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.