



Tex-Mex Quinoa Salad

2-3 ears shucked corn	1 cup cilantro, chopped	Dressing:
1 cup quinoa, uncooked	1 cup cherry tomatoes, halved	½ cup lime juice
1 (15 ounce) can black beans, drained and rinsed	8-10 green onions, thinly sliced	1½ tablespoons red wine vinegar
1 cup fresh spinach, chopped	½ cup feta cheese crumbles	2 tablespoons olive oil
	1 small jalapeno, seeded, deveined, minced	1 teaspoon ground cumin
		1 teaspoon chili powder
		1 teaspoon honey
		Salt and pepper to taste

Fill a large saucepan with water and bring to **boil**, **add** corn and **cook** for 5 minutes or until tender. **Cool**. **Cut** corn from cob using a sharp knife. **Cook** quinoa according to package directions. **Whisk** together dressing ingredients in a small bowl. **Set** aside. When quinoa has cooled, **add** dressing and **stir** to coat. In a large

bowl **combine** remaining ingredients and **add** to the quinoa mixture. **Cool** in refrigerator and serve.

Yield: 8, 1 cup servings

Nutritional Analysis: 220 calories, 7 g fat, 1.5 g saturated fat, 5 mg cholesterol, 250 mg sodium, 32 g carbohydrate, 5 g fiber, 4 g sugars, 9 g protein.

Kentucky Sweet Corn

SEASON: July to August

NUTRITION FACTS: Corn is low in fat and is a good source of fiber and B vitamins, with 90 calories in a ½ cup serving.

SELECTION: Look for ears with green shucks, moist stems and silk ends that are 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 4 to 6 days.

PREPARATION:

To microwave: Place ears of corn, still in the husk, in a single

layer, in the microwave. Cook on high 2 minutes for 1 ear, adding 1 minute per each additional ear. Turn the ears after 1 minute. Let corn set 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 the kernels are tender.

To grill: Turn back shucks and remove silks. Sprinkle each ear with 2 tablespoons of water and nonfat seasonings 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 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

July 2018

Source: www.fruitsandveggiesmatter.gov

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