Stripped 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.

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**Uses & Preparation**

- Wash blueberries just before using. Add to yogurt or cottage cheese or any fruit and mild cheese platter. For color and great taste, add to salads, or sweeten pancakes, cakes, and muffins.

**Selection**

- Look for firm, dry, plump, smooth-skinned berries with a light grayish bloom. Ripe berries should be deep-purple blue to blue-black.

**Storage**

- Cover and refrigerate fresh berries for up to 10 days. Blueberries are easily frozen for later use. Freeze unwashed blueberries in airtight, resealable plastic bags.

- If thawed, keep refrigerated and use within 3 days.