



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.
2. Add hot peppers, cook, stirring frequently, about 2-3 minutes.
3. Add corn kernels. Cook, stirring frequently, about 3 minutes.
4. Add apples. Cook, stirring frequently, about 3 minutes.

Makes 4 servings

What to do with your leftovers:

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

Nutrition Facts

Serving Size About 1 cup
Servings Per Container 4

Amount Per Serving

Calories 210 **Calories from Fat 100**

% Daily Value*

Total Fat 12g **18%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 160mg **7%**

Total Carbohydrate 27g **9%**

Dietary Fiber 4g **16%**

Sugars 10g

Protein 3g

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	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4



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.



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.



Roasted corn: Keep husks on and cook in 450° oven for 20 minutes.

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