



Fresh Corn Salad

- 5 ears** of fresh corn
½ cup diced red onion
3 tablespoons cider vinegar
3 tablespoons olive oil
- ½ teaspoon** salt
½ teaspoon black pepper
½ cup freshly chopped basil

Shuck and remove silks from corn. In a large pot of boiling water, cook the corn for 4 minutes. Drain. Cool by immersing in ice water. When corn has cooled, cut the kernels off the cob.

Toss the kernels in a large bowl with the red onion. Combine vinegar, olive oil, salt, and pepper. Pour over corn and gently toss.

Chill to allow flavors to blend. Just before serving, add fresh basil.

Yield: 10, ½ cup servings.

Nutritional Analysis: 70 calories, 5 g fat, 101 mg sodium, 10 g carbohydrate, 2 g protein, 1 g fiber.

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.



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Kentucky Sweet Corn

SEASON: July to August

NUTRITION FACTS: Corn is low in fat and is a good source of fiber and B vitamins, with 90 calories in a one-half cup serving.

SELECTION: Look for ears with green shucks, moist stems, and silk ends that are free of decay. Kernels should be small, tender, plump, and milky when pierced. They should fill up all the spaces in the rows.

STORAGE: Keep un-shucked, fresh corn in the refrigerator until ready to use. Wrap ears in damp paper towels and placed in a plastic bag for 4 to 6 days.

PREPARATION:

To microwave: Place ears of corn, still in the husk, in a single layer, in the microwave. Cook on high for 2 minutes for 1 ear, adding 1 minute per each additional ear. Turn the ears after 1 minute. Let corn set for several minutes before removing the shucks and silks.

To boil: Remove shucks and silks. Trim stem ends.

Source: www.fruitandveggiematter.gov

Carefully place ears in a large pot of boiling water. Cook 2 to 4 minutes or until the kernels are tender.

To grill: Turn back shucks and remove silks. Sprinkle each ear with 2 tablespoons of water and nonfat seasonings such as salt, pepper or herbs. Replace shucks and tie them shut with a string that has been soaked in water. Place ears on a hot grill for 20 to 30 minutes, turning often.

CORN

Kentucky Proud Project

County Extension Agents for Family and Consumer Sciences
University of Kentucky, Nutrition
and Food Science students

June 2010

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