

**Canned hominy
is a starchy
vegetable that
supports heart
health.**

Canned Hominy



What is canned hominy?

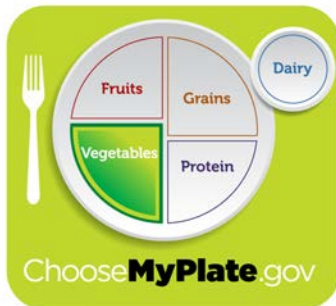
Hominy is dried whole field corn kernels that have been cooked and soaked in a lye or lime solution. This softens the kernel and makes it easier for the body to break down. Canned hominy is fully cooked and ready to eat.

How to use canned hominy:

1. Rinse the can before opening it to remove any dirt or dust.
2. Drain and rinse hominy to remove extra sodium (salt) and canning liquids.
3. Add to soups, stews, casseroles, or salads.

What does it taste like?

Hominy has a mild corn flavor, not as sweet as canned sweet corn. Instead, it is more nutty, similar to a chickpea. It has a fluffy but chewy texture.



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Chicken Pozole

Servings per recipe: 6 Prep time: 10 minutes
Serving size: 1¼ cups Cook time: 20 minutes

Ingredients

1 onion, chopped
3 large carrots, chopped
3 celery stalks, chopped
½ tablespoon garlic, finely chopped
2 tablespoons vegetable oil
2 15-oz cans hominy
1 can chicken (10-12 ounces)
4 cups water
1 teaspoon cayenne (optional)
½ teaspoon chili powder (optional)
½ teaspoon oregano (optional)
½ teaspoon salt
¼ teaspoon pepper

Directions

1. In a medium-sized pot, brown onion, carrots, celery, and garlic in vegetable oil over medium heat for 10 minutes.
2. Add hominy, chicken, and water. If using cayenne pepper, chili powder, or oregano, add that, too. Mix well.
3. Bring pot to a boil. Lower heat and cook for about 10 minutes.
4. Add salt and pepper. Serve hot.



This recipe was adapted from myplate.gov

Nutrition Facts

6 servings per container	
Serving size	1 1/4 cup
Amount Per Serving	
Calories	220
% Daily Value*	
Total Fat 9g	12%
Saturated Fat 1g	5%
Trans Fat 0g	
Polyunsaturated Fat 3g	
Monounsaturated Fat 4g	
Cholesterol 40mg	13%
Sodium 440mg	19%
Total Carbohydrate 22g	8%
Dietary Fiber 5g	18%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 15g	30%
Vitamin D 0mcg	0%
Calcium 42mg	4%
Iron 1mg	6%
Potassium 256mg	6%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. This institution is an equal opportunity provider.

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