Zucchini and Corn Sauté

2 cups fresh or frozen corn
2 medium zucchini, thinly sliced
1 medium green pepper, thinly sliced
1 medium sweet red pepper, thinly sliced
2 tablespoons canola oil (optional)
1 teaspoon garlic salt (optional)
½ teaspoon Italian seasoning

In a large skillet, sauté zucchini and peppers in oil until crisp-tender, about 4 minutes. Add remaining ingredients. Sauté 3 to 4 minutes longer or until corn is tender.

Yield: 10 servings.

Nutritional Analysis: 62 calories, 2 g protein, 9 g carbohydrate, 2 g fiber, 3 g fat, 230 mg sodium.

—Simpson County Cooperative Extension Service.

Prepared by Pam Sigler. Adapted from Vegetables for Wellness: Kentucky Corn (FSHE-4), Sandra Bastin, Ph.D., R.D. L.D., Food and Nutrition Extension Specialist.

For more information, contact your county’s Extension agent for Family and Consumer Sciences or visit the Web site for Family and Consumer Sciences, College of Agriculture, University of Kentucky, at <www.ca.uky.edu/agcollege/fcs>.