



## COOKING WITH

# CORN

### ABOUT CORN

- The US produces about 40 percent of the world's corn.
- Corn is often referred to as maize, an Indian word meaning "sacred mother," or "giver of life."
- Corn is a good source of ferulic acid. Several research studies suggest that ferulic acid plays a vital role in preventing cancers, aging, and inflammation in humans.

### EXTENDING THE SHELF LIFE OF CORN

- Uncooked corn can last for an extremely long time.
  - Store corn whole and unwashed in a sealed plastic bag. Keep refrigerated and do not take off husk until ready to eat.
  - For long term, corn may be frozen for 6-8 months, but they should be cooked first and placed in freezer in safe containers (do not boil your corn any longer than ten minutes).
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# CORN AND GREEN CHILI SALAD

SOURCE: [whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/corn-and-green-chili-salad](https://whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/corn-and-green-chili-salad)

## INGREDIENTS

- 2 cups corn (frozen and thawed)
- 1 can diced tomatoes with green chiles (10 ounce)
- ½ tablespoon vegetable oil
- 1 tablespoon lime juice
- ⅓ cup green onion (sliced)
- 2 tablespoons cilantro (fresh chopped)

## INSTRUCTIONS

1. Combine all ingredients in a medium bowl.
2. Mix well.

## Nutrition Facts

### Amount Per Serving

**Calories** 79      Serving Size: ½ cup

% **Daily Value**\*

**Total Fat** 4g

**Cholesterol** 0mg

**Sodium** 127mg

**Potassium** 0mg

**Total Carbohydrates** 12g

Dietary Fiber 3g

Sugars 0g

**Protein** 5g

Vitamin A 0%

Vitamin C 0%

Calcium 0%

Iron 0%

\*Based on a 2,000 calorie diet



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