

## **Corn and Apple Skillet**

- 1/2 large onion, chopped (about 1 1/4 cups)
- 2 **banana peppers** (or other hot peppers), seeds removed and diced
- 2 ears of **corn**, kernels cut from cob
- 1 tart **apple**, peeled, cored and diced
- 3 Tbl **oil**
- 1/4 tsp salt
- Black pepper to taste
- 1. Heat a large skillet over medium-high heat. Add oil and let oil get hot. Add black pepper, onion and salt. Cook onion for 3-5 minutes, stirring regularly, or until onion starts to brown.
- Add hot peppers, cook, stirring frequently, about 2-3 minutes.
- 3. Add corn kernels. Cook, stirring frequently, about 3 minutes.

What to do with your leftovers:

4. Add apples. Cook, stirring frequently, about 3 minutes.

Wrap leftover Corn and Apple Skillet in a tortilla with refried beans, cheese and salsa for a tasty

## Total Fat 12g 18% Saturated Fat 1g 5% Trans Fat 0g Cholesterol 0mg 0% Sodium 160mg 7% 9% Total Carbohydrate 27g Dietary Fiber 4g 16% Sugars 10g Protein 3a Vitamin A 2% Vitamin C 35% Calcium 2% Iron 4% Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: Calories: 2.000

**Nutrition Facts** 

Calories 210 Calories from Fat 100

% Daily Value\*

Serving Size About 1 cup

Servings Per Container 4

Amount Per Serving

2 500 Total Fat Less than 65a 80a Saturated Fat Less than 20a 25a 300mg Cholesterol Less than 300mg Sodium 2,400mg 2,400mg Less than Total Carbohydrate 300a 375a Dietary Fiber 25a Calories per gram: Fat 9 · Carbohydrate 4 · Protein 4

## Makes 4 servings



## Corn

**Storage:** Store corn for up to 5 days in fridge. Use as soon as possible for the best flavor. Store cooked corn in the refrigerator for up to a week. **Nutrition:** Corn is a whole grain. It is high in fiber and Vitamin B1. **Dark spots and worms occasionally appear in corn. Cut off these areas and use the rest of the corn.** 

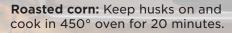


If you cut the corn from the ear for a recipe, cook the bare cob in the pan to add more flavor to your dish. Be sure to trim corn silk on top of cob before grilling or roasting.

Courtesy of Greater Pittsburgh food bank









Boiled corn: Remove husks and cook in boiling water for 3-5 minutes.



**Grilled corn:** Keep husks on and cook over medium-high for 15-20 minutes.

