

Corn on the Cob



Key Points

- ▶ Low in sodium. Provides small amounts of fiber and B vitamins. Contains carotenoids that may be good for health.
- ▶ When shopping, choose ears with green husks, fresh silks, and tight rows of kernels.
- ▶ Let your kids be produce pickers. Help them pick fruits and vegetables at the farmers market.
- ▶ Fruits and vegetables that will be eaten raw should be kept separate from other foods, such as raw meat, poultry, or seafood.

Fresh Corn on the Cob, Microwave Style

Ingredients:

Fresh corn on the cob

Directions:

For four or fewer ears of corn, cook them in the husks for extra flavor.

1. Peel back the husks top the base of each ear, remove the silk, trim the tip if needed, and close husk back into place around the ears.
2. Cook on a microwave-safe plate for 4 minute per ear. Allow to cool slightly before shucking.

For five or more ears, completely remove the husks, silks, and tips.

1. Wash corn and place in 9-by-13-inch microwave-safe dish.
2. Add $\frac{1}{4}$ cup water, cover with plastic wrap, and cook for 4 minutes per ear.

Tip: Your microwave time may vary depending on the wattage of your oven.

Per serving, including 1 teaspoon margarine: 111 calories; 5 g fat (2 g saturated fat); 3 g protein; 17 g carbohydrate; 2 g dietary fiber; 0 mg cholesterol; 58 mg sodium.

Fresh Corn on the Cob, Grill Style

Ingredients:

Fresh corn on the cob

Directions:

1. Heat the grill to medium.
2. Pull back the husks to the base of each ear, remove the silk, and trim the tip. Close husk back into place around the ears, and place corn in a large bowl of cold water for 10 minutes.
3. Remove corn from water and place on the grill; close the cover and grill for 15-20 minutes, turning every 5 minutes or until kernels are tender.

4. Remove the husks and eat or cut corn from the cob. Can spread margarine, pesto, or seasonings on corn before cooking for different flavors.

Per serving, including 1 teaspoon margarine: 111 calories; 5 g fat (2 g saturated fat); 3 g protein; 17 g carbohydrate; 2 g dietary fiber; 0 mg cholesterol; 58 mg sodium.

Quick Tips

- ▶ Serve corn on the cob with pesto instead of butter to add lots of flavor and cut back on the saturated fat.
- ▶ Refrigerate corn with husks on for use as soon as possible or within one to two days.
- ▶ Remove husks and wash corn thoroughly under running water before cutting, cooking, or eating.

The U.S. Department of Agriculture (USDA) is an equal opportunity provider and employer. This material is partially funded by USDA's Supplemental Nutrition Assistance Program - SNAP which provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your county or city Department of Social Services or to locate your county office call toll-free: 1-800-552-3431 (M-F 8:15-5:00, except holidays). By calling your local DSS office, you can get other useful information about services. This material was partially funded by the Expanded Food Nutrition Education Program, USDA, NIFA.



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