

Farmer's Market 2004



Cooperative Extension
of Chemung County

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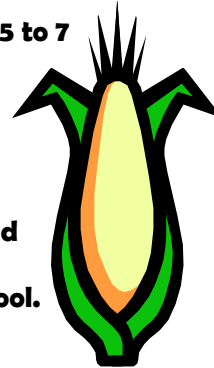


Refrigerator Corn Relish

Makes 2½ Cups

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| 2 cups cut fresh corn (4 ears)
or 1 (10 oz) pkg frozen corn | ¼ cup chopped green or red
bell pepper |
| ½ cup vinegar | 2 tablespoons chopped pimientos |
| ⅓ cup cold water | 1 teaspoon ground turmeric |
| 1 tablespoon cornstarch | ½ teaspoon salt |
| ¼ cup chopped onion | ½ teaspoon dry mustard |
| ¼ cup chopped celery | 1¾ teaspoons sugar substitute or
6 packets of sugar substitute |

- 1. Cook corn in boiling water until crisp-tender, 5 to 7 minutes; drain and set aside.**
- 2. Combine vinegar, water and cornstarch in large saucepan; stir until cornstarch is dissolved. Add corn, onion, celery, pepper, pimientos, turmeric, salt and mustard. Cook and stir until thickened and bubbly. Cook and stir 2 minutes more.**
- 3. Remove from heat; stir in sugar substitute. Cool. Cover and store in refrigerator up to 2 weeks. Serve with beef, pork or poultry.**



**Nutritional Information per Serving (2 Tablespoons): Calories: 22,
Total Fat: 0 g, Cholesterol: 0 mg, Sodium 57 mg.**

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