PACK/YIELD
- Corn squares are packed in about 14 ounce boxes, which is 10 servings (1 cup each). Since box sizes may vary, check package for exact amount.

STORAGE
- Store unopened boxes of corn squares in a cool, clean, dry place.
- After opening, keep inside bag tightly closed.
- Look at the “Best if used by” or “Best by” date on the box.
- For further guidance on how to store and maintain USDA Foods, please visit the FDD Web site at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm.

USES AND TIPS
- Top corn squares with low-fat milk and fruit for a quick and easy breakfast, or sprinkle over yogurt.
- Eat dry corn squares as a healthy afternoon snack.
- Corn squares can be used in a variety of recipes calling for dry, ready-to-eat cereal.

NUTRITION INFORMATION
- 1 cup of corn squares counts as 1 ounce in the MyPlate.gov Grains Group. For a 2,000-calorie diet, the daily recommendation is about 6 ounces.
- 1 cup of corn squares provides 70% of daily recommended amount of iron

OTHER RESOURCES
- www.nutrition.gov
- www.commodityfoods.usda.gov
- www.fns.usda.gov/fdd/

NUTRITION FACTS
Serving size 1 cup (31g) corn squares cereal

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>% Daily Value*</th>
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<tbody>
<tr>
<td>Calories</td>
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<tr>
<td>Sodium</td>
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<tr>
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<tr>
<td>Dietary Fiber</td>
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<tr>
<td>Sugars</td>
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<tr>
<td>Protein</td>
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Vitamin A 8%  | Vitamin C 10%
Calcium 12%  | Iron 70%

*Percent Daily Values are based on a 2,000 calorie diet.
CARAMEL CHOCOLATE DRIZZLES

MAKES ABOUT 8 SERVINGS

Ingredients

- Nonstick cooking spray
- 4 c. corn squares cereal
- 2 T. evaporated milk
- 1 ½ T. margarine
- 4 oz. caramel candy pieces (about ½ c. or 10 caramels)
- ¼ c. chocolate chips

Directions

1. Heat oven to 300 degrees F. Coat a baking sheet with cooking spray.
2. Spread cereal in a single layer on pan.
3. In a medium saucepan, heat milk, butter, and caramels over low heat, stirring constantly, until caramels are melted.
4. Pour over cereal, stirring until evenly coated.
5. Bake 20 to 24 minutes, stirring after 10 minutes, until golden brown.
6. In a saucepan, melt chocolate chips over very low heat. Stir until melted. Drizzle chocolate over snack. Refrigerate about 30 minutes or until chocolate is set.

Nutrition Information for 1 serving (about ½ cup) of Caramel Chocolate Drizzles

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<th>Iron</th>
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<td>160</td>
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<td>158 RAE</td>
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Recipe adapted from Food.com

SKILLET TACO CASSEROLE

MAKES ABOUT 6 SERVINGS

Ingredients

- 1 pound lean ground beef (or use ground turkey instead)
- 2 c. corn squares cereal, crushed
- 1 c. low-sodium kidney beans, drained
- 1 (15 oz.) can low-sodium tomato sauce
- 1 ¼ c. fresh tomatoes OR 1 (15 oz.) can low-sodium diced tomatoes, undrained
- 1 c. corn, low-sodium canned, drained
- 1 T. chili powder
- ½ tsp. garlic powder
- ¼ tsp. black pepper
- ½ c. reduced-fat cheddar cheese, shredded

Directions

1. In large skillet, cook ground beef until brown. Drain off fat.
2. Stir in corn squares cereal, beans, tomato sauce, tomatoes, corn, chili powder, garlic powder, and pepper. Bring to a boil. Reduce heat and cook, stirring frequently, for 5 minutes.
3. Remove from heat. Sprinkle with cheese. Let stand, covered, for 10 minutes or until cheese is melted.

Nutrition Information for 1 serving of Skillet Taco Casserole

<table>
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<th></th>
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<th>Cholesterol</th>
<th>Sodium</th>
<th>Total Carbohydrate</th>
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<tr>
<td></td>
<td>370</td>
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