

Corn

Key Points

- For the best buy, look for fresh green husks with no rotten spots.
- To prepare fresh corn, remove husk and silk from corn. Place ears in boiling water for 7 minutes. Drain and allow to cool.
- To store fresh corn, leave husk on and wrap in a plastic bag. Refrigerate for up to 3 days.
- Corn contains fiber, which helps to keep you regular.



Raw Corn Salad

Ingredients:

4 ears corn
1 red onion, chopped
2 tomatoes, chopped
2 carrots, grated
2 tablespoons vegetable oil
1/4 cup vinegar
1 cup fresh cilantro, chopped
Salt and pepper, to taste

Directions:

1. Remove husks from corn and cut kernels off the cob.
2. Combine corn, onion, tomatoes, and carrots in a large bowl.
3. In a small bowl, combine oil, vinegar, cilantro, salt and pepper. Mix well.
4. Pour dressing on the salad and toss.
5. Serve and enjoy!
6. Refrigerate leftovers.

Makes 6 servings.

Adapted from Greenmarket Chef Recipes.

Creamy Corn Soup

Ingredients:

4 cups corn
1 garlic clove, chopped
2 tablespoons vegetable oil
4 scallions, sliced
Salt and pepper, to taste

Directions:

1. Puree corn kernels and garlic with 3 cups of water until chunky.
2. Heat the oil in a large pot over medium heat and add the corn mixture.
3. Add 1 more cup of water and stir well. Cook until the soup is heated, about 5 minutes.
4. Remove from heat and add scallions, salt and pepper.
5. Serve and enjoy!
6. Refrigerate leftovers.

Makes 4 servings.

Adapted from marthastewart.com

Quick Tips

- Corn can be eaten raw! Just cut the kernels off the cob and add to salads.
- Grill or roast ears of corn with their husks on.
- Add to soups and stews.
- Remember to rinse all fruits and vegetables before using.

Visit our website at www.jsyfruitveggies.org for more great recipes!

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