



## Summer Corn and Couscous Salad

<b>3 ears</b> sweet corn, shucked and washed	<b>1 cup</b> garbanzo beans (chick peas), drained and rinsed	tomatoes, washed and halved	<b>Dressing:</b> <b>3 tablespoons</b> olive oil,
<b>1 cup</b> low-sodium chicken broth	<b>1 medium</b> cucumber, washed, quartered and diced	<b>½ cup</b> feta cheese	<b>3 tablespoons</b> lemon juice, <b>1 teaspoon</b> dried oregano, <b>¼ teaspoon</b> ground cumin,
<b>1 cup</b> uncooked couscous	<b>1 ½ cups</b> cherry tomatoes, washed and halved	<b>¼ cup</b> chopped sweet onion	<b>½ teaspoon</b> each, salt and pepper
		<b>3 tablespoons</b> minced fresh parsley	

**Boil** corn for 6-9 minutes or until tender. **Drain** corn and immediately place in ice water. **Drain** ice water and **pat** corn dry; using a sharp knife **cut** the corn kernels from the cobs. In a separate saucepan, bring broth to a **boil** and **stir** in couscous. **Remove** couscous from heat, cover and let **stand** 5-10 minutes. **Fluff** couscous with a fork and set aside to cool. In a large bowl, **combine** the beans, cucumber, tomatoes,

cheese, onion and parsley. **Add** couscous and corn to the vegetables. In a small bowl, **whisk together** the dressing ingredients. **Pour** over the couscous mixture; **toss** to coat. **Serve** chilled.  
**Yield:** 9, 1 cup servings  
**Nutritional Analysis:** 200 calories, 7 g fat, 1.5 g saturated fat, 5 mg cholesterol, 250 mg sodium, 28 g carbohydrate, 4 g fiber, 5 g sugar, 7 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-August

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

**SELECTION:** Look for ears with green shucks, moist stems and silk 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](http://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.

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## KENTUCKY SWEET CORN

### Kentucky Proud Project

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

June 2013

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