

Pan Roasted Corn

Ingredients:

Makes: Serves 3 (1/2 cup)

- 1 tablespoon Pure Wesson® Vegetable Oil
- 1 15 oz each) whole kernel corn can
- 1/2 teaspoon chili powder
- 1/4 teaspoon salt
- 1/8 teaspoon ground black pepper

Resources: San Antonio Food Bank and USDA

Recipe adapted from:

<https://www.readyseteat.com/recipes-Pan-Roasted-Corn-6045>

Image:

<https://taylorliptak.wordpress.com/2012/02/15/lips-quick-tips-6-turn-canned-corn-into-awesome-corn/>



Method:

1. Drain corn and rinse with water.
2. Heat oil in large nonstick skillet over medium-high heat. Add corn; cook 10 to 12 minutes or until corn starts to brown, stirring occasionally.
3. Stir in chili powder, salt and pepper.
4. Serve and Enjoy.

Tip: Spice up your corn by adding lime juice and cayenne pepper. Add plain yogurt (optional). Mix it up and top off with cheese of your choice such as parmesan.

Nutrition Facts:

Calories: 119 kcal Total Fat: 4 g Sodium: 152 mg Dietary Fiber: 3 g
Carbohydrate: 21g Sodium: 152 mg Protein: 3g

Tips on Corn



bobcat bounty
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How To Store:

Refrigerate corn husks on for use as soon as possible or within 1-2 days.



How To Use:

Add corn into salads, soups, dips, and corn bread. Enjoy corn as a side or toppings!



Fun Fact:

Average ear of corn has 800 kernels, arranged in 16 rows.

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ACROSS FROM THE STUDENT
RECREATION CENTER

Bobcat Bounty is Texas State University's
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Building.

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