

HOW TO USE CORN

How to Store

Enjoy fresh corn as soon as possible for maximum nutrition and flavor. Store in the refrigerator in perforated plastic bags. Do not husk until directly before cooking.

To freeze corn, husk, remove silk, and rinse. Blanch in boiling water for four minutes, then cool in ice water. Cut kernels from the cooled cob, package in freezer bags or containers, and freeze.

How to Clean

Shuck corn, remove silk, and rinse under cool, running water.

Five Tips for How to Use

- Elote (Mexican street corn) – Shuck corn, grill, then lightly coat with mayonnaise and top with Cotija cheese, cilantro, and crushed or ground chile. Serve with lime wedges.
- Pizza – Add corn as a pizza topping, along with tomato and basil.
- Salads – Add corn to salads to boost flavor and color.
- Salsa – Make a fresh, summery salsa with corn, onion, cilantro, lime, and jalapeño.
- Soup – Add corn to a variety of soups or try making corn chowder.

Hint: Canned and frozen corn are easy to use and work well in most recipes instead of fresh corn.



**Turn over for
recipe** 



Summer Corn Salad

Serves: 6

Ingredients:

- 3 cups corn kernels (canned, fresh, or frozen)
- ½ cup red onion, diced
- 3 tablespoons cider vinegar or lime juice
- 3 tablespoons olive oil
- ½ cup thinly sliced fresh basil or cilantro, rinse well before cutting
- Salt
- and pepper, to taste

Instructions:

1. If using fresh corn, cook the shucked ears in boiling salted water. Cool in ice water to stop the cooking. When cool, carefully cut the kernels off the cob. If using fresh corn, this recipe will use about 4-5 ears.
2. Toss all the ingredients except the basil/cilantro in a large bowl and mix well. You can serve immediately, or chill first to give the flavors time to combine. Right before serving, add the fresh basil. Taste for flavor and adjust seasonings if necessary.

Tips:

- Substitute sliced green onions for the red onion.
- Chilling first gives the flavors time to combine.
- Try add-ins like fresh tomatoes, jalapeno, red pepper flakes, or other vegetables.
- To make this a filling meal, add a can of beans and adjust seasonings to taste.