

Sweet Potato, Corn & Black Bean Hash

INGREDIENTS

- 2 teaspoons canola oil
- 2 medium onions, chopped
- 1 medium sweet potato, peeled and cut into 1/2-inch dice
- 2 large cloves garlic, minced
- 1 jalapeno pepper, seeded and minced
- 4 teaspoons ground cumin
- ½ teaspoon salt
- ¾ cup water
- ¾ cup (about ½ can) low-sodium canned corn, drained and rinsed
- 1, 15-ounce can low-sodium black beans, drained and rinsed
- 2 tablespoons chopped fresh cilantro
- Pepper, to taste
- 1 lime, cut into wedges

2 SERVINGS

35 MINUTES



Adapted from:
eatingwell.com



PROCEDURE

1. Heat oil in a large cast-iron skillet over medium-high heat.
2. Add the onions and sauté until browned in spots, about 3-5 minutes.
3. Add the sweet potato and cook, stirring occasionally, until it starts to brown in spots, about 5-7 minutes.
4. Stir in the garlic, jalapeño, cumin, and salt. Cook for about 30 seconds, until fragrant.
5. Add the water. Cook while scraping up any browned bits from the bottom of the pan, until the liquid is absorbed (about 3-5 minutes).
6. Stir in the corn and black beans. Cook until heated through.
7. Stir in the cilantro and season with additional salt and pepper to taste.
8. Serve with lime wedges, if desired

Corn Chowder

INGREDIENTS

- 2 teaspoons olive oil
- 1 cup (about 1/2 a large onion) yellow onion, medium dice
- 3 1/2 cups (about 2 cans) low-sodium canned corn, drained and rinsed
- 2 teaspoons (about 2 small cloves) garlic, minced
- 3-4 tablespoons (about 2 medium) jalapeños (optional)
- 1/2 teaspoon smoked paprika
- 1/2 teaspoon salt
- 3 cups potatoes (about 4 small potatoes), diced to 1/2-inch, skin on
- 1 1/4 cup low sodium vegetable broth
- 3 cups water
- 1 cup low-fat milk
- 1 can of low-sodium navy beans, rinsed and drained
- 3/4 cup reduced-fat cheddar cheese
- 1/2 lime

4-5 SERVINGS

35 MINUTES



Adapted from:
vanillaandbean.com



PROCEDURE

1. Heat the oil in a 4-quart Dutch oven or heavy-bottom soup pot over medium heat until it shimmers.
2. Add the onion and sauté over medium-low heat for 7-8 minutes, or until just softened.
3. Stir in the corn, jalapeños, garlic, paprika, salt, and potatoes.
4. Pour in the broth and water. Stir well.
5. Bring the soup to a simmer. Reduce to low and cook for 13-18 minutes, or until the potatoes are fork-tender. Stir occasionally to prevent sticking.
6. Carefully transfer about 1 1/2 cups of the soup to a blender. Add the milk and blend until smooth (about 30 seconds).
7. Pour the blended mixture back into the pot. Stir in the beans and cook on low for about 5 minutes, just until heated through.
8. Remove from heat. Stir in the cheese and squeeze in the juice of half a lime.

Corn Fritters

INGREDIENTS

- ½ cup all-purpose flour
- ¼ cup cornmeal
- ½ teaspoon baking powder
- 1 teaspoon garlic powder
- ¾ teaspoon salt
- Black pepper, to taste
- ½ cup + 1 tablespoon low-fat milk
- 1 cup low-sodium canned corn, drained and rinsed
- ½ cup red bell pepper, diced
- 2 green onions, thinly sliced
- Canola oil, for frying

4 SERVINGS
25 MINUTES



Adapted from:
veganhuggs.com



PROCEDURE

1. Line a plate with paper towels and set aside.
2. In a large bowl, whisk together the flour, cornmeal, garlic, baking powder, salt, and pepper. Add the milk and whisk until a thick batter forms. If dry, add a little more milk or oil.
3. Fold in the corn, bell pepper, and green onions.
4. Heat a large non-stick pan over medium heat and lightly coat the bottom with oil.
5. Scoop about 3 tablespoons of batter into the pan and gently flatten. Repeat without overcrowding.
6. Cook 2-4 minutes until golden brown, then flip and cook the other side and cook for 2-3 minutes until golden brown.
7. Transfer to the paper towel-lined plate. Repeat with remaining batter. Serve and enjoy.

Cornbread

INGREDIENTS

- 1¼ cup all-purpose flour
- 1 cup cornmeal
- 1 tablespoon sugar
- ½ teaspoon salt
- 1 tablespoon baking powder
- 1¼ cup low-fat milk
- ⅓ cup olive oil
- 1 cup low-sodium canned corn, drained and rinsed

12 SERVINGS

40 MINUTES



Adapted from:
theplantbasedschool.com



PROCEDURE

1. Preheat oven to 350°F. Line or lightly oil an 8×8-inch baking pan.
2. In a large bowl, whisk together the flour, cornmeal, sugar, salt, and baking powder.
3. Add the milk and olive oil. Whisk until smooth.
4. Fold in the corn kernels.
5. Pour batter into the prepared pan and bake for 30–35 minutes, or until a toothpick inserted in the center comes out mostly dry.
6. Let cool for at least 15 minutes before slicing.

Sweet Corn and Quinoa Salad

INGREDIENTS

- 1 cup uncooked quinoa, rinsed thoroughly
- 2 cups (about 2 cans) low-sodium canned corn, drained and rinsed
- ¼ cup olive oil
- 3 tablespoons lime juice
- ½ cup finely diced red onion
- ¼ cup cilantro, chopped
- ¼ teaspoon salt
- ½ teaspoon black pepper
- ¼ teaspoon smoked paprika

5 SERVINGS

1 HOUR



Adapted from:
therecipecookbook.com



PROCEDURE

1. Rinse quinoa and put it in a medium pot with 2 cups water. Bring to a boil.
2. Cover, turn heat to low, and cook 15 minutes until water is evaporated. Fluff with a fork and let cool.
3. While quinoa cooks, heat a large pan over medium-high. Add 2 cups corn and cook 5-7 minutes until lightly browned, stirring occasionally.
4. In a small bowl, mix olive oil, lime juice, salt, black pepper, and smoked paprika.
5. In a large bowl, combine quinoa, corn, diced red onion, and chopped cilantro.
6. Pour dressing over salad and stir gently.
7. Let sit 10 minutes, then chill at least 30 minutes. Serve cold.

Loaded Vegetable Fajita Rice Bowl

INGREDIENTS

- 1 cup brown rice
- 2 tbsp olive oil
- ½ red onion, sliced
- ½ yellow bell pepper, sliced ¼" thick
- ½ red bell pepper, sliced ¼" thick
- 1, 15.25 oz can low-sodium corn
- 1, 15 oz can low-sodium black beans
- Cilantro, to taste (optional)

FAJITA SPICE BLEND

- 1/2 tsp garlic powder
- 1/2 tsp chili powder
- 1/4 tsp smoked paprika
- 1/4 tsp cumin
- 1/4 tsp oregano
- 1/4 tsp cayenne
- 1/4 tsp onion powder
- 1/2 tsp salt

4 SERVINGS
25 MINUTES



Adapted from:
seasaltsavorings.com



PROCEDURE

1. Bring 2 cups of water to a boil in a medium pot. Cook the rice according to package instructions. Fluff with a fork and set aside.
2. Heat a cast iron or pan over medium-high heat. Add the olive oil, then stir in the fajita spice blend. Cook for 1-2 minutes until fragrant.
3. Add the sliced vegetables and stir to coat. Cook for 5-7 minutes, until the edges are browned.
4. Drain and rinse the corn and beans
5. Divide the rice into bowls. Top with corn, beans, fajita vegetables, and any additional toppings.

Esquites (Mexican Corn in a Cup)

INGREDIENTS

- 2 (15.5 ounce) cans low-sodium whole kernel corn, drained
- 1/2 cup low-fat mayonnaise, or to taste
- 1/2 cup grated Parmesan cheese, or to taste
- 1 teaspoon chili powder
- 1 teaspoon paprika
- 1/2 teaspoon ground cumin
- 1/2 teaspoon garlic powder
- 1/4 teaspoon salt
- 2/3 cup plain Greek yogurt, for garnish (optional)
- 2 tablespoons lime juice, or more to taste

4 SERVINGS
20 MINUTES



Adapted from:
[allrecipes.com](https://www.allrecipes.com)



PROCEDURE

1. Heat corn in a skillet over medium heat until steaming, about 5 minutes. Remove from heat and drain any excess water that may have accumulated.
2. Place the corn in a bowl. Add 1/2 cup mayonnaise, 1/2 cup Parmesan cheese, 1 teaspoon chili powder, 1 teaspoon paprika, 1/2 teaspoon ground cumin, 1/2 teaspoon garlic powder, and 1/4 teaspoon salt. Garnish with a dollop of plain Greek yogurt. Squeeze lime juice on top.

Corn Salsa

INGREDIENTS

- 3 cups canned sweet corn kernels, drained and rinsed
- 1 cup red onion, finely diced
- ½ cup cilantro, finely chopped
- 1 jalapeno, seeded and finely chopped
- 1 avocado, diced, optional
- ¼ cup lime juice
- 1 tablespoon white wine vinegar
- ¼ teaspoon chili powder
- ¼ teaspoon ground cumin
- ½ teaspoon salt

8 SERVINGS
20 MINUTES



Adapted from:
cookieandkate.com



PROCEDURE

1. In a medium serving bowl, combine all of the ingredients. Stir to combine.
2. Allow salsa to marinate in the refrigerator for 20 minutes before serving
3. Serve with tortilla chips