

Cereal, Corn Squares, Ready-To-Eat, Dry

MyPlate Food Group: **Grain**



Product Description

- Corn squares cereal is a ready-to-eat cereal with added vitamins and minerals but no added sweeteners.

Storage

- Store unopened boxes of corn squares in a cool, clean, dry place.
- After opening, keep inside bag tightly closed.

Uses and Tips

- Top corn squares with low-fat milk and fruit for a quick and easy breakfast, or sprinkle over yogurt.
- Eat dry corn squares as a healthy snack.
- Corn squares can be used in a variety of recipes calling for dry, ready-to-eat cereal.

Nutrition Information

- 1 cup of corn squares counts as 1 ounce in the MyPlate.gov Grains Group. For a 2,000-calorie diet, the daily recommendation is about 6 ounces.

Resources

- www.nutrition.gov
- www.foodsafety.gov

Nutrition Facts

Serving size: 1 cup (31g) corn squares cereal

Amount Per Serving

Calories 110 **Calories from Fat** 0

-% Daily Value*

| | |
|-------------------------------|---------------|
| Total Fat 0g | 0% |
| Saturated Fat 0g | 0% |
| <i>Trans Fat</i> 0g | |
| Cholesterol 0mg | 0% |
| Sodium 330mg | 14% |
| Total Carbohydrate 27g | 9% |
| Dietary Fiber 1g | 5% |
| Sugars 3g | |
| Protein 2g | |
| Vitamin A 8% | Vitamin C 10% |
| Calcium 12% | Iron 70% |

*Percent Daily Values are based on a 2,000 calorie diet.

This sheet is intended for individuals and families receiving USDA Foods to use at home. Nutrient Values in the Nutrition Facts panel are from the USDA National Nutrient Database for Standard Reference, or are average values from vendors who provide USDA Foods. Please refer to the product's Nutrition Facts panel or ingredient list for product-specific information.

USDA Foods

Caramel Chocolate Drizzles

Makes about 8 servings

Ingredients

- Nonstick cooking spray
- 4 cups corn squares cereal
- 2 tablespoons evaporated milk
- 1 ½ tablespoons margarine
- 4 ounces caramel candy pieces
(about ½ cup or 10 caramels)
- ¼ cup chocolate chips

Directions

1. Heat oven to 300 degrees F. Coat a baking sheet with cooking spray.
2. Spread cereal in a single layer on pan.
3. In a medium saucepan, heat milk, butter, and caramels over low heat, stirring constantly, until caramels are melted.
4. Pour over cereal, stirring until evenly coated.
5. Bake 20 to 24 minutes, stirring after 10 minutes, until golden brown.
6. In a saucepan, melt chocolate chips over very low heat. Stir until melted. Drizzle chocolate over snack. Refrigerate about 30 minutes or until chocolate is set.

Recipe adapted from Food.com

Skillet Taco Casserole

Makes about 6 servings

Ingredients

- 1 pound lean ground beef (or use ground turkey instead)
- 2 cups corn squares cereal, crushed
- 1 cup low-sodium kidney beans, drained
- 1 can (about 15 ounces) low-sodium tomato sauce
- 1¾ cups fresh tomatoes (or 1 can (about 15 ounces) low-sodium diced tomatoes, not drained)
- 1 cup corn, low-sodium canned, drained
- 1 tablespoon chili powder
- ½ teaspoon garlic powder
- ¼ teaspoon black pepper
- ½ cup reduced-fat cheddar cheese, shredded

Directions

1. In large skillet, cook ground beef until brown. Drain off fat.
2. Stir in corn squares cereal, beans, tomato sauce, tomatoes, corn, chili powder, garlic powder, and pepper. Bring to a boil. Reduce heat and cook, stirring frequently, for 5 minutes.
3. Remove from heat. Sprinkle with cheese. Let stand, covered, for 10 minutes or until cheese is melted.

Recipe adapted from Food.com