

Corn and Squash Sauté



**GREATER
CHICAGO**
- **FOOD** -
DEPOSITORY.

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Serves: 4
Prep: 10 minutes | **Cook:** 20 minutes

INGREDIENTS

- 1/2 tablespoon cooking oil
- 1 cup onion, diced
- 1-2 ears corn, husks removed
- 1 cup zucchini, diced
- 1 poblano or bell pepper, seeded and diced
- 1 teaspoon dried oregano
- 1/4 teaspoon salt
- 2 cloves garlic, minced
- 1/4 cup queso fresco cheese, crumbled



DIRECTIONS

1. Fill a large pot about halfway with water. Bring to a boil over medium-high heat. Add corn to boiling water and cook until kernels are tender, about 3-5 minutes.
2. Allow to cool. Use a knife to carefully remove kernels from the cobs and place kernels in a bowl.
3. In a medium nonstick skillet, heat oil over medium-high heat. Add onion and cook for 10 minutes, stirring frequently. Add corn, zucchini, poblano or bell pepper, oregano, salt, and garlic to skillet and cook for 8 minutes more, stirring occasionally.
4. Sprinkle with cheese and serve hot.

Nutrition Information	
Serving Size: 3/4 cup	
Total Calories	133
Total Fat	6 g
Saturated fat	3 g
Cholesterol	10 mg
Sodium	223 mg
Carbohydrates	17 g
Fiber	2 g
Sugars	5 g
Protein	5 g

Notes:

- Add a can of drained and rinsed black beans for added protein.
- If you don't have fresh corn, substitute with canned or frozen corn.

Recipe source: Nutrition Education
and Obesity Prevention Branch