



Corn

Fruit - Caryopsis

Food Facts

Serving Size = 1/2 cup

- **FRUIT?! -** While often eaten as a vegetable or a grain, corn is actually classified as a fruit.
- **Storage -** Keep fresh corn stored in the fridge and in the husk until used.
- **Nutrition -** Corn is a healthy grain and is high in fiber.



How to Use

- **Boil -** Boil corn for 5-7 minutes until tender.
- **Grill -** Brush with a light coat of butter, sprinkle with seasoning, wrap it tightly with foil and grill for 10-12 minutes.
- **Bulk up a Dish -** Add to salads, soups, and salsa for an extra sweet crunch!

Three Sisters Salad

Serves: 4



Ingredients

- 15 ounces** - beans such as black, kidney, or garbanzo beans (no salt added)
- 11 ounces** - corn & red and green peppers, drained
- 1 zucchini** - chopped
- 1 tablespoon** - cilantro, chopped
- 2 tablespoons** - lime juice (about 1/2 lime)
- 1 jalapeño pepper** - finely chopped and seeds removed (optional)

Instructions

1. Open can of beans. Drain beans and pour into a medium bowl.
2. Add corn, zucchini, cilantro, lime juice and jalapeño (optional).
3. Stir to combine. Serve right away or refrigerate for later.

Nutrition Facts

Serving Size 1.00 cup

Serving Per Container 4

Amount Per Serving

Calories 220

% Daily Value*

Total Fat 1 g 1%

Sodium 331 mg 14%

Total Carbohydrate 43 g 16%

Dietary Fiber 13 g 46%

Protein 11 g

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

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