PACK/YIELD
- Each can contains about 15 ¼ ounce, which is about 3 servings (½ cup each) after cooking and draining.

STORAGE
- Store unopened corn in a cool, clean, dry place.
- Store remaining opened corn in a covered container not made from metal and refrigerate.
- Look at the “Best if used by” or “Best by” date on the can.
- For further guidance on how to store and maintain USDA Foods, please see our memo.

PREPARATION/COOKING
- Canned products are fully cooked, so it is safe to eat them without cooking.
- If heated, serve right away or refrigerate leftovers in a container not made from metal.

USES AND TIPS
- Serve canned corn heated as a side dish or use in a variety of main dishes, soups, stews, stuffing, relishes, and salads.
- Combine corn with lima beans to make succotash.
- Add variety to corn by mixing with one or more other vegetables such as tomatoes, green peppers, or onions.

NUTRITION INFORMATION
- ½ cup of corn counts as ½ cup in the MyPlate.gov Vegetable Group. For a 2,000-calorie diet, the daily recommendation is about 2 ½ cups of vegetables.

FOOD SAFETY INFORMATION
- If the can is leaking or the ends are bulging, throw it away.
- If the canned food has a bad odor or liquid spurts out when the can is opened, throw it away.

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

NUTRITION FACTS
Serving size: ½ cup (82g) corn, low-sodium, canned, drained

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories</th>
<th>Calories from Fat</th>
<th>% Daily Value*</th>
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<tr>
<td></td>
<td>65</td>
<td>5</td>
<td>2%</td>
</tr>
<tr>
<td>Total Fat</td>
<td>1g</td>
<td></td>
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</tr>
<tr>
<td>Saturated Fat</td>
<td>0g</td>
<td></td>
<td>0%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
<td></td>
<td>0%</td>
</tr>
<tr>
<td>Cholesterol</td>
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</tr>
<tr>
<td>Sodium</td>
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<tr>
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<tr>
<td>Iron</td>
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*Percent Daily Values are based on a 2,000 calorie diet.
HARVEST CORN CHOWDER

MAKES ABOUT 7 SERVINGS

Ingredients

- ½ c. onion, chopped
- ½ c. celery, chopped
- ½ tsp. thyme (if you like)
- 1 T. margarine
- 1 medium potato, peeled and diced
- 2 c. low-fat milk
- 1 (15 oz.) can low-sodium corn, drained
- 1 (14 oz.) can low-sodium cream style corn

Directions

1. In medium saucepan, cook onion and celery in margarine until tender. If using thyme, add that too.
2. Add potato; cook and stir for 2 minutes.
3. Add low-fat milk.
4. Cover and simmer on low heat 15 minutes or until potato is tender.
5. Stir in both cans of corn; heat through.

Nutrition Information for 1 serving (1 cup) of Harvest Corn Chowder

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<thead>
<tr>
<th></th>
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<th>Total Fat</th>
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<th>Total Carbohydrate</th>
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<th>Protein</th>
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<th>Vitamin C</th>
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Recipe provided by DelMonte.com.

FIESTA CORN AND BLACK BEAN SALAD

MAKES ABOUT 4 SERVINGS

Ingredients

- 1 (15 oz.) can low-sodium corn, drained
- 1 (15 oz.) can black beans, drained
- ½ c. onions, chopped
- 1 (14 oz.) can unsalted tomatoes, diced or chopped, drained
- 1 (4 oz.) can green chiles, drained, diced
- 2 T. vegetable oil
- ½ tsp. ground cumin (if desired)
- ¼ c. chopped cilantro, for topping (if desired)
- Lime juice, to taste, for topping (if desired)

Directions

1. Combine all ingredients in medium bowl and mix. If using cumin, add that too.
2. If using cilantro and lime juice as a topping, shake cilantro over the top of the salad. Squeeze lime juice over the top of the salad.

Nutrition Information for 1 serving (½ cup) of Fiesta Corn and Black Bean Salad

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<th>Vitamin C</th>
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<td>5 g</td>
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<td>5 g</td>
<td>90 RAE</td>
<td>15 mg</td>
<td>24 mg</td>
<td>2 mg</td>
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Recipe adapted from DelMonte.com.