



Calanacitas



Yield: 6-8 servings

Ingredients:

- 2 tablespoons extra-virgin olive oil or canola oil
- 2 cups corn kernels, defrosted
- 4 cloves garlic, smashed
- 1 green chile pepper seeded and chopped or, 2 jalapenos or serranos, seeded and chopped
- 2 small to medium zucchini, diced
- 1 small to medium yellow squash, diced
- 1 large yellow skinned onion, chopped
- 1(14-ounce) can diced tomatoes
- 8 oz. Mushrooms, white or cremini, chopped
- 2 teaspoons dark chili powder, salt and pepper
- 2 cups Queso Cotija, Queso Fresco, or Parmesan cheese
- 3 each scallions, chopped
- 2 tablespoons chopped cilantro leaves or flat-leaf parsley
- Salt To Taste

Method of Preparation:

1. Heat a large skillet over medium high heat.
2. Add 2 tablespoons extra-virgin olive oil, corn, garlic and chilies.
3. Sauté 3 minutes, add zucchini and yellow squash, mushrooms, and onions. Season with salt and chili powder; cook 7 to 8 minutes.
4. Add tomatoes and heat through.
5. Can be served in whole wheat tortillas, as a side dish, a vegetarian main dish, as filling for tamales, over brown rice or whole wheat pasta
6. Garnish with chopped scallions and cilantro or flat-leaf parsley