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National Nutrition  
Month®**



**SAVOR  
THE FLAVOR  
OF EATING  
RIGHT**

NATIONAL NUTRITION MONTH™ 2016

**eat  
right** Academy of Nutrition  
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# Arbor Recipe of the Week!

*Featuring:*

## **Skillet Chili Lime Sweet Corn**

**Makes:** about 4

**Serving Size:** 1/2 cup

**Prep Time:** 5 minutes

**Cook Time:** 10 minutes




### **Ingredients:**

- 2 cups Sweet Kernel Corn, frozen
- 1 Tbsp Unsalted Butter
- 1 Tbsp Fresh Lime Juice
- 1/4 tsp Chili Powder
- 1/8 tsp Salt

### **Directions:**

1. Melt butter in a skillet over medium heat.
2. Add corn and stir to evenly coat with butter. Cover and cook until heated through (about 10 min).
3. Squeeze lime juice over corn, and sprinkle with chili powder and salt. Serve immediately.

### **Suggestions:**

-  If using canned corn, select a “no salt added” option.
-  Add a special touch by sprinkling cotija cheese and fresh cilantro on top!
-  Like some heat? Dice half of a fresh jalapeno, and add to the butter before adding the corn!

### **Nutrition Facts**

Amount Per Serving		Calories from Fat 31	
Calories 115			
		% Daily Values*	
<b>Total Fat</b> 3.4g			<b>5%</b>
Saturated Fat 1.8g			<b>9%</b>
Trans Fat 0g			
<b>Cholesterol</b> 7mg			<b>2%</b>
<b>Potassium</b> 145mg			<b>4%</b>
<b>Sodium</b> 77mg			<b>3%</b>
<b>Total Carbohydrate</b> 18g			<b>6%</b>
Dietary Fiber 2g			<b>8%</b>
Sugars 2g			
<b>Protein</b> 3g			<b>6%</b>
Vitamin A 3%	•	Vitamin C 10%	
Iron 2%	•	Thiamin 4%	
Riboflavin 3%	•	Niacin 6%	
Vitamin B6 6%	•	Folate 6%	

### **DID YOU KNOW**

**Corn, or Maize, was sacred to Central, South, and Native American cultures.**

**Corn contains B-vitamins that help our bodies convert food into energy, and fiber to help digestion!**

**SCIENCE FACT: Adding lime juice to corn creates a chemical reaction that allows our body to use Vitamin B<sub>3</sub> (AKA: Niacin)!**

**arbor** Management  
Inc.

