

CORN SQUARES

FORTIFIED READY TO EAT CEREAL

for use in the USDA Household
Commodity Food Distribution Programs

Revised: 10/28/03

Product Description

Corn Squares is a ready-to-eat cereal with no added sweeteners.

Pack/Yield

A 12-ounce box of cereal provides 10 1-cup servings. Since box sizes may vary, check the label for exact yield.

Storage

- Store unopened boxes of cereal in a cool, dry place off the floor until ready to use.
- After opening, keep inside bag tightly closed to preserve freshness. Use within 4 to 6 weeks.

Uses and Tips

- Top corn squares with cold milk and fresh fruit for a nutritious breakfast.
- Keep some dry corn squares nearby for a quick afternoon snack.
- Corn squares can be substituted in recipes calling for any variety of dry ready-to-eat cereals.

(See recipes on reverse side)



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Nutrition Information

- ***Corn Squares Cereal*** is low in fat. Because it is fortified, it is a good source of vitamin C, calcium, and iron.
- 1-ounce (1 cup) of corn squares cereal provides 1 serving from the **BREAD, CEREAL, RICE, and PASTA GROUP** of the Food Guide Pyramid.

Nutrition Facts

Serving size 1 cup (30g) corn squares cereal

Amount Per Serving

Calories	110	Fat Cal	0
% Daily Value*			
Total Fat 0g			0%
Saturated Fat 0g			0%
Cholesterol 0mg			0%
Sodium 275mg			11%
Total Carbohydrate 26g			8%
Dietary Fiber <1g			0%
Sugars 3g			
Protein 2g			
Vitamin A 5%		Vitamin C 10%	
Calcium 5%		Iron 50%	

*Percent Daily Values are based on a 2,000 calorie diet

Baked Hush Puppies

½ cup flour
 ½ cup cornmeal
 2 cups corn squares, crushed to ½ cup
 1 teaspoon sugar
 2 teaspoons baking powder
 ½ teaspoon garlic powder (optional)
 2 eggs
 ½ cup evaporated milk
 2 tablespoons oil
 ½ cup minced onion

Recipe provided by Kellogg's

1. Preheat oven to 425°F.
2. In medium bowl mix the flour, cornmeal, crushed corn squares, sugar, baking powder, and garlic powder. Set aside.
3. In a large bowl mix the eggs, milk, oil, and onions until thoroughly combined.
4. Add dry ingredients to egg mixture. Stir only until all ingredients are moistened.
5. Portion evenly into 12 muffin pans coated with cooking spray.
6. Bake for 15-17 minutes until light golden brown. Serve warm.

Makes 12 muffins

Nutrition Information for each serving of Baked Hush Puppies:

Calories	102	Cholesterol	38 mg	Sugar	0 g	Calcium	60 mg
Calories from Fat	37	Sodium	127 mg	Protein	3 g	Iron	1.7 mg
Total Fat	4.1 g	Total Carbohydrate	13 g	Vitamin A	23 RE		
Saturated Fat	1.1 g	Dietary Fiber	0 g	Vitamin C	1 mg		

Tuna Casserole

1 package (7 ounces) macaroni, cooked
 1 cup lowfat milk
 ¼ teaspoon pepper
 1 can (10 ¾ ounces) condensed cream of mushroom soup
 1 package (10 ounces) frozen mixed vegetables, thawed
 1 can (6 ounces) tuna, drained
 2 cups corn squares, crushed
 1 tablespoon margarine or butter, melted
 ½ cup shredded lowfat cheddar cheese

Recipe provided by General Mills

1. Heat oven to 400°F.
2. Mix the cooked macaroni, milk, pepper, soup, drained vegetables, and tuna in a 2-quart casserole.
3. Combine the crushed cereal and margarine or butter.
4. Sprinkle over casserole.
5. Bake, uncovered, for 30 minutes until bubbly around the edge.
6. Sprinkle cheese over the top. Allow to set for 5 minutes.

Makes 5 Servings

Nutrition Information for each serving of Tuna Casserole:

Calories	388	Cholesterol	27 mg	Sugar	6 g	Calcium	184 mg
Calories from fat	91	Sodium	865 mg	Protein	21 g	Iron	5.5 mg
Total Fat	10.1 g	Total Carbohydrate	51 g	Vitamin A	292 RE		
Saturated Fat	3.3 g	Dietary Fiber	3 g	Vitamin C	6 mg		

These recipes, presented to you by USDA, have not been tested or standardized.

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