

Michigan Fresh

For more information on recommended varieties, storage, food safety and preservation techniques for fruits and vegetables, visit Michigan Fresh at http://msue.anr.msu.edu/program/info/mi_fresh, or visit the MSU Extension kiosk at the Detroit Eastern Market.



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Sweet Corn

Michigan-grown sweet corn is available during August and September.

Sweet corn chosen for freezing is processed at its peak ripeness, a time when it is most nutrient-packed and most delicious.

Frozen sweet corn may be even more healthful than some of the fresh produce sold in grocery stores since the produce will degrade over time.

Americans typically eat only one-third of the recommended daily intake (three servings instead of nine) of fruits and vegetables due to availability and cost. Preserving sweet corn and other fruits and vegetables by freezing them when they are at their nutritional peak allows people to use them throughout the year.



Stuffed Peppers with Corn

Yield: 10 servings

Nutrition Information: 152 Calories per serving; 1g Fat (1mg Cholesterol); 115mg Sodium; 27g Carbohydrates (3g Fiber, 2g Sugar); 3.5g Protein; Calcium 2%; Potassium 6%

INGREDIENTS

- » 5 yellow or red peppers (cut in half, lengthwise)
- » ½ small onion, chopped
- » 1 ½ garlic cloves, chopped
- » 1 tablespoon of vegetable oil
- » 3 cups cooked rice
- » One 10 ½ ounce-can diced tomatoes with chilies, undrained
- » 9 ounces frozen whole kernel corn, defrosted
- » ½ cup cheddar cheese, shredded
- » Cooking spray

SOURCE: Recipe adapted from University of Maryland Extension. Food Supplement Nutrition Education Program. Retrieved from USDA, SNAP-Ed Connection, Corn and Pepper Cups at <https://whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/corn-and-pepper-cups>

INSTRUCTIONS

1. Preheat oven to 350 °F.
2. Remove seeds from peppers. Cook in boiling water 2 to 3 minutes. Drain. Set aside.
3. In medium skillet, cook onion and garlic in oil over medium-high heat for 3 minutes.
4. Combine rice, tomatoes with chilies, corn and onion mixture. Mix well.
5. Spoon rice mixture into pepper halves. Place on baking sheets coated with cooking spray.
6. Bake for 10 minutes or until hot.
7. Sprinkle with cheese, and bake again for 5 minutes until cheese melts.



COST

Per recipe:

\$4.56

Per serving:

\$0.46