



Healthful Advice from our Registered Dietitian/Nutritionist, Debra Heverling, MA, RD/LDN

Dietitian's Dish

Simply Corny Dinner Ideas

Don't believe the many myths about corn! Fact is, corn has many health benefits. It contains lutein and zeaxanthin, phytochemicals which promote healthy vision.

There are only 5g of natural sugar in an ear of corn, which is less than an apple.

With 3g of fiber per ear and slow-to-digest resistant starch, corn is a low glycemic index food. As part of a balanced diet, corn can be included (in moderation) in a diabetic or weight loss diet.

Try some corny ideas for your next meal or snack.

Make a simple foil packet dinner featuring corn on the cob or a satisfying salsa that works great with chips or as a veggie-filled topping for chicken, steak or fish.

Cajun Shrimp Boil Foil Packets

Ingredients:

- 1 lb. peeled & de-veined shrimp
- 1 lb. baby red potatoes, diced
- 1/2 lb. andouille sausage, sliced
- 3 ears of corn, cut in half
- 6 tps. olive oil
- 3 tps. Cajun seasoning



Recipe (edited) and image courtesy of HealthyFamilyProject.com.

Directions:

1. Preheat oven to 425°F or preheat grill to medium-high heat.
2. Precut 6 large pieces of heavy-duty aluminum foil (about 12 inches each). Divide shrimp, potatoes, sausage and corn into 6 portions and place in center of the foil. Drizzle each with 1 tsp. olive oil and season with 1/2 tsp. Cajun seasoning (use less if less heat/spiciness is desired).
3. Roll the long side of foil together on top and fold sides in, sealing the foil packet tightly.
4. Bake in the preheated oven or grill 20-30 minutes or until the potatoes are tender and the shrimp is cooked through.

Black Bean and Corn Salsa

Ingredients:

- 1/4 cup olive oil
- 2 limes, juiced
- 1 can (15.5 oz.) low-sodium black beans, drained, rinsed
- 2 cups corn kernels
- 1/4 cup sweet onion, finely diced
- 1/4 cup fresh cilantro, chopped



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Directions:

1. Slowly whisk olive oil and lime juice in medium bowl.
2. Add black beans, corn, onion and cilantro. Stir well to coat. Season with salt and pepper, to taste.