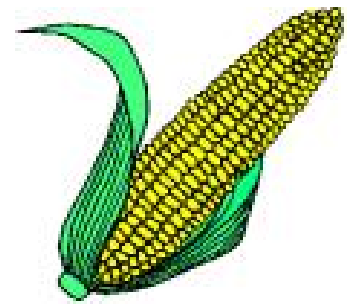


Corn



Everything You Ever Needed To Know About Corn:

- First domesticated by Native American people somewhere over 6,000 years ago in Mexico
- Good source of Folate, Vitamin C, Niacin, Thiamine and fiber
- Can be found fresh, frozen or canned
- Eat fresh corn soon after picking for greatest flavor
- Can be stored in refrigerator, in husks, for 2 days or less
- Frozen can be substituted for fresh or canned in most recipes
- Can be added to soups, rice or tossed salads
- Herbs, light dressings or lemon are good substitutes for butter

Nutrition Information for ½ cup

Calories	89
Protein	2.7 g
Carbohydrates	20.6 g
Fat	1.0 g
Fiber	2.0 g
Potassium	204 mg
Magnesium	26 mg
Vitamin A	178 IU
Vitamin C	.18 mg
Folic Acid	38 mcg
Iron	.5 mg

Bird's Eye Website – www.birdseyefoods.com
For questions regarding Bird's Eye Products 1-800-563-1786



Cornell University
Cooperative Extension
Monroe County





Chilled Corn Salad – 4 servings

1 package (1 LB) Birds Eye Sweet Kernel Corn	2 Tbsp finely chopped basil
1 small finely chopped onion	2 Tbsp cider vinegar
½ Cup chopped green pepper	1 Tbsp olive oil
2 tbs. finely chopped parsley	Salt and Pepper to taste

1. Prepare corn according to package directions. Allow to cool.
2. In a bowl, combine onion, green pepper, parsley, basil, and cooked corn.
3. Toss with cider vinegar and olive oil; add salt & pepper to taste.
4. Cover and chill. Serve with your favorite grilled chicken or steak. (Courtesy of Bird's Eye)

Nutrition Facts Calories 140, Fat 5 g, Sat Fat 1 g, Cholesterol 0 mg, Sodium 300mg, Carbohydrates 27 g, Fiber 4 g, Protein 4

Sante Fe Shrimp and Super Sweet Corn Salad – 4 servings

1 package (1 LB) of Birds Eye Baby White Corn Kernels	½ red bell pepper (1/4" strips)
1 lb. shelled shrimp	½ cup chopped fresh cilantro
2 thinly sliced scallions	Dijon Mustard Dressing to taste
Tortilla chips	

- 1) Cook corn kernels according to package directions.
- 2) Steam shrimp until cooked.
- 3) In a large bowl, toss corn, shrimp, scallions, red bell pepper cut into thin strips, and cilantro with your favorite Dijon Mustard Dressing. Chill and serve with tortilla chips. (Courtesy of Bird's Eye)

Nutrition Facts Calories 280, Fat 9 g, Sat Fat 2 g, Cholesterol 220 mg, Sodium 390 mg, Carbohydrates 20 g, Fiber 3 g, Protein 27 g

Okra and Corn with tomatoes – 6 servings

1 Tbsp olive oil	3 large ripe tomatoes, seeded and chopped
1 large onion, thinly sliced	2 cups small okra pods, whole or sliced
2 bay leaves	½ cup water
½ tsp thyme, red pepper flakes and basil	¾ tsp salt
1 green pepper, diced	¼ tsp black pepper
	Kernels from 4 ears of corn (about 2 cups)

- 1) In heavy skillet over medium heat, heat oil. Add onions and herbs. Cook and stir until onions are limp.
- 2) Add green pepper; cook until onions are translucent. Add tomatoes, okra, water, salt and pepper. Reduce heat, simmer uncovered for 15 minutes.
- 3) Add corn and cook 5 minutes. Serve hot. (Courtesy of Farm-Fresh Recipes by Janet Majure)

Nutrition Facts Calories 120, Fat 3.5g, Sat Fat 0g, Cholesterol 0 mg, Sodium 300mg, Carbohydrates, 22 g, Fiber 5 g, Protein 4 g

