



# CORN

## DID YOU KNOW?



For every kernel of corn on the cob, there is one strand of silk.



An ear of corn has an average of 16 rows with 800 kernels.



Corn is produced on every continent of the world with the exception of Antarctica.



A 1 cup serving of corn provides 5 grams of protein, and you'll get 4 grams of fiber from 1 cup of cooked corn.



Corn can be made into fuel, abrasives, solvents, charcoal, animal feed, bedding for animals, insulation, adhesives, and more.

## CORN

### — FRESH AND HEALTHY —

Corn has many uses from being a staple food that provides the basis for tortillas, burritos, or polenta. Popcorn and corn chips are used as snacks while corn is also devoured as a special summertime food that is popular at barbecues and cookouts. Corn can be purchased frozen, canned or fresh in many varieties such as white, yellow, red, blue, brown and purple.

## Best Time to Buy: May - October

### Corn Benefits U!

- Saturated fat and sodium free
- Source of vitamins A and C.
- Provides carotenoids - lutein and zeaxanthin

**Fresh corn is 74% water and has 96 calories per ear.**  
**Canned corn has 133 calories per cup.**



## Add Color to Your Meal

- Sweet corn soup and chowder are favorite starters in almost all corners of the world.
- Grill a corncob and serve with salt, lemon, and pepper seasoning.
- Add to salad for a crisp crunch and sweet flavor.

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## RECIPE CORNER

### Corn and Black Bean Salad

**3 ears** of corn, grilled or boiled  
**1 can** black beans, no sodium,  
 rinsed

**1/2 cup** red bell pepper, diced

**3 Tbsp** vegetable oil

**2 Tbsp** lime juice

**1/4 tsp** ground red pepper

Salt and Pepper **to taste**

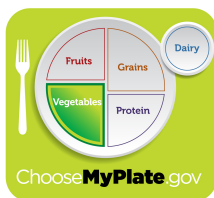
**1/2 cup** reduced fat feta  
 cheese

**2 Tbsp** green onions, chives or  
 basil thinly sliced

| Nutrition Facts                 |         |                          |      |
|---------------------------------|---------|--------------------------|------|
| Serving Size 0.50 cup(s) (148g) |         |                          |      |
| Amount Per Serving              |         |                          |      |
| <b>Calories</b>                 | 192     | <b>Calories from Fat</b> | 58   |
|                                 |         | % Daily Value*           |      |
| <b>Total Fat</b>                | 6.4g    |                          | 8 %  |
| Saturated Fat                   | 1.7g    |                          | 8 %  |
| Trans Fat                       | 0.0g    |                          |      |
| <b>Cholesterol</b>              | 6.7mg   |                          | 2 %  |
| <b>Sodium</b>                   | 118.4mg |                          | 5 %  |
| <b>Total Carbohydrate</b>       | 26.9g   |                          | 10 % |
| Dietary Fiber                   | 7.6g    |                          | 27 % |
| Sugars                          | 3.7g    |                          |      |
| <b>Protein</b>                  | 9.6g    |                          |      |
| Vitamin A                       | 12 %    | Calcium                  | 3 %  |
| Vitamin C                       | 23 %    | Iron                     | 10 % |

1. Remove husks and silks from corn. Place corn in large pot of boiling water and cook for 10 minutes. Remove corn from water and allow to cool. Use a serrated knife to remove kernels from cob.
2. In a colander, rinse black bean to remove canning liquid.
3. In a large bowl, combine corn kernels, black beans and bell pepper.
4. In a small jar with a lid, combine vegetable oil, lime juice, and red pepper (add salt and pepper, if preferred). Drizzle over corn-black bean-pepper medley and stir to mix.
5. Sprinkle cheese and sliced onions or herbs over salad.

Serves 6.



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Temporary Publication 112-7

April 2020

Published by the University of Georgia in cooperation with Fort Valley State University, the U.S. Department of Agriculture, and counties of the state. For more information, contact your local UGA Cooperative Extension office. The University of Georgia College of Agricultural and Environmental Sciences (working cooperatively with Fort Valley State University, the U.S. Department of Agriculture, and the counties of Georgia) offers its educational programs, assistance, and materials to all people without regard to race, color, religion, sex, national origin, disability, gender identity, sexual orientation or protected veteran status and is an Equal Opportunity, Affirmative Action organization.

# FAST FACTS

## SELECTION

As soon as it is picked, the sugar in corn turns to starch reducing its sweetness. Look for bright green tight husks and milky plump kernels.

## STORAGE

Corn should be used immediately or refrigerated as the sugar content converts to starch when stored at room temperature. Husked corn should be placed loosely in plastic food storage bags, refrigerated, and used within two days.

## PREPARATION

Boil, grill, roast, sauté, or simmer. To boil, strip the husk and silk and trim the stems. Cook in unsalted boiling water (salt will toughen the kernels) until tender. Season after cooking.

## PRESERVATION

To freeze, shuck, remove silks, trim ends, wash and then water blanch (small ears 7 minutes, medium ears 9 minutes and large ears 11 minutes). Chill in ice water the same number of minutes. Drain, and then wrap ears separately or put several in a freezer bag. Always use materials meant for freezing. There are three ways to freeze: on the cob, whole kernel and cream style. When freezing corn, do small amounts at a time.

**For more information contact:**



**1.800.ASK.UGA1**



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