



# Sweet Corn



**How do I store them?** Corn can be stored fresh, frozen, or even canned. Fresh corn on the cob should be wrapped in a damp paper towel and stored in the fridge for 2-3 days.

**\* Tips for Freezing Corn:** Boil the corn for 3-4 minutes, put in an ice bath, then you can either keep whole or cut the kernels off the cob, place in freezer bags, and freeze

**How do I eat them?** Corn can be grilled, boiled, steamed, or roasted. It can be used to make pancakes, relish, salsa, and add ons in other recipes.

**What's so great about them?** 1 ear of corn has fiber, protein, folate, vitamins B1, B3, B6, A, and minerals magnesium, phosphorus, and zinc.

## Sweet Corn Fun Facts

- Corn can be paired with beans to make a complete protein option
- The average ear of corn has 800 kernels and 16 rows
- Corn is also called maize
- States including Illinois, Indiana, Ohio, Wisconsin, South Dakota and more make up the "Corn Belt"

## Stuffed Peppers

### RECIPE



**Servings: 4**

### Ingredients:

- 4 Bell peppers
- 1 1/2 cups cooked rice
- 1 cup black beans (drained and rinsed if canned)
- 1 cup of corn (drained and rinsed if canned; thawed if frozen)
- 1/2 cup salsa
- 1 tablespoon of cumin or taco seasoning

### Instructions

1. Preheat oven to 350 degrees. Prepare a baking dish with cooking spray or oil
2. In large bowl add cooked rice, beans, corn, salsa, and seasoning and mix together
3. Prepare peppers by cutting the top and taking out the seeds. Stuff each with the mixture, cover then bake for 30 minutes
4. Add ons like avocado and lime can be used to add more flavor.

**Serving size:** 1 pepper; **Calories:** 527; **Protein:** 19 g;  
**Carbohydrates:** 111 g; **Fiber:** 12 g; **Sodium:** 242 mg