

Corn Salsa Chipotle Recipe

Apr 17, 2026 · corn, (*Zea mays*), cereal plant of the grass family (*Poaceae*) and its edible grain. The domesticated crop originated in the Americas and is one of the most widely distributed of the world's ... This guide will explain what research and experts say about how nutritious corn is, its benefits, uses, and more. Nov 13, 2023 · Corn has a sweet taste, but it can be a healthy treat. Learn about the different types and the nutritional benefits. Sep 16, 2025 · What is Corn? Corn, also known as maize, is a cereal grain that originated in Central America about 9,000 years ago. It belongs to the grass family and has become a staple crop ... Europeans who were accustomed to the names "wheat corn", "barley corn", and "rye corn" for other small-seeded cereal grains referred to the unique American grain maize as "Indian corn." Dec 2,

2025 · Botanically speaking, corn is a fruit since it's produced from the flower or the ovary of the corn plant. But food-wise, corn can be considered either a vegetable or a grain, depending on a ... Today's corn commodity prices and futures. Get the latest news impacting corn prices, and get expert market analysis on corn markets. Apr 21, 2026 · Is corn good for you? Find out how it benefits digestion, supports heart health, provides energy, and which forms may be more optimal to eat regularly. Aug 3, 2023 · "You can eat corn fresh, frozen or canned. Any way you eat it, corn can be part of a healthy diet — just don't add a lot of extras like butter and salt," says Homan. Instead, try healthier ... Jun 14, 2023 · Corn, also known as maize, is one of the most popular grains in the world. Whole corn is high in various nutrients, especially fiber and

antioxidants.

Corn: 20 Benefits, Nutrition, Side Effects, Uses & How Much to Eat

Corn 101: Nutrition Facts and Health Benefits

Maize - Wikipedia

What Happens to Your Body When You Eat Corn Regularly

Is Corn Good for You? - Cleveland Clinic Health Essentials

Is Corn a Vegetable, a Fruit or a Grain? - EatingWell

Corn | History, Cultivation, Uses, & Description | Britannica

Corn Commodity Markets, Prices & Futures - AgWeb

Corn Guide: Nutrition, Benefits, Side Effects, More

[Corn: Kinds, Nutrition,](#)

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