



Local PICK OF THE MONTH

December 2015
Funny frozen corn

Recipe

Cowboy caviar

Ingredients:

- 1 can (15 oz.) black beans
- 1 cup frozen corn
- 3 Roma tomatoes, coarsely chopped
- 2 tablespoons onion, chopped
- 1 1/2 tablespoons lime juice
- 1 1/2 teaspoons olive oil

Directions

In a large bowl, mix all ingredients and chill in refrigerator. Serve with tortilla chips.

Yields four servings.

Nutritional information

154 calories, 29g carbohydrates, 2g fat, 151g sodium, 9g fiber, 8g protein

Recipe adapted by Suzanne Watkins, Samaritan Lebanon Community Hospital Nutrition Services

What's so great about frozen corn?

- It's a good source of fiber
- It's quick and easy to prepare
- It's available all year long

What's the best way to eat frozen corn?

- Tossed in a green or pasta salad
- Mixed into a salsa
- Added to a soup or stew
- Heated and served alone as a side dish



Selection and preparation

<p>Selection</p> <p>Choose packages without any added sodium or fats. When possible, choose local produce.</p>	<p>Storage</p> <p>Store frozen corn in the freezer for up to 10 months.</p>
<p>Preparation</p> <p>Thaw using cold water, or during the cooking process.</p>	<p>Cooking</p> <p>Heat in the microwave for two to three minutes, or boil on the stove for five to six minutes.</p>



Building healthier communities together



Check your local grocery store for local frozen corn today!