

## What's Fresh:

# Corn



### It's naturally good!

- ◆ Good source of dietary fiber
- ◆ Rich in vitamin C & magnesium
- ◆ Contains B vitamins & potassium

### Storage Tips:

To keep fresh, store in the refrigerator.

Eat within 3-5 days.

### Too much of a good thing?

#### Freeze it!

Boil the corn cob for 4 minutes, then transfer to a bowl filled with ice water. Drain, cut kernels from the cob and store in a freezer-safe container for 4-6 months.

### Preparation Tips:

- ◆ Many cooking methods do not require corn to be husked before-hand (see below).
- ◆ **To “shuck” corn:** Peel away the outer leaves and any silky threads, pulling all the way to the bottom. Snap off at the base and discard.
- ◆ Leave corn on the cob whole or cut in half cross-wise.
- ◆ **To remove kernels:** Cut off the stem. Stand the corn upright (cut-side down); hold the corn steady at the top and use a knife to cut the kernels from the cob.

### Ways to eat corn:



- ◆ **Eat it raw.** Corn can be enjoyed raw on the cob, or cut off the kernels for a salad.
- ◆ **Add it to soups & stews.** Add kernels to simmering liquid and cook for 5 minutes.
- ◆ **Add to salsas, tacos, quesadillas and burritos.** Cooked or raw, the perfect combo!
- ◆ **Boil it.** Bring a pot of salted water to a boil; cook ears until tender, about 5 minutes. Drain.
- ◆ **Steam it.** In a pot with a steamer tray, bring a few inches of water to a boil. Add corn on the cob whole or in halves and cover; cook 7-10 minutes or until tender.
- ◆ **Microwave it.** Place 1-4 ears of corn (un-shucked) in the microwave. Cook for 2-4 minutes. Allow the ears to cool before removing the husks before serving. Note: if corn does not have husks, you may wrap the corn in microwave-safe plastic wrap or damp paper towels.
- ◆ **Roast it.** Preheat the oven to 350°F. Place corn husks directly on the oven rack. Roast for 30 minutes or until corn is soft. Allow to cool before removing the husks.
- ◆ **Grill it.** *In its husk:* Grill un-shucked corn directly on the grill rack, turning occasionally, until tender– about 15 minutes. *In foil:* Shuck corn and wrap with foil (you may add butter or oil and seasonings). Grill for 15 minutes, turning occasionally. *Naked:* Shuck corn and brush with oil. Grill over high heat, turning occasionally, until charred and cooked through– about 10 minutes.



See more recipes on the back



# Make it a meal!

# RECIPES

## Southwestern Bean & Corn Salad\*

### Ingredients:

- |  |                                |
|--|--------------------------------|
| 4 ears of corn, shucked and rinsed                 | 3 tablespoons oil              |
| 1 medium bell pepper, diced                        | 2 tablespoons vinegar          |
| 1 small onion, diced                               | 1 teaspoon cumin               |
| 2 (15-oz.) cans beans (any kind), drained & rinsed | ¼ teaspoon salt                |
| ¼ cup chopped cilantro leaves (optional)           | ½ teaspoon ground black pepper |

### Directions:

1. Boil, steam or microwave the corn following instructions on the front of this sheet or leave the corn raw. Remove kernels from the corn (cooked or raw) using a knife.
2. In a large bowl, combine corn kernels with the remaining ingredients. Mix well. Refrigerate before serving.

## Mexican Skillet

### Ingredients:

- |   |                                       |
|---|---------------------------------------|
| 1 tablespoon oil                                    | 1 Tablespoon chili powder             |
| 1 onion, chopped                                    | 1 teaspoon cumin                      |
| 2 ears of corn, shucked and kernels removed         | 1/2 teaspoon garlic powder            |
| 1 (15-oz.) can black/pinto beans, drained & rinsed  | 1/2 teaspoon dried oregano (optional) |
| 1 (15-oz.) can diced tomatoes or (16-oz.) jar salsa | 1/2 teaspoon salt                     |
| 2 cups cooked brown or white rice                   | 1/4 teaspoon pepper                   |

### Directions:

1. In a large skillet over medium heat, heat oil. Add onion; cook, stirring often, until soft, about 3-5 minutes.
2. Stir in seasonings, tomatoes/salsa, beans and corn. Cook until mixture begins to bubble. Reduce heat to low and cook for 5 more minutes. Add cooked rice, stir to combine and heat through. Serve warm.

## Corn Succotash

### Ingredients:

- |  |   |
|--|---|
| 2 Tablespoons oil                                  | 4 ears of corn, shucked & kernels removed |
| 1 onion, chopped                                   | 1 (15-oz.) can beans, drained & rinsed    |
| 1 bell pepper, diced                               | 1 (15-oz.) can diced tomatoes, drained    |
| 2 cloves garlic, minced (or 1/2 tsp garlic powder) | 1/2 teaspoon salt                         |
| 1 jalapeno, seeded & diced (optional)              | 1/4 teaspoon pepper                       |

### Directions:

1. Heat oil in a skillet over medium-high heat. Add onions and peppers. Cook, stirring frequently, until tender but crisp, about 5 minutes. Add garlic and jalapeno (if using). Cook for 2 more minutes.
2. Add corn, drained beans, drained tomatoes, salt and pepper. Cook, stirring frequently, 3-5 more minutes. Serve warm.

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