



CEREAL, CORN SQUARES, READY-TO-EAT

Date: November 2012 Code: 100446

PRODUCT DESCRIPTION

- Corn squares cereal is a ready-to-eat cereal with added vitamins and minerals but no added sweeteners.

PACK/YIELD

- Corn squares are packed in about 14 ounce boxes, which is 10 servings (1 cup each). Since box sizes may vary, check package for exact amount.

STORAGE

- Store unopened boxes of corn squares in a cool, clean, dry place.
- After opening, keep inside bag tightly closed.
- Look at the “Best if used by” or “Best by” date on the box.
- For further guidance on how to store and maintain USDA Foods, please visit the FDD Web site at: <http://www.fns.usda.gov/fdd/facts/biubguidance.htm>.

USES AND TIPS

- Top corn squares with low-fat milk and fruit for a quick and easy breakfast, or sprinkle over yogurt.
- Eat dry corn squares as a healthy afternoon snack.
- Corn squares can be used in a variety of recipes calling for dry, ready-to-eat cereal.

NUTRITION INFORMATION

- 1 cup of corn squares counts as 1 ounce in the MyPlate.gov Grains Group. For a 2,000-calorie diet, the daily recommendation is about 6 ounces.
- 1 cup of corn squares provides 70% of daily recommended amount of iron

OTHER RESOURCES

- www.nutrition.gov
- www.commodityfoods.usda.gov
- www.fns.usda.gov/fdd/

NUTRITION FACTS

Serving size 1 cup (31g) corn squares cereal

Amount Per Serving

Calories	110	Calories from Fat	0
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% Daily Value*

Total Fat 0g		0%
Saturated Fat 0g		0%
<i>Trans</i> Fat 0g		
Cholesterol 0mg		0%
Sodium 330mg		14%
Total Carbohydrate 27g		9%
Dietary Fiber 1g		3%
Sugars 3g		
Protein 2g		
Vitamin A 8%		Vitamin C 10%
Calcium 12%		Iron 70%

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

CARAMEL CHOCOLATE DRIZZLES

MAKES ABOUT 8 SERVINGS

Ingredients

- Nonstick cooking spray
- 4 cups corn squares cereal
- 2 tablespoons evaporated milk
- 1 ½ tablespoons margarine
- 4 ounces caramel candy pieces (about ½ cup or 10 caramels)
- ¼ cup chocolate chips

Directions

1. Heat oven to 300 degrees F. Coat a baking sheet with cooking spray.
2. Spread cereal in a single layer on pan.
3. In a medium saucepan, heat milk, butter, and caramels over low heat, stirring constantly, until caramels are melted.
4. Pour over cereal, stirring until evenly coated.
5. Bake 20 to 24 minutes, stirring after 10 minutes, until golden brown.
6. In a saucepan, melt chocolate chips over very low heat. Stir until melted. Drizzle chocolate over snack. Refrigerate about 30 minutes or until chocolate is set.

Nutrition Information for 1 serving (about ½ cup) of Caramel Chocolate Drizzles							
Calories	160	Cholesterol	5 mg	Sugar	14 g	Vitamin C	5 mg
Calories from Fat	50	Sodium	150 mg	Protein	2 g	Calcium	33 mg
Total Fat	5 g	Total Carbohydrate	27 g	Vitamin A	158 RAE	Iron	5 mg
Saturated Fat	2 g	Dietary Fiber	0 g				

Recipe adapted from Food.com

SKILLET TACO CASSEROLE

MAKES ABOUT 6 SERVINGS

Ingredients

- 1 pound lean ground beef (or use ground turkey instead)
- 2 cups corn squares cereal, crushed
- 1 cup low-sodium kidney beans, drained
- 1 can (about 15 ounces) low-sodium tomato sauce
- 1¾ cups fresh tomatoes (or 1 can (about 15 ounces) low-sodium diced tomatoes, undrained)
- 1 cup corn, low-sodium canned, drained
- 1 tablespoon chili powder
- ½ teaspoon garlic powder
- ¼ teaspoon black pepper
- ½ cup reduced-fat cheddar cheese, shredded

Directions

1. In large skillet, cook ground beef until brown. Drain off fat.
2. Stir in corn squares cereal, beans, tomato sauce, tomatoes, corn, chili powder, garlic powder, and pepper. Bring to a boil. Reduce heat and cook, stirring frequently, for 5 minutes.
3. Remove from heat. Sprinkle with cheese. Let stand, covered, for 10 minutes or until cheese is melted.

Nutrition Information for 1 serving of Skillet Taco Casserole							
Calories	370	Cholesterol	60 mg	Sugar	8 g	Vitamin C	27 mg
Calories from Fat	140	Sodium	310 mg	Protein	25 g	Calcium	200 mg
Total Fat	16 g	Total Carbohydrate	34 g	Vitamin A	167 RAE	Iron	8 mg
Saturated Fat	7 g	Dietary Fiber	5 g				

Recipe adapted from Food.com