



Media Script

KENTUCKY SWEET CORN

CONTACT INFORMATION:

Great summer meals that start with colorful garden salad combinations are sure to please! The colors of the summer garden come together in Corn and Sweet Potato Confetti Salad served warm or cold for your next summer picnic. This is not your regular summer potato salad. Savory sweet potatoes switch places with your usual white potato and fresh cut corn kernels, cut from grilled or boiled sweet corn ears, add sweetness and texture. Deep, rich color is the key to guaranteeing good nutrition and these veggies pack a powerful punch in every bite.

For best color and moist flesh, look for dark orange sweet potatoes at farmers markets or roadside stands. Choose smooth, unblemished skinned potatoes without wrinkles, bruises, sprouts or decay. Even if cut away, a decayed spot may have already caused the whole potato to take on an unpleasant flavor. Pick small to medium size potatoes for flavor at the peak of perfection. Sweet potatoes are excellent sources of vitamins A and C, with lots of fiber.

For small salad pieces, sweet potatoes can be peeled, chopped in small cubes and boiled until tender crisp. Or you can peel,

cut crosswise into ½-inch slices and grill to tender crisp, then cut in cubes. Both ways add different salad textures and taste.

Yellow, sweet corn kernels have delicious taste and subtle color. Corn is low fat, saturated fat free, sodium free, cholesterol free and a good source of vitamin C. For salad preparation, select ears of corn with green husks, fresh silks and tight rows of kernels. If not preparing immediately, refrigerate fresh corn with husks on and use within 1-2 days. For easy kernel removal, blanch the ears in boiling water six minutes; cool the ears; stand the ear in the center of a Bundt cake pan; cut off kernels with a downward stroke of a sharp knife. The cake pan will catch the kernels! No fresh corn on hand? Just add your favorite frozen kernels, thawed before adding to other salad ingredients.

Increase your salad's confetti colors with chopped red and green sweet peppers, some green onions or other colorful garden vegetables. Corn and Sweet Potato Confetti Salad can be served immediately while warm or made ahead and refrigerated for later enjoyment.

Corn and Sweet Potato Confetti Salad

3 cups sweet potato, peeled and diced
3½ cups cut fresh corn kernels (7 ears) or frozen corn kernels
2 green bell peppers, diced
1 red bell pepper, diced

1 small red onion, diced
1 tablespoon olive oil
½ cup cider vinegar
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

bow; **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

Sources:

- FN-SSB-902-Sandra Bastin "How to Slice and Dice"
- FN.SSB.913 Sandra Bastin "The Edible Rainbow."
<https://www.supertracker.usda.gov/foodtracker.aspx?CategoryID=-1&FoodDescription=sweet%20potato>

For more delicious recipes and information using "Kentucky Proud" fruits and vegetables, contact your local Cooperative Extension Service or visit: www.kentuckyproud.com.

-30-

June 2014

Plate it up! Kentucky Proud Project

County Extension Agents for Family and Consumer Sciences

University of Kentucky, Dietetics and Human Nutrition students