



You're all ears.



Now write down some good ideas about how to prepare the most delicious corn possible.

Popcorn	Frozen corn	Canned corn	Fresh corn	"Other" corn

What tools do I want to use?

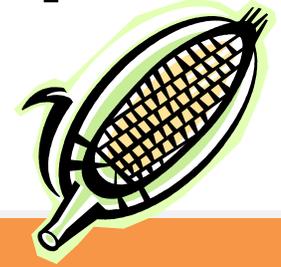
What new cooking methods do I want to try?



This material was funded by USDA's Food Stamp Program. The Food Stamp Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call 1-800-221-5689 or visit online at <http://www.fns.usda.gov/fsp/outreach/coalition/map.htm>. In accordance with Federal law and U.S. Department of Agriculture's policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. This institution is an equal opportunity provider and employer. To file a complaint of discrimination, write USDA, Director of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250 or call (202) 720-5964 (voice and TDD). USDA is an equal opportunity provider and employer.

Meagan Latimer MS, RD; Tamara Vitale MS, RD
USU Dietetics Students

Deliciously corny recipes



Taco salad

Food \$ense curriculum recipe

- 1 lb. lean ground beef
- 1 bag (15 oz) tortilla chips
- 1 onion, chopped
- 1 head Romaine lettuce, chopped
- 1 package low-sodium taco seasoning mix
- 2 tomatoes, chopped
- 1 can (15 oz) kidney beans, drained and rinsed
- 3/4 cup cheese, grated
- 1 can corn, drained or 1 1/2 cups frozen corn, thawed
- 1 cup salad dressing (see right)

Sauté ground beef and onion; drain fat. Add taco seasoning mix and kidney beans; mix well. Crush 2/3 bag of tortilla chips. In a large bowl combine all ingredients; toss well. Yield: 6-8 servings.

Salad dressing: Mix all of the following ingredients well.

- 1/3 cup vinegar
- 1/4 tsp onion powder
- 1/3 cup sugar
- 1/4 tsp garlic powder
- 1 cup ketchup
- 1/2 cup oil
- 1 tsp salt

Chuck Wagon Skillet

Food \$ense curriculum recipe

- 1 lb. low fat Italian sausage
- 2 cups uncooked noodles
- 1/2 cup onion, chopped
- 2 Tbsp ketchup
- 1 cup celery, sliced
- 1 teaspoon salt
- 1/2 cup water
- 1 can (14.5 oz) tomatoes
- 2 cups cheese, grated
- 1 can (14 oz) corn, drained
- Pepper to taste

In a large skillet sauté sausage, onion and celery; drain fat. Add water, tomatoes, corn, noodles, ketchup, salt and pepper. Cover and simmer 18-20 minutes or until noodles are tender; stir occasionally. Stir in cheese. Yield: 8 servings.

Mexican Spicy Bean Pizza

Food \$ense curriculum recipe

- 1 pre-made pizza crust*
- 1/4 cup thinly sliced onion
- 1 small can tomato paste
- 1/2 cup grated cheese
- 1/2 to 3/4 can refried beans
- 1/2 teaspoon red pepper flakes
- 1 small can corn, drained
- 1/2 cup chopped, fresh cilantro (optional)
- 3/4 cup sliced bell pepper

Preheat oven to 425°F. Put pizza crust on baking sheet or pizza pan. Spread tomato paste and then refried beans over crust. Arrange corn, bell pepper and onion over beans. Sprinkle cheese and pepper flakes on top. Bake 15 minutes or until hot and bubbly. Garnish with cilantro. Yield: 4 servings.

Easy Cornbread

Food \$ense curriculum recipe

- 1 1/4 cups all-purpose flour
- 3/4 cup corn meal
- 2 tablespoons sugar
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 1 cup milk
- 1/4 cup vegetable oil
- 1 egg, beaten

Heat oven to 400°F. Grease 9x9 inch pan. Combine flour, corn meal, sugar, baking powder and salt. Stir in milk, oil, and egg, mixing just until all ingredients are moistened. Pour batter into greased pan. Bake 20 to 25 minutes or until light golden brown and wooden pick inserted in the center comes out clean. Serve warm.