

Corn is a starchy vegetable that is naturally low in calories and contains carbohydrates, which provide energy.

How To Use It

Canned corn is ready-to-eat and can be added to soups, chilis, casseroles and salads for additional flavor, texture, and color.

How to Store It

Unopened cans of corn should be stored in a cool, clean, dry place. Once opened, remaining corn should be stored in the refrigerator in a non-metal, tightly covered container.

Why Eat It?

All types of corn (canned, fresh, and frozen) supply important nutrients such as B vitamins and folate that help turn food into energy. Fiber aids in digestion and keeps you feeling full.

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Wild Rice Saute *Makes 6-8 servings*



Ingredients

- 5 tablespoons olive oil, divided
- 7 cups white button, cremini, or other mushrooms, thinly sliced
- 1 large yellow onion, diced
- 1 ½ cups fresh, canned, or frozen corn kernels (2 large cobs)
- 4 cups cooked wild rice
- 2 teaspoons salt
- 1 ¼ teaspoons black pepper, ground

Directions

Wash hands with soap and water.

1. In a large skillet over high heat, add 3 tablespoons of the olive oil and heat until hot but not smoking.
2. Add the mushrooms and stir to coat them in oil. Reduce the heat to medium high and saute, stirring minimally, until the mushrooms are deep golden brown and crispy on the edges, 6–8 minutes.
3. Transfer the mushrooms to a sheet tray in a single layer and set aside.
4. Return the pan to medium-high heat and add the remaining 2 tablespoons of olive oil.
5. Add the onion and saute until soft, about 3 minutes. Add the corn and cook, stirring once, for 30 seconds. Add the cooked rice, salt, and pepper, and stir until the rice is hot, about 2 minutes. Stir in the mushrooms and remove from the heat.
6. Sprinkle with salt, to taste, and serve.



Recipe adapted from [TastingTable](#).

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