Corn and Squash Sauté

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.

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.

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  

Recipe source: Nutrition Education and Obesity Prevention Branch

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