



Dressed-Up Corn

Ingredients:

- 4 large ears of corn
- 1 green pepper
- 1 medium onion
- 1 large tomato
- 2 carrots
- 1 teaspoon olive or canola oil
- ½ cup fresh cilantro
- Dash of pepper
- Dash of salt (optional)

Directions:

1. Cut the corn off the cob. (Using a sharp knife, cut off the bottom of the corn and stand it up on the cutting board. Hold the corn at the top and begin slicing off the kernels in a downward motion.)
2. Cut the pepper, onion, and tomato into small pieces.
3. Grate the carrots with a vegetable peeler or the large side of a cheese grater.
4. Heat oil in pan over medium heat for a few seconds.
5. Add onion and cook for about 5 minutes.
6. Add pepper, carrot, and tomato to the pan, and cook for about 3 minutes.
7. Add corn, mixing well with the onion, pepper, carrot and tomato mixture.
8. Allow to cook for another 5 minutes - or until thoroughly heated. Mix in fresh cilantro.
9. Season with pepper. (Add salt if desired.)

Yields about 8 servings

Source: Cornell University Cooperative Extension in New York City



E.S.N.Y

Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.

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Nutrition Facts			
Serving Size 1 cup (145g)			
Servings Per Recipe 8			
Amount Per Serving			
Calories	90	Calories from Fat	15
% Daily Value *			
Total Fat	1.5g		2%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	60mg		3%
Total Carbohydrate	18g		6%
Dietary Fiber	3g		12%
Sugars	5g		
Protein	3g		
Vitamin A	60%	Vitamin C	45%
Calcium	2%	Iron	4%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
Total Fat	Less than	Calories:	2000 2,500
Saturated Fat	Less than		65g 80g
Cholesterol	Less than		20g 25g
Sodium	Less than		300mg 300mg
Total Carbohydrate	Less than		2,400mg 2,400mg
Dietary Fiber			300g 375g
			25g 30g
17% calories from fat			

