



MyPlate suggests
making half your plate
fruits and vegetables.

<http://www.choosemyplate.gov/>

Corn

Did you know?

Corn is available all year round!

One medium ear of corn is a good source of Vitamin C,
thiamin and folate!

The phytochemicals in corn can help maintain eye health!

Fun Fact!

Corn may also help reduce the risk of certain types of cancer.

FIGHTBAC!

Clean: Wash hands
and Surfaces Often

Separate: Don't
Cross-Contaminate

Cook: Cook to Proper
Temperatures

Chill: Refrigerate
Promptly

<http://www.fightbac.org/>

What am I looking for?

- Look for fresh husks with good green color free from decay.
- Corn should be eaten as soon as possible after harvest.
- Wash corn well before use.
- Avoid corn with undeveloped kernels which lack color.

Grilled Spicy Corn

2 Tablespoons butter or margarine, melted
4 ears corn with husks
1 Tablespoon taco seasoning mix

Heat coals or gas grill for direct heat. Mix butter and taco seasoning mix. Carefully pull back husk of each ear of corn; remove silk. Spread butter mixture over corn. Pull husks back over ears; tie husks securely with thin piece of husk or string. Cover and grill corn 4 to 5 inches from medium heat 20-30 minutes, turning frequently, until tender.

Simplify:

Grilling adds a smoky flavor to these cobs of corn, but you can get similar results by cooking corn on the stove-top. Spread the seasoned butter on the corn just before serving.

Preparation Time: 10 minutes
Cook Time: 30-40 minutes
Serves: 4

Nutrition Facts:

Calories: 175
Total Fat: 7 g
Cholesterol: 15 mg
Sodium: 170 mg
Total Carbohydrate: 27 g
Protein: 4 g

<http://healthyliving.tamu.edu>

Fill the plate below with drawings of your favorite fruits and vegetables.

