



WIC...

**Healthy Habits,
Healthy Families**

Corn

Corn is a good source of fiber and vitamin C. Enjoy corn in vegetable soups, with rice or tossed salads.

*Look for
North Carolina
corn from June
to August.*

Buying fresh corn...

- Select husks that are green and fresh looking with straight rows of kernels. Silk-ends should not have decay or worm damage.

Storing fresh corn...

- Store corn in the crisper drawer of the refrigerator.
- Keep it in the husk until ready to cook.
- Use corn within 1 to 3 days for best flavor.

Enjoying fresh corn...

- Remove the husk before cooking.
- Cook corn on the cob in enough water to completely cover the corn. The water should be at a good rolling boil before adding the corn.
- Do not add salt to the water.
- Cook for 3 to 5 minutes and serve.

**Fruits &
Vegetables**



Eat more fruits and vegetables.

Increase fiber.

Corn and Green Chili Salad

www.cachampionsforchange.net/en/index.php

This recipe uses vegetables you can buy with your cash-value vouchers.

Makes
4
servings

Ingredients...

- 2 cups frozen corn, thawed
- 1 (10-ounce) can diced tomatoes with green chilies, drained
- ½ tablespoon vegetable oil
- 1 tablespoon lime juice
- ⅓ cup green onions, sliced
- 2 tablespoons fresh cilantro, chopped

Directions...

1. Combine all the ingredients in a medium bowl; mix well and serve.

Nutrition information...

Calories 90, Fat 2g., Carbohydrate 16g., Protein 3g., Fiber 3g., Sodium 270mg., Cholesterol 0mg.

Family Goals

- My family and I will try fresh corn on the cob.
- My family and I will try frozen corn for dinner.
- My family and I will try canned corn with rice.
- My family and I will try a frozen corn in a salad.
- Other _____



North Carolina Department of Health and Human Services
Division of Public Health • Nutrition Services Branch
www.ncdhhs.gov • www.nutritionnc.com

This institution is an equal opportunity provider and employer.