Product Description
- Canned corn is U.S. Grade B.
- Canned corn has no salt added.
- The kernels are golden or yellow.

Storage
- Store unopened corn in a cool, clean, dry place.
- For best quality, store unused portion in the refrigerator in a nonmetal container.

Uses and Tips
- Serve canned corn heated as a side dish or use in a variety of main dishes, soups, stews, stuffing, relishes, and salads.
- Add variety to corn by mixing with one or more other vegetables such as tomatoes, green peppers, or onions. Combine corn with lima beans to make succotash.
- Use fresh or dried herbs for seasoning instead of salt.

Nutrition Information
- ½ cup of corn counts as ½ cup in the MyPlate.gov Vegetable Group. For a 2,000-calorie diet, the daily recommendation is about 2 ½ cups of vegetables.
- ½ cup of corn provides 10% of the daily recommended amount of vitamin C.

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

Nutrition Facts
Serving size: ½ cup (125g) corn, low-sodium, canned, drained

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<thead>
<tr>
<th>Amount Per Serving</th>
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<tbody>
<tr>
<td>Calories</td>
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<td>Calories from Fat</td>
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<td>Calcium</td>
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*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.

July 2018

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Harvest Corn Chowder

Makes about 7 servings

Ingredients
- ½ cup onion, chopped
- ½ cup celery, chopped
- ½ teaspoon thyme (if you like)
- 1 tablespoon butter or margarine
- 1 medium potato, peeled and diced
- 2 cups low-fat milk
- 1 can (15 ¼ ounces) no salt added corn, drained
- 1 can (14 ¾ ounces) low-sodium cream style corn

Directions
1. In medium saucepan, cook onion and celery in butter or margarine until tender. If using thyme, add that too.
2. Add potato; cook and stir for 2 minutes.
3. Add low-fat milk.
4. Cover and simmer on low heat 15 minutes or until potato is tender.
5. Stir in both cans of corn; heat through.

Recipe adapted from DelMonte.com.

Fiesta Corn and Black Bean Salad

Makes about 4 servings

Ingredients
- 1 can (15 ¼ ounces) no salt added corn, drained
- 1 can (15 ounces) black beans, drained
- ½ cup onions, chopped
- 1 can (14 ½ ounces) diced tomatoes with no salt added tomatoes, drained
- 1 can (4 ounces) green chilis, drained, diced
- 2 tablespoons vegetable oil
- ½ teaspoon ground cumin (if you like)
- ¼ cup chopped cilantro, for topping (if you like)
- Lime juice, to taste, for topping (if you like)

Directions
1. Combine all ingredients except cilantro and lime juice in medium bowl and mix.
2. Shake cilantro and squeeze lime juice over the top of the salad.

Recipe adapted from DelMonte.com.

These recipes, presented to you by USDA, have not been tested or standardized.