



Corn and Squash Sauté

*To make this flavorful side dish a whole meal,
just add a can of drained and rinsed black beans.*

Makes 4 servings. *¾ cup per serving.* | **Prep time:** 10 minutes | **Cook time:** 20 minutes

½ tablespoon vegetable oil
1 cup chopped onion
1 cup fresh or frozen corn,
thawed
1 cup chopped zucchini
1 teaspoon dried oregano
¼ teaspoon salt
2 cloves garlic, chopped
1 poblano pepper, seeded
and chopped
¼ cup crumbled
Queso Fresco cheese

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

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



**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

