

Calabacitas



Makes:

6 servings, 1 cup each

Utensil:

Saladmaster Food Processor
9 Qt./8.5 L Braiser Pan with Cover

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Contributed By:

The Cancer Survivor's Guide
The Cancer Project of the Physicians Committee for Responsible
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Recipe Description:

This flavorful dish has just 93 calories and zero grams of fat and cholesterol per serving. It's delicious and the corn adds just a touch of sweetness to the snappy spices. Plus, it couldn't be easier to prepare.

1
onion, yellow, processed, use Cone #3
3
cloves
garlic, minced
2
zucchini, sliced, use Cone #4
8
ounces
mushrooms, sliced, use Cone #4
(227
g)
12
ounces

corn kernels
(340
g)
1
teaspoon
cumin
(3
g)
1
teaspoon
chili powder
(3
g)
 $\frac{1}{2}$
teaspoon
salt
(3
g)
 $\frac{1}{2}$
teaspoon
black pepper
(1
g)

Directions:

1. Preheat pan on medium heat. When several drops of water sprinkled on pan skitter and dissipate, approximately 4 minutes, add onion and garlic. Sauté until translucent, approximately 4 minutes.
2. Add zucchini, mushrooms, corn and spices. Stir until mixed. Cover and cook until Vapo-Valve? clicks. Serve warm.

Nutritional Information per Serving

Calories:

93

Total Fat:

1g

Saturated Fat:

0g

Cholesterol:

0mg

Sodium:

208mg

Total Carbs:

19g

Dietary Fiber:

2g

Protein:

4g

