



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  
 $\frac{1}{2}$  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.

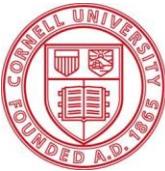
In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disabilities. Diversity and Inclusion are a part of Cornell University's heritage. We are a recognized employer and educator valuing AA/EEO, Protected Veterans, and Individuals with Disabilities.

Nutrition Facts	
Servings per recipe	8 servings
Serving size	1 cup
Amount per serving	
Calories	90
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 25mg	1%
Total Carbohydrate 18g	7%
Dietary Fiber 3g	11%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 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.





Cornell University  
Cooperative Extension  
New York City



## 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  
 $\frac{1}{2}$  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/>  
Por favor vea videos de recetas en nuestro canal de YouTube: 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.

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disabilities. Diversity and Inclusion are a part of Cornell University's heritage. We are a recognized employer and educator valuing AA/EEO, Protected Veterans, and Individuals with Disabilities.

