

CORN

UNIVERSAL FOOD

ORIGIN

Although the origin of maize or corn has been the subject of many discussions, there are still discrepancies regarding the details. It is generally accepted that maize was one of the first plants grown by farmers between 7,000 and 10,000 years ago. The oldest evidence of maize as a human food comes from archeological sites in Mexico but the controversy regarding its origin continues and the various theories can be summarized as follows:

- Asian origin
- Andean origin
- Mexican origin



NUTRITIONAL PROPERTIES

365 Kcal/100 g

Corn is an important source of carbohydrates, both starches, and sugars.

Its fiber content helps increase the feeling of satiety and contributes to prevent or fight constipation.

The protein it contains is of special interest to those with celiac disease because it is gluten-free, but it is deficient in lysine and tryptophan. The fat content is very low and it stands apart from other cereals in its beta-carotene - a precursor of vitamin A – content. Another carotenoid, zeaxanthin gives it its yellow color. White corn variety lacks both components.

Corn is also rich in vitamin B1 or thiamine, as it is also known. Besides, it has vitamin B7 or biotin, and vitamin A or retinol.

Some of the minerals contained in maize are potassium, magnesium, iron, phosphorous, among others, in various amounts.

Corn is a good ally in preventing diseases such as hypertension or diabetes and has great antioxidant properties that help prevent cancer and early ageing.

Consumption Recommendations in case of:

Overweight and
Obesity



Cardiovascular
Disease



Diabetes



Hypertension



Celiac Disease



CORN

MORE INFORMATION

Corn's scientific name is *Zea Mays*. It belongs to the Kingdom Plantae, Class Liliopsida, Subclass Commelinidae, Order Poales, and finally Family Poaceae.

The word "Maize" is of indigenous origin and it means "life support". This cereal has earned this meaning due to its multiple uses and it symbolizes its importance in the evolution of human life.

There are 8 types of corn:

- Flint corn
- Sweet corn
- Popcorn
- Dent corn
- Flour corn
- Waxy corn
- Quality protein maize
- Baby corn.

Latin America has over 220 varieties.

When we say maize is important to life, we are not giving it enough credit. Think about how many products have maize as a common ingredient. What would we do without products such as the delicious arepas, cornbread, cakes, Mexican tacos, tamales, pozole, atole, whisky, and even fuel?

The U.S. ranks first among maize growers in the world, its annual production being around 384 million tons per year.

RECIPES WITH CORN

LETTUCE WEDGES WITH CORN AND PALM HEARTS

INGREDIENTS

1 iceberg lettuce
1 small can of corn
½ can of palm hearts
1 Tbsp. mustard
½ lemon
4 Tbsp. olive oil
100 g almonds
Powdered onion
Salt



DIRECTIONS

Wash lettuce and cut into wedges. Put wedges in salad bowl, top with cut palm hearts. Scatter corn and chopped almonds on top. Prepare dressing: Mix mustard, salt, powdered onion, lemon, and olive oil until blended. Drizzle over salad.

SWEET CORN CREAM



INGREDIENTS

2 Tbsp. cornmeal
2 cups milk
2 cups water
1 can of sweet corn
2 Tbsp margarine
1 finely cut clove of garlic
1 Tbsp finely cut parsley
2 Tbsp light cream
Pinch of salt

DIRECTIONS

Melt butter in saucepan. Reserve.
Blend corn, milk, and cornmeal. Drain.
Boil water with finely cut garlic and salt.
Add corn mixture and stir constantly until it boils.
Add parsley, and margarine and cook 10 minutes at low heat.
Add light cream and turn heat off.

RECIPES WITH CORN

CHICKEN WITH PEANUTS AND CORN

INGREDIENTS

- 1 chicken breast
- Extra virgin olive oil
- 1 red onion
- ½ large red pepper
- 1 Tbsp minced fresh ginger
- 1 Tbsp rice vinegar
- 2 Tbsp. oyster sauce
- ½ lemon squeezed
- Sriracha sauce
- Soy sauce
- 1 can of sweet corn
- 1 red chili
- 60 g peanuts
- ¼ cup basmati rice



DIRECTIONS

Sear chicken with some hot extra virgin olive oil. Reserve

Wash, peel, and cut red onion and red pepper brunoise.

In a large frying pan with some olive oil, sauté vegetables and fresh ginger.

Add rice vinegar, oyster sauce, lemon juice, sriracha and soy sauce to taste to frying pan.

Mix and add canned sweet corn, red chili, and peanuts.

Cut chicken breast in chunks and add to frying pan and combine with the other ingredients.

Cook rice in microwave oven as indicated by the manufacturer.

To serve: mound rice in the middle of the plate and surround with chicken preparation.