

CORN ZUCCHINI SAUTÉ

By Dorothy Zehnder

Prep/Total Time: 30 min.

3/4 cup chopped sweet onion
3 tablespoons olive oil
2 garlic cloves, minced
3 medium zucchini, quartered lengthwise and sliced
1 plum tomato, seeded and chopped
1 can (15-1/4 ounces) whole kernel corn, drained
1 tablespoon dried parsley flakes
1/4 cup water
1/4 teaspoon pepper
1/8 teaspoon salt
1/8 teaspoon Bavarian Inn All-Purpose Seasoning
1/2 cup shredded cheddar cheese

In a large skillet, sauté onion in oil until tender. Add garlic; sauté for 1 minute. Add the zucchini and tomato. Cook for 5 minutes, stirring occasionally.

Stir in the corn, water, parsley and seasonings. Bring to a boil. Reduce heat; simmer, uncovered, for 10 minutes. Sprinkle with cheese. Cover and cook 2 minutes longer or until cheese is melted. Yield: 4 servings.

Note from Dorothy: This is a great recipe to use some of your garden's bounty. It calls for canned corn, but in the summertime I like to substitute fresh corn from my garden that is cut off the cob. Blanch and cool the corn before cutting off the cob so it is cooked a little prior to adding to the recipe.