



Summertime Sensation Casserole

4 strips turkey bacon
1/3 cup minced onion
3 tablespoons diced green pepper
4 ears fresh sweet corn

1/2 teaspoon salt
1/8 teaspoon black pepper
1 teaspoon dried sweet basil

2 cups tomatoes, chopped
1/3 cup reduced fat shredded cheddar cheese

- 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.
- 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.

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.

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 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.

SWEET CORN

Plate It Up! Kentucky Proud Project

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