

Fresh Corn and Zucchini Saute

Ingredients

- 1/4 cup butter
- 1/2 small white onion, finely diced
- 3 small zucchinis, diced
- 1 15 oz can of corn
- Salt to taste
- Black pepper to taste

Recipe taken from: [://www.allrecipes.com/recipe/232549/fresh-corn-and-zucchini-saute/?internalSource=streams&referringId=923&referringContentType=Recipe%20Hub&clickId=st_trending_b](http://www.allrecipes.com/recipe/232549/fresh-corn-and-zucchini-saute/)

DIRECTIONS

1. Heat butter in a pan over medium heat, stirring occasionally, until lightly browned, 1 to 2 minutes.
2. Heat and stir onion in the melted butter until the onion is slightly clear, about 5 minutes.
3. Add the zucchini and corn; cook and stir until zucchini is soft, about 8 minutes.
4. Season with salt and pepper to taste and serve.

NUTRITION INFO

Serving Size: 1 (83 g)	
Servings Per Recipe: 4	
Amount Per Serving	% Daily Value *
Calories: 178	
Total Fat: 12.5g	19 %
Saturated Fat: 7.0g	
Cholesterol: 31mg	10 %
Sodium: 181mg	7 %
Potassium: 434mg	12 %
Total Carbohydrates: 16.8g	5 %
Dietary Fiber: 3g	12 %
Protein: 3.5g	7 %
Sugars: 4g	
Calcium: 21mg	2%
Iron: 2mg	10%

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Pantry Location & Time:
**School of Family and
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Room 187-5PM to 7PM

