



**Corn, Cream Style,
Low-sodium, Canned**
MyPlate Food Group: **Vegetable**



Nutrition Information

- 1 cup of canned cream style corn counts as 1 cup in the ChooseMyPlate.gov Vegetable group.
- It all counts! Fresh, frozen, canned, dried, and even vegetable juice- all types of veggies count toward your MyPlate goal.
- Based on their nutrient content, vegetables are organized into 5 subgroups: dark-green vegetables, starchy vegetables, red and orange vegetables, beans and peas, and other vegetables.
- Most vegetables are naturally low in fat. None have cholesterol. Sauces and seasonings may add fat, calories, and/or cholesterol.
- Corn is an important source of nutrients including B vitamins, folate, and fiber.
- Starchy vegetables like corn contain carbohydrates which give you energy.
- People on a low-salt diet can drain and rinse canned vegetables with water before using to reduce the amount of salt.

Uses and Tips

- Canned cream style corn is safe and ready to eat out of the can. Just heat and serve!
- Creamed corn makes a delicious addition to cornbread, soups, dips, and casseroles.
- Canned veggies are a great shortcut in the kitchen. Keep them on hand to add more flavor, color, and important vitamins and minerals to any meal—no matter the season!

Storing Foods at Home

- Store unopened cans of cream style corn in a cool, clean, dry place.
- Store remaining opened cream style corn in a tightly covered container that is not made from metal in the refrigerator.

MyPlate Facts

- Vegetables are naturally low in calories. Eat vegetables in place of foods that may be higher in calories to help lower calorie intake. For example, replace chips with crunchy carrots, celery, or cucumbers.
- Eating a diet rich in vegetables and fruits as part of an overall healthy diet may reduce the risk of heart disease, including heart attack and stroke.
- Eating a diet rich in some vegetables and fruits as part of an overall healthy diet may protect against certain types of cancers.
- Adding vegetables can help increase the intake of fiber and potassium, which are important nutrients that many Americans do not get enough of in their diet.
- Vary your veggie choices to keep meals interesting.



USDA Foods

Chicken Corn Chowder

Makes 10 servings

Ingredients:

- 2 slices bacon
- ¼ cup green pepper, diced
- ¼ cup onion, diced
- 1 tablespoon vegetable oil
- 2 cans (12 ounces) chicken (with liquid)
- 1 can (10.75 ounces) cheddar cheese soup
- 2 cans (15.5 ounces) low-sodium cream style corn
- 1 cup water
- ¼ cup instant nonfat dry milk powder
- 1 can green chilies (optional)

Recipe adapted from University of Tennessee

Directions: Wash hands with soap and water.

1. Cook bacon until crisp, then dice.
2. Dispose the bacon grease left in the skillet.
3. In the same skillet, cook the green pepper and onion in vegetable oil until tender.
4. Add bacon, canned chicken, soup, creamed corn, water, instant nonfat dry milk powder and green chilies (optional). On medium heat, bring to a boil while stirring constantly.
5. Reduce to low heat. Simmer for 20 minutes stirring occasionally.

Corn Casserole

Makes 10 servings

Ingredients:

- non-stick cooking spray
- 1 can (15.5 ounces) low-sodium whole kernel corn, drained
- 1 can (15.5 ounces) low-sodium cream style corn
- 1 can (13 ounces) skim evaporated milk
- 2 eggs
- 2 tablespoons minced dry onion flakes or (½ fresh onion, chopped)
- 2 tablespoons butter or margarine
- 1 sleeve of saltine crackers, crushed (or 1 cup of cracker crumbs)
- 6 ounces reduced-fat cheese, shredded
- ¼ teaspoon pepper

Recipe adapted from Oklahoma Nutrition Network

Directions: Wash hands with soap and water.

1. Coat 8x8 inch baking dish with non-stick spray or oil. Preheat oven to 350 degrees F.
2. Combine all ingredients in baking dish; mix well.
3. Bake for 1 hour or until top is brown and crispy.