

Calabacitas

Recipe type: main dish, side dish

Serves: 4 as a main, 8 as a side

Time: 30 minutes



Ingredients

- 2 tablespoons olive oil or butter
- 1 yellow onion, chopped
- ½ cup green chilies, diced*
- 4 medium zucchini or yellow squash, sliced
- 1 can (or 1.5 cups) corn, drained
- 1 cups chopped tomatoes
- 1 cup grated jack or cheddar cheese
- Salt and pepper, to taste
- Cilantro, to serve (optional)

Directions

1. Heat oil or butter in a large pan over medium heat. Sauté the onion, chilies, and zucchini for 4-5 minutes. Season with salt and pepper.
2. Add the corn and tomatoes and simmer 15-20 minutes, until squash is tender. Stir in the shredded cheese and cook just until it has melted.
3. Top with cilantro and serve with warm tortillas.

*May substitute ½ cup bell pepper for milder version



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