

July 2011

AH! - the hot days of July bring on a harvest of wonderful, nutritious foods. If you are looking for ways to cook your bounty of zucchini - this is a great side dish that can be made any time of the year, but is especially wonderful with fresh from the field zucchini and corn. Hope you give it a try! Enjoy!



Zucchini Sauté

4 Tbsp. Margarine or butter
3-4 med. Zucchini – grated
Salt and pepper to taste

1 C. chopped onion
2 C.+ Corn niblets – frozen or fresh

- Melt margarine/butter in frying pan, add onion and sauté until transparent; about 5 minutes.
 - Add grated zucchini and cook 2-3 min.; add corn and salt and pepper. Cook and stir for 5-10 min until corn is heated through.
- Serves 6-8 as a side dish

Notes:

- ~ I like to keep on hand 10-oz. bags of frozen corn for this and I use the whole bag. There is no secret formula - use whatever proportions you like.
- ~ It is also GREAT with leftover fresh corn, roasted on the grill with a drizzle of olive oil, salt & pepper. Cut off the cob and use with the zucchini