

# CORN



## TRY THIS

- For extra juicy corn on the cob, leave husks on and soak in water for 30 minutes before grilling.
- Drizzle fresh cooked corn on the cob with a little olive oil, lemon juice, and Parmesan.
- Add sweet corn to burritos, casseroles, chowders, chili, eggs, rice, salads, salsas, soups, and tarts.

## BUYING OR STORING

- Select sweet corn with fresh golden silks, green husks, and shiny, firm, plump kernels.
- Store sweet corn in the husk in the refrigerator for up to three days. To freeze: Blanch corn kernels or corn on the cob before freezing. Corn will keep frozen in a plastic bag or container up to one year.
- Wash all fresh fruits and vegetables before using.

# CREAMY CHIPOTLE CORN SALAD

Time: 15–20 minutes | Makes: 6 servings | Serving Size:  $\frac{2}{3}$  cup

Nutrition Information Per Serving: Calories 143, Carbohydrate 23g, Dietary Fiber 3g, Protein 5g, Total Fat 5g, Saturated Fat 2g, Cholesterol 11mg, Sodium 287mg

## INGREDIENTS

2 tablespoons low-fat mayonnaise

2 tablespoons plain nonfat

Greek yogurt

2 green onions, sliced

$\frac{1}{2}$  cup Cotija cheese or

queso fresco, crumbled

2 tablespoons lime juice, about

1 medium lime

$\frac{1}{4}$  teaspoon kosher salt

$\frac{1}{4}$  teaspoon chipotle chili powder or  
Southwest chipotle seasoning blend

4 cups cooked corn

## INSTRUCTIONS

1. Whisk everything but the corn in a large bowl.
2. Add corn and mix gently to combine.
3. Serve or store covered in the refrigerator for up to three days.

## CHANGE IT UP

- Add a diced avocado and reduced or low-sodium (salt) or no salt added canned garbanzo beans, drained and rinsed.
- Spice it up with a fresh jalapeño, seeded and finely diced.
- Make it a creamy salsa. Add chopped tomatoes and serve with tortilla chips.



Always wash hands before preparing food. Wash all fresh fruits and vegetables before using.

