

## Kernel Knowledge

Sweet corn is a unique food in that it is an immature grain prepared and eaten as a vegetable.

Native American Iroquois gave the first recorded sweet corn (called Papoon) to European settlers in 1779.

Combine sweet corn with beans to enhance and balance essential amino acids offered in each.

Cooked sweet corn increases levels of ferulic acid, which provides anti-cancer properties.

In Europe and Asia sweet corn kernels are a common pizza topping. Try it!

If left on the cob to dry, kernels may be taken and cooked in oil where, unlike popcorn, they expand to about double their size and are called corn nuts.



## FOOD BANK OF SIOUXLAND

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## FOOD BANK OF SIOUXLAND

## Seven Swell Sweet Corn Seasonings



## FLAVORFUL RECIPES FOR A SUMMER FAVORITE

Tel: 712-255-9741

# Make Amazing Maize Meals

## Classic Buttered Corn on the Cob

6 Ears fresh corn, husks and silk removed • Butter, for serving • Salt

In a large pot of boiling, salted water, cook the corn until the kernels are crisp-tender, about 5 minutes. Remove from pot using tongs.

Serve the hot corn dotted with butter and sprinkled with salt.

## Tarragon-Butter-Basted

Stir 1 tsp. chopped fresh tarragon and 1/8 tsp. salt into 2 tbsp. softened butter. Peel back the corn husks but don't remove; discard the silk. Rub the corn with 2 tsp. herb butter and rewrap in the husks. Grill over medium heat, turning often, until the husks have grill marks on all sides and the kernels are tender, 12 to 15 minutes.



## Caribbean-Spiced

Peel back each cob's husk, then use one strand to tie it together; discard silk. Grill the corn over medium heat, turning occasionally, until tender and browned in spots, 12 to 15 minutes. In a food processor, puree 1/2 cup mayo with 1 can chipotle in adobo sauce; slather on the corn. Sprinkle with crumbled cheese; serve with lime wedges.

## Guacamole & Bacon

Mash together 1 pitted and peeled avocado, 1 stemmed and seeded chopped Serrano chile, 1 minced clove garlic, 1/4 cup chopped cilantro, 1/2 tsp. lime juice and salt to taste. Spread the guacamole on the cooked corn; top with crumbled cooked bacon.

## Tex-Mex

Mix 4 tbsp. softened butter, 1 minced clove garlic, 1/2 tbsp. finely chopped cilantro, 1/2 tsp. ancho chile powder, 1/4 tsp. each ground cumin and smoked paprika, a small pinch each cayenne and salt, and a squirt of lime juice. Spread on husked cooked corn.

## Ballpark Corn

Grill husked corn over medium heat, turning, until the kernels are tender and browned in spots, 12 to 15 minutes. In a small bowl, combine 1 to 2 tbsp. finely chopped red onion with 1/2 cup dill pickle relish; coat the corn with a thin layer. Sprinkle with shredded white cheddar.

## Mediterranean Maize

Mix together 1 cup greek yogurt, 2 tbsp. grated orange zest and 2 tbsp. each chopped fresh mint and parsley. In a small saucepan, melt 6 tbsp. butter with 1 pinch saffron; brush a thin coating onto cooked corn, then smear on the yogurt mixture.



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