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## Sweet Corn



Strictly speaking, corn is not a vegetable, but a grain native to the Americas. The sweet, or sugar, corn we enjoy today is a mutation of Indian field corn. Nothing is as American as corn-on-the-cob, and sweet corn has plenty of complex carbohydrates and fiber.

### Nutritional Information

- \* Low fat \* Cholesterol free \* High in fiber \* Very low in sodium
- \* Good source of vitamin C \* Good source of carbohydrates \*

### *Recipes*



#### Herbed Corn on the Cob

6 ears fresh corn  
2 tablespoons margarine  
1 teaspoon dried salad herbs  
(available in stores; optional)

Prepare corn for microwaving according to directions in box to the left. Microwave on high for 16 to 18 minutes, turning corn around/over after about 8 minutes. Let stand 5 minutes, then remove husks.

Combine softened margarine and salad herbs. Spread 1 teaspoon of margarine mixture over each ear of corn.

#### Corn Chowder

1 tablespoon margarine, plus  
3 tablespoons margarine  
1 onion, chopped fine  
4 medium potatoes, peeled and diced  
3 cups water  
2 cups corn kernels  
3 cups milk  
Salt and pepper

Brown onion in margarine, cook for 5 minutes. Add potatoes and water, cover and cook until potatoes are just tender. Add corn and milk and cook 5 minutes more.

Before serving, add the margarine and salt and pepper to taste, and reheat.

#### Uses & Preparation

- **Boil:** Remove husks and cook 8 to 10 minutes in rapidly boiling, unsalted water.
- **Microwave (on High):**  
1 ear - 3 to 5 minutes  
2 ears - 4 to 9 minutes  
3 ears - 9 to 12 min.  
4 ears - 12 to 17 min.  
Rinse and dry corn with husks pulled back. Pull husks up to cover corn, then rinse with husks on. Do not dry. Arrange like spokes on paper towel; cover with wax paper; cook. Let corn stand for 5 to 10 minutes after cooking. Carefully remove husks, using heavy towel to avoid burns.

#### Selection

- Look for healthy green husks, plump kernels and silks that are moist and light golden, not brown and brittle.

#### Storage

- Use fresh corn as soon as possible. Refrigerate unhusked in a plastic bag for up to 2 days.