

Mexican Vegetables



I love eating my vegetables, and I think you might even be able to convince your kids that these are really good. (Skip the part about “good for you” – that always kills it!) This casserole is fast and easy to make and can be mild or spicy depending on how you like your veggies!

Ingredients List:

- 3 ears of corn
- 2 small zucchini
- 2 yellow summer squash
- 2 Tbsp. butter
- 3 cloves garlic
- 3-4 tomatoes
- Mild chili powder
- Ground cumin
- ½ fresh green chili
- Sugar
- Salt & pepper



Instructions:



1 Steam the ears of corn, zucchini and summer squash for a couple minutes until cooked but crisp. Set aside to cool.

2 While the vegetables are cooling, dice the tomato and mince the garlic cloves.



3 If the corn is cooled, cut the kernels off the cobs. You may cut the zucchini and squash into bite sized pieces as well.

4 Melt the butter in a pan on medium heat and cook the garlic for about a minute.



5 Add the tomatoes, several pinches of mild chili powder and cumin, the green chili and sugar to taste. Season this mixture with salt and pepper and cook for a few minutes to mix all of the flavors.

6 Add the corn, zucchini and squash and cook for another couple minutes, stirring until the vegetables are heated through.



My standby Mexican cookbook is called the “Cookshelf Mexican” by Marlena Spieler. This recipe is from that book and it’s one I make once a month at least because the veggies taste so fresh and they are hearty enough to be filling on their own.

I can easily see adding white beans to this concoction to get that much needed protein for those on a vegetarian or vegan diet. And, if you make up a double batch, use the leftovers for vegetable soup. Simply add vegetable stock and toss in some noodles or rice to “beef” it up so to speak!

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