



CREAM OF THE CROP: CORN



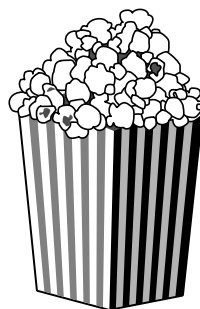
One of the most popular ways to eat corn is corn on the cob. Corn on the cob can be boiled, baked, or even grilled. Another great way to eat corn is to pop it. POPCORN! It is healthier to pop popcorn in a small amount of oil or to choose low-fat microwave versions. .

Did You Know?

- The average ear of corn has 800 kernels, arranged in 16 rows. There is one piece of silk for each kernel.
- 3 cups of popcorn equals 1 grain portion from the grain group and is considered a whole grain food.
- Choose ears with green husks, fresh silks and tight rows of kernels.
- Refrigerate corn with husks on for use as soon as possible or 1 to 2 days.

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QUICK CORN ON THE COB

- Open husk but do not remove leaves. Remove silk from ear of corn. Wash the corn kernels. Close leaves around corn and microwave for 1 to 2 minutes until cooked. Add 1 minute for each additional ear.

POPCORN SEASONINGS

- Try these seasonings instead of butter and salt:
 - Garlic or onion powder
 - Tabasco sauce
 - Cajun spices
 - Parmesan cheese
 - Cinnamon sugar

FRUITS AND VEGGIES

MORE MATTERS

- Fruits and veggies are rich in vitamins and minerals that help you feel healthy and energized.
- Fruits and veggies provide fiber that helps keep you healthy.