foodbank of the Southern Tier

Canned Corn

Just Say Yes To Fruits & Vegetables

Try out these fun recipes with canned corn!

Corn Salad

- 4 cups corn kernels
- 1 cup cherry tomatoes, halved
- 1/4 cup red onion, chopped
- 1 jalapeno (if desired)
- 1 can black beans, rinsed

Dressing with Spice Suggestions

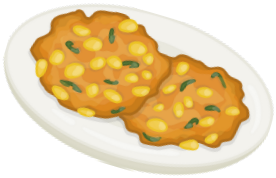
- 1/3 cup olive oil
- 1 tbsp honey
- 1 tsp chili powder
- 1 tsp cumin
- Salt and pepper to taste

Makes 6 servings

Directions

1. Mix corn, cherry tomatoes, red onion, jalapeno, and black beans in a large bowl.
2. In a small bowl, whisk together the olive oil, honey, chili powder, cumin, salt and pepper.
3. Pour the dressing over the corn mixture, toss gently to coat and serve.

Recipe from: https://www.dinneratthezoo.com/corn-salad/



Creamy Corn Soup

- 4 cups corn kernels
- 1 chopped garlic clove
- 2 tbsp oil
- 4 sliced scallions
- Salt and pepper, to taste

Makes 4 servings

Directions

1. In a blender, puree corn and garlic with 3 cups of water until chunky.
2. Heat the oil in a large pot over medium heat and add the corn mixture.
3. Add one more cup of water and stir. Cook for about 5 minutes until the soup is heated.
4. Remove from heat and add scallions, salt and pepper.
5. Serve and enjoy, refrigerate leftovers.

Recipe from: https://jsyfruitveggies.org/creamy-corn-soup/

Corn Pasta

- 1.5 cups frozen corn
- 4 cups medium pasta shells
- 1 can creamed corn
- 3 tbsp unsalted butter

Spice Suggestions:

- 1 tbsp minced garlic
- 1/2 cup grated Parmesan cheese
- Salt and pepper, to taste
- 1 bunch green onions, chopped
- Basil, to taste

Makes 4 servings

Directions

1. Boil pasta until ready according to package directions. Before draining, save 1 cup of pasta water.
2. In a skillet, sauté light parts of green onion and 1 tbsp butter for 3 mins. Add garlic (if using), creamed corn, and 1/4 cup reserved pasta water and stir for about 30 secs. Put mixture into blender and blend until smooth.
3. Return the skillet to medium-high heat and add in remaining butter. Once melted, add in frozen corn along with the blended mixture and simmer together for 1 minute.
4. Add drained pasta and toss together to coat. Add in the parmesan cheese and cook for 1 min. Continue to toss until sauce is thick and coats the pasta nicely. Mix in the herbs and serve.

Recipe from: https://www.chelseasmessyapron.com/