1. In a large skillet, cook turkey bacon until crisp.
2. Drain turkey bacon on paper towel, chop and put aside. Do not drain pan. Cook onion and green pepper in bacon drippings over medium heat until tender.
3. Cut corn from cob and add to onion and green pepper mixture in skillet. Add salt, black pepper, basil and tomatoes. Cook 5-10 minutes. Add chopped turkey bacon and cook an additional minute.
4. Pour skillet contents into a greased 1-1/2 quart casserole dish.
5. Top with shredded cheddar cheese.
6. Bake at 350°F for 30 minutes, or until cheese is melted and bubbling.

Yield: 5, 1/2 cup servings.

Nutrition Analysis: 160 calories, 7 g fat, 2.5 g sat. fat, 25 mg cholesterol, 680 mg sodium, 19 g carbohydrate, 3 g fiber, 7 g sugar, 8 g protein.

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

Summertime Sensation Casserole

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>4 strips turkey bacon</td>
<td>2 cups tomatoes, chopped</td>
</tr>
<tr>
<td>1/2 cup minced onion</td>
<td>1/2 teaspoon salt</td>
</tr>
<tr>
<td>3 tablespoons diced green pepper</td>
<td>1/2 teaspoon black pepper</td>
</tr>
<tr>
<td>4 ears fresh sweet corn</td>
<td>1 teaspoon dried sweet basil</td>
</tr>
<tr>
<td>Add: salt, black pepper, basil and tomatoes. Cook 5-10 minutes. Add chopped turkey bacon and cook an additional minute.</td>
<td>3/4 cup reduced fat shredded cheddar cheese</td>
</tr>
</tbody>
</table>

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 one-half 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 placed 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 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 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.

To order this program, contact the University of Kentucky Cooperative Extension Service, www.ca.uky.edu/fcs