



Calabacitas

INGREDIENTS:

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| 2 cups | Diced yellow squash |
| 2 cups | Diced zucchini |
| 1 cup | Frozen corn, thawed |
| 1 tsp | Olive oil |
| ¼ tsp | Salt |
| ¼ tsp | Pepper |
| 1 ½ tsp | Cilantro, chopped |
| 2 each | Roma tomatoes |
| ½ each | Large onion, diced |
| 1 each | Garlic clove, minced |
| ¼ cup | 2% sharp cheddar cheese |

PREPARATION:

- Heat sauté pan to medium high heat.
- Sauté squash, zucchini and corn in olive oil.
- Season with salt, pepper and cilantro.
- Pureé tomatoes, onion and garlic in a food processor.
- Pour tomato mixture over squash, zucchini and corn
- Simmer slowly for about 15 minutes.
- Serve hot and garnish with 2% Sharp Cheddar Cheese.

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| Number of Servings: | 3 |
| Serving Size: | 1/2 cup |
| Calories: | 60 |
| Fat Grams: | 2 |

