



Recipe



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**OPERATION
FRONTLINE**
NO KID HUNGRY

Calabacitas

- 3 tablespoons extra-virgin olive oil or canola oil
- 2 cups corn kernels, defrosted
- 4 cloves garlic, smashed
- 1 green chile pepper seeded and chopped or, 2 jalapenos or serranos, seeded and chopped
- 2 small to medium zucchini, diced
- 1 small to medium yellow squash, diced
- 1 large yellow skinned onion, chopped
- 1(14-ounce) can diced tomatoes
- 8 oz. Mushrooms, white or cremini, chopped
- 2 teaspoons dark chili powder
- Salt and pepper
- 2 cups Queso Cotija, Queso Fresco o Panela
- 3 scallions, chopped
- 2 tablespoons chopped cilantro leaves or flat-leaf parsley
- Salt to taste

Heat a large skillet over medium high heat.

Add remaining 2 tablespoons extra-virgin olive oil, corn, garlic and chilies.

Sauté 3 minutes, add zucchini and yellow squash and onions, season with salt and chili powder; cook 7 to 8 minutes.

Add tomatoes and heat through.

Can be served in tortillas, as a side dish, a vegetarian main dish, on sopes, as filling for tamales, etc.....

Garnish with chopped scallions and cilantro or flat-leaf parsley.

* Add black beans or chicken & serve w/ rice