

Corn and Pepper Cups

INGREDIENTS

- 5 medium green peppers (cut in half, lengthwise)
- ½ small onion, chopped
- 1 ½ cloves garlic, chopped
- 3 cups cooked brown rice
- 1 can (10 ounces) diced tomatoes with chiles, undrained
- 1 can (15.2 ounces) low-sodium canned corn, drained and rinsed
- ½ cup low-fat cheddar cheese, shredded

10 SERVINGS

35 MINUTES



Adapted from:
myplate.gov



PROCEDURE

1. Preheat oven to 350 °F.
2. Remove seeds from peppers. Cook in boiling water 2 to 3 minutes. Drain. Set aside.
3. Cook onion and garlic in oil in medium skillet over medium-high heat for 3 minutes.
4. Combine rice, tomatoes, corn, and onion mixture. Mix well.
5. Spoon rice mixture into pepper halves. Place on baking sheets coated with cooking spray.
6. Bake at 350 °F for 10 minutes or until hot. Sprinkle with cheese.
7. Bake for 5 more minutes until cheese melts.

Black Bean and Corn Salad

INGREDIENTS

- 3 cups low-sodium, canned corn
- 1 cup low-sodium, canned black beans
- 1 cup cherry tomatoes, halved
- ½ cup green bell pepper, diced
- ½ cup orange bell pepper, diced
- ⅓ cup red onion, diced
- 3 tablespoons cilantro, chopped
- ½ cup low-fat feta cheese, optional
- 3 tablespoons olive oil
- 2 tablespoons lime juice
- ½ teaspoon cumin
- ½ teaspoon chili powder
- Salt and pepper, to taste

4 SERVINGS

30 MINUTES



Adapted from:
spendwithpennies.com



PROCEDURE

1. Rinse all produce; rinse and drain canned corn and black beans
2. Add cut up bell peppers, tomatoes, red onion, and cilantro to a large bowl with corn and black beans
3. In a small bowl, whisk together olive oil, lime juice, chili powder, and cumin
4. Pour dressing over salad, and toss to combine
5. Add salt and pepper to taste
6. Chill for at least 1 hour before serving

3-Can Chili

INGREDIENTS

- 2 cans (30 ounces) black beans, low-sodium, undrained
- 2 cans (30.5 ounces) corn, drained
- 1 can (28 ounces) crushed tomatoes, low-sodium, undrained
- 2 teaspoons chili powder, to taste
- 2 teaspoons cumin, to taste
- 2 teaspoons garlic powder, to taste
- Salt, to taste
- Whole grain crackers (optional)

12 SERVINGS
45 MINUTES



Adapted from:
[MyPlate.gov](https://www.MyPlate.gov)



PROCEDURE

1. Drain and rinse corn.
2. Place the contents of all cans into a pan.
3. Add seasonings to taste.
4. Stir to mix.
5. Continue to stir over medium heat until heated thoroughly.
6. Enjoy with whole grain crackers.

Skillet Corn

INGREDIENTS

- 3 tablespoons olive oil
- $\frac{3}{4}$ cup chopped sweet onion
- 4 cups (about 3 cans) low-sodium canned corn, drained and rinsed
- 1 large clove garlic, minced
- $\frac{3}{4}$ teaspoon salt
- $\frac{1}{8}$ teaspoon ground pepper
- 1 tablespoon parsley, finely chopped

6 SERVINGS

20 MINUTES



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



PROCEDURE

1. Heat oil in a large skillet over medium heat.
2. Add the onion and cook, stirring occasionally, until translucent (about 3 minutes).
3. Add the corn and garlic to the skillet.
4. Cook, stirring occasionally, until the corn is tender and juicy (about 6 minutes).
5. Stir in the salt and pepper.
6. Remove the skillet from the heat.
7. Stir in the parsley and serve

Scalloped Corn

INGREDIENTS

12 SERVINGS

55 MINUTES

- 2 large eggs
- 1 cup reduced-fat milk
- 8 cups (about 4 cans) low-sodium canned corn, drained and rinsed, divided
- 4 tablespoons olive oil, divided
- 2 scallions, thinly sliced, plus more for garnish
- ½ teaspoon salt
- ½ teaspoon smoked paprika
- ½ teaspoon onion powder
- ¼ teaspoon ground pepper
- 1 ½ cups crushed saltine crackers (from 1 cracker sleeve), divided



Adapted from:
eatingwell.com



PROCEDURE

1. Preheat the oven to 350°F.
2. Coat a 9-by-13-inch baking dish with cooking spray.
3. Add the eggs, milk, 4 cups of corn, and 1 tablespoon olive oil to a blender. Blend for about 1 minute, until creamy and smooth.
4. Pour the blended mixture into a large bowl.
5. Stir in the scallions, salt, paprika, onion powder, pepper, ½ cup crushed saltines, and the remaining 4 cups of corn.
6. Pour the mixture into the prepared baking dish.
7. In a small bowl, mix the remaining 3 tablespoons olive oil with 1 cup crushed saltines.
8. Sprinkle this oil-and-saltine mixture evenly over the corn mixture.
9. Bake for about 40 minutes, or until browned and firm to the touch. Broil for 1-2 minutes at the end if more color is desired. Let stand for 5 minutes before serving.
10. Garnish with additional scallions, if desired.

Slow-Cooker Corn Casserole

INGREDIENTS

- 5 $\frac{1}{3}$ cups (about 3 $\frac{1}{2}$ cans) low-sodium canned corn, drained and rinsed
- $\frac{1}{2}$ cup (4 ounces) low-fat cream cheese
- $\frac{1}{2}$ cup reduced-fat sour cream
- $\frac{1}{2}$ cup low-fat milk
- $\frac{1}{2}$ teaspoon salt

8 SERVINGS

4 HOURS, 5 MINUTES



Adapted from:
eatingwell.com



PROCEDURE

1. Combine corn, cream cheese, sour cream, milk, and salt in a large slow cooker.
2. Cover and cook on low, stirring halfway, until the casserole is creamy, about 4 hours.

Hot Honey Corn Salad

INGREDIENTS

- 1 ½ tablespoons cider vinegar
- 1 tablespoon honey
- 1 teaspoon Dijon mustard
- ¼ teaspoon salt
- ¼ teaspoon cayenne pepper
- ¼ teaspoon ground pepper, divided
- 3 tablespoons olive oil
- 3 cups (about 2 cans) low-sodium canned corn, drained and rinsed
- 1 cup chopped bell pepper (any color)
- ⅓ cup red onion, finely chopped
- ¼ cup fresh cilantro, plus torn cilantro leaves for garnish, finely chopped
- ¼ cup crumbled feta cheese
- 4 cups mixed salad greens

4 SERVINGS

15 MINUTES



Adapted from:
www.eatingwell.com



PROCEDURE

1. In a small bowl, whisk together vinegar, honey, mustard, salt, cayenne, and 1/8 tsp pepper.
2. Slowly add the oil in a steady stream, whisking constantly, until the dressing is smooth.
3. In a large bowl, toss the corn, bell pepper, onion, cilantro, and feta together.
4. Add 1/4 cup of the dressing to the salad and toss to coat.
5. Divide 1 cup of greens into each of 4 shallow bowls. Drizzle with the remaining dressing.
6. Spoon about 3/4 cup of the corn salad into each bowl.
7. Sprinkle with the remaining 1/8 tsp pepper and garnish with cilantro leaves, if desired.