



Calabacitas

INGREDIENTS:

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.

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

