

FROZEN

# Corn 5 ways

## 3-Can Chili

- + Corn (canned or frozen)
- + Black beans (low sodium)
- + Crushed tomatoes
- + Chili powder to taste



## Crispy Taquitos

- + Corn (frozen)
- + Chicken
- + Green onion
- + Green bell pepper
- + Cheddar cheese
- + Corn tortillas
- + Vegetable oil



## Corn & Green Chili Salad

- + Corn (frozen)
- + Diced tomatoes with green chillies
- + Vegetable oil
- + Lime juice
- + Green onion
- + Cilantro



## Black Bean & Couscous Salad

- + Corn (frozen)
- + Chicken or vegetable broth (low sodium)
- + Couscous
- + Vegetable oil
- + Apple cider vinegar
- + Cumin
- + Black beans
- + Onion
- + Red or green pepper
- + Salt & pepper to taste



## Corn Bread

- + Corn (frozen)
- + Cornmeal
- + Flour
- + Sugar
- + Baking powder
- + Egg
- + Vegetable oil
- + Milk (nonfat)



Find these corn recipes here: <https://go.usa.gov/xn4DP>  
For more recipes go to: [www.whatscooking.fns.usda.gov](http://www.whatscooking.fns.usda.gov)

What's  
Cooking?

