

Serves 6

# Spiced Summer Vegetables

- 2 teaspoons canola oil
- 1 medium onion, chopped
- 1 1/2 pounds zucchini, cut into chunks (about 2 large or 4 medium zucchini)
- 2 fresh tomatoes, cored and diced
- 2 1/2 cups of corn kernels, fresh, cooked
- 2 tablespoons lime juice
- 3 teaspoons chili powder
- 1/2 teaspoon pepper to taste, freshly ground

## Hint:

- If fresh corn is not available, use canned or frozen corn.

1. Wash and prepare vegetables.
2. In a large, deep skillet or wide saucepan, heat oil.
3. Sauté onion in oil until soft.
4. Add vegetables and remaining ingredients.
5. Heat over medium heat until bubbles form.
6. Cook uncovered, stirring often, until zucchini is slightly tender, about 10 minutes.

**Nutrition Facts:** Serving size: 1 cup; Calories: 100; Fruits and Vegetables: 3; Fat: 3 g; Fiber: 4 g

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