



Dressed-Up Corn

Yields 8 servings (1 cup each)

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

Instructions

1. Cut the corn off the cob. (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.

Helpful Information

- Fresh corn and other vegetables can be eaten raw. Try serving this recipe without cooking it.
- Use basil or mint instead of cilantro for a different taste.

Source: CUCE-NYC FMNP Recipe Collection 2014



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

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Nutrition Facts	
Serving Size 1 cup	
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 30mg	1%
Total Carbohydrate 18g	6%
Dietary Fiber 3g	12%
Sugars 5g	
Protein 3g	
Vitamin A 35%	Vitamin C 35%
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:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	
Label analysis based on ingredients listed.	





Maíz Aliñado

Rinde 8 porciones (1 taza cada una)

Ingredientes

- 4 mazorcas grandes de maíz (elote)
- 1 pimiento verde
- 2 cebolla mediana
- 1 tomate grande
- 2 zanahorias medianas
- 1 cucharadita de aceite de oliva o de canola
- 1/2 taza de cilantro fresco
- pizca de pimienta

Instrucciones

1. Corte el maíz de la mazorca. (Usando un cuchillo afilado, corte la parte baja del maíz y párelo en la tabla de cortar. Sujete el maíz por la parte de arriba y comience a cortar los granos del maíz con movimientos de arriba hacia abajo.)
2. Corte el pimiento verde, la cebolla y el tomate en pedazos pequeños.
3. Ralle la zanahoria con el lado grande de un rallador de queso.
4. Caliente el aceite en el sartén a fuego mediano por unos segundos.
5. Agregue la cebolla y saltéela por unos 5 minutos.
6. Añada el pimiento, zanahorias y tomate al sartén. Cocínelos por 3 minutos.
7. Agregue el maíz, mezclándolo bien con la cebolla, el pimiento, las zanahorias, y el tomate.
8. Déjelo cocinar por 5 minutos más o hasta que todo esté bien caliente. Mezcle con el cilantro fresco.
9. Sazónelo con pimienta.

Información Útil

- Use albahaca o menta en vez de cilantro para un sabor diferente.
- El maíz fresco de la granja está lleno de dulce natural- sabe bien sin añadir sal o mantequilla.

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Amount Per Serving

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% Daily Value*

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Total Carbohydrate 18g **6%**

Dietary Fiber 3g **12%**

Sugars 5g

Protein 3g

Vitamin A 35% • Vitamin C 35%

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:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Label analysis based on ingredients listed.

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