



## Fresh Corn with Jalapeño Peppers

<b>2 cups</b> water	<b>2 to 4</b> fresh jalapeño peppers	<b>1/3 cup</b> diced red onion
<b>1 cup</b> jasmine rice	<b>1</b> large tomato	<b>2 tablespoons</b> butter
<b>2 teaspoons</b> cumin	<b>2 tablespoons</b> chopped pimento peppers	<b>1/4 teaspoon</b> salt
<b>6</b> ears fresh corn		Pinch of black pepper

Bring water to a **boil** in a medium saucepan. **Stir** in rice and cumin, **cover** and **reduce** heat to low. Do not remove lid while rice is cooking. **Simmer** 12 minutes then stir. **Cover**, **turn off** heat and let rice **set** an additional 10 minutes or until tender and all the water is absorbed. **Wash** all fresh ingredients. **Cut** corn kernels off cob. **Dice** jalapeño peppers and tomato. You may want to wear gloves while dicing the hot peppers. **Combine** corn, jalapeños, tomato, pimento peppers, onion, and butter

in a microwave-safe bowl. **Cover** and **cook** in microwave oven on high until heated through, about 4 to 5 minutes. **Stir** every minute. **Add** salt and black pepper. **Combine** corn mixture and cooked rice. **Fluff** mixture with a fork.

**Yield:** 6, 3/4-cup servings

### Nutritional Analysis:

250 calories, 6 g fat, 3 g saturated fat, 10 mg cholesterol, 120 mg sodium, 47 g carbohydrate, 9 g sugar, 0 g added sugar, 6 g protein.

## Kentucky Sweet Corn

**SEASON:** July through August.

**NUTRITION FACTS:** Corn is low in fat and is a good source of fiber and B vitamins. A half-cup serving of corn contains 90 calories.

**SELECTION:** Look for ears with green shucks, moist stems, and silk that is free of decay. Kernels should be small, tender, plump, and milky when pierced. They should fill up all the spaces in the rows.

**STORAGE:** Keep unshucked, fresh corn in the refrigerator until ready to use. Wrap ears in damp paper towels and place in a plastic bag for four to six days.

**PREPARATION:** To microwave: Place ears of corn, still in the husk, in a single layer, in the microwave. Cook on high for 2 minutes for one

ear, adding 1 minute per additional ear. Turn the ears after 1 minute. Let corn sit for several minutes before removing the shucks and silks.

**To boil:** Remove shucks and silks. Trim stem ends. Carefully place ears in a large pot of boiling water. Cook 2 to 4 minutes or until kernels are tender.

**To grill:** Turn back the shucks and remove silks. Sprinkle each ear with 2 tablespoons of water and nonfat seasoning such as salt, pepper, or herbs. Replace shucks and tie them shut with a string that has been soaked in water. Place ears on a hot grill for 20 minutes to 30 minutes, turning often.

### KENTUCKY SWEET CORN

#### Kentucky Proud Project

County Extension Agents for Family and Consumer Sciences

University of Kentucky, Dietetics and Human Nutrition students

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**Source:** [www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov)

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