



HOMINY, WHOLE, GOLDEN, LOW-SODIUM, CANNED

Date: September 2009

Code: A052

PRODUCT DESCRIPTION

- Canned hominy is whole, golden (yellow) U.S. Grade A.
- Hominy is made by removing corn's outer covering after the corn has been soaked to uncover the inside kernel of the corn.

PACK/YIELD

- Each can contains about 15 ½ ounces, which is about 3 ½ servings (½ cup each) after cooking and draining.

STORAGE

- Store unopened hominy in a cool, clean, dry place.
- Store remaining opened hominy in a tightly covered container not made from metal and refrigerate.
- Look at the "Best if used by" or "Best by" date on the can.
- 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>.

PREPARATION/COOKING

- Canned products are fully cooked, so it is safe to eat them without cooking.
- If heated, serve right away or refrigerate leftovers in a container not made from metal.

USES AND TIPS

- Hominy is used in soups and stews like menudo and pozole, as well as in breads, chili, and casseroles.
- Add hominy to salads, serve with or without other vegetables as a side dish, or may be shaped into patties (cakes).

NUTRITION INFORMATION

- ½ cup of corn counts as ½ cup in the MyPyramid.gov Vegetable Group. For a 2,000-calorie diet, the daily recommendation is about 2 ½ cups of vegetables.

FOOD SAFETY INFORMATION

- If the can is leaking or the ends are bulging, **throw it away.**
- If the canned food has a bad odor or liquid spurts out when the can is opened, **throw it away.**

OTHER RESOURCES

- www.nutrition.gov
- www.commodityfoods.usda.gov

NUTRITION FACTS

Serving size: ½ cup (80g) hominy, low-sodium, canned, drained

Amount Per Serving

Calories	58	Calories from Fat	5
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% Daily Value*

Total Fat 1g	1%
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Saturated Fat 0g	0%
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<i>Trans</i> Fat 0g	
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Cholesterol 0mg	0%
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Sodium 140mg	6%
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Total Carbohydrate 11g	4%
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Dietary Fiber 2g	8%
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Sugars 0g	
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Protein 1g	
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Vitamin A	2%	Vitamin C	0%
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Calcium	1%	Iron	3%
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*Percent Daily Values are based on a 2,000 calorie diet.

BEEF AND HOMINY SKILLET

MAKES ABOUT 4 SERVINGS

Ingredients

- 1 ½ pounds ground beef
- 1 can low-sodium hominy
- 2 cups fresh tomatoes, diced or chopped (or 1 can (15 ½ ounces) tomatoes, diced)
- 1 can (15 ½ ounces) tomato sauce
- Salt and pepper, to taste

Directions

1. In a large skillet brown ground beef until cooked thoroughly. Drain fat.
2. Mix all ingredients together in the skillet and bring to a boil.
3. Reduce heat to low-medium heat, cover pan, and cook for about 1 hour or until most of liquid is gone.

Tip

Serve with vegetables or a salad.

Nutrition Information for 1 serving of Beef and Hominy Skillet							
Calories	485	Cholesterol	102 mg	Sugar	9.4 g	Vitamin C	33 mg
Calories from Fat	162	Sodium	213 mg	Protein	35.4 g	Calcium	88 mg
Total Fat	18 g	Total Carbohydrate	30 g	Vitamin A	36 RAE	Iron	4.9 mg
Saturated Fat	7 g	Dietary Fiber	4.9 g				

Recipe adapted from Recipezaar.com.

CHILI HOMINY BAKE

MAKES ABOUT 8 SERVINGS

Ingredients

- 1 ½ pounds ground beef
- ½ cup onion, chopped
- 1 can (15 ½ ounces) low-sodium hominy, drained
- 1 can (16 ounces) tomatoes
- 1 tablespoon chili powder
- 2 tablespoons all-purpose flour
- Salt and pepper, to taste
- 1 cup American cheese, grated

Directions

1. Preheat oven to 375 degrees F.
2. In a large skillet brown ground beef and onion until cooked thoroughly. Drain well. Stir in tomatoes (including juice), drained hominy, chili powder, flour, and salt and pepper. Mix well.
3. Pour mixture into a 2 quart oven safe baking dish.
4. Bake for 20 minutes.
5. Top with cheese and continue baking for 5 minutes or until cheese has melted.

Nutrition Information for 1 serving of Chili Hominy Bake							
Calories	273	Cholesterol	70 mg	Sugar	2 g	Vitamin C	11 mg
Calories from Fat	133	Sodium	391 mg	Protein	21 g	Calcium	144 mg
Total Fat	15 g	Total Carbohydrate	13 g	Vitamin A	62 RAE	Iron	2 mg
Saturated Fat	7 g	Dietary Fiber	2 g				

Recipe adapted from Recipezaar.com.