



GIHC3

GLOBALLY INSPIRED HOME COOKING

# Corn – A Whole Grain for Global Nourishment

*Time: 75 Minutes (1 recipe prepared); 95 Minutes (2 recipes prepared)*

Understand why corn, a whole grain, is a healthy side dish and a beneficial added ingredient for soups, stews, and salads. Since corn has become a culinary staple across the globe, learn how various countries make this versatile whole grain their own with unique preparations.

## OBJECTIVES:

*Describe the nutritional benefits of eating corn, a whole grain, versus eating refined grains.*

*List two healthy cooking tips for corn.*

*Describe cooking traditions for corn in other countries.*

## SETUP

- Review the resource list and print it out. Purchase all necessary supplies after reviewing the [HFL Cost Calculator](#).
- Set up stations for participants with the necessary activity supplies.
- Provide computer, internet access, and projector, if available.

## INTRO (10 Minutes)

- Welcome participants and introduce yourself.
- Take care of any housekeeping items (closest bathroom, water fountain, etc.).
- Give a brief description of the educational experience.
- Engage in an icebreaker to gauge topic knowledge from the bank of options provided in the [Welcome Toolkit](#).

## DEMO (20 Minutes)

- Ask participants how they prepare corn or if they have a family recipe they'd like to share with the group.
- Demonstrate content (see demo script). Or, play both videos as indicated in script.

## ACTIVITY (20–40 Minutes)

- The class will divide into two groups. Each will prepare the same or a different corn recipe.

## RECAP (10 Minutes)

- Pass out handout(s) and invite participants to taste the healthy dish or dishes. Ask each participant to share one learning from the lesson.

## GOAL SETTING/CLOSING (15 Minutes)

- Engage in a goal setting activity from the bank of options provided in the [Welcome Toolkit](#). Pass out the Setting SMART Goals handout to participants.
- Thank participants and encourage them to join the next activity. (Provide date/time/location if known.)



NOTES: Read legal liability disclaimers before activity: [Food Liability Disclaimer](#). Refer to Resource List for all necessary supplies and handouts. This Healthy for Life® Educational Experience was created by Aramark and the American Heart Association as part of our Healthy for Life® Initiative. We are proud to be working together to help improve the health of all Americans.

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# Corn – A Whole Grain for Global Nourishment Resource List

## HANDOUTS/VIDEOS

Find these resources on AHA's YouTube channel or [heart.org/healthyforgood](http://heart.org/healthyforgood)

- Video – [Globally Inspired Home Cooking with Corn](#)
- Video – [Shucking Corn](#)
- Video – [Cutting Corn Off the Cob](#)
- Article – [Types of Whole Grains](#)
- Infographic – [Seasons of Eating](#)

## Find these resources in this lesson

- Handout – [Whole Grain versus Refined Grain](#)
- Recipe – [Posole](#)
- Recipe – [Creamy Corn Chowder](#)
- Handout – [World Map – Corn Recipes Inspired by Global Flavors](#)
- Handouts – [Corn Recipes for Globally Inspired Home Cooking](#)
- Handout – [Seasons of Eating Infographic](#)
- Handout – [Setting SMART Goals](#)

## SPACE SETUP

- Chairs and tables for participants
- Demo table
- Pens for participants
- Folders
- Computer, internet access, and projector, if available

## DEMO SUPPLIES (Optional if you choose to play videos provided.)

- Two ears of corn on the cob
- Paring knife
- Cutting board
- Baking sheet with higher sides and a rounded edge

## ACTIVITY INGREDIENTS\* AND SUPPLIES\*\*

### For Posole

- 2 teaspoons olive oil
- 1 ½ pounds pork tenderloin, all visible fat discarded, cut into ½-inch cubes
- 1 medium onion, chopped
- 2 medium garlic cloves, minced
- 2 8-ounce cans no-salt-added tomato sauce
- 1 15-ounce can yellow hominy, rinsed and drained
- 1 14.5-ounce can no-salt-added diced tomatoes, undrained
- 1 cup frozen whole-kernel corn
- 2 teaspoons chile powder (made with ancho chiles preferred)
- ¼ teaspoon salt
- ½ cup uncooked instant brown rice
- ¼ cup chopped fresh cilantro
- Measuring spoons
- Chef's knife
- Paring knife
- Can opener
- Measuring cup
- Electric burner
- Large nonstick skillet
- Large spoon (for stirring while cooking)
- Dutch oven

### For Creamy Corn Chowder

- Cooking spray
  - 1 tablespoon light tub margarine
  - ½ cup chopped onion
  - ½ cup diced celery
  - 1 ¼ cups water
  - 1 small baking potato, peeled and cut into ½-inch cubes (about 1 cup)
  - 1 14.75-ounce can no-salt-added creamed corn, undrained
  - 1 ½ cups frozen whole-kernel corn, thawed
  - 1 to 2 teaspoons sugar
  - 1 packet (1 teaspoon) salt-free instant chicken bouillon
  - ⅛ teaspoon salt
  - ⅛ teaspoon pepper (white preferred)
  - 1 cup fat-free half-and-half
  - 1 tablespoon all-purpose flour
  - 2 tablespoons minced fresh parsley
  - Measuring spoons
  - Chef's knife or paring knife
  - Measuring cup
  - Vegetable peeler
  - Can opener
  - Electric burner
  - Medium saucepan
  - Large spoon (for stirring while cooking)
  - Whisk
- 
- Bowls (for tasting)
  - Spoons (for tasting)

\*Posole recipe serves 6 people and Creamy Corn Chowder recipe serves 5 people; please multiply ingredients as necessary for your participants.  
\*\*Purchase appropriate number of supplies for your participants. Participants will divide into 2 teams and share supplies and ingredients.

# Corn – A Whole Grain for Global Nourishment Demo Script



## SAY:

How do you prepare corn? Is there a family recipe you'd like to share with the group?



Corn, also known as maize, has a long history. It's believed to have sprouted first in Central and South America, starting out as a wild grassy plant with loosely spaced kernels much different from the juicy, tightly spaced kernels on present-day corn. Explorers and travelers carried corn across the globe. Over time, corn was hybridized to create the most flavorful ears. Nowadays, it's available in a multitude of nourishing forms. Some examples are whole corn kernels (fresh, frozen, or canned), popcorn, cornmeal, grits, and tortillas. Not only do we enjoy eating the many forms of corn kernels, but the various parts of the corn plant all have their uses, including the husks, silk, cobs, and stalks.

**Show the video: Globally Inspired Home Cooking with Corn.**

## CORN IS A WHOLE GRAIN AND A COMPLEX CARBOHYDRATE



## SAY:

Corn is a whole grain, which means each kernel has all three parts of the grain—the bran, germ, and endosperm.

- Whole grains are good sources of dietary fiber, which we all need. Dietary fiber can help improve your blood cholesterol levels and lower your risk of heart disease, stroke, obesity, and even Type 2 diabetes.
- If you're trying to lose weight or maintain your weight, the dietary fiber in whole grains can help you feel full, so you'll be satisfied with less calories.
- In addition to fiber, whole grains provide nutrients like B-vitamins, iron, magnesium, and selenium. These are all important for a variety of bodily functions like forming new cells, carrying oxygen in the blood, regulating the thyroid, and maintaining a healthy immune system.



Refined grains, on the other hand, have been milled, which means the bran and germ have been removed to give them a finer texture and extend their shelf life. But unfortunately, the refining process removes important nutrients and dietary fiber. Most refined grains are enriched so some of the vitamins and minerals are added back after processing, but fiber is not. So, with refined grains, you're not getting the full range of nutrition that you do with whole grains. See the difference between a whole grain like corn and a refined grain.

**Show the image on page 6 of a whole grain versus a refined [white] grain.**



Carbohydrates come from what we eat and break down into simple sugars to provide our bodies with energy. Carbohydrates are either called complex or simple, depending on the food's chemical structure and how quickly the sugar is digested and absorbed.



Corn is considered a starchy vegetable and has complex carbohydrates. The body takes longer to break down the complex carbohydrates in whole grains into simple sugars so you'll have more energy over a longer period of time. Get more complex carbohydrates, healthy nutrients, and sustained energy by eating fruits and vegetables, whole-grain rice, bread, cereal, and legumes.



Simple carbohydrates are found in processed, refined, or added sugars—syrups and table sugar, for example. These don't provide any nutritional value and they break down faster in your body so you're more likely to feel hungry again sooner. Limit foods like sugar-sweetened beverages and high-calorie desserts that have simple carbohydrates.

## BUYING FRESH CORN




## SAY:

When buying fresh corn, you have an advantage if you live in the country and can visit a favorite farm or vegetable stand. If you live in the city and are buying fresh corn at the grocery store, it's helpful to know what to look for.

## Corn – A Whole Grain for Global Nourishment Demo Script (Continued)

- The husks should be vibrant green and fit tightly around the ear.
- The ear should feel solid in your hand.
- Look for lots of silk with a golden-brown color.
- Make sure the kernels run all the way to the end of the cob.

 To judge the ripeness of corn, look at its kernels.

- Corn that's perfectly ripe will have plump kernels with no space between them. If you pop a kernel with your fingernail, the juice that comes out should be milky.
- Underripe corn has tiny kernels with spaces between the rows.
- Overripe corn has wrinkled kernels and they won't have much juice in them.

### TIPS FOR SEASONAL PRODUCE



#### SAY:

- Freeze fresh produce to add to smoothies, soups, stews, salads, and breads. The American Heart Association recommends 4-5 servings per day of both fruits and vegetables.
- Fresh foods are often less expensive during their harvest season. You may even save a bit more by buying in bulk.
- Gardening is a great way to get fresh seasonal produce from your own backyard while getting a little exercise, too.
- Shop your farmers' market. The farmers can share a wealth of information about the foods and might even offer ideas on how to prepare them.

### HEALTHY COOKING WITH CORN



#### SAY:

- Fresh, frozen, canned, or dried corn all can be healthy choices. Remember that sodium is usually added to canned foods to preserve them. Look for no-salt-added, low-sodium, or reduced-sodium canned corn. Compare the sodium content on the Nutrition Facts

label and choose the product with the lowest amount. Rinse and drain canned corn to reduce sodium even more.

- As soon as corn is harvested, its sugars begin to convert to starch. The sooner it's eaten or processed after it's picked, the better. That's why frozen corn can be just as sweet as—or sweeter than—corn that sits for days in the produce department.



### Shucking Fresh Corn



Let's watch a video about shucking fresh corn. (OR Here's how to shuck an ear of corn.)

**Show the video: [How to Shuck Fresh Corn](#) or demo shucking an ear of corn following the script.**



It's really simple! All you need to do is hold tightly to the base of the cob. Start peeling away the outer leaves. Once you get the leaves started, pull them off in a clump. Use those muscles! Now snap off the base. Discard the leaves and the base. The silk is easy to remove. Just rinse the corn under running water, rubbing the corn to free the silk.



### Cutting Corn Off the Cob



Let's watch another video about cutting corn off the cob. (OR Here's how to cut corn kernels off the cob.)

**Show the video: [Cutting Corn Off the Cob](#) or demo cutting corn kernels off the cob following the script.**



To remove the corn kernels from the cob, put a cutting board on a baking sheet with a rounded edge or lip. The baking sheet will catch any kernels that bounce off the board. Position the cob on the cutting board with the larger end down. Just guide your knife (a Chef's knife works well) down the cob to remove the kernels. Repeat on each side of the cob until all the corn is off the cob. Another easy idea is to place the larger end of the cob in the hole in the center of a tube or Bundt pan. As you cut downward along the cob, the kernels will fall into the pan. One medium ear is equivalent to  $\frac{1}{2}$  to  $\frac{3}{4}$  cup of kernels.

# Corn – A Whole Grain for Global Nourishment Demo Script (Continued)

## HEALTHY COOKING TIPS



### SAY:

- Fresh corn is best cooked simply. Put about an inch of water in the bottom of a pot large enough to hold the corn cobs. Bring the water to a rolling boil over high heat—don't add salt. Put the husked and silked corn in the pot. Cover tightly. Cook for 7 minutes.
- To grill corn in the husk, preheat the grill on medium high. Grill the corn, covered, for 15 to 20 minutes, turning over every 5 minutes. For corn without husks, grill for 10 to 12 minutes, or until some kernels are charred and some are browned, turning every 2 minutes.
- To cook cornmeal (polenta), mix 1 cup whole cornmeal with 1 cup cool water. Bring 3 cups water to a boil. Slowly whisk in the cornmeal mixture. Reduce the heat and cook for 10 to 15 minutes, stirring frequently.
- Dried hominy has a better texture and is lower in sodium than canned hominy. It's important to follow the package directions when cooking dried hominy because these directions vary by brand. For best results, cook the hominy until just tender and al dente (has some bite).
- Use light tub margarine instead of butter on corn. Blend it with chopped fresh herbs, such as chives, tarragon, thyme, or marjoram.
- Use garlic powder or onion powder on corn. They both add great flavor and are sodium free, unlike garlic salt and onion salt.
- Season corn on the cob with salt-free lemon pepper. Or, lightly sprinkle it with freshly grated Parmesan cheese.

## CORN AROUND THE WORLD



Let's go over some of the ways corn dishes are prepared around the world.



**In North America:** In the U.S., no summertime cookout is complete without grilled corn on the cob. Corn is truly all-American. The American South was the origin of so many corn dishes:

*Hush Puppies* (deep-fried balls of cornmeal batter), *Cornbread*, *Corn Pone* (eggless cornbread), *Corn Pudding*, *Grits*, and *Maque Choux*, a corn and vegetable side dish from Louisiana.



### **In Mexico, Central, and South America:**

Throughout Latin America, cornmeal is baked into thin rounds, *Tortillas*, which are topped or filled with meat, chicken, seafood, or vegetables. *Atol de Elote*, a beverage made from ground corn and milk and seasoned with cinnamon or vanilla, is common in Guatemala and El Salvador. Venezuelans enjoy corn cakes called *Cachapas*. These are made of corn, masa harina, and cheese, and are popular at roadside food stands.



**In Europe:** Cornmeal is boiled to make *Polenta*, a Northern Italian dish, that can be served hot or cooled and sliced. In the Basque region, *Talo* or *Talau* is a crepe made of cornmeal, water, and a dash of salt that's often sold as street food.



**In Africa:** South Africans eat a cornmeal porridge called *Mealie Pap*. Elsewhere in Africa, it's called *Ugali*. *Ogi* is a fermented corn porridge that's served for breakfast in Nigeria. Somalians are fond of *Galey lo Qumbo*, corn on the cob that's cooked in coconut curry sauce.



**In Asia:** The Japanese eat corn on the cob. They brush it with soy sauce, sweet rice wine (mirin), and sugar before it's grilled. Thai *Corn Fritters* are often served with a sweet chili sauce.

**Divide participants into groups to practice making Posole and/or Creamy Corn Chowder.**

**Invite group members to pick up their resources (recipe, ingredients, and cooking supplies) at the demo station. (Alternatively, if you have set everything up at their stations beforehand, participants can go straight to their cooking stations.)**



Today, we are going to make Posole and/or Creamy Corn Chowder. Posole is a rich Mexican stew. The word "posole" means "hominy." Creamy Corn Chowder is a satisfying American classic.



Once everyone is finished making their dish, we'll taste what we've created.

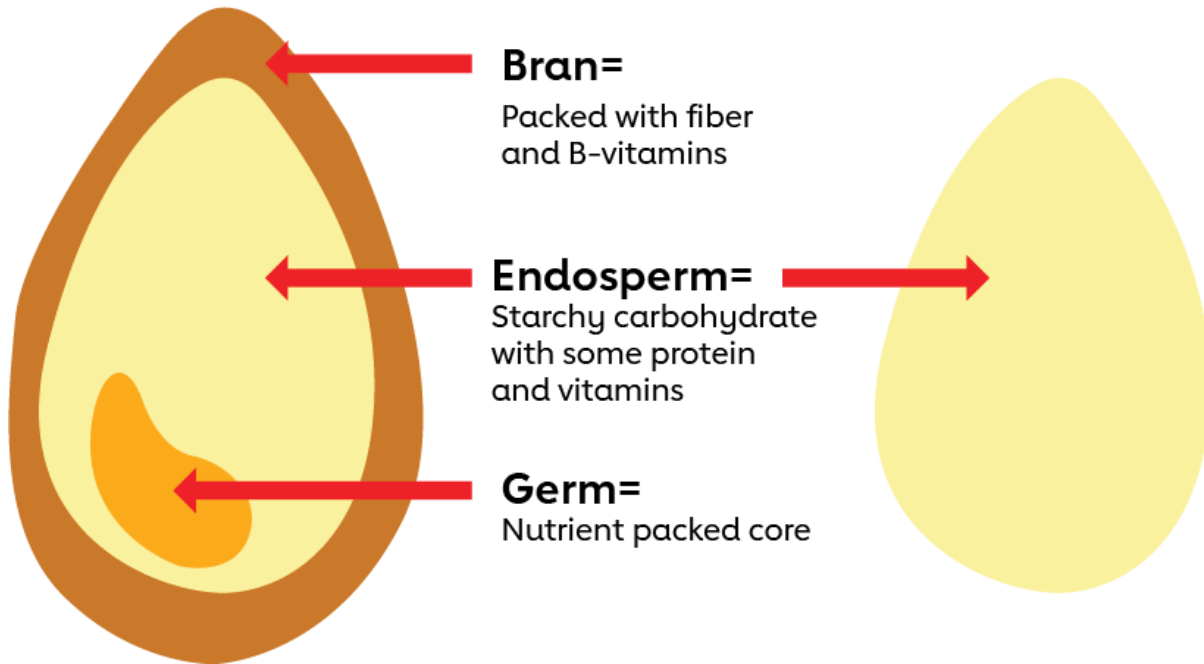
## Whole Grain vs. Refined (White) Grain

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**Whole Grain**

**vs.**

**Refined (White) Grain**





Makes 6 servings; 1 ½ cups per serving  
Per serving: 293 Calories; 1.0 g Saturated Fat; 437 mg Sodium



## INGREDIENTS

- 1 teaspoon olive oil and 1 teaspoon olive oil, divided use
- 1 ½ pounds pork tenderloin, all visible fat discarded, cut into ½-inch cubes
- 1 medium onion, chopped
- 2 medium garlic cloves, minced
- 2 8-ounce cans no-salt-added tomato sauce
- 1 15-ounce can yellow hominy, rinsed and drained
- 1 14.5-ounce can no-salt-added diced tomatoes, undrained
- 1 cup frozen whole-kernel corn
- 2 teaspoons chile powder (made with ancho chiles preferred)
- ¼ teaspoon salt
- ½ cup uncooked instant brown rice
- ¼ cup chopped fresh cilantro

## DIRECTIONS

1. In a large nonstick skillet, heat 1 teaspoon oil over medium heat, swirling to coat the bottom. Cook the pork for 5 to 6 minutes, or until no longer pink on the outside, stirring occasionally. Transfer to a Dutch oven.
2. Increase the heat to medium high. In the same skillet, heat the remaining 1 teaspoon oil, swirling to coat the bottom. Cook the onion and garlic for 3 minutes, or until the onion is soft, stirring frequently. Add to the pork.
3. Stir the tomato sauce, hominy, tomatoes with liquid, corn, chile powder, and salt into the pork mixture. Bring to a boil over medium-high heat. Reduce the heat and simmer for 15 to 20 minutes, or until the pork is tender, stirring occasionally.
4. Stir in the rice. Simmer for 10 to 15 minutes, or until the rice is tender, stirring occasionally. Stir in the cilantro.

**Cook's Tip:** In most posoles, dried chiles are roasted and blended with water or broth. Ancho chile powder, usually found in the spice section of supermarkets, adds that same rich chile flavor and color without the extra effort and without the added salt you find in some blended chile powders.

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Makes 5 servings; 1 cup per serving  
Per serving: 193 Calories; 0.0 g Saturated Fat; 142 mg Sodium



### INGREDIENTS

- Cooking spray
- 1 tablespoon light tub margarine
- ½ cup chopped onion
- ½ cup diced celery
- 1 ¼ cups water
- 1 small baking potato, peeled and cut into ½-inch cubes (about 1 cup)
- 1 14.75-ounce can no-salt-added creamed corn, undrained
- 1 ½ cups frozen whole-kernel corn, thawed
- 1 to 2 teaspoons sugar
- 1 packet (1 teaspoon) salt-free instant chicken bouillon
- ⅛ teaspoon salt
- ⅛ teaspoon pepper (white preferred)
- 1 cup fat-free half-and-half
- 1 tablespoon all-purpose flour
- 2 tablespoons minced fresh parsley

### DIRECTIONS

1. Lightly spray a medium saucepan with cooking spray. Melt the margarine over medium heat, swirling to coat the bottom. Cook the onion and celery for 4 to 5 minutes, or until the onion is soft but not brown, stirring occasionally. Stir in the water, potato, both corns, sugar, bouillon, salt, and pepper. Increase the heat to medium high and bring to a boil. Reduce the heat and simmer, covered, for 20 minutes, or until the potato is just tender, stirring occasionally.
2. Pour the half-and-half into a small bowl. Add the flour, whisking to dissolve. Stir into the soup. Stir in the parsley. Simmer for 15 minutes, or until the soup has thickened, stirring frequently.

**Cook's Tip:** To thicken the soup even more, simmer for an additional 10 to 15 minutes. To thin the soup, stir in 1 or 2 tablespoons of fat-free half-and-half or fat-free milk.

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## Corn Recipes for Globally Inspired Home Cooking

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- ❑ Ranch-Chive Popcorn (**U.S.A.**)
- ❑ Southern Cornbread (**Southern U.S.A.**)
- ❑ Mexican Street Vendor Corn-and-Bean Salad (**Mexico**)
- ❑ Porotos Granados (**Chile**)
- ❑ Portobello Ragoût with Sun-Dried Tomato Polenta (**Italy**)
- ❑ Sweet Corn Soup with Crab and Asparagus (**China**)
- ❑ Vietnamese Marinated Grilled Chicken with Corn-and-Avocado Salad (**Vietnam**)
- ❑ Wrap-and-Grill Corn on the Cob (**South Africa**)

## Ranch-Chive Popcorn (U.S.A.)

Makes 6 servings; generous 1 ½ cups per serving  
Per serving: 184 Calories; 1.0 g Saturated Fat; 100 mg Sodium

### INGREDIENTS

- 1 tablespoon canola or corn oil and 3 tablespoons canola or corn oil, divided use
- ¾ cup popcorn kernels
- 1 ½ tablespoons dried chives, crumbled
- 1 tablespoon dried parsley, crumbled
- 1 teaspoon dried dillweed, crumbled
- ½ teaspoon garlic powder
- ¼ teaspoon salt
- ¼ teaspoon pepper

### DIRECTIONS

1. In a large heavy pot, heat 1 tablespoon oil over high heat, swirling to coat the bottom. Add a few popcorn kernels. If they pop, the oil is at the proper temperature to pop the remaining kernels.
2. When the oil is hot enough, quickly add the remaining popcorn kernels. Put the lid on the pot. Reduce the heat to medium high. Heat the pot for 3 to 4 minutes, or until the sounds of popping decrease, gently shaking the pot constantly while the kernels pop. Remove from the heat, keeping the lid on the pot (kernels may continue to pop).
3. In a small bowl, whisk together the chives, parsley, dillweed, garlic powder, salt, pepper, and the remaining 3 tablespoons oil.
4. Carefully transfer the hot popcorn to a large bowl. Drizzle with the herbed oil, tossing to coat the popcorn.

**Cook's Tip:** You can use microwave popcorn instead of popping your own kernels. Make sure you choose the 94-percent fat-free variety. Also, compare the sodium content, aiming for bags with 30 to 40 milligrams of sodium per serving. Follow the directions to make the herbed oil and drizzle it over the microwaved popcorn.

**Cook's Tip:** Also, try this lemon-herb seasoning blend, which comes in at only 2 milligrams of sodium per teaspoon, with your popcorn: 2 tablespoons grated lemon zest, 1 teaspoon dried oregano (crumbled), ½ teaspoon garlic powder, and ½ teaspoon dried rosemary (crushed).

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## Southern Cornbread (Southern U.S.A.)

Makes 12 servings; 1 piece per serving  
Per serving: 139 Calories; 0.5 g Saturated Fat; 114 mg Sodium

### INGREDIENTS

- Cooking spray
- 1 cup yellow cornmeal
- ½ cup all-purpose flour
- ½ cup whole-wheat flour
- 2 tablespoons sugar
- ½ teaspoon baking soda
- ½ teaspoon baking powder
- ⅛ teaspoon salt
- 1 cup no-salt-added cream-style corn, undrained
- ½ cup frozen whole-kernel corn, thawed
- ½ cup low-fat buttermilk
- ¼ cup fat-free milk
- 1 large egg
- 2 tablespoons canola or corn oil

### DIRECTIONS

1. Preheat the oven to 425°F. Lightly spray a 9-inch square or round baking pan or pie pan with cooking spray.
2. In a large bowl, stir together the cornmeal, both flours, sugar, baking soda, baking powder, and salt. Make a well in the center.
3. In a medium bowl, stir together the remaining ingredients. Pour into the well in the flour mixture, stirring just until moistened. Spoon into the baking pan. Lightly spray the top of the batter with cooking spray.
4. Bake for 20 to 25 minutes, or until a wooden toothpick inserted in the center comes out clean. Transfer the pan to a cooling rack. Let cool for 5 to 10 minutes before slicing.

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## Mexican Street Vendor Corn-and-Bean Salad (Mexico)

Makes 6 servings; ½ cup per serving  
Per serving: 123 Calories; 0.0 g Saturated Fat; 88 mg Sodium

### INGREDIENTS

- ❑ 1 teaspoon canola or corn oil
- ❑ 2 ¼ cups frozen whole-kernel corn, thawed
- ❑ 1 ¼ cups canned no-salt-added black beans, rinsed and drained
- ❑ ½ cup sliced green onions
- ❑ 3 tablespoons chopped fresh cilantro
- ❑ 3 tablespoons light mayonnaise
- ❑ 1 ½ teaspoons grated lime zest
- ❑ 1 ½ tablespoons fresh lime juice
- ❑ ¾ teaspoon chili powder
- ❑ 1 tablespoon finely shredded Cotija cheese or crumbled queso fresco

### DIRECTIONS

1. In a large nonstick skillet, heat the oil over medium-high heat, swirling to coat the bottom. Cook the corn for 4 to 5 minutes, or until lightly browned, stirring frequently. Transfer to a large bowl. Stir in the beans, green onions, and cilantro.
2. In a small bowl, whisk together the remaining ingredients except the cheese. Stir the mayonnaise mixture into the salad. Sprinkle with the cheese. Serve at room temperature, or cover and refrigerate for 1 hour to serve chilled.

**Cook's Tip:** This salad can be made up to 10 hours in advance. Cover and refrigerate it until serving time.

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## Porotos Granados (Chile)

Makes 4 servings; 1 ½ cups stew and 1 tablespoon pumpkin seeds per serving  
Per serving: 362 Calories; 1.0 g Saturated Fat; 167 mg Sodium

### INGREDIENTS

- ❑ 1 1-pound pie-style pumpkin, peeled and halved, or 3 cups cubed butternut squash
- ❑ 1 teaspoon olive oil and 1 teaspoon olive oil, divided use
- ❑ 1 teaspoon salt-free all-purpose seasoning blend
- ❑ ½ small onion, chopped
- ❑ 2 medium garlic cloves, minced
- ❑ 2 15.5-ounce cans no-salt-added navy beans, rinsed and drained
- ❑ 2 cups frozen whole-kernel corn
- ❑ 1 cup fat-free, low-sodium vegetable broth
- ❑ 1 teaspoon dried basil, crumbled
- ❑ 1 teaspoon paprika
- ❑ ¼ teaspoon salt
- ❑ ⅛ teaspoon pepper

### DIRECTIONS

1. Preheat the oven to 350°F.
2. Using a spoon, scoop out the pumpkin seeds. Rinse the seeds in a colander, discarding the strings. Pat the seeds dry with paper towels. Transfer them to a nonstick baking pan. Drizzle 1 teaspoon oil over the seeds. Sprinkle the seasoning blend over the seeds, stirring to combine. Bake for 30 minutes, or until golden brown, stirring every 10 minutes.
3. Meanwhile, cut the pumpkin into ¾-inch cubes.
4. In a large, heavy saucepan or a Dutch oven, heat the remaining 1 teaspoon oil over medium-high heat, swirling to coat the bottom. Cook the onion for 3 minutes, or until soft, stirring frequently.
5. Stir in the garlic. Cook for 30 seconds, stirring frequently. Stir in the remaining ingredients, including the pumpkin cubes. Bring to a simmer. Reduce the heat and simmer, covered, for 20 minutes, or until the pumpkin is tender. Ladle into serving bowls. Sprinkle each serving with 1 tablespoon pumpkin seeds.

**Cook's Tip:** The remaining pumpkin seeds can be stored in an airtight container at room temperature for up to one week or frozen in an airtight freezer container for up to two months.

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## Portobello Ragoût with Sun-Dried Tomato Polenta (Italy)

Makes 6 servings;  $\frac{3}{4}$  cup mushroom mixture and  $\frac{1}{2}$  cup polenta per serving  
Per serving: 201 Calories; 1.0 g Saturated Fat; 202 mg Sodium

### INGREDIENTS

#### Ragoût

- ❑ 1 tablespoon plus 2 teaspoons olive oil
- ❑ 3 medium portobello mushrooms, cut into  $\frac{1}{2}$ -inch slices
- ❑ 2 medium sweet onions, such as Vidalia, Maui, or Oso Sweet, cut into  $\frac{1}{4}$ -inch rings
- ❑ 2 large garlic cloves, thickly sliced
- ❑  $\frac{1}{4}$  cup coarsely chopped fresh Italian (flat-leaf) parsley
- ❑  $\frac{1}{4}$  cup tightly packed fresh basil, coarsely chopped
- ❑ 2 teaspoons balsamic vinegar
- ❑  $\frac{1}{4}$  teaspoon salt
- ❑ Pepper to taste

#### Polenta

- ❑ 2  $\frac{1}{2}$  cups water
- ❑ 1 12-ounce can fat-free evaporated milk
- ❑ 1 tablespoon no-salt-added tomato paste
- ❑ 5 dry-packed sun-dried tomatoes, thinly sliced
- ❑ 1 cup cornmeal
- ❑ 2 tablespoons shredded or grated Parmesan cheese
- ❑ Pepper to taste

### DIRECTIONS

1. In a large skillet or Dutch oven, heat the oil over medium heat, swirling to coat the bottom. Cook the mushrooms, onions, and garlic, covered, for 10 to 20 minutes, or until the mushrooms release their liquid, stirring occasionally. Stir in the remaining ragoût ingredients. Cook, covered, for 5 minutes, or until the onions are soft, stirring occasionally.
2. Meanwhile, in a large saucepan or stockpot, whisk together the water, milk, and tomato paste. Bring to a boil over high heat. Stir in the tomatoes.
3. Reduce the heat to medium. Using a long-handled whisk, carefully whisk the mixture to create a swirl. Slowly pour the cornmeal in a steady stream into the swirl, whisking constantly. After all the cornmeal is added, hold the pan steady and continue whisking for 1 to 2 minutes, or until the polenta is the desired consistency.
4. Pour the polenta onto a large serving platter or into a large, deep serving bowl. Spoon the ragoût on top. Sprinkle with the Parmesan and the remaining pepper to taste.

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## Sweet Corn Soup with Crab and Asparagus (China)

Makes 8 servings;  $1\frac{1}{4}$  cups per serving  
Per serving: 126 Calories; 0.0 g Saturated Fat; 414 mg Sodium

### INGREDIENTS

- ❑ 1  $\frac{1}{2}$  pounds asparagus spears, trimmed, cut into 1-inch pieces
- ❑  $\frac{1}{4}$  cup water and 2 tablespoons water, divided use
- ❑ 2 tablespoons cornstarch
- ❑ 4 cups fat-free, low-sodium chicken broth
- ❑ 1 14.75-ounce can no-salt-added cream-style corn
- ❑ 2 teaspoons soy sauce (lowest sodium available)
- ❑  $\frac{1}{2}$  teaspoon salt
- ❑  $\frac{3}{4}$  cup egg substitute
- ❑ 2 6-ounce cans crabmeat, rinsed and drained, any bits of shell and cartilage discarded
- ❑  $\frac{1}{2}$  teaspoon toasted sesame oil
- ❑ 6 medium green onions, finely chopped
- ❑ 2 teaspoons chili garlic sauce or paste (optional)

### DIRECTIONS

1. Put the asparagus and  $\frac{1}{4}$  cup water in a medium microwaveable dish. Microwave, covered, on 100 percent power (high) for 5 minutes, or until tender-crisp. Don't overcook. Drain in a colander.
2. Meanwhile, put the cornstarch in a small bowl. Add the remaining 2 tablespoons water, whisking to dissolve.
3. In a large saucepan, bring the broth to a boil over high heat. Stir in the corn, soy sauce, and salt. Return to a boil. Pour the cornstarch mixture into the broth mixture, stirring constantly. Pour the egg substitute in a thin stream into the boiling soup. Remove from the heat.
4. Spoon the asparagus into soup bowls. Ladle the broth mixture over the asparagus. Top with, in order, the crabmeat, sesame oil, and green onions. Dollop with the chili garlic sauce.

**Cook's Tip:** Substitute 2 cups chopped cooked skinless chicken breast, cooked without salt, all visible fat discarded, for the crabmeat.

**Cook's Tip on Asparagus:** An asparagus spear has a natural bending point where the tough stem ends. Holding a spear of asparagus at the top and the bottom, bend the spear; snap it at the bending point. Discard the tough part, or save it to use in making broths and other soups.

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## Vietnamese Marinated Grilled Chicken with Corn-and-Avocado Salad (Vietnam)

Makes 6 servings; 3 ounces chicken and 1 cup salad per serving  
Per serving: 404 Calories; 3.5 g Saturated Fat; 389 mg Sodium

### INGREDIENTS

- ❑ 1 ½ pounds boneless, skinless chicken thighs, all visible fat discarded

#### Marinade

- ❑ 3 tablespoons honey
- ❑ 3 tablespoons fresh lime juice
- ❑ 3 tablespoons soy sauce (lowest sodium available)
- ❑ 2 tablespoons canola or corn oil
- ❑ 2 teaspoons minced garlic
- ❑ 1 teaspoon ground ginger
- ❑ ½ teaspoon crushed red pepper flakes (optional)

#### Salad

- ❑ 6 large ears of corn, husks and silk discarded
- ❑ 2 medium avocados, halved, pitted, and diced
- ❑ 2 medium tomatoes, chopped (about 2 cups)
- ❑ ¾ cup finely chopped fresh basil
- ❑ 2 tablespoons chopped red onion
- ❑ 1 tablespoon canola or corn oil
- ❑ 1 tablespoon plain rice vinegar or white vinegar
- ❑ ¼ teaspoon salt
- ❑ ⅛ teaspoon pepper

### DIRECTIONS

1. In a shallow glass dish, whisk together the marinade ingredients. Add the chicken, turning to coat. Cover and refrigerate for 4 to 24 hours, turning occasionally.
2. When the chicken has marinated, preheat the grill on medium high. Drain the chicken, discarding the marinade. Let the chicken stand at room temperature for 15 minutes.
3. Meanwhile, wrap each ear of corn in heavy-duty aluminum foil. Grill the corn for 15 to 20 minutes, or until tender, turning occasionally. Remove from the grill. Let cool. Using potholders, carefully remove the corn from the foil.
4. Meanwhile, grill the chicken for 5 minutes on each side, or until it registers 165°F on an instant-read thermometer.
5. When the corn is cool enough to handle, using a knife, cut off the kernels from each cob. Transfer to a large bowl. Stir in the remaining salad ingredients, tossing gently to combine. Serve the salad with the chicken.

**Cook's Tip:** Don't feel like grilling? No problem. Preheat the oven to 400°F. Put the oven rack at the top level. Place a wire rack on a baking sheet. Roast the chicken on the wire rack for 20 minutes on each side, or until it registers 165°F on an instant-read thermometer. Place the foil-wrapped corn on a separate baking sheet. Roast the corn for 20 to 25 minutes, or until tender.

**Cook's Tip:** Be sure to use ground ginger as called for in this marinade rather than fresh gingerroot. Fresh gingerroot contains a compound that breaks down the meat. While it's fine to use fresh gingerroot for a quick marinade, it will make the meat mushy if it marinates for more than 1 or 2 hours, as is the case in this recipe.

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## Wrap-and-Grill Corn on the Cob (South Africa)

Makes 4 servings; 1 ear of corn per serving  
Per serving: 103 Calories; 0.5 g Saturated Fat; 122 mg Sodium

### INGREDIENTS

- ❑ 4 medium ears of corn, husks and silk discarded
- ❑ Cooking spray
- ❑ 1 ½ tablespoons light tub margarine
- ❑ ¼ teaspoon pepper
- ❑ ⅛ teaspoon paprika (smoked preferred)
- ❑ ⅛ teaspoon salt

### DIRECTIONS

1. Preheat the grill on medium high or heat a grill pan over medium-high heat.
2. Lightly spray the corn with cooking spray. Place each ear diagonally in the center of a 4 ½-inch square piece of aluminum foil. Roll the foil around the ear. Twist the ends to seal up the corn.
3. Grill the corn for 20 to 25 minutes, or until tender-crisp, turning occasionally.
4. Meanwhile, in a small bowl, stir together the margarine, pepper, paprika, and salt.
5. Remove the corn from the grill. Using the tines of a fork, carefully open the foil away from you (to prevent steam burns). Brush the margarine mixture all over the corn.

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# SEASONS **OF EATING**

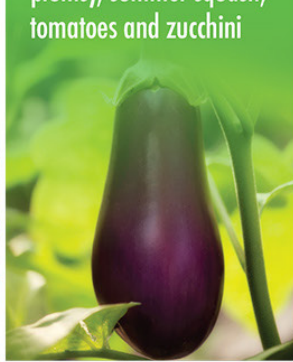
Your heart-healthy recipes will taste even better with seasonal produce.

## **SPRING**   **SUMMER**   **FALL**   **WINTER**

artichokes, asparagus, carrots, chives, fava beans, green onions, leeks, lettuce, parsnips, peas, radishes, rhubarb and Swiss chard



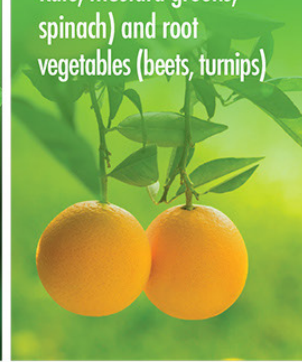
berries, corn, cucumbers, eggplant, figs, garlic, grapes, green beans, melons, peppers (sweet and hot), stone fruit (apricots, cherries, nectarines, peaches, plums), summer squash, tomatoes and zucchini



apples, brussels sprouts, dates, hard squash (acorn, butternut, spaghetti), pears, pumpkins and sweet potatoes



bok choy, broccoli, cauliflower, celery, citrus fruit (clementines, grapefruit, lemons, limes, oranges, tangerines), collard greens, endive, leafy greens (collards, kale, mustard greens, spinach) and root vegetables (beets, turnips)



### **KEEP THESE TIPS IN MIND WHEN USING AND SHOPPING FOR SEASONAL PRODUCE:**

- 1** Fresh foods are often less expensive during their harvest season. You may even save money by buying in bulk.
- 2** Shop the farmers' market to learn more about produce and get ideas on how to prepare foods in season.
- 3** Gardening gives you fresh seasonal produce and a little exercise, too. The sense of accomplishment you'll feel will make that produce taste even better!
- 4** Frozen, canned and dried fruits and vegetables also can be healthy choices. Compare food labels and choose items with the lowest amounts of sodium and added sugars.
- 5** Choose canned fruit packed in water, its own juice or light syrup (avoid heavy syrup).
- 6** Choose canned and frozen vegetables without sauces that can be high in sodium and saturated fat.
- 7** Freeze fresh produce at the peak of its season, so you can add it to smoothies, soups and breads and enjoy it throughout the year.

**EAT SMART   ADD COLOR   MOVE MORE   BE WELL**

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## **SPECIFIC**

- What exactly do you want to accomplish?

## **MEASURABLE**

- How will you track your progress towards your goal?

## **ACHIEVABLE**

- Is reaching your goal possible with your full effort?

## **REALISTIC**

- Do you have the resources and ability to achieve your goal? If not, how can you get them?

## **TIME-BOUND**

- When will your goal be achieved?

## **EXAMPLE OF A SMART GOAL:**

I will increase the number of fruit servings I eat daily by 2 cups within the next 3 months.

Personal SMART goal:

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