

# Cream-less Creamed Corn

- This recipe is a heart-healthy alternative to traditional creamed corn – grating the corn on a box grater creates a sweet, creamy milk-like liquid, so no dairy cream is needed.
- It's best to serve this recipe right away. It will not hold up well if prepared in advance.
- Garnish this dish with some fresh basil leaves for more flavor and an extra summery twist.
- Serve this recipe as a side or as the base of a whole meal – sauté shrimp or grill chicken and place over a plate of creamed corn and a green summer salad, for a fresh summer meal!

<b>Nutrition Facts</b>	
4 servings per container	
<b>Serving size</b>	<b>1/2 cup</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>180</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 9g	<b>12%</b>
Saturated Fat 1.5g	<b>8%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 310mg	<b>13%</b>
<b>Total Carbohydrate</b> 27g	<b>10%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars 9g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 5g	
Vitamin D 0mcg	<b>0%</b>
Calcium 4mg	<b>0%</b>
Iron 1mg	<b>6%</b>
Potassium 394mg	<b>8%</b>
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

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Servings: 4

Prep Time: 20 minutes



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## Ingredients:

- 4 large ears of corn, husked
- 2 tablespoons olive oil
- 2 tablespoons onion, minced
- 1/2 teaspoon salt
- 2-3 tablespoons fresh herbs (like sage, tarragon, thyme, or chives) (optional)

## Directions:

1. Wrap plastic wrap around 3 sides of a box grater, leaving the side with the large holes unwrapped (to prevent splashing).
2. Place box grater in a wide bowl, and grate corn using the side with the large holes.
3. Heat olive oil in a pan over medium heat, and add onion, stirring occasionally, for 2 minutes until the onions are tender and translucent.
4. Add corn and salt and cook for 5 minutes, stirring frequently, until the mixture is sweet and creamy.
5. Remove from heat, garnish with fresh herbs (if using), and serve hot.

## Recipe Credit:

Adapted from: New York Times

Adapted by: Kristen Elliott, RDN, LD