

ZUCCHINI WITH CORN AND PEPPERS

PREP TIME

25 minutes

COOK TIME

12 minutes

SERVINGS

8

INGREDIENTS

- 1 1/2 tablespoon olive oil
 - 1/2 teaspoon salt
 - 1/4 teaspoon pepper
 - 1 onion, chopped
 - 2 ears of corn, husked, silks removed, kernels sliced off cob (1 1/2 cups of kernels)
 - 1/2 jalapeño pepper (seeded and minced)
- 4 zucchini (sliced)
 - 1 red bell pepper (cored, seeded and diced)
 - 2 gloves garlic (minced)

INSTRUCTIONS

1. In a large skillet, heat the oil over medium heat. Add the onion and sauté for 5 minutes. Add the garlic and red and jalapeño peppers and sauté for 2 minutes.
2. Add the zucchini and sauté for 3 to 4 minutes. Add the corn to the skillet and sauté for 2 to 4 minutes. Season with the salt and black pepper.

Nutrition Facts

Serving size

Amount Per Serving

Calories **80**

	% Daily Value*
Total Fat 3g	4%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Sodium 150mg	7%
Total Carbohydrate 11g	4%
Dietary Fiber 2g	7%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 2g	4%

Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

