

FRUIT/VEGETABLE OF THE MONTH!

JULY'S FEATURED VEGGIE IS CORN (MAIZE)

CORN FACTS:

Corn, which is also known as maize, is a cereal grain first domesticated by indigenous peoples in southern Mexico about 10,000 years ago.

Corn can be considered either a grain or a vegetable, based on when it is harvested. Whole corn, like you eat on the cob, is considered a vegetable.

There are more than 3500 different uses for corn, and it's found in all sorts of products from peanut butter to batteries.

The United States grows 45% of the world's corn, much of which is processed into animal feed. Americans consume 1/3 of all corn produced in the world.

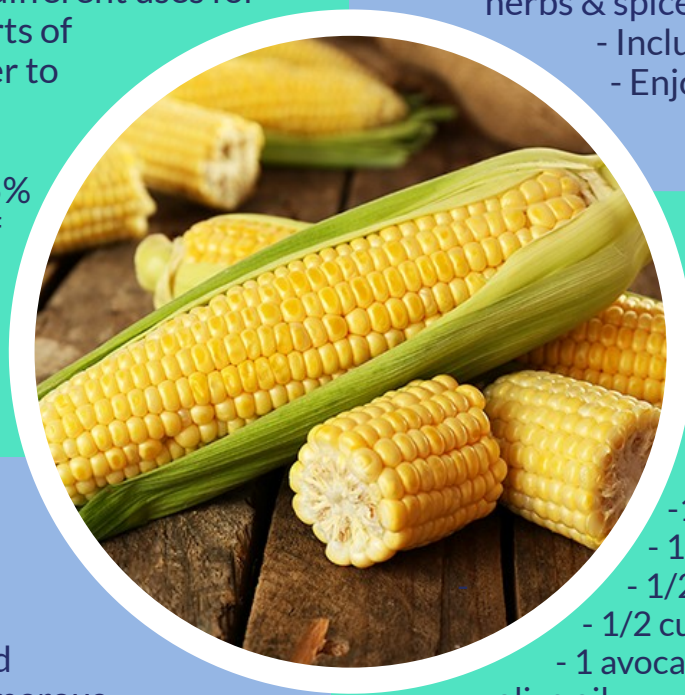
HEALTH BENEFITS OF EATING CORN:

Corn is rich in vitamins, essential minerals, fiber, and antioxidants possessing numerous health benefits.

- May lower the risk of heart disease and stroke
- Can aid with digestion and prevent constipation, and hemorrhoids
- Helps to manage diabetes by regulating blood sugar
- Can be good for the skin and eyes
- Can help fight anemia
- May help fight colon cancer
- May possess cosmetic benefits
- A quick source of calories, corn is often turned to for quick weight gain.

WAYS TO ENJOY CORN:

- Eaten fresh off the cob
- In soups
- In salads
- Grilled
- In cornbread or other baked goods
- Added to guacamole
- As a corn relish side dish
- Serve sauteed with green chiles and onions
- Toss with Parmesan cheese or some favorite herbs & spices
- Include in a seafood boil
- Enjoy in a savory pie such as Shepherd's pie or pot pie



RECIPE: AVOCADO - CORN SALAD

Servings: 4 | Total time: 25 min

Ingredients

- 1 cup Pearl (Israeli) couscous
- 1 15oz can of corn
- 1/2 cup Cherry tomatoes
- 1/2 cup Mozzarella pearls (balls)
- 1 avocado
- olive oil
- 1/4 cup white balsamic vinegarett
- fresh basil

Directions

1. Cook Couscous according to box directions
2. Drain & rinse corn then pan-roast corn with a little olive oil, salt, and pepper
3. Slice cherry tomatoes in half
4. Cut avocado into cubes
5. When couscous and corn have cooled, add to a mixing bowl
6. Stir in cherry tomatoes, mozzarella pearls and avocado. Add vinegarett and toss salad.
7. Garnish with basil

