

# Shopper's Guide

## Selection

Sweet corn is available all year. From early May until mid-September corn is the least expensive with the best flavor.

### Look for

Sweet corn with fresh green husks soft, golden silk. Silk-ends should be free from decay, and stem ends (opposite from the silk) should not be discolored or dried. When at the market, pull back the green husks to see if each ear is filled with kernels. The kernels should look moist, plump and bright in color (yellow or white).

### Avoid

- Ears with under-developed kernels.
- Corn with very large kernels, and dark yellow or dried kernels.
- Ears of corn with yellowed, wilted, dried husks, or dried-out stem ends.

## Storage

For best quality, refrigerate corn as soon as possible. Corn stays fresh for almost a week, if it has been kept cold and moist. The sooner corn is eaten, the sweeter and better-tasting.



# Recipe Collection

## Quick Corn Chowder

Makes 4 servings

### Ingredients:

- 1 teaspoon oil
- 1/2 diced onion
- 1 teaspoon minced garlic
- 4 Tablespoons flour
- 3 cups nonfat liquid milk
- 2 teaspoons mustard
- 1/4 teaspoon thyme
- black pepper
- 2 cups whole kernel corn
- 4 Tablespoons low-fat shredded cheddar cheese

### Instructions:

1. Heat a large nonstick skillet over medium-high. Add the oil and sauté the onion and garlic until golden, about 2 minutes.
2. Meanwhile, place the flour, milk, mustard and seasonings in a small bowl and mix well.
3. Add the milk mixture to the skillet followed by the corn; mix well until the mixture comes to a boil and thickens, about 3 minutes. Stir frequently to keep the mixture from burning.
4. Divide into four bowls and top each with 1 Tablespoon of shredded cheese.

## Nutrient Data

**Serving Size for 1 cup:** Calories 210, Total Fat 3 g, Saturated Fat 0.5 g, Cholesterol 5 mg, Sodium 170 mg, Carbohydrate 37 g, Dietary Fiber 3 g, Protein 12g, Vitamin A 0%, Calcium 25%, Vitamin C 15%, Iron 6%

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# Corn



# What's So Great about Corn?

- Sweet corn is high in fiber, niacin, and folate.
- Sweet corn with yellow kernels has small amounts of vitamin A.
- Corn cooks quickly. Corn goes well with most dishes.
- Frozen or canned corn is an economical, healthy replacement for fresh corn.



## Nutrition Information for 1 cup Corn

<b>Nutrition Facts</b>	
Serving Size 1 cup cut (164g)	
Servings Per Container 1	
Amount Per Serving	
<b>Calories</b> 177	Calories from Fat 18
% Daily Value*	
<b>Total Fat</b> 2g	3%
Saturated Fat 0g	2%
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 28mg	1%
<b>Total Carbohydrate</b> 41g	14%
<b>Dietary Fiber</b> 5g	18%
Sugars 5g	
<b>Protein</b> 5g	
Vitamin A 9%	• Vitamin C 17%
Calcium 0%	• Iron 6%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

NutritionData.com

Key nutrition facts are circled in green.

## Did You Know?



Popcorn does not come from sweet corn. Popcorn is a field-type corn with thick-walled kernels. When heated, steam is trapped inside the dried kernels, causing them to "explode."

Popcorn can be a great snack. Popcorn is a whole grain. It is low in calories and is good source of fiber. When un buttered, popcorn is 30-55 calories per cup. Even when lightly buttered, popcorn is only 135 calories per cup. For a low-fat snack, try sprinkling cinnamon or Cajon spices on popcorn.

Most movie theater popcorn is high in trans fat and calories. When eating popcorn at the movies, watch your portion sizes.