

SWEET CORN



Sweet corn is in season from July through September.

Tips for selecting sweet corn

Look for a husk with a fresh green color. Pull husk back 1 to 2 inches to check kernels. Choose ears of corn that are filled with even rows of plump kernels. Do not choose corn with:

- underdeveloped kernels,
- wilted or dried husks,
- very large kernels,
- brown kernels, or
- depressed areas on kernels.

Storage

Because fresh corn does not store well, it is best to eat immediately. If you must store corn, put it in the coldest part of the refrigerator for no longer than four to five days. Never cut raw corn off the cob before storing. Corn can be frozen—contact your county Extension office (counties.extension.wisc.edu) for information.

Preparation

Boiling

Peel husks and silks from freshly picked ears of corn. Drop ears into enough boiling water to cover; do

not add salt. Boil covered for 5 to 10 minutes; older ears need more time. Remove from water.

Microwave

Remove outer husks and silks on 3 ears of corn. Rinse ears and cover with remaining husks. Place in microwave, allowing at least one inch between ears. Cook 3 to 4 minutes at full power and turn ears over. Cook for another 3 to 4 minutes on full power. Let stand 2 to 3 minutes, then peel back the husks and serve.

Key nutrients

- Carbohydrates for energy
- Fiber to prevent constipation

Recipes

Quick corn and zucchini sauté

- ½ medium red pepper, cut into strips
- ½ medium green pepper, cut into strips
- 1 medium sliced zucchini
- 2 tablespoons oil
- 2 large ears sweet corn kernels, cut from cob
- Dash of garlic salt
- ¼ teaspoon Italian seasoning

Heat oil in a large skillet, then add peppers, zucchini, and sweet corn and cook until crisp-tender, about 5 minutes. Add garlic salt and seasonings; cook until thoroughly heated. Serves 3; 150 Cal; 10 g fat.

Tomatoed corn

- 2 ears fresh sweet corn
- 2 tablespoons margarine or butter
- ½ small onion, chopped
- ¼ small green pepper, chopped
- 1 teaspoon sugar
- ¼ teaspoon salt
- ⅛ teaspoon ground cumin
- 1 small tomato, cut up

Remove husk and silk from the sweet corn ears. Cut enough kernels to measure 1 cup. Cook and stir all ingredients except tomato over medium heat until margarine is melted. Cover and cook over low heat 10 minutes. Stir in tomato. Cover and cook an additional 5 minutes. Serves 2; 210 Cal; 0.5 g fat.

