3-Can Chili
- Corn (canned or frozen)
- Black beans (low sodium)
- Crushed tomatoes
- Chili powder to taste

Crispy Taquitos
- Corn (frozen)
- Chicken
- Green onion
- Green bell pepper
- Cheddar cheese
- Corn tortillas
- Vegetable oil

Corn & Green Chili Salad
- Corn (frozen)
- Diced tomatoes with green chilies
- Vegetable oil
- Lime juice
- Green onion
- Cilantro

Black Bean & Couscous Salad
- Corn (frozen)
- Chicken or vegetable broth (low sodium)
- Couscous
- Vegetable oil
- Apple cider vinegar
- Cumin
- Black beans
- Onion
- Red or green pepper
- Salt & pepper to taste

Corn Bread
- Corn (frozen)
- Cornmeal
- Flour
- Sugar
- Baking powder
- Egg
- Vegetable oil
- Milk (nonfat)

Find these corn recipes here: https://go.usa.gov/xn6DP
For more recipes go to: www.whatscooking.fns.usda.gov