



Local

PICK OF THE MONTH

September 2014

Corny Corn

Recipe

Corn Salsa

Ingredients

- 4 ears sweet corn
- 1 medium tomato, chopped
- 1/4 cup finely chopped sweet onion
- 1 jalapeno pepper, seeded and chopped (optional)
- 1/4 cup chopped cilantro
- 2 tbsp fresh lime juice

Directions

Grill or roast the corn. Slice kernels off the cob. Mix together all the ingredients. Refrigerate until cool.
Yields four to six servings.

Nutrition information per serving:

67 calories, 13.5g carbohydrates, 2g protein, 1.7g fiber

What's so great about corn?

- It's a good source of fiber and antioxidants.
- Fresh corn is low in sodium.
- Corn may lower your risk of heart disease and certain types of cancers.



What's the best way to eat corn?

- Fresh on the cob.
- Mix in salad and salsas.
- Add to soups and chowders.
- Combine with beans and tomatoes in a burrito.

Selection and preparation

<p>Selection</p> <p>Buy corn with golden-pale silk, green husks and tight rows of kernels.</p>	<p>Refrigerate</p> <p>Store uncovered in refrigerator for up to 2 days.</p>
<p>Preparation</p> <p>Leave husk on until right before cooking</p>	<p>Cooking</p> <p>Corn can be boiled, steamed, grilled or roasted.</p>



Building healthier communities together



Check your local grocery store or fruit stand for fresh corn today!