




SOUTHWEST SUMMER VEGETABLE SAUTÉ



INGREDIENTS

- 2 tablespoons canola oil
 - 2 mild green chiles, diced (or one 4-ounce can mild green chilies)
 - 2 ears of corn, kernels cut off the cob (or about 1 1/2 cups of frozen corn or canned corn, rinsed)
 - 2-3 cloves garlic, minced
 - 1/2 teaspoon kosher salt
 - 1/4 teaspoon ground black pepper
 - 2 teaspoons cumin (optional)
 - 2 large tomatoes, diced
 - 1 medium zucchini, diced
 - 1/2 bunch cilantro, chopped (optional)
- 

DIRECTIONS

1. Heat a large sauté pan over medium-high heat.
2. Add **canola oil** and heat until simmering.
3. Add **chiles** and cook 2-3 minutes or until slightly softened.
4. Add **corn, garlic, salt, and pepper** and cook 2-3 minutes or until corn is tender.
5. Add **cumin** (if using). Cook 1-2 minutes.
6. Add **tomatoes** and **zucchini** and cook until **zucchini** is tender, 3-4 minutes. Remove from heat.
7. Sprinkle with chopped **cilantro** (if using).

SERVES 6

TOOLS AND EQUIPMENT

Measuring spoons and cups, whisk or fork, knife, cutting board, mixing bowl, mixing spoon or spatula, can opener.

GREAT ADDITIONS/SUBSTITUTIONS

Diced bell peppers, sliced okra, chopped spinach or other greens, sliced green onions, diced red, white, or yellow onion, and lima beans (fresh or frozen). If you don't have fresh tomatoes, you could use canned petite diced tomatoes (drained); swap bell peppers for green chilies, olive oil for canola oil.

BROUGHT TO YOU BY

 **ShapeYourFutureOK.com**

 A Program of
TSET

 **School of
COMMUNITY
MEDICINE**