

Calabacitas



Makes:

6 servings, 1 cup each

Utensil:

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

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Recipe:

Contributed By:

The Cancer Survivor's Guide
The Cancer Project of the Physicians Committee for Responsible
Medicine

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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.

½ teaspoon
black pepper

(1
9)

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 19g
Carbs:
Dietary Fiber: 2g
Protein: 4g