Corn and Sweet Potato Confetti Salad

3 cups sweet potato, peeled and diced
3½ cups cut fresh corn kernels (7 ears) or frozen corn kernels
2 green bell peppers, diced
1 red bell pepper, diced
1 small red onion, diced
1 tablespoon olive oil
½ cup cider vinegar
½ teaspoon salt

Bring one cup of water to boil in a 2 quart saucepan; add diced sweet potatoes. Cook sweet potatoes 10 minutes or until slightly tender. Drain and set aside. Remove shuck and silk from fresh corn ears; cut kernels from cob. Dice peppers and red onion. Heat olive oil in a large skillet on medium setting; add sweet potatoes and cook until slightly browned. Add peppers; cook 5 minutes; add corn kernels, cooking until tender. Combine red onion and cider vinegar in large bowl; add skillet vegetables; toss and salt to taste. Serve warm or refrigerate for chilled version.

Yield: 16, ½ cup servings
Nutritional Analysis: 70 calories, 1.5 g fat, 0 g saturated fat, 0 mg cholesterol, 95 mg sodium, 13 g carbohydrate, 2 g fiber, 4 g sugars, 2 g protein.

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers’ market, or roadside stand.

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 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 for 2 minutes for one 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 2-4 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 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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