



CORN ON THE COB



NUTRITION BENEFITS

- Vitamin C: helps heal cuts and helps the immune system
- Lutein: an antioxidant that may decrease the risk of eye disease
- Fiber: helps reduce blood cholesterol levels and may lower your risk of heart disease



STORING

- If husk is removed, refrigerate in tightly wrapped plastic for 1 to 2 days
- If husk is still on, store uncovered in refrigerator for 1 to 2 days



CLEANING

- When ready to use, remove the outer husk and the silky strings. Break off the stalk at the base of the ear of corn. Rinse under cool running water.



PREPARING

Boiled

Remove husk and rinse corn. Put water in a large pot and bring to a boil. When the water is boiling, carefully drop in the corn. Boil for 5-6 minutes.

Microwaved

Remove husk and rinse corn. Place 2-4 ears of corn in a microwave safe baking dish. Add 1/3 cup of water to the bottom of the dish. Cover the dish with plastic wrap, leaving one corner open. Place the dish in the microwave and cook on high for 3 minutes per ear of corn. If using 4 ears of corn, cook for 12 minutes.

Grilled

Pull husk back and remove all of the silk but do not pull the husk off at the base of the cob. Bundle the corn up in its husk again. Soak in cool water for 15 minutes. Place soaked corn on the grill for 15 minutes, turning frequently. Remove the charred husk and season with garlic powder, chili powder, cumin or oregano.



This program is funded by USDA's Supplemental Nutrition Assistance Program and Iowa State University Extension and Outreach. USDA is an equal opportunity provider and employer.

... and justice for all

The U.S. Department of Agriculture (USDA) prohibits discrimination in all its programs and activities on the basis of race, color, national origin, age, disability, and where applicable, sex, marital status, familial status, parental status, religion, sexual orientation, genetic information, political beliefs, reprisal, or because all or part of an individual's income is derived from any public assistance program. (Not all prohibited bases apply to all programs.) Persons with disabilities who require alternative means for communication of program information (Braille, large print, audiotape, etc.) should contact USDA's TARGET Center at 202-720-2600 (voice and TDD). To file a complaint of discrimination, write to USDA, Director, Office of Civil Rights, 1400 Independence Avenue SW, Washington, DC 20250-9410, or call 800-795-3272 (voice) or 202-720-6382 (TDD). USDA is an equal opportunity provider and employer.

Issued in furtherance of Cooperative Extension work, Acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture. Cathann A. Kress, director, Cooperative Extension Service, Iowa State University of Science and Technology, Ames, Iowa.