

# Corn-Zucchini-Tomato Saute'

*Preparation Time: 10 minutes*

*Cooking time: 8 minutes*

1 ½ tablespoons reduced-calorie stick margarine  
2 cups fresh corn cut from cob (about 3 ears)  
1 medium-size zucchini, trimmed and thinly sliced  
½ cup sliced green onions  
¼ cup chopped green pepper

1 cup peeled and chopped tomato  
2 teaspoons chopped fresh basil  
2 teaspoons chopped fresh oregano  
1 teaspoon sugar  
¼ teaspoon salt  
¼ teaspoon salt-free lemon-pepper seasoning

**1** Melt margarine in a large skillet over medium-high heat. Add corn and next 3 ingredients; saute' vegetables 5 minutes or until crisp-tender.

**2** Add tomato and remaining ingredients. Cook over medium heat until vegetables are tender, stirring frequently. Yield: 8 (½-cup) servings.

**Nutritional content per serving:**    Calories 60  
Fat        2.0g (Sat Fat 0.3g)    Carbohydrate 10.8g    Fiber        2.0g  
Protein 1.9g                    Cholesterol    0mg           Sodium 104mg

*Providing guidance and support to make the "healthy choice the easy choice!"*



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