

Seasonal Eating
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Canned Foods Warm Up a Cold Day
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In the dead of winter, canned foods bring the summer harvest to the comfort foods that fill our tables. Cans of beans and corn and peas are a perfect way to have vegetables for casseroles, stews, pot pies and the other hearty winter meals.

While some losses of vitamins do occur with the heat treatment of canned foods, especially vitamin C, they can still contribute to nutrient needs. For example, half a cup of canned tomatoes still provides around twenty percent of the vitamin C needs, making them an excellent source. Canned foods can also provide nutrients like vitamin A, fiber, potassium, iron and folate. All forms of vegetables, fresh, frozen and canned, count towards your recommended daily intake of vegetables.



So in the winter, hearty, hot, casserole type dishes are great for warming up. One of my favorites is corn casserole. One of the most popular recipes for corn casserole uses cornbread mix. I make this one when I want something heartier and not as sweet. Other recipes are more like corn pudding with a more custard like base that has a lighter and fluffier texture. I love this one when I want a decadent, melt in your mouth sweet corn side dish (it could almost be a dessert too!). The recipe below is the one my Mom uses and is more of a corn pudding type casserole. It is super easy to make and I usually have all the ingredients in the house.

Canned whole kernel corn and canned cream style corn combine with eggs, sugar, flour, butter and milk. It uses milk instead of cream like some puddings do but still has that fluffy texture. You simply mix everything together and bake, so it's perfect for a weeknight dinner. It will also disappear at a potluck or make a good accompaniment for a slow cooked beef roast on the weekend.

In January I tend to clear out my pantry and freezer, cooking up what needs to be used and cleaning out anything that got pushed to the back and freezer burnt or outdated. So check your pantry for nutritious and delicious canned goods to use this winter and whip up a corn casserole for dinner.

Visit the Bedford County Extension website for more recipes and information about seasonal eating (bedford.tennessee.edu).

Mom's Corn Casserole

1 (15-ounce) can whole kernel corn, drained
1 (15-ounce) can cream style corn
 $\frac{1}{4}$ cup flour

¼ cup sugar
½ cup butter, melted
1 cup milk
2 eggs, well beaten
¼ teaspoon salt
Black pepper, to taste

Combine all ingredients and pour into a greased 9"x13" pan. Bake at 350 degrees for 1 hour and 15 minutes.