

Corn



Selection - Choose corn with green husks. Choose canned corn labeled "low-sodium" or "no salt added".

Storage - Store fresh corn in the refrigerator with husks on (stays fresh for 2 days).

Nutrition - Vitamin C in corn supports healing of cuts and wounds.

3 EASY WAYS TO USE CORN

- To make a Tex-Mex side dish, add oil to a pan and sauté onions, green peppers and tomatoes. Add beans and corn. Season with chili powder and garlic powder. Cook for about 10-15 minutes.
- To make a corn salsa, mix fresh corn with fresh chili peppers, bell pepper and onion. Add lime juice or apple cider vinegar, chili powder, cumin and garlic powder. Add fresh cilantro if able.
- To remove corn from the cob, first take off the husks. Place corn in boiling water for about 3-5 minutes. With care, put corn in ice water. Once cool enough to touch, place corn on flat end and cut down the side of the cob to remove the kernels. Add cooked corn to soups, enchiladas or salsa.



Ingredients

- 1 (15 ounce) can black eyed peas, drained and rinsed
- 1 (15 ounce) can black beans, drained and rinsed
- 1 (15 ounce) can corn or 1 1/2 cups fresh or frozen corn
- 1 (15 ounce) can crushed tomatoes or 1 cup diced fresh tomatoes
- 1 jalapeno, diced
- 1/2 cup onion, diced
- 2 tablespoons oil
- 2 tablespoons lime juice
- 1 teaspoon cumin
- Salt and pepper

Directions

1. Mix beans, corn, tomatoes, jalapeno and onion in a large bowl.
2. Add lime juice, oil and cumin. Toss gently to mix. Add small amount of salt and pepper to taste.
3. Serve by itself, with raw vegetables and/or corn chips.
4. Avocado, cucumbers and bell pepper can all be added to this recipe. Add more oil, lime juice and spices as well.

