In a large saucepan, **sauté** onion and green pepper in butter until tender. **Add** broth and cubed potatoes. **Bring to a boil.** **Reduce heat; cover and simmer** for 15 minutes or until potatoes are almost tender. **Stir in** jalapeno, mustard, basil, paprika and red pepper flakes. **Add** corn, green onions and 1½ cups of milk. **Bring to a boil.** In a separate bowl, **combine** all-purpose flour and remaining ½ cup milk, **stirring** until smooth. Gradually **add** mixture to soup. **Bring to a boil.** **Cook and stir** for 2 minutes or until thickened and bubbly. **Yield:** 8, 1 cup servings

**Nutritional Analysis:** 190 calories, 2.5 g fat, 1 g saturated fat, 5 mg cholesterol, 350 mg sodium, 34 g carbohydrate, 4 g fiber, 10 g sugar, 7 g protein

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

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**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.  
*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  
June 2013  
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