

Pan Roasted Curry Corn

SERVING: 3/4 CUP
YIELD: 4

PREP TIME: 10 MIN
TOTAL TIME: 30 MIN

Ingredients

- Cooking Oil Spray
- 1 tbsp Buttery Spread (rec. Smart Balance with Extra Virgin Olive Oil)
- 1 tbsp Curry Powder
- 1/2 tsp Black Pepper
- 1/2 Yellow Onion, chopped
- 1/2 tbsp Minced Garlic
- 1 cn Corn, no salt added, drained, 15.25 oz or 2 large ears of corn
- 1 cn Petite Diced Tomatoes, 14.5 oz, drained and rinsed
- 1/4 c Water or Vegetable Broth, no salt added
- 4 cups Fresh Kale or 1 bag of Frozen Kale
- 1/2 cup Sharp Cheddar Cheese, shredded

Directions

1. CHOP onions using a cutting board.
2. Spray cooking oil spray onto large pan over medium high heat and MELT the buttery spread
3. After it foams, ADD the curry and pepper and REDUCE heat.
4. When the curry is fragrant, ADD the onion and garlic and STIR. COOK until soft, 3-5 minutes.
5. CHOP kale using a cutting board.
6. TURN the heat to medium-high and ADD the corn and tomatoes, TOSSING and STIRRING until the corn begins to brown.
7. ADD water and chopped kale and STIR until it's wilted.
8. Continue to COOK until the corn is tender then STIR in the cheese. Enjoy!

Nutrition Facts

4 servings per container
Serving size 3/4 cup (0.0g)

Amount Per Serving
Calories 180

% Daily Value*

Total Fat 8g **10%**

Saturated Fat 3g **15%**

Trans Fat 0g

Cholesterol 15mg **5%**

Sodium 140mg **6%**

Total Carbohydrate 24g **9%**

Dietary Fiber 5g **18%**

Total Sugars 8g

Includes 0g Added Sugars **0%**

Protein 9g

Vitamin D 0mcg 0%

Calcium 260mg 20%

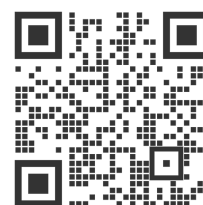
Iron 2mg 10%

Potassium 500mg 10%

*The % Daily Value (DV) 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.

*Recipe adapted from
getfreshcooking.com

*Cost information includes lower
cost ingredients found at local
grocery store 11/4/22.



Cost Per Recipe

\$3.49

Cost Per Serving

\$0.88



Heart disease:

The fiber, potassium, vitamin C and B6 content in kale all support heart health. An increase in potassium intake along with a decrease in sodium intake is the most important dietary change that a person can make to reduce their risk of cardiovascular disease, according to Mark Houston, M.D., M.S., and an associate clinical professor of medicine at Vanderbilt Medical School and director of the Hypertension Institute at St. Thomas Hospital in Tennessee. In one study, those who consumed 4069 mg of potassium per day had a 49% lower risk of death from ischemic heart disease compared with those who consumed less potassium (about 1000 mg per day). High potassium intakes are also associated with a reduced risk of stroke, protection against loss of muscle mass, preservation of bone mineral density and reduction in the formation of kidney stones. For blood pressure, increasing potassium intake may be just as important as decreasing sodium intake for lowering blood pressure because of potassium's vasodilation effects. According to the National Health and Nutrition Examination Survey, fewer than 2% of US adults meet the daily 4700 mg recommendation. One cup of chopped fresh kale provides 329 milligrams of potassium. Also of note, a high potassium intake is associated with a 20% decreased risk of dying from all causes.

Cancer:

Kale and other green vegetables that contain chlorophyll have been shown to be effective at blocking the carcinogenic effects of heterocyclic amines, which are generated when grilling foods at a high temperature. If you tend to like your grilled foods charred, make sure to pair them with green vegetables to help negate these effects.

Bone health:

Low intakes of vitamin K have been associated with a higher risk for bone fracture. Adequate vitamin K consumption is important for good health, as it acts as a modifier of bone matrix proteins, improves calcium absorption and may reduce urinary excretion of calcium. One cup of kale provides a whopping 550 micrograms of vitamin K, over 680% of our daily needs.

Digestion:

Kale is high in fiber and water content, both of which help to prevent constipation and promote regularity and a healthy digestive tract.

Healthy skin and hair:

Kale is high in vitamin A, a nutrient required for sebum production to keep hair moisturized. Vitamin A is also necessary for the growth of all bodily tissues, including skin and hair. Adequate intake of vitamin C, which kale can provide, is needed for the building and maintenance of collagen, which provides structure to skin and hair. Iron-deficiency is a common cause of hair loss, which can be prevented by an adequate intake of iron-rich foods, like kale.