

Sautéed Spinach with Corn Relish



- 1 teaspoon olive oil
- 1 garlic clove, minced
- 10 ounces fresh spinach, trimmed
- 1 cup pickled corn relish (recipe follows) or other corn relish

1. Heat olive oil in large nonstick skillet. Add garlic. Sauté 2 minutes.
2. Add spinach. Sauté 5 to 7 minutes or until spinach is heated through and slightly wilted.
3. Spoon into large serving bowl. Top with relish.

Serves 4.

| Nutrition Facts | |
|--|----------------------|
| Servings per recipe: 4 | |
| Calories 75 | Calories from fat 18 |
| | % Daily Value |
| Total Fat 2g | 2% |
| Saturated Fat trace | 1% |
| Cholesterol 0mg | 0% |
| Sodium 180mg | 8% |
| Carbohydrate 14g | 5% |
| Dietary Fiber 3g | 11% |
| Protein 3g | 5% |
| Vitamin A: 99% Vitamin C: 51% Folacin: 36% | |
| Calcium: 8% Iron: 12% Potassium: 13% | |

Modified from original source: "Simply Colorado too!" Colorado Dietetic Association, Favorite Recipes Press, P.O. Box 305142, Nashville, TN 37230
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Pickled Corn Relish



- 10 cups fresh whole kernel corn (16 to 20 medium-size ears), or six 10-ounce packages of frozen corn
- 2-1/2 cups diced sweet red peppers
- 2-1/2 cups diced sweet green peppers
- 2-1/2 cups chopped celery
- 1-1/4 cups diced onions
- 1-3/4 cups sugar
- 5 cups vinegar (5 percent)
- 2-1/2 tbsp canning or pickling salt
- 2-1/2 tsp celery seed
- 2-1/2 tbsp dry mustard
- 1-1/4 tsp turmeric

Yield: About 9 pints

Procedure: Boil ears of corn 5 minutes. Dip in cold water. Cut whole kernels from cob or use six 10-ounce frozen packages of corn. Combine peppers, celery, onions, sugar, vinegar, salt, and celery seed in a saucepan. Bring to boil and simmer 5 minutes, stirring occasionally. Mix mustard and turmeric in 1/2 cup of the simmered mixture. Add this mixture and corn to the hot mixture. Simmer another 5 minutes. Fill jars with hot mixture, leaving 1/2-inch headspace.

Adjust lids and process according to the recommendations below.

Recommended process time for **Pickled Corn Relish** in a boiling-water canner.

| | | Process Time at Altitudes of | | |
|---------------|---------------------|------------------------------|------------------|----------------|
| Style of Pack | Jar Size | 0 - 1,000 ft | 1,001 - 6,000 ft | Above 6,000 ft |
| Hot | Half-pints or Pints | 15 min | 20 | 25 |

This document was extracted from the "Complete Guide to Home Canning," Agriculture Information Bulletin No. 539, USDA. Revised 1994.