

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 chilies
- + 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)

