



## AN A-MAIZE-ING VEGGIE

# sweet corn

**Corn is low-fat, sodium and cholesterol-free and contains fiber. One ear of corn contains 20 percent of the recommended dietary allowance of vitamin C for children ages 1-8.**

**C**orn is a whole grain! Corn on the cob and cut corn is a 100 percent whole grain. Eating plenty of fruits and veggies like corn may help reduce the risk of many diseases, including heart disease, high blood pressure and some cancers.

### Did you know?

- Corn is a member of the cereal grass family, related to other grains such as wheat, oats, barley and rice.
- Sweet corn is available as yellow, white or bicolor ear types.
- You can cream corn, make it into chowder, boil or roast it, add it to salads or mix it with other veggies.
- The average ear of corn has 500 to 1000 kernels, arranged in an even number of rows, typically 16.

**Florida is the largest producer of fresh market sweet corn in the U.S. Sweet corn is mostly grown in the southeast and central parts of Florida.**

### Shopping, Preparing and Storing

- Sweet corn cobs should feel and look moist and plump, with the kernels inside fat and shiny.
- Always try to buy sweet corn with the husks still attached. Look for green-colored husks.
- Easily remove kernels from the cob by standing the corn on end on a cutting board and cut down the cob with a sharp knife.

### Cooking Tips

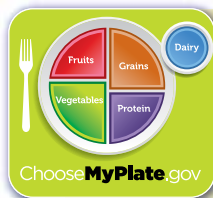
- Steam corn for five to seven minutes or try roasting and grilling for a smoky flavor.
- Salt can make corn tough, so only lightly salt the corn before cooking, and be sure to add or serve salt after cooking.

### MEXICAN GRILLED CORN

- 2 tablespoons low-fat mayonnaise
- 2 tablespoons nonfat plain yogurt
- 1/2 teaspoon chili powder
- 4 ears corn, husked
- 1 tablespoon finely shredded Cotija (or queso) or Parmesan cheese
- 1 lime, quartered



1. Preheat grill to medium-high.
2. Combine mayonnaise, yogurt and chili powder in a small bowl.
3. Grill corn, turning occasionally, until marked and tender, 8 to 12 minutes total. Spread each ear with 1 tablespoon of the sauce and sprinkle with 1 tablespoon Cotija (or Parmesan). Serve with lime wedges



#### FRUITS

Make most of your choices whole or cut fruit instead of juice.

#### VEGETABLES

Eat a variety every day. Fresh, canned or frozen.

#### GRAINS

Make at least half of your grains whole grains.

#### DAIRY

For adults and children 2 years and older, drink 1 percent low-fat or fat-free milk.

#### PROTEIN

Choose lean meat, poultry without the skin, seafood, beans and peas, eggs, processed soy or nuts.