

How to Use Canned Corn

Tips & Tricks

Drain & rinse canned corn to decrease sodium content.



Creative Eats

Quesadillas- Top a tortilla with corn, beans, and cheese. Melt on stovetop and dip in salsa.

Soup- Add corn to any chili, taco soup, or chowder.

Egg skillet- Throw in with scrambled egg hash. Add diced potatoes, black beans, and green peppers.

Corn bread- Add whole corn kernels to corn bread batter for extra texture and flavor.

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Corn and Cheese Chowder

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Ingredients

- 2 cups diced potatoes
- 1 cup sliced carrots
- 1/2 cup chopped onion
- 1 can corn (low-sodium preferred)
- 1 1/2 cup milk (non-fat or 1% preferred)
- 1/2 cup shredded cheddar cheese
- 1 cup water

Directions

Combine potatoes, carrots, and onion in a pan with water and cover with lid. Simmer for 10 minutes. Drain and rinse corn. Add corn and black pepper (to taste) to pan. cook for 5 more minutes. Add milk and cheese. Stir until cheese melts and chowder is heated through.

Extension

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