



**Cornell University**  
 Cooperative Extension  
 New York City



## Dressed-Up Corn

Yields 8 servings (1 cup each)

### Ingredients

- 4 large ears of corn
- 1 green pepper
- 1 medium onion
- 1 large tomato
- 2 carrots
- 1 teaspoon olive or canola oil
- ½ cup fresh cilantro
- A dash of pepper

### Instructions

1. Cut the corn off the cob. (Cut off the bottom of the corn and stand it up on the cutting board. Hold the corn at the top and slice off the kernels in a downward motion.)
2. Cut the pepper, onion, and tomato into small pieces.
3. Grate the carrots with a vegetable peeler or the large side of a cheese grater.
4. Heat oil in pan over medium heat for a few seconds.
5. Add onion and cook for about 5 minutes.
6. Add pepper, carrot, and tomato to the pan, and cook for about 3 minutes.
7. Add corn, mixing well with the onion, pepper, carrot, and tomato mixture.
8. Allow to cook for another 5 minutes or until thoroughly heated. Mix in fresh cilantro.
9. Season with pepper.

### Helpful Information

- Fresh corn and other vegetables can be eaten raw. Try serving this recipe without cooking it.
- Use basil or mint instead of cilantro for a different taste.

**Source:** CUCE-NYC FMNP Recipe Collection 2015

To find farmers' market recipes, please go to: <http://nyc.cce.cornell.edu/farmers-market-recipes/>

To find recipe videos, please visit our YouTube channel at: **Farmers Market Recipes CCE NYC**

Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.

This material was funded in part by USDA's Expanded Food and Nutrition Education Program.

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<b>Nutrition Facts</b>	
Servings per recipe	8 servings
Serving size	1 cup
<b>Amount per serving</b>	
<b>Calories</b>	<b>90</b>
% Daily Value*	
<b>Total Fat</b> 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 25mg	1%
<b>Total Carbohydrate</b> 18g	7%
Dietary Fiber 3g	11%
Total Sugars 5g	
Includes 0g Added Sugars	0%
<b>Protein</b> 3g	
Vitamin D 0mcg	0%
Calcium 15mg	2%
Iron 1mg	6%
Potassium 357mg	8%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Label analysis based on ingredients listed.





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## Maíz Aliñado

Rinde 8 porciones (1 taza cada una)

### Ingredientes

- 4 mazorcas grandes de maíz (elote)
- 1 pimiento verde
- 2 cebolla mediana
- 1 tomate grande
- 2 zanahorias medianas
- 1 cucharadita de aceite de oliva o de canola
- ½ taza de cilantro fresco
- Una pizca de pimienta

### Instrucciones

1. Corte el maíz de la mazorca. (Con un cuchillo afilado, corte la parte baja del maíz y párelo en la tabla de cortar. Sujete el maíz por la parte de arriba y corte los granos del maíz de arriba hacia abajo.)
2. Corte el pimiento verde, la cebolla y el tomate en pedazos pequeños.
3. Ralle la zanahoria con el lado grande de un rallador de queso.
4. Caliente el aceite en el sartén a fuego mediano por unos segundos.
5. Agregue la cebolla y saltéela por unos 5 minutos.
6. Añada el pimiento, zanahorias y tomate al sartén. Cocínelos por 3 minutos.
7. Agregue el maíz, mezclándolo bien con la cebolla, el pimiento, las zanahorias, y el tomate.
8. Déjelo cocinar por 5 minutos más o hasta que todo esté bien caliente. Mezcle con el cilantro fresco.
9. Sazónelo con pimienta.

### Información Útil

- El maíz fresco u otras verduras se pueden comer crudas. Trate de servir esta receta sin cocinarla.
- Use albahaca o menta en vez de cilantro para darle un sabor diferente.

**Source:** CUCE-NYC FMNP Recipe Collection 2015

Por favor vea recetas de los mercados en nuestro sitio web: <http://nyc.cce.cornell.edu/farmers-market-recipes/>

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