



Try it “Tuesdays”



Nutrition information per serving:

Calories

100

Carbohydrate

16 g

Dietary Fiber

3 g

Protein

3 g

Total Fat

3 g

Saturated Fat

1 g

Trans Fat

0 g

Cholesterol

Less than

5 mg

Sodium

170 mg

Corn & Squash Sauté

Makes: 4 servings, 3/4 cup per serving

Preparation Time: 10 Minutes

Cooking Time: 20 minutes

Ingredients

- 1/2 tablespoon vegetable oil
- 1 cup chopped onion
- 1 cup fresh or frozen corn, thawed
- 1 cup chopped zucchini
- 1 teaspoon dried oregano
- 1/4 teaspoon salt
- 2 cloves garlic, chopped
- 1 poblano pepper, seeded and chopped
- 1/4 cup crumbled Queso Fresco cheese

Directions

In a medium nonstick skillet, heat oil over medium-high heat. Add onion and cook for 10 minutes, stirring frequently. Add vegetables and seasonings to skillet and cook for 8 minutes more, stirring occasionally. Sprinkle with cheese and serve hot.

Tip: Spoon into corn or whole wheat tortillas for a great meatless taco or burrito filling.

For more information, Contact your local EFNEP office

