



Corn and Sweet Potato Confetti Salad

3 cups sweet potato, peeled and diced

2 green bell peppers, diced

1 tablespoon olive oil

3½ cups cut fresh corn kernels (7 ears) or frozen corn kernels

1 red bell pepper, diced

½ cup cider vinegar

1 small red onion, diced

½ teaspoon salt

Bring one cup of water to boil in a 2 quart saucepan; **add** diced sweet potatoes. **Cook** sweet potatoes 10 minutes or until slightly tender. **Drain** and set aside. **Remove** shuck and silk from fresh corn ears; **cut** kernels from cob. **Dice** peppers and red onion. **Heat** olive oil in a large skillet on medium setting; **add** sweet potatoes and **cook** until slightly browned. **Add** peppers; **cook** 5 minutes; **add** corn kernels,

cooking until tender. **Combine** red onion and cider vinegar in large bowl; **add** skillet vegetables; **toss** and salt to taste. **Serve** warm or refrigerate for chilled version.

Yield: 16, ½ cup servings

Nutritional Analysis: 70 calories, 1.5 g fat, 0 g saturated fat, 0 mg cholesterol, 95 mg sodium, 13 g carbohydrate, 2 g fiber, 4 g sugars, 2 g protein.



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 through August.

NUTRITION FACTS: Corn is low in fat and is a good source of fiber and B vitamins. A half cup serving of corn contains 90 calories.

SELECTION: Look for ears with green shucks, moist stems and silk that is 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 unshucked, fresh corn in the refrigerator until ready to use. Wrap ears in damp paper towels and place 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 one 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.

Source: www.fruitsandveggiesmatter.gov

To boil: Remove shucks and silks. Trim stem ends. Carefully place ears in a large pot of boiling water. Cook 2-4 minutes or until kernels are tender.

To grill: Turn back the shucks and remove silks. Sprinkle each ear with 2 tablespoons of water and nonfat seasoning 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.

KENTUCKY SWEET CORN

Kentucky Proud Project

County Extension Agents for Family and Consumer Sciences
University of Kentucky, Dietetics and Human
Nutrition students

June 2014

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