



**Hominy,
Low-sodium, Canned**
MyPlate Food Group: **Vegetable**



Nutrition Information

- 1 cup of canned hominy 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.
- Hominy is an important source of many nutrients including protein and fiber.
- Starchy vegetables like hominy contain carbohydrates which give you energy.

Uses and Tips

- Canned hominy is safe and ready to eat out of the can. Just heat and serve!
- 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!
- Use hominy like you would use canned beans in a soup, stew, or casserole. Unlike many beans, hominy won't absorb the flavor of whatever you're cooking with and will keep its own delicious flavor.

Storing Foods at Home

- Store unopened cans of hominy in a cool, clean, dry place.
- Store remaining opened hominy 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 Pozole Soup

Makes 6 servings

Ingredients:

- 1 whole chicken with skin removed
- 8 cups water
- 2 cans (15.5 ounces each) low-sodium hominy
- 1 onion, diced
- 1 can (15.5 ounces) no salt added, tomatoes
- ¼ teaspoon pepper
- 2 tablespoons chili powder
- ½ teaspoon dried oregano
- 6 lime wedges (optional)

Directions: Wash hands with soap and water.

1. Pull the skin off of chicken pieces and place in a large pot and add enough water to cover the chicken. Simmer over medium heat for 1 hour until chicken is falling off bones.
2. Remove chicken from pot, allow to cool then remove bones. Chop chicken into bite-size pieces and set aside. Let broth cool and skim fat from the top.
3. Open can of hominy and pour into a colander. Rinse under cool water.
4. After skimming off fat, bring broth back to a boil, and add chopped chicken, chopped onion, tomatoes, hominy, pepper, chili powder, and oregano.
5. Cover and simmer for another 45 minutes.
6. Serve with a wedge of lime, if desired.

Recipe adapted from Virginia Cooperative Extension

Chili Cheese Hominy

Makes 8 servings

Ingredients:

- 1 teaspoon vegetable oil
- ½ cup onion, chopped
- 2 cans (15.5 ounces each) low-sodium hominy, drained and rinsed
- 2 cans (4 ounces each) chopped green chilies, drained
- 1 cup nonfat sour cream
- 1 teaspoon chili powder
- ⅛ teaspoon pepper
- ¾ cup cheddar cheese, shredded

Directions: Wash hands with soap and water.

1. Heat oil in a large skillet over medium-high heat. Add onion and cook until tender, about 2 - 3 minutes.
2. Stir in hominy, green chilies, sour cream, chili powder, and pepper. Add half of the cheese and mix well.
3. Reduce heat to medium. Cover and cook until heated through, about 3 - 5 minutes.
4. Sprinkle remaining cheese on top. Cover and cook an additional 5 minutes or until cheese melts.

Recipe adapted from FoodHero.org