

Eat Smart!

Cajun Corn and Bacon Maque Choux

- 6 ears corn, husked and cleaned
- 2 tablespoons vegetable oil
- 1 large onion, thinly sliced
- 1 cup green bell pepper, chopped
- 1 large fresh tomato, chopped
- 1/4 cup milk
- salt to taste
- cayenne pepper
- 1/4 cup chopped green onions
- 8 strips crisply cooked bacon, crumbled



1. Cut corn off the cobs and place in a medium bowl. See tip below.
2. Heat the oil in a large skillet over medium-high heat.
3. Add onion and green pepper, cook until onion is transparent, about 5 to 8 minutes.
4. Combine corn, tomatoes, and milk with the onion mixture.
5. Reduce heat to medium low, and cook 20 minutes longer, stirring frequently to prevent sticking. Do not boil.
6. Season with salt and cayenne pepper (or your favorite Cajun seasoning blend).
7. Lower heat, cover skillet, and cook 5 to 10 minutes longer.
8. Stir in green onions and bacon.
9. Remove from heat and serve.

Nutrition Facts	
8 servings per container	
Serving size	1 cup (167g)
Amount per serving	
Calories	140
	% Daily Value*
Total Fat 6g	8%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 130mg	6%
Total Carbohydrate 18g	7%
Dietary Fiber 3g	11%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 25mg	2%
Iron 1mg	6%
Potassium 332mg	8%
<small>*The % Daily Value 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.</small>	

TIP: The secret to avoiding the mess when cutting corn off the cob? A bundt pan. The center of the pan holds the ear of corn in place while you use a sharp knife to slice down the cob. As the kernels fall off, they all collect into the pan. For a video go to: <https://www.youtube.com/watch?v=OqtjzROMI6Y>

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