



Corn

3 Prep and cooking tips

- Fresh corn contains a husk and a silk. The husk is the outer green leaves of the corn. The silk is the small threadlike strands on the corn.
- To boil fresh corn on the cob, first remove the husk and the silk. Add to boiling water and cook for about 5 to 10 minutes.
- To grill fresh corn on the cob, peel the husk off the corn, but leave it attached to the stem. Remove the silk. Lightly coat the corn in olive oil and place the husk back over the corn. Wrap with aluminum foil to keep closed. Grill on medium heat for about 15 minutes.

2 Shopping and storage

- Select corn with green, tightly wrapped husks. The silk should be pale yellow and shiny.
- Keep the husk on the corn and store in the refrigerator. It will stay fresh for about 5-7 days in the refrigerator before it needs to be cooked.

1 Nutrition Fact:

- Corn is a starchy vegetable that is high in fiber, which helps you feel full longer, keeps normal blood sugar levels, can help aid in digestion, and prevent constipation.

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