

Pick a **better** snack™ – THE COLOR WAY

SWEET CORN

Husk. Wash. Eat. How easy is that?



July means 'corn on the cob' in the Midwest. Signs of fresh sweet corn include tight green husks and plump kernels. The silks should be moist, soft and light golden – not brown and brittle. The stalk of a fresh ear of corn will be green and moist. If the stalk is dry and brown or white and opaque it means the corn is several days old and will not be very sweet. Fresh corn may be grilled, microwaved or boiled. These recipes use canned and frozen corn.

FIESTA CORN BREAD (YIELDS 6 SERVINGS)

1 package corn bread/muffin mix (8.5 oz.)
1 7 oz. can creamed corn
2 Tbsp. chopped green chiles

Preheat oven to 400°F. Prepare corn bread batter according to package directions. Stir in the creamed corn and chopped chiles. Pour the batter into a greased loaf pan. Bake for 20 minutes or until top springs back when touched in the center. Let stand 5 minutes before serving.

COLORFUL CORN (YIELDS 8 SERVINGS)

2 cups frozen cut corn
1 Tbsp. margarine
½ cup frozen or fresh chopped green pepper
½ cup frozen or fresh chopped onion
1 can (16 oz.) tomatoes – do not drain
¼ teaspoon oregano

Prepare corn according to package directions, drain. Sauté pepper and onion in margarine until tender. Combine all ingredients in a 2 quart microwave safe dish. Cover and microwave on high for 2-3 minutes or until heated through.

Including **YELLOW/ORANGE** fruits and vegetables in your low-fat diet helps maintain:

- A healthy heart
- A healthy immune system
- Vision health
- A lower risk of some cancers

Pick a **better** snack™ was developed in partnership with the Iowa Nutrition Network, Iowa State University Extension, and the USDA's Food Stamp Program and Team Nutrition - equal opportunity providers and employers. For more information, visit the Iowa Department of Public Health web site www.idph.state.ia.us/pickabettersnack or Iowa State University Extension web site www.extension.iastate.edu/food. For more information about 5 A Day the Color Way™, visit www.5aday.com.