



JERSEY TASTES! RECIPES

Confetti Corn

INGREDIENTS

FAMILY-SIZE SERVES 4-6



- 2 tablespoons olive oil
- 1/2 cup red onion, chopped
- 1 small orange or red bell pepper, 1/2-inch diced (looking for a sweeter pepper with color contrast)
- 2 tablespoons butter (optional)
- Kernels cut from 5 ears yellow or white corn (approx. 4 cups total)
- 1/2 teaspoon kosher salt
- 1 teaspoon freshly ground black pepper
- 2 tablespoons fresh basil, minced fresh chives, and/or minced fresh parsley leaves, chopped*

NEW SKILL



This is called chiffonade: Stack several basil leaves on top of each other and roll them up tightly lengthwise so they look like a tube. Using a very sharp knife, cut across the roll into very thin like ribbons or strips.

SCHOOL FOOD SERVICE # PORTIONS: 27

- 1/3 cup vegetable oil
- 1 cup red onion, chopped (approx. 1 small onion)
- 1.5 cups orange or red bell peppers, diced (approx. 3 medium peppers)
- 3 oz butter or margarine (optional)
- 5 lbs frozen corn OR 1 1/3 #10 can, drained OR 18 medium size ears of fresh corn 6-8 inches long
- 1 teaspoon salt
- 2 teaspoons pepper
- 1/3 cup basil, chopped*

Portion Size:

1/2 cup or 5 oz. soufflé cup

1/2 cup = 1/2 cup veg/starchy

Fun Fact:
Each corn kernel is considered its own fruit because it contains the seeds!

DIRECTIONS

01 Heat the oil over medium heat in large sauté pan. Add the onions & sauté for 5 minutes until onion is soft. Stir in bell peppers & sauté for 2 more minutes.

02 Add butter or margarine to pan & allow it to melt. Combine onions, peppers & butter to corn and sauté or steam for 5 minutes. Season with salt & pepper. Stir in basil. Serve hot or cold.



RECIPES MADE IN COLLABORATION WITH:

