



Corn, Whole Kernel, No Salt Added, Canned

MyPlate Food Group: Veggie

Nutrition Information

- Based on their nutrient content, vegetables are organized into 5 subgroups: dark-green vegetables, starchy vegetables, red and orange vegetables, beans and peas, and other vegetables.
- Most vegetables are naturally low in fat. None have cholesterol. Sauces and seasonings may add fat, calories, and/or cholesterol.
- Corn is an important source of nutrients including B vitamins, folate, and fiber. Starchy vegetables like corn contain carbohydrates which give you energy.

Uses & Tips

- Canned corn is safe and ready to eat out of the can. Just heat and serve!
- Canned corn can be added to soups, chilis, casseroles, and salads.
- Got leftover corn? Top a leafy green salad with corn to add more flavor and color to your meal

MyPlate Facts

- Vegetables are naturally low in calories. Eat vegetables in place of foods that may be higher in calories to help lower calorie intake.
- Eating a diet rich in vegetables and fruits as part of an overall healthy diet may reduce the risk of heart disease, including heart attack and stroke
- Adding vegetables can help increase the intake of fiber and potassium, which are important nutrients that many Americans do not get enough of in their diet.

Storing Foods at Home

- Store unopened cans of corn in a cool, clean, dry place.
- Store remaining opened corn in a tightly covered container that is not made from metal in the refrigerator.



GOLDEN
HARVEST FOOD BANK



Southwestern Stuffed Potatoes

Makes 4 servings

Directions: Wash hands with soap and water.

Ingredients:

- 2 medium potatoes (each about 5 inches x 2½ inches)
 - 1 can (15.5 ounces) black beans, drained¾ cup salsa
 - 1 can (15.5 ounces) no salt added whole kernel corn, drained
 - ½ cup shredded cheese (try cheddar, pepper jack, or Mexican blend)
1. Scrub potatoes well. Poke each potato with a fork 2 or 3 times. Microwave on high for 5 minutes, turn potatoes over, and microwave another 3 to 5 minutes, or until easily pierced with a fork. Set aside.
 2. In a microwave safe bowl, combine beans, salsa and corn. Microwave for 2-3 minutes, stirring occasionally, until heated through.
 3. Cut potatoes in half length-wise and flatten with a fork. Divide bean mixture between the four halves. Sprinkle with cheese and serve warm.

Recipe adapted from FoodHero.org