

Easy & Delicious Canned Corn Recipe

Canned corn doesn't have to be plain and boring. Check out this quick and easy canned corn recipe. You'll have a delicious and nutritious side in minutes!



5 from 4 votes

 Course	Side Dish
 Cuisine	American
 Keyword	canned corn, canned corn recipe
 Prep Time	5 minutes
 Cook Time	10 minutes
 Total Time	15 minutes
 Servings	4 people
 Calories	128kcal
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Equipment

- [Redmond Real Salt](#)

Ingredients

- 15 oz corn 1 can
- 1 tablespoon butter
- 1 garlic clove minced or pressed
- 1 teaspoon dried parsley or 2 teaspoons fresh parsley
- 1/2 teaspoon [salt](#)
- 1/4 teaspoon pepper

Instructions

1. Drain off half of the liquid from the corn.
2. Pour the remaining liquid and corn in a small saucepan over medium heat.
3. Add butter, garlic, parsley (if using dried), salt and pepper.
4. Simmer until the liquid is almost completely gone, about 5-7 minutes.
5. Taste and adjust seasonings (if you're using fresh parsley, add at this point).

Nutrition

Calories: 128kcal | Carbohydrates: 22g | Protein: 3g | Fat: 4g | Saturated Fat: 2g | Cholesterol: 7mg | Sodium: 317mg | Potassium: 231mg | Fiber: 2g | Sugar: 4g | Vitamin A: 365IU | Vitamin C: 6.1mg | Calcium: 3mg | Iron: 0.5mg

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