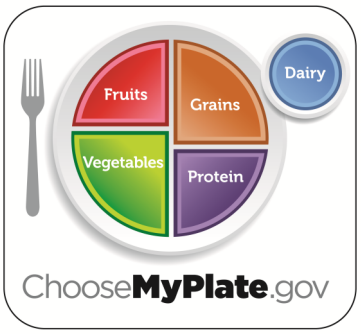

Corn, Fresh

MyPlate Food Group: **Vegetable**

USDA Foods

Nutrition Information

- 1 cup of corn counts as 1 cup from the ChooseMyPlate.gov Vegetable group.
- It all counts! Fresh, frozen, canned, 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.

Uses and Tips

- Make a salad using all of the colors in the rainbow, including tomatoes, carrots, corn, green peppers or cucumbers, cauliflower, and purple cabbage.
- There are so many ways to eat corn! Add it to soups, casseroles, and salsas. In many parts of the world, people even put corn on their pizza...try it!
- Mix corn and beans for a quick and yummy succotash!
- Did you know you can cook corn on the cob in the microwave? Wrap corn in wax paper or a wet paper towel and microwave for about 2-3 minutes per ear. Top with salt and pepper or your favorite spices for a delicious snack or side dish.

Storing Foods at Home

- Do not wash corn until ready to eat.
- Corn should be stored in the refrigerator in a plastic bag, loosely tied or knotted.

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 is an equal opportunity provider, employer, and lender.

USDA Foods

Crispy Corn Griddle Cakes
Makes 10 servings

Ingredients:
1 cup cornmeal
½ cup whole wheat flour
¾ cup flour
2 tablespoons sugar
1 tablespoons baking powder
1 teaspoon baking soda
½ teaspoon salt (optional)
⅔ cup low-fat milk or fat-free milk
2 large eggs
3 tablespoons vegetable oil
1 ⅓ cups corn kernels
Toppings: syrup or butter (optional)

Directions: *Wash hands with soap and water.*

1. Mix dry ingredients in a medium-sized bowl.
2. Whisk the milk, eggs, and oil in a smaller bowl.
3. Add the corn to the egg mixture, mixing just until combined.
4. In a lightly greased non-stick pan or griddle, spread about ¼ cup of batter and cook the pancakes over moderate heat until golden brown on bottom and tops begin to bubble. Flip and finish cooking.
5. Top with syrup or butter, if desired.

Recipe adapted from University of Maryland Extension

Quick and Easy Pasta Primavera
Makes 6 servings

Ingredients:
2 cups macaroni or rotini, uncooked
4 cups water
1 tablespoon vegetable oil
1 large onion, diced
1 clove garlic, minced
½ cup water
1 cup fresh corn, cooked
1 can (15.5 ounces) carrots, drained
1 can (15.5 ounces) green beans, drained
2 cans (15.5 ounces each) diced tomatoes
2 tablespoons oregano

Directions: *Wash hands with soap and water.*

1. In a large saucepan, cook macaroni or rotini according to the directions on the package and then drain.
2. In a large pan over medium heat, cook onion, and garlic in vegetable oil for 5 minutes. Add ½ cup water, corn, and vegetables and heat for 5 more minutes.
3. In a large bowl, combine cooked macaroni or rotini and vegetables.
4. Sprinkle with oregano.
5. Serve immediately.

Note: Fresh or canned vegetables can be used.

Recipe adapted from Oklahoma Nutrition Network

These recipes have not been tested or standardized.