



# Spicy Corn and Zucchini

**SERVINGS: 6**

**TIME: 20 minutes**

## Ingredients:

- 1½ tablespoons vegetable oil
- ½ cup onion, diced small (or ½ tsp onion powder)
- 1 garlic clove, minced (or ¼ tsp garlic powder)
- 2 zucchinis, diced small
- 2½ cups corn kernels (or 2 15-oz cans, drained)
- Spicy pepper, minced (or dried - optional)
- 2 tomatoes, diced (or 2 cups or 1 15-oz can)
- Salt and black pepper (to taste)
- 2 tablespoons cilantro, chopped (optional)



## Directions:

1. Pre-heat cooking pan; add oil and heat.
2. Sauté onion and garlic for 1 minute; add zucchini.
3. Cover and cook for 5 minutes; add corn and pepper.
4. Stir to prevent browning; cook for about 3 minutes.
5. Add tomatoes, stir and season to taste; cover and simmer until vegetables are tender.
6. Garnish with cilantro.

## Make it a Meal:

This quick summer vegetable sauté is packed with nutrients, including complex carbohydrates. Add a lean protein like chicken breast or beans to complete the dish. Serve with fruit for a naturally sweet dessert!

Adapted from: [MexicoInMyKitchen.com](http://MexicoInMyKitchen.com)