CORN

**DID YOU KNOW?**

- For every kernel of corn on the cob, there is one strand of silk.
- An ear of corn has an average of 16 rows with 800 kernels.
- Corn is produced on every continent of the world with the exception of Antarctica.

A 1 cup serving of corn provides 5 grams of protein, and you’ll get 4 grams of fiber from 1 cup of cooked corn.

Corn can be made into fuel, abrasives, solvents, charcoal, animal feed, bedding for animals, insulation, adhesives, and more.

**CORN**

**FRESH AND HEALTHY**

Corn has many uses from being a staple food that provides the basis for tortillas, burritos, or polenta. Popcorn and corn chips are used as snacks while corn is also devoured as a special summertime food that is popular at barbecues and cookouts. Corn can be purchased frozen, canned or fresh in many varieties such as white, yellow, red, blue, brown and purple.

**Best Time to Buy:**

May - October

**Corn Benefits U!**

- Saturated fat and sodium free
- Source of vitamins A and C.
- Provides carotenoids - lutein and zeaxanthin

Fresh corn is 74% water and has 96 calories per ear. Canned corn has 133 calories per cup.

**Add Color to Your Meal**

- Sweet corn soup and chowder are favorite starters in almost all corners of the world.
- Grill a corncob and serve with salt, lemon, and pepper seasoning.
- Add to salad for a crisp crunch and sweet flavor.
CORN

RECIPE CORNER

Corn and Black Bean Salad

3 ears of corn, grilled or boiled
1 can black beans, no sodium, rinsed
1/2 cup red bell pepper, diced
3 Tbsp vegetable oil
2 Tbsp lime juice
1/4 tsp ground red pepper
Salt and Pepper to taste
1/2 cup reduced fat feta cheese
2 Tbsp green onions, chives or basil thinly sliced

Nutrition Facts

<table>
<thead>
<tr>
<th>Serving Size</th>
<th>Calories</th>
<th>Total Fat</th>
<th>Total Carbohydrate</th>
<th>Total Cholesterol</th>
<th>Sodium</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/3 cup (60g)</td>
<td>132 kcal</td>
<td>2.4g</td>
<td>19g</td>
<td>3mg</td>
<td>10mg</td>
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</tbody>
</table>

1. Remove husks and silks from corn. Place corn in large pot of boiling water and cook for 10 minutes. Remove corn from water and allow to cool. Use a serrated knife to remove kernels from cob.
2. In a colander, rinse black beans to remove canning liquid.
3. In a large bowl, combine corn kernels, black beans and bell pepper.
4. In a small jar with a lid, combine vegetable oil, lime juice and red pepper (add salt and pepper, if preferred). Drizzle over corn-black bean-pepper medley and stir to mix.
5. Sprinkle cheese and sliced onions or herbs over salad.

Serves 6.

For more information contact:

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