COWBOY CORN

Vince Blancato
ACF Tampa Bay Culinary Association

SERVINGS: 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

Ingredients:
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%