Summer Corn and Couscous Salad

Boil corn for 6-9 minutes or until tender. Drain corn and immediately place in ice water. Drain ice water and pat corn dry; using a sharp knife cut the corn kernels from the cobs. In a separate saucepan, bring broth to a boil and stir in couscous. Remove couscous from heat, cover and let stand 5-10 minutes. Fluff couscous with a fork and set aside to cool. In a large bowl, combine the beans, cucumber, tomatoes, cheese, onion and parsley. Add couscous and corn to the vegetables. In a small bowl, whisk together the dressing ingredients. Pour over the couscous mixture; toss to coat. Serve chilled.

Yield: 9, 1 cup servings
Nutritional Analysis: 200 calories, 7 g fat, 1.5 g saturated fat, 5 mg cholesterol, 250 mg sodium, 28 g carbohydrate, 4 g fiber, 5 g sugar, 7 g protein

Kentucky Sweet Corn

SEASON: July-August
NUTRITION FACTS: Corn is low in fat and is a good source of fiber and B vitamins, with 90 calories in a half cup serving.
SELECTION: Look for ears with green shucks, moist stems and silk 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.

Source: www.fruitsandveggiesmatter.gov

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
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University of Kentucky, Dietetics and Human Nutrition students
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