

Recipe for

COCONUT CREAMED CORN

EQUIPMENT NEEDED medium pot, knife, cutting board, small bowl

SERVES 4 ESTIMATED COST \$7.68 COST PER SERVING \$1.92

INGREDIENTS

- 1 tbsp oil
- 1/2 cup yellow onion, diced
- 1 cup bell pepper, diced (mix of red and/or orange)
- 2 tbsp tomato paste
- salt, to taste
- ground black pepper or cayenne pepper, to taste, optional
- 1 tsp garlic powder
- 1/2 tsp cumin (or other spice you prefer)
- 2 ea 15oz canned corn, rinsed and drained
- 1 1/2 cup canned coconut milk
- 1 tbsp corn starch
- 1 tbsp cold water
- 2 tbsp fresh herbs, chopped (basil, cilantro, parsley)

METHOD OF PREPARATION

1. In a medium pot, heat oil over medium heat. Add onions and peppers. Sauté 5-7 minutes or until tender. Stir occasionally.
2. Add tomato paste, spices, corn, and coconut milk. Stir well to combine. Bring to a boil.
3. In a separate small bowl, combine 1 tbsp cornstarch and 1 tbsp water. Mix well. Pour cornstarch mix in corn mixture little by little while continuing to stir until milk has thickened to your liking. Let simmer for about 5 minutes. Taste and adjust seasonings.
4. Pour corn into serving dish and top with fresh herbs. Enjoy!

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NUTRITION INFORMATION

Coconut Creamed Corn		
Nutrition Facts		
Serving Size: 1 Serving		
Amount Per Serving		% Daily Value*
Calories	254.2 kcal	13 %
Total Fat	10.6 g	16 %
Saturated Fat	5 g	25 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	460.9 mg	19 %
Total Carbohydrate	39.5 g	13 %
Dietary Fiber	5.7 g	23 %
Sugars	13.1 g	
Protein	6.7 g	13 %
Vitamin A	4 % • Vitamin C	75 %
Calcium	2 % • Iron	9 %
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		

HEALTH BENEFITS

Corn – rich source of carotenoids and antioxidants which can help protect your eyes and other tissues from oxidative damage.

HEALTH BENEFITS

Coconut – great source of many nutrients and minerals including iron, selenium, magnesium, and copper. It contains lauric acid which is a healthy fat that can aid in weight loss and metabolism.



References:

1. Recipe provided by Reanetta Perkins

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