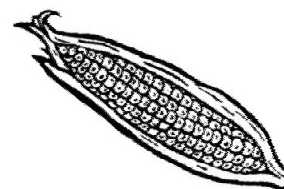


COMMODITY FOODS CORN, CANNED



Storage

- Store unopened cans in a cool, dry place.
- Unopened can should be used within 12 months.
- After opening can, store unused corn in a covered container in the refrigerator and use within 2 to 3 days.

Uses & Tips

- Add corn to pancake, muffin, and cornbread batter.
- Add corn to salads.
- Add corn to stews and casseroles.
- Add corn to bean dishes.
- Add corn to scrambled eggs.

Corn Fritters Serves 5.

1 cup flour	2-3 cups corn, drained
1 tsp. baking powder	1/2 -3/4 cup milk*
1 tbsp. sugar	2 eggs, beaten
1 tsp. salt	2 tsp. oil

1. Combine flour, baking powder, sugar and salt.
2. Mix corn, milk, eggs, and oil.
3. Add dry ingredients and stir until moistened.
*Batter should be thin enough to pour like pancake batter. Drop batter, using a ladle, onto a hot, greased skillet.
4. Cook until lightly browned on both sides.
5. Serve hot, plain, buttered or with syrup.

NUTRITION FACTS (per serving) - Calories 220 ~ fat 5 g ~ calories from fat 45 ~ sodium 780 mg ~ total carbohydrate 39 g ~ fiber 2 g