



CORN



Corn is a starchy vegetable that is also considered a grain. The corn kernel is considered a grain, but the whole corn itself is a vegetable.

NUTRITIONAL INFORMATION

- Corn is high in carbohydrates and fiber. This helps fuel your body and helps aid in digestion.
- Corn is a low-fat food. When added to a healthy diet it can aid in weight loss and management.
- Corn contains over 3 grams of protein per ear.

HOW TO STORE

- Corn is best stored in the refrigerator with the husks on.
- For longest shelf life, wrap your ears of corn in a plastic bag. This keeps it from drying out and increases shelf life of the vegetable.
- Corn can be left in the refrigerator for up to a week.

HOW TO PREPARE

- Husk the corn by removing all outer leaves and silk.
- Snap off the shank of the vegetable (this will be at the bottom of the ear)
- It is best to rinse the corn before cooking to ensure all dirt is removed.
- Corn can be eaten raw, but is commonly enjoyed boiled, roasted, or grilled.

FUN FACTS

- The average ear of corn has 800 kernels and will always have an even number of rows.
- Iowa is the largest producer of corn in the United States.



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