



Canned Whole Kernel Corn

Vegetables provide important nutrients like vitamin A, vitamin C, potassium and fiber. Corn is a good source of folate and vitamin C.

Nutrition Information

Canned corn is part of the vegetable group. Foods from the vegetable group provide important nutrients like vitamin A, vitamin C, potassium, and fiber.

Based on MyPyramid, $\frac{1}{2}$ cup of corn provides $\frac{1}{2}$ cup of vegetables from the vegetable group.

A typical person should try to eat $2\frac{1}{2}$ cups of vegetables every day.



Storage

Store unopened cans in a cool, dry place off the floor.

Avoid freezing or exposure to direct sunlight. Sudden changes in temperature shorten storage time.

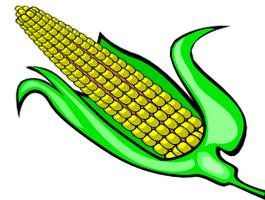
Store opened corn in a tightly covered plastic container in the refrigerator.

Use within 2 to 4 days!

**Do not use canned corn if can is rusted, bulging, or dented!
Throw it away!**

Uses

- ✓ Serve corn heated or use in soups and stews.
- ✓ Add corn to chowders, stuffing, relishes, cornbread muffins or main dishes.
- ✓ Combine with other vegetables like tomatoes or green peppers for a healthy side dish.
- ✓ Add well-drained corn to cornbread batter.



Know how. Know **now**.



Recipes

Mango Tango Black Bean Salsa

16 servings

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|--|---------------------------------------|
| 1 mango | ¼ c. fresh cilantro, coarsely chopped |
| 1 (15 oz.) can black beans, drained and rinsed | 2 T. lime juice |
| 1 (7 oz.) can whole kernel corn, drained | 1 tsp. garlic salt |
| ¼ c. onion, finely chopped | ¼ tsp. ground cumin |

1. Wash and peel the mango then cut in half length-wise. Throw away the seed. Cut into ¾-inch cubes.
2. In a medium bowl, combine all ingredients and mix well.
3. Refrigerate until ready to use.
4. Serve with tortilla chips.

Nutrition Information per Serving: Calories 30, Total Fat 0 g (0% DV), Saturated Fat 0 g (0% DV), Cholesterol 0 mg (0% DV), Sodium 250 mg (11% DV), Total Carbohydrate 7 g (2% DV), Dietary Fiber 2 g (7% DV), Sugars 3 g, Protein 1 g, Vitamin A 2%, Vitamin C 8%, Calcium 2%, Iron 2%.

Fiesta Tamale Pie

6 servings

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|--------------------------------|-------------------------------|
| 1 lb. lean ground beef | 1 c. cornmeal |
| 1 onion, finely chopped | 2 tsp. baking powder |
| 1 (1lb. 12 oz.) can tomatoes | 1 c. low-fat milk |
| 1 (15.5 oz.) can corn, drained | 2 eggs, well-beaten |
| 1 tsp. salt | 1 c. Cheddar cheese, shredded |
| 2 tsp. chili powder | |

1. Preheat oven to 350°F. Grease a 2-quart casserole dish. Set aside.
2. In a large skillet, brown ground beef and onion. Drain fat.
3. Add tomatoes, corn, salt, and chili powder. Stir. Simmer for 20 minutes. Put into prepared dish.
4. In a bowl, blend together cornmeal, baking powder, milk, and eggs. Spread on top of ground beef mixture. Top with shredded cheese.
5. Cover tightly and bake for 30 minutes.

Nutrition Information per Serving: Calories 430, Total Fat 17 g (27% DV), Saturated Fat 8 g (39% DV), Cholesterol 130 mg (44% DV), Sodium 1230 mg (51% DV), Total Carbohydrate 43 g (14% DV), Dietary Fiber 5 g (20% DV), Sugars 12 g, Protein 29 g, Vitamin A 20%, Vitamin C 30%, Calcium 35%, Iron 30%.

All recipes can be found in The Cook's Helper 2nd edition, University of Nebraska-Lincoln Extension, Nutrition Education Program
Source: USDA <http://www.fns.usd.gov/fdd/facts/hhpfacts/hp-csfp.htm>