

# CREATE

## COOKING DRIED CORN PRODUCTS

### Grits/Cornmeal/Polenta

3 ½ cups water  
Pinch of salt  
1 cup whole corn grits, cornmeal, or polenta

Bring water and salt to a boil over high heat. Slowly stir in corn grits, cornmeal, or polenta and reduce heat. Simmer, stirring frequently, 20 – 30 minutes or until product is tender and pulls away from the sides of the pan when stirred.

For grits and cornmeal – serve immediately with milk and sugar as a breakfast food or with butter and salt as a side dish. For polenta – pour hot polenta into bowl sprayed with cooking spray. Let sit 10 minutes. Invert bowl onto plate and slice. Serve hot with your favorite sauce and/or grated Parmesan cheese or chill for later use. Reheat by brushing with oil and broiling or grilling 5 – 7 minutes per side or until tops and bottoms are bubbly and begin to brown. You may also reheat by brushing with oil and heating in a skillet on the stovetop. The polenta should be crispy on the outside and soft on the inside.

Yield: 4 servings.

**Eat ground whole grain corn products within a few months or store them in the freezer to prevent them from going rancid. Degerminated ground corn can be stored in the pantry for several years.**

### Homemade Corn Tortillas

2 cups masa harina  
Pinch of salt  
1 ¼ cups warm water

Put masa harina and salt in a mixing bowl. Add warm water and knead for a few minutes until dough forms a smooth ball that doesn't stick to your hands. It should be moist and pliable. Form 12 balls, cover with plastic wrap or clean towel, and let rest 5 – 10 minutes. Roll each ball into 6-inch circle. If dough sticks to rolling pin, try rolling balls between 2 sheets of wax paper. Peel tortilla gently from wax paper and cook in hot, ungreased skillet for 30 seconds. Turn over and cook 1 – 2 minutes more. Let tortillas rest 15 minutes after cooking to become soft and pliable.

### Posole (Hominy)

Place dried posole in heavy pan and cover with water. Soak overnight. Rinse, cover posole with fresh water, and cook 2 – 3 hours or until tender. Cooked posole can be added to soups, stews, salads, etc.

**Freshly ground, whole cornmeal has the best, sweetest, full flavor of corn. If whole cornmeal, flour, or grits have a bitter taste, it is a sign they are old and rancid and should be thrown out.**

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## Quick and Easy Chicken Posole

2 chicken breasts	2 (15 oz.) cans stewed tomatoes
3 cloves garlic, minced	1 onion, diced
2 (15 oz.) cans low-sodium chicken broth	1 tablespoon oregano
1 (4 oz.) can green chilies	Chili powder to taste
2 (15 oz.) cans black beans, rinsed	
2 (15 oz.) cans hominy or 3-4 cups cooked posole	

In large, heavy pot, brown chicken with onion and garlic in oil. Add remaining ingredients and bring to a boil. Reduce heat and simmer 30 minutes.

Yield: 6-8 servings.

## Corny Cornbread

2 cups whole-grain cornmeal	½ teaspoon baking soda
½ teaspoon salt	1 cup creamed corn
1 tablespoon sugar	2 eggs
2 teaspoons baking powder	1 cup buttermilk

Preheat oven to 400°. In medium bowl, stir together the cornmeal, salt, sugar, baking powder, and baking soda. In large bowl, whisk together the buttermilk, eggs, and creamed corn. Add dry ingredients to buttermilk mixture and stir gently to combine. Do not overstir. Pour batter into 9x9 pan sprayed with cooking spray and bake 20 minutes or until cornbread is golden brown on top and inserted toothpick comes out clean.

Yield: 8 servings

## Chili Tortilla Chips

**If you love tortilla chips you will love these! They are a healthy way to eat chips since they are baked instead of fried.**

¼ cup water	½ - 1 teaspoons chili powder
½ teaspoon salt	1 dozen corn tortillas, purchased or homemade

Preheat oven to 375°. Combine water, salt, and chili powder in small bowl. With pastry brush, lightly brush each tortilla with water-chili mixture then cut into quarters. Place quartered tortillas on ungreased baking sheet in single layer. Bake 10 – 15 minutes or until chips are crisp. Cool and serve.

## Chili Lime Popcorn – The funnest way to eat whole grains!

2 quarts popped popcorn  
2 teaspoons lime juice  
1 teaspoon chili powder  
½ teaspoon salt

Preheat oven to 300° F. Spread popcorn on a baking sheet. Sprinkle lime juice, chili powder, and salt over popcorn. Heat about 7 minutes and toss just before serving. Serve warm.

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## Dilly Lemon Popcorn

2 quarts popcorn popped  
2 tablespoons shredded lemon peel  
1 teaspoon dill weed  
Optional: 1/2 teaspoon low-sodium salt

Toss popcorn with lemon peel and dill weed. Flavor enhances as popcorn stands.

## Tex- Mex Popcorn

2 quarts popcorn popped  
2 teaspoons ground chili powder  
2 teaspoons paprika  
2 teaspoons ground cumin  
Butter-flavored cooking spray

In a small bowl, combine all seasonings together. Put popped popcorn in a large bowl and spray lightly with butter-flavored cooking spray. Add spices to popcorn and mix thoroughly until all kernels are coated.

**Popcorn won't pop? Maybe it has lost its moisture content. Try putting 2 cups of un-popped popcorn in a jar with 1 teaspoon of water. Screw the lid on tight and wait a few days. The water will rehydrate the popcorn and it will be popping again!**

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