

## HARVEST OF THE MONTH:

# Corn



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## HEALTHY BENEFITS OF EATING CORN

- Champion source of thiamin (vitamin B1), which the body uses to produce energy in every cell. Thiamin is also essential for the proper functioning of nerve cells.
- Corn is also a source of fiber (healthy digestion), manganese (healthy bones) and vitamin C (heals cuts and reduces colds).
- One serving is equal to ½ cup of white or yellow corn.

## IN WHAT FOOD GROUP DOES CORN BELONG?

- Grain? Vegetable? Fruit? All Three!
- Corn is considered a grain, vegetable, and fruit. When corn is harvested before maturity while the kernels are soft, it is considered a vegetable. Corn harvested at maturity is considered a grain. Each kernel of corn on a cob is a whole fruit.

## SERVING SUGGESTIONS FOR CORN

- Add corn to your favorite salad recipes using fresh, frozen or canned corn (look for low sugar and low salt).
- Stuff corn and black beans into whole wheat pita pockets for a healthy sandwich.
- Sprinkle corn kernels on pizza for a new take on toppings.
- Add frozen or canned corn to your favorite casserole or soup.
- Eat corn in moderation because although it can be considered a vegetable, it contains more starch and sugar than other vegetables.
- Corn can be used to produce other products such as corn chips, corn bread, corn syrup, corn tortillas and corn meal.

Nutrition Facts	
Serving Size kernels from 1 medium ear (90g)	
Amount Per Serving	
<b>Calories 90</b>	<b>Calories from Fat 20</b>
% Daily Value*	
<b>Total Fat 2.5g</b>	4%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol 0mg</b>	0%
<b>Sodium 0mg</b>	0%
<b>Total Carbohydrate 18g</b>	6%
Dietary Fiber 2g	8%
Sugars 5g	
<b>Protein 4g</b>	
Vitamin A 2%	* Vitamin C 10%
Calcium 0%	* Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet.	

# Corn Recipes

## TACO SOUP

### INGREDIENTS

- 2 C. black beans
- 2 C. red kidney beans
- 2 Tbsp. taco seasoning
- 1 small onion, chopped
- 3 C. tomatoes, chopped or 1 large can crushed tomatoes
- 2 C. frozen corn (look for no sugar or salt added)

### DIRECTIONS

Combine ingredients in a slow cooker, and cook on low for 4 hours, or until done. Serve immediately as a side, or mix with cooked brown rice for a main dish.

## FRUIT & CORN COMBO

### INGREDIENTS

- 1 C. corn fresh or frozen, cooked
- 1 C. pineapple tidbits, or diced pineapple
- 1/2 C. brown rice, cooked
- 1 C. red bell pepper fresh or frozen, chopped

### DIRECTIONS

Combine all ingredients in bowl and serve.  
(Optional: Drizzle olive oil and/or soy sauce on top.)

## HERBED CORN

### INGREDIENTS

- 12 oz. frozen corn
- 1 C. water
- 1 tsp. salt
- 2 T fresh parsley, minced or 2 tsp. dried
- 1 tsp. dill weed
- 1/2 tsp. garlic powder
- 1/2 tsp. Italian seasoning
- 1/4 tsp. dried thyme

### DIRECTIONS

In a large saucepan, combine corn and water. Bring to a boil. Reduce heat; cover and simmer for 4-6 minutes or until corn is tender. Drain; stir in the remaining ingredients.

## BLACK BEAN AND CORN PITAS

### INGREDIENTS

- 1 (15-ounce) can black beans
- 1 C. frozen corn, thawed
- 1 C. fresh or canned tomatoes
- 1 avocado, chopped
- 1 clove garlic, finely chopped
- 1 tsp. chopped fresh parsley
- 1/8 tsp. cayenne pepper
- 2 tsp. lemon juice
- 1/2 tsp. chili powder
- 2 medium whole wheat pita pockets

### DIRECTIONS

Drain and rinse beans. In a medium bowl combine beans, corn, tomatoes, avocado, and garlic. Add parsley, cayenne pepper, lemon juice, and chili powder. Cut pita bread in half to form 4 pockets and spoon equal amounts of filling into each half and serve.

## QUICK CORN & BEAN SALAD

### INGREDIENTS

- 1 C. frozen corn, thawed
- 1 C. black beans, canned, rinsed
- 1 avocado, chopped (optional)
- 1/2 C. green onions, chopped
- 4 Tbsp. balsamic vinaigrette (look for low sugar, low salt)

### DIRECTIONS

Combine all ingredients in bowl and serve.

