

Buttered Corn on the Cob

Everyone loves this simple dish. Sometimes corn can be bought shucked during its short season, but shucking it doesn't take long.

Components: Starchy (https://healthyschoolrecipes.com/meal_component/starchy/),
Vegetable (https://healthyschoolrecipes.com/meal_component/vegetable/)

Source: Massachusetts Farm to School
(<https://healthyschoolrecipes.com/source/massachusetts-farm-to-school/>)

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Source Information:

Excerpted from: *Fresh From the Farm:*

Massachusetts Farm to School

Cookbook. <http://www.massfarmtoschool.org>

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 **Servings:** 100 servings



Ingredients

Corn, ear, shucked	50 each
Butter	12 ounces
Cream, light	½ cup

Salt to taste

3 tablespoons



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Instructions

1. Steam the corn in 2½-inch steamer pans with the butter and cream, just until cooked, about 7 minutes.
2. Toss with liquid, including water, and serve immediately, salting to taste if you wish.

Recipe Notes

Preparation Tips:

Corn: After corn is shucked, if needed, run your hand down each ear to remove extra silk.

Serving size: 1/2 ear of corn

Crediting: 1/2 cup starchy vegetable

Nutrition Facts per Serving (0.5ear)

Calories: 65 kcal | Fat: 3.53 g | Saturated fat: 1.95 g | Cholesterol: 9 mg | Sodium: 239 mg | Carbohydrates: 8.56 g | Fiber: 1.22 g | Protein: 1.48 g

The outcome, crediting information, allergen information, and nutrient data may vary depending on the specific ingredients and equipment used in your location.

Tags

Starchy (https://healthyschoolrecipes.com/meal_component/starchy/), Vegetable (https://healthyschoolrecipes.com/meal_component/vegetable/) | Side (https://healthyschoolrecipes.com/recipe_type/side/), Vegetables (https://healthyschoolrecipes.com/recipe_type/vegetables/) | American (<https://healthyschoolrecipes.com/cuisine/american/>) | Diabetic (https://healthyschoolrecipes.com/special_nutrition_needs/diabetic/), Egg Free (https://healthyschoolrecipes.com/special_nutrition_needs/egg-free/), Fish Free (https://healthyschoolrecipes.com/special_nutrition_needs/fish-free/), Gluten Free (https://healthyschoolrecipes.com/special_nutrition_needs/gluten-free/), Kosher (https://healthyschoolrecipes.com/special_nutrition_needs/kosher/), Low Calorie (https://healthyschoolrecipes.com/special_nutrition_needs/low-calorie/), Meat Free (https://healthyschoolrecipes.com/special_nutrition_needs/meat-free/), Peanut Free (https://healthyschoolrecipes.com/special_nutrition_needs/peanut-free/), Shellfish Free (https://healthyschoolrecipes.com/special_nutrition_needs/shellfish-free/), Soybean Free (https://healthyschoolrecipes.com/special_nutrition_needs/soybean-free/), Tree Nut Free (https://healthyschoolrecipes.com/special_nutrition_needs/tree-nut-free/), Vegetarian (https://healthyschoolrecipes.com/special_nutrition_needs/vegetarian/), Wheat Free (https://healthyschoolrecipes.com/special_nutrition_needs/wheat-free/)

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