

Fried Corn

Serving size: ¼ cup

Serves: 6

Ingredients

½ cup water

1 tablespoon all-purpose flour

½ teaspoon salt

Dash pepper

4 medium ears fresh corn

Cooking spray

1 tablespoon margarine

Directions:

1. Prepare corn. Cut off both ends and remove the husks and silk. Trim any insect damage, and rinse the ears.
2. Cut corn off the cob in a shallow bowl. Hold ears upright and, with a sharp knife, cut kernels from the cob.
3. In a medium bowl, whisk together water, flour, salt, and pepper. Add corn and toss to coat. Set aside.
4. Coat a medium nonstick skillet with cooking spray; add margarine and melt over high heat. Add corn and stir fry for 10-12 minutes.

Exchanges per serving:

1 Starch

Nutrients per serving:

Calories: 87

Calories from fat: 20

Total Fat: 2g

Cholesterol: 0mg

Sodium: 220mg

Total Carbohydrate: 17g

Dietary Fiber: 2g

Protein: 2g