

Tex-Mex Corn and Zucchini

Serves 4; 1/2 cup per serving

Colorful and a snap to make, this side dish is sure to become one of your favorites.

1 tablespoon light tub margarine

2 small zucchini (about 6 ounces each), cut crosswise into 1/4-inch slices

1 cup frozen whole-kernel corn

2 medium garlic cloves, minced

1 medium fresh jalapeño pepper, seeds and ribs discarded, chopped

1/2 teaspoon ground cumin

1/4 teaspoon salt

1/4 teaspoon pepper

In a medium nonstick skillet, melt the margarine over medium-high heat, swirling to coat the bottom. Add the zucchini, corn, garlic, and jalapeño, stirring to combine. Cook for 7 to 9 minutes, or until the zucchini is just tender and lightly browned, stirring frequently. Sprinkle with the cumin, salt, and pepper. Stir gently.

Cook's Tip: Hot chile peppers, such as jalapeños, contain oils that can burn your skin, lips, and eyes. Wear disposable plastic gloves or wash your hands thoroughly with warm, soapy water immediately after handling hot peppers.

NUTRITION ANALYSIS (per serving)

Calories	64
Total Fat	1.5 g
Saturated Fat	0.0 g
Trans Fat	0.0 g
Polyunsaturated Fat	0.5 g
Monounsaturated Fat	0.5 g
Cholesterol	0 mg
Sodium	177 mg
Carbohydrates	13 g
Fiber	2 g
Sugars	3 g
Protein	2 g

Dietary Exchanges: 1 starch

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