

Zucchini with Corn and Cilantro

Health

Prep Time	Cook Time	Yield
6 Mins	7 Mins	4 servings (serving size: 3/4 cup)

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Use this vegetable medley as a fresh substitute for salsa or guacamole salad on a Tex-Mex fiesta plate.

Substitute this vegetable medley for salsa and cut total sodium to nearly a tenth. Or swap it for guacamole for one-tenth the fat and half the calories. Serve with baked tortilla chips for a deliciously satisfying snack.

Recipe Is: Diabetic, Low Calorie, Low Cholesterol, Low Fat, Low Saturated Fat

Ingredients

- 1 teaspoon olive oil
- 3 1/2 cups cubed zucchini (about 1 pound)
- 1 cup frozen whole-kernel corn
- 1 tablespoon chopped fresh cilantro
- 1 teaspoon fresh lime juice
- 1/4 teaspoon salt
- 1/8 teaspoon freshly ground black pepper

How to Make It

Step 1 Heat oil in a large nonstick skillet over medium-high heat. Add zucchini and corn; cook, stirring occasionally, 7 to 8 minutes or until zucchini is crisp-tender.

Step 2 Remove from heat, and stir in cilantro and remaining ingredients.

Cooking Light Superfast Suppers

Nutritional Information

- Calories per serving 62,
- Calories from fat per serving 23%,
- Fat per serving 1.6g,
- Saturated fat per serving 0.2g,
- Monounsaturated fat per serving 0.9g,
- Polyunsaturated fat per serving 0.3g,
- Protein per serving 2.6g,
- Carbohydrate per serving 12g,
- Fiber per serving 2.4g,
- Cholesterol per serving 0.0mg,
- Iron per serving 0.7mg,
- Sodium per serving 152mg,
- Calcium per serving 19mg.