

## AUGUST 2018 FOOD OF THE MONTH CORN

Perhaps no other food is more synonymous with summer than corn. Most of us have fond memories of munching corn on the cob at barbecues, camping trips, picnics, or carnivals. However, close to 90% of the corn grown in the U.S. is of the genetically modified or GM variety. Since there are no labeling requirements for GM foods in the U.S., the only way to avoid GM varieties of corn is to buy certified organic. Scour local markets to obtain heirloom non-GM varieties of corn while they are in season in the summer. While many of us think of corn as being yellow, there are varieties in other colors, including white, pink, purple, red, black, and blue.



Corn has a crunchy texture and a pleasantly mild, sweet taste. As a high-fiber food, it helps maintain healthy bacteria in the gut and is beneficial in the production of short-chain fatty acids in the colon, which have been shown to have a protective effect against cancer. Besides the high fiber content, it is also a good source of the mineral manganese and Vitamin C, both of which have antioxidant roles in the body. Another set of powerful nutrients to be found in corn is the antioxidant phytonutrients, such as lutein, zeaxanthin, anthocyanin, and protocatechuic acid, as well as beta-carotene. Corn also provides some of the B vitamins – particularly niacin (B3) and pantothenic acid (B5), which are involved in energy production and metabolism.

### Nutrition Tidbits for Corn:

One cup of corn kernels (boiled, drained) contains:

- **Calories:** 155 kcal
- **Fat:** 1.2 g
- **Carbohydrates:** 36.8 g
- **Protein:** 5.1 g
- **Fiber:** 4.6 g
- **Glycemic Index (GI):** Low

When buying fresh ears of corn, look for those with fresh, green husks that are not dried or peeling. Corn is best eaten the day of purchase. If you plan on storing it, keep in the fridge and do not peel off the husks until you plan to use. In any case, consume within a couple of days. If you want to store corn longer, you can blanch and freeze it.

### WORLD CLASS. LOCAL TOUCH.

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## Corn and Black Bean Salad

### Ingredients:

- 1/3 cup fresh lime juice
- 1/2 cup olive oil
- 1 clove garlic, minced
- 1 teaspoon salt
- 1/8 teaspoon ground cayenne pepper
- 1 1/2 cups frozen corn kernels
- 1 avocado - peeled, pitted and diced
- 1 red bell pepper, chopped
- 2 tomatoes, chopped
- 2 (15 ounce) cans black beans, rinsed and drained
- 6 green onions, thinly sliced
- 1/2 cup chopped fresh cilantro (optional)



### Instructions:

1. Place lime juice, olive oil, garlic, salt, and cayenne pepper in a small jar. Cover with lid, and shake until ingredients are well mixed.
2. In a salad bowl, combine beans, corn, avocado, bell pepper, tomatoes, green onions, and cilantro.
3. Shake lime dressing, and pour it over the salad. Stir salad to coat vegetables and beans with dressing, and serve.

Source: *Allrecipes.com*

<https://www.allrecipes.com/recipe/13933/black-bean-and-corn-salad-ii/print/?recipeType=Recipe&servings=6&isMetric=false>

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