- 1 medium zucchini
- Seasoned salt and pepper to taste (or other herbs—basil is delicious!)

Sauté sliced onion in sprayed saucepan for 3 minutes. Add bell pepper, zucchini, corn and chopped tomatoes, along with spices. Bring to a boil; reduce heat, cover and simmer for about 10 minutes. Reduced liquid will brown vegetables a little. Fresh basil added the last couple of minutes is delicious! Serves 8.

Source: NC State University, The Produce Lady

Roasted Corn

Peel and husk corn on the cob and soak it in cold water for an hour. Wrap the corn in aluminum foil and grill for 20 to 30 minutes, turning every few minutes.



Photo: Oregon State University

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Fresh Corn Salad

5 ears of fresh corn ½ cup diced red onion 3 tablespoons cider vinegar 3 tablespoons olive oil
 ½ teaspoon salt ½ teaspoon black pepper ½ cup freshly chopped basil

Shuck and remove silks from corn. In a large pot of boiling water, cook the corn for 4 minutes. Drain. Cool by immersing in ice water. When corn has cooled, cut the kernels off the cob. Toss the kernels in a large bowl with the red onion. Combine vinegar, olive oil, salt, and pepper. Pour over corn and gently toss.

Chill to allow flavors to blend. Just before serving, add fresh basil. Yield: 10, ½ cup servings.
 Nutritional Analysis: 70 calories, 5 g fat, 101 mg sodium, 10 g carbohydrate, 2 g protein, 1 g fiber.

Source: University of Kentucky Cooperative Extension, Plate it Up / Kentucky Proud project

Corn & Red Pepper Chowder

Ingredients:

2 tablespoons butter or margarine 1 cup diced sweet red peppers ¼ cup finely chopped onions
 2 tablespoons all-purpose flour ¼ teaspoon dried thyme Salt and pepper to taste
 2 ½ cups defatted chicken broth or water 2 cups corn kernels, fresh or frozen
 1-1/3 cups 1% low-fat milk

Directions:

1. In a heavy 2-quart (or 3-quart) saucepan over medium heat, melt the butter or margarine. Add the red peppers and onions; cook, stirring frequently, for 5 minutes, or until the vegetables are tender but not brown.
2. Stir in the flour, thyme, salt and pepper; cook and stir the mixture for 1 minute.
3. Add the broth or water*; cook the soup, stirring constantly, until it comes to a boil and thickens slightly. Add the corn and milk, bring back to a simmer and cook for 5 to 10 minutes, or until the corn is tender. Serve hot.

Note:* May add 2 whole potatoes, peeled and diced into 1/2 inch cubes.

Source: NC Cooperative Extension, Sally McNeill, Family & Consumer Sciences Extension Agent, 2013 Summer Recipes from Sally's Kitchen – Week 8

Healthy Corn Dip

- 1/4 cup olive oil
- 1/3 cup balsamic vinegar
- 3 11-ounce cans Shoepeg white corn*, un-drained
- 1 15-ounce can black beans, drained and rinsed
- 1 large red pepper, chopped
- 1 large green pepper, chopped
- 1 large red onion, chopped
- 1/4 cup fresh cilantro, chopped

Mix all ingredients in a large bowl.

Place all ingredients in a large bowl; mix well.
 Refrigerate several hours or overnight before serving.
 If desired, allow dip to temper by setting out of refrigerator up to 1 hour before serving.
 Serve with lettuce, celery sticks, tossed salad, tortilla chips, etc.

Note: 2-1/2 - 3 cups fresh cooked corn* may be substituted when in season.

Per Serv. 69 calories, 2.6 g fat, 185 mg sodium, 11.5 g carbohydrate, 1.9 g protein, 1.8 g fiber
 Source: Cornell University Cooperative Extension

