

# Corn

- Look for fresh green husks with no rotten spots.
- Leave husk on and wrap in a plastic bag. Refrigerate for up to 7 days.
- Corn can be eaten raw. Just remove the silky husks, rinse, cut the kernels off the cob and enjoy!
- Corn has fiber, which helps to keep you regular.



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## Raw Corn Salad

### Ingredients:

4 ears corn  
1 red onion, chopped  
2 tomatoes, chopped  
2 carrots, grated  
2 tablespoons vegetable oil  
1/4 cup vinegar  
1 cup chopped fresh cilantro  
Salt and pepper to taste

### Directions:

1. Remove husks from corn, rinse and cut off kernels from the cob.
2. In a large bowl, combine corn, onion, tomatoes and carrots.
3. To make dressing, combine oil, vinegar, cilantro, salt and pepper in a small bowl. Mix well.
4. Pour dressing on the salad and toss.
5. Serve and enjoy!
6. Refrigerate leftovers.

**Makes 6 servings.** Adapted from [greenmarketrecipes.com](http://greenmarketrecipes.com).

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## Fresh Corn Polenta

### Ingredients:

4 ears corn  
1 tablespoon oil  
1/2 cup chopped onion  
Salt and pepper to taste

### Directions:

1. Remove husks from corn, rinse and grate corn kernels using a box grater. Reserve corn solids and liquids.
2. In a large pot, heat oil over medium heat. Add onion and cook until soft, about 5 minutes.
3. Add corn and cook until thick, about 3 minutes.
4. Remove from heat and add salt and pepper to taste.
5. Serve and enjoy!
6. Refrigerate leftovers.

**Makes 4 servings.** Adapted from [food52.com](http://food52.com).

## Quick Tips

- You can eat corn raw, boiled or grilled, or add it to salads, soups, stews or stir-fries.
- To boil corn, remove husks and the silky part from the top, then place whole ears in boiling water for 7 minutes.
- 1 ear of corn gives you about 3/4 cup of kernels.

## Kids can:

- Remove corn husks and silk.
- Stir corn salad ingredients.