

CALABACITAS

Serving size: ½ cup

Makes 8 servings

- 2 TBSP Canola Oil
- 1 ¾ cups Zucchini Squash, diced
- 1 ¾ cups Yellow Squash, diced
- 1 ¼ cups Corn Kernels, fresh
- 1 ¼ cups Yellow Onion, diced
- 1 cup Hatch Green Chili Peppers, diced
- 1 ½ tsp Garlic, minced
- ¼ tsp salt
- ¼ tsp Black Pepper

Preparation:

1. In a bowl, toss together oil, zucchini, yellow squash, corn, onions, hatch chilies, garlic, salt, and pepper.
2. Place vegetables on a sheet pan and roast in 350°F oven until tender and golden brown, about 15 – 20 minutes.



NUTRITION FACTS

PER SERVING

calories	85
total fat (g)	4
saturated fat (g)	0
sodium (mg)	85
total carbohydrate (g)	12
dietary fiber (g)	2
added sugar (g)	0
protein (g)	2

*If hatch green chilies are not available, substitute with Anaheim Chilies or other green chilies.