

CHEF & CHILD FOUNDATION RECIPE COLLECTION

COWBOY CORN

Vince Blancato
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SERVINGS
PER RECIPE: 6

SERVING SIZE: 1/2 cup



ORIGINAL RECIPE

Ingredients:

- 4 ears of corn
- 1 cup diced green bell pepper
- 1 cup diced red bell pepper
- 1/3 onion, chopped
- 1 tablespoon margarine
- 1/4 teaspoon ground black pepper

DIRECTIONS:

1. Wash corn and cut off kernels from the cob.
2. Sauté red and green peppers and onions in margarine or oil until soft. Add corn and pepper. Continue to cook for about 10 minutes over low heat until corn is tender.

ORIGINAL ANALYSIS

PER SERVING:

Calories (kcal): 170
Total Fat (g): 5
Saturated Fat (g): 1
Trans Fat (g): 0
Cholesterol (mg): 0
Sodium (mg): 50
Carbohydrate (g): 32
Dietary Fiber (g): 4
Sugars (g): 11
Protein (g): 6
Vitamin A: 35%
Calcium: 2%
Vitamin C: 120%
Iron: 6%

THINGS TO CONSIDER:

- Using olive oil instead of margarine can decrease the salt content.
- This recipe meets the criteria of a side dish; however, adding rice or potatoes can make the dish suitable as an entrée.

MODIFIED RECIPE

- 3 1/4 cup fresh corn kernels (4 ears)
- 1 cup diced green bell pepper
- 1 cup diced red bell pepper
- 1/2 cup chopped onion
- 1 tablespoon olive oil
- 1/4 teaspoon pepper

DIRECTIONS:

1. Wash corn and cut off kernels from the cob.
2. Sauté red and green peppers and onions in margarine or oil until soft. Add corn and pepper. Continue to cook for about 10 minutes over low heat until corn is tender.

MODIFIED ANALYSIS

PER SERVING:

Calories (kcal): 180
Total Fat (g): 6
Saturated Fat (g): 1
Trans Fat (g): 0
Cholesterol (mg): 0
Sodium (mg): 25
Carbohydrate (g): 33
Dietary Fiber (g): 5
Sugars (g): 12
Protein (g): 6
Vitamin A: 30%
Calcium: 2%
Vitamin C: 150%
Iron: 6%



Special thanks to Vince Blancato for collecting these recipes and Clemson University for providing the nutritional facts. The American Culinary Federation, Inc., established in 1929, is the premier professional organization for culinarians in North America. With more than 20,000 members in 225 chapters nationwide, ACF is the culinary leader in offering educational resources, training, apprenticeship and accreditation. In addition, ACF operates the most comprehensive certification program for chefs in the United States. ACF is home to ACF Culinary Team USA, the official representative for the United States in major international culinary competitions, and to the Chef & Child Foundation, founded in 1989 to promote proper nutrition in children and to combat childhood obesity. For more information, visit www.acfchefs.org.