

Corn



How to choose:

Fully ripe sweet corn has bright green, moist husks. The silk should be stiff, dark and moist. You should be able to feel individual kernels by pressing gently against the husk.

As soon as corn is picked, its sugar begins its gradual conversion to starch, which reduces the corn's natural sweetness. Corn will lose 25% or more of its sugar. Between purchasing and cooking, keep the corn moist and cool. By refrigerating the corn it helps the corn stay sweet by not letting the sugars turn to starch.

Nutrition:

Hot, fresh corn-on-the-cob is an almost essential part of any summertime party. Fortunately, it is also a worthy part of any healthful menu. Our food ranking system qualified corn as a good source of many nutrients including thiamin (vitamin B1), pantothenic acid (vitamin B5), folate, dietary fiber, vitamin C, phosphorus and manganese.

Storage:

- Can be found fresh, frozen or canned
- Eat fresh corn soon after picking for greatest flavor
- Can be stored in refrigerator, in husks, for 2 days or less
- Frozen can be substituted for fresh or canned in most recipes
- Can be added to soups, rice or tossed salads
- Herbs, light dressings or lemon are good substitutes for butter



Recipes

EASY CORN CASSEROLE

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- 1 (16 oz.) cream corn
- 1 (16 oz.) whole kernel corn
- 1 (8 oz.) carton sour cream
- 1 box Jiffy corn bread mix
- 1 stick of butter, melted

Combine all ingredients in bowl. Grease 13 x 9 inch dish. Bake at 350 degrees for 45 minutes or until center is firm.

EASY ENCHILADA CASSEROLE

- 2 lbs. ground beef
- 1 stick butter
- 1 onion, chopped
- 1 can cream of mushroom soup
- 1 can cream of chicken soup
- 1 (8 oz.) can taco sauce
- 1 (15 oz.) can enchilada sauce
- 2 c. Cheddar cheese, grated
- 1 pkg. corn tortillas

Brown ground beef. Sauté onion in the butter. Add sauces and soups to the onion and meat mixture. Layer the meat mixture and tortillas in a large 9x13x2 inch dish and top with grated cheese. Bake at 350 degrees for approximately 30 minutes.

Tortillas can be torn into fourths and added to the meat mixture instead of layering. Bake as above.

Mexican Grilled Corn

- 2 tablespoons low-fat mayonnaise
- 2 tablespoons nonfat plain yogurt
- 1/2 teaspoon chili powder
- 4 ears corn, husked
- 4 tablespoons finely shredded Parmesan
- 1 lime, quartered

1. Preheat grill to medium-high.
2. Combine mayonnaise, yogurt and chili powder in a small bowl.
3. Grill corn, turning occasionally, until marked and tender, 8 to 12 minutes total. Spread each ear with 1 tablespoon of the sauce and sprinkle with 1 tablespoon Parmesan. Serve with lime wedges.