

Pick a *better snack*[™] – SWEET CORN

SWEET CORN

Husk. Wash. Eat. How easy is that?

- Boil sweet corn and roll in fat-free butter spray and salt free seasonings.
- Cut corn off cob and add to your favorite salsa.
- Cook corn in the microwave by removing the husks and silk. Wrap ear with waxed paper or husk secured with rubber bands. Cook at full power in microwave. Allow 2 minutes per ear.



Buying tips: Choose ears with bright green, moist husks. The silk should be stiff, dark, and moist.

Special tip: To prepare corn, remove husks and any bits of silk.

Storing tips: Ideally corn should be cooked and eaten immediately after picking. If it must be stored, keep it refrigerated and use within 2-3 days.

Serving size: ½ cup cooked corn

Eating fruits and vegetables can reduce your risk of developing diabetes, heart disease, cancers and strokes.

Fruits and vegetables are

- *great tasting*
- *high in fiber*
- *low in fat and calories*
- *snackable.*

SWEET CORN


GARLICKY CORN ON THE COB

- 1 teaspoon lemon zest
- 2 Tablespoons soy sauce
- 4 Tablespoons olive oil
- 1 garlic clove, minced
- Pepper to taste
- 6 ears corn, husked



Combine all, marinate overnight, wrap in foil, and grill 30 minutes. Serves 6.

ACTIVITIES

- Join the 4th of July festivities in your neighborhood parade. Walk in the parade as a family or walk to the parade and cheer the group on. 
- Wimbledon Tennis Tournament ends this weekend. Find a friend to play a match at your local courts.

For other snack ideas go to:

www.extension.iastate.edu/food/

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On the Go – With Sweet Corn!

Hundreds of years ago, the Indians showed the Pilgrims the best ways to grow corn, and it quickly became a staple in American fare. Cornbread became a favorite food of travelers because it didn't spoil as quickly as other breads. Hominy, grits and succotash resulted from this fondness of corn and still remain part of today's contemporary diet. Following are tips to note when purchasing corn.

Harvested corn must be kept cool because warmth changes the sugar in the kernels to starch. This means that in a store, it should be in a refrigerated bin; when purchased at a roadside stand or farmer's market, it should be in the shade or on ice. Avoid corn that is piled high in an unshaded bin because it will generate its own heat and hasten spoilage.

When choosing sweet corn, fully ripe ears will have bright green, moist husks with stiff, dark and moist silks that are free of decay and worms. The rows should be uniform and well filled with plump kernels. When you pop a kernel with your fingernail, milky juice should spurt out. However, if the liquid is watery it means the corn is immature; if the kernel is tough and the contents are doughy, the corn is overripe. Refrigerate the corn immediately after taking it home to help the corn retain its natural sweetness.

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Take Sweet Corn With You!

- Sweet corn can be cooked quickly and easily in the microwave. Place in a microwave-safe dish with 2 tablespoons water, cover and cook for about two minutes per ear, or until just tender.
- Try grilling corn on the cob for your summer outings. Grill ears wrapped in the husks or foil for 20-30 minutes; unwrapped ears for about 12 minutes.

BLACK & GOLD SALSA *Easy, colorful, tasty (and good for you!)*

1 can black beans, rinsed and drained
2 cups yellow corn – fresh, canned or frozen
2 cups prepared salsa
Mix the three ingredients. Chill. Serve with baked corn chips.

Quick Nibble:

Did you know that a bushel of corn produces enough corn syrup to sweeten 324 cans of soda?

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To find out more about food stamps, contact the local Iowa Department of Human Services office serving the county where you live,
or call toll-free at 1-800-972-2017*

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and justice for all

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July means 'corn on the cob' in the Midwest. Signs of fresh sweet corn include tight green husks and plump kernels. The silks should be moist, soft and light golden – not brown and brittle. The stalk of a fresh ear of corn will be green and moist. If the stalk is dry and brown or white and opaque it means the corn is several days old and will not be very sweet. Fresh corn may be grilled, microwaved or boiled. These recipes use canned and frozen corn.

FIESTA CORN BREAD *YIELD 6 SERVINGS*

1 package corn bread/muffin mix (8.5 oz.)
1 7 oz. can creamed corn
2 Tbsp. chopped green chiles

Preheat oven to 400°F. Prepare corn bread batter according to package directions. Stir in the creamed corn and chopped chiles. Pour the batter into a greased loaf pan. Bake for 20 minutes or until top springs back when touched in the center. Let stand 5 minutes before serving.

COLORFUL CORN *YIELD 8 SERVINGS*

2 cups frozen cut corn
1 Tbsp. margarine
½ cup frozen or fresh chopped green pepper
½ cup frozen or fresh chopped onion
1 can (16 oz.) tomatoes – do not drain
¼ teaspoon oregano

Prepare corn according to package directions, drain. Sauté pepper and onion in margarine until tender. Combine all ingredients in a 2 quart microwave safe dish. Cover and microwave on high for 2-3 minutes or until heated through.

Including **YELLOW/ORANGE** fruits and vegetables in your low-fat diet helps maintain:

- A healthy heart
- A healthy immune system
- Vision health
- A lower risk of some cancers