



SIMPLY GOOD FOOD

Corn

Ask any man to name his favorite vegetables, and corn is likely to be among them. Straight rows of plump kernels mark the best in fresh corn. To capture the sweetness of fresh corn, chill it fast in the refrigerator. While corn on the cob may top the popularity list, the variety of corn isn't limited to this form.

Tamale Pie

1 lb lean ground beef
6 corn tortillas, cut up
1 - 2 1/4 oz can sliced olives

1 - 10 oz can chili sauce
1 - 12 oz. Can cream-style corn
1/2 cup grated Cheddar cheese

Combine ground beef, chili sauce, tortillas, corn, olives and cheese in bowl; mix well. Spoon into 1 1/2 quart baking dish. Bake at 350° for 1 1/4 hours. Yields: 6 servings.

Calories - 282.57; Protein - 20.76 g; Carbohydrates - 22.41 g; Dietary Fiber - 1.66 g; Total Fat 12.61 g; Saturated Fat 5.27 g; Cholesterol 39.07 mg; Sodium 391.66 mg.

Corn-Broccoli Bake

1 16 oz can cream-style corn
1 egg, beaten
3/4 c coarse cracker crumbs
1 tbsp instant onion
Dash of pepper

1 10 oz pkg frozen broccoli,
cooked and drained
3 tbsp melted margarine
1/2 tsp salt

Mix corn, broccoli, egg, 1/2 cup cracker crumbs, 2 tbsp margarine and onion in bowl. Add seasonings. Spoon into greased 1 quart casserole. Sprinkle with mixture of 1/4 cup cracker crumbs and 1 tablespoon margarine. Bake at 350° for 35 to 40 minutes or until set. Yield: 6 servings.

Calories - 187; Protein - 5.2 g; Total Fat - 8.14 g; Cholesterol - 42.1 mg; Carbohydrates - 26 g; Sodium 563.8 mg; Potassium 222.4 mg.



Corn - Rice Casserole

1 med onion, chopped
1 med green pepper, chopped
1 cup chopped celery
½ cup melted butter
1 cup rice, cooked
1 tbsp sugar
1 or 2 large jalapeno peppers,
finely chopped
1 16 oz. can cream-style corn
1 16 oz. can whole kernel corn
1 cup shredded cheddar cheese

Saute onion, green pepper and celery in butter in skillet. Add rice and remaining ingredients, mixing well. Pour into lightly greased baking dish. Bake at 350° for 40 minutes. Yields: 10 servings.

Calories - 278; Protein 6.6 g; Total Fat 13.5 g; Cholesterol - 39.6 mg;
Carbohydrates - 35.5 g; Sodium 409.4 mg.; Potassium 206 mg.

Speedy Corn Fritters

Combine 1 cup buttermilk pancake mix and ½ teaspoon baking powder. Add one 8 ¾ oz can whole kernel corn, drained, and one 6 ounce can evaporated milk. Stir till just blended. Drop by tablespoons into deep hot fat (375°) and cook until golden brown (about 2 minutes). Drain on paper towels. Serve with butter. Makes about 32.

Calories - 33.50; Protein - 1.11 g; Carbohydrates - 6.83 g; Dietary Fiber - 0.29 g;
Total Fat - 0.27 g; Saturated Fat 0.07 g; Cholesterol 0.33 mg; Sodium 138.04 mg.

Supporting State Extension Goal: Health, Safety and Well Being

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