JUNE: Calabacitas Con Elote (Zucchini with Corn)•

Makes: 4 servings. Total Time: 25 minutes

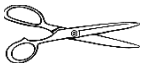
Ingredients:

¾ pound Local Zucchini, sliced
1 Small Onion, sliced
1 Green Bell Pepper, sliced
1 Red Bell Pepper, sliced
¾ pound Tomatoes, fresh, diced (outside Tomato season, use 1 can of diced Tomato)
2 ears corn, kernels sliced off the cob (raw)
1 Tablespoon vegetable oil
½ teaspoon Kosher Salt Ground Black Pepper, to taste
Cojita cheese, 4 ounces (optional)

Directions:

Heat oil in a pan; add green and red peppers and cook, stirring frequently, about 3 minutes.
Add onion and cook another 3 minutes, stirring frequently.
Add zucchini, corn, salt, and pepper, cook 5 minutes, stirring frequently.
Mix in diced tomatoes, sauté 3 minutes, remove from heat and serve.

Recipe Notes: Add a topping of crumbled Cojita cheese once portioned.



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HOME SURVEY: Fill out and return this survey to your homeroom teacher.

1. Did your children help prepare this recipe?

(circle one) YES NO

2. Did your family enjoy preparing this month's featured recipe?

YES NO

3. Is this the first time your family members have tried this vegetable / fruit?

YES NO

4. Did your family members learn new facts or information about this month's fruit or vegetable?

YES NO

5. Did your family like this month's featured item?

YES NO