

Kids Eat Right Month: Try Day Friday - Corn

Corn off the Cob Salad

Servings: 8

Ingredients

6 ears corn, husked and cleaned
3 T melted butter
1/3 c fresh lime juice
1/2 red bell pepper, diced
4 snipped into pieces sun dried tomatoes (not packed in oil)
1 T kosher salt, or to taste
1t. cracked black pepper
2 T Chopped fresh parsley
2T garlic powder



Directions

1. Preheat an outdoor grill for medium-high heat.
2. Grill corn on preheated grill until the kernels are tender and have browned in spots, about 8 minutes. Set aside to until cool enough to handle.
3. Whisk together the melted butter and lime juice in a large bowl. Slice the kernels off of the corn and place into the bowl along with the red pepper and sun-dried tomatoes. Season with salt, pepper, parsley, and garlic powder. Toss until well combined.

Fresh Corn

- Select: Feel each ear through the husk, without peeling it, to check for plump kernels that are closely spaced, firm and round. Look for grassy green, tightly wrapped husks. The silk should be glossy and pale yellow.
- Store: unshucked ear in the refrigerator in a bag.
- Use: corn within 24 hours of purchasing, even though it will last up to 3 days
- Nutritional benefits: Corn contains, vitamin C, magnesium, B vitamin and potassium.
- Called Maize in Spanish has been a staple ingredient in the diet for over 8,000 years.

NUTRITION INFORMATION PER SERVING

<u>Key Nutrients</u>	<u>Amount</u>	<u>% Daily Value</u>
Total Calories	100	
Total Fat	3g	
Saturated Fat	1g	
Trans Fat		
Cholesterol		
Sodium	762mg	
Carbohydrates	18g	
Dietary Fiber		
Sugars	3g	
Protein	2g	

MYPLATE FOOD GROUPS

- Grains
- Fruits
- Vegetables
- Protein
- Dairy