

# Little Squash

w/ Corn, Tomatoes & Peppers

- This tasty side dish pays homage to the Mexican dish, Calabacitas, translating to “Little Squash”. This side dish is made with sauteed squash/zucchini, corn, tomatoes and peppers.
- Add 1 can of your favorite beans, drained & rinsed, to make a hearty main dish with 10g of protein and 6g of fiber.
- This dish is a great way to enjoy corn, while adding other vegetables that are lower in carbohydrates, to help keep your blood sugar stable.
- Choose fresh, frozen or canned vegetables to make this dish! Use parmesan cheese in place of cotija. Whatever is available to you.
- You can use only zucchini or only squash, and omit the milk and cheese to make this dish vegan.

## Nutrition Facts

6 servings per container

**Serving size** 1/6 of recipe  
(218g)

Amount per serving

**Calories** 120

% Daily Value\*

**Total Fat** 6g 8%

Saturated Fat 2.5g 13%

Trans Fat 0g

**Cholesterol** 10mg 3%

**Sodium** 75mg 3%

**Total Carbohydrate** 14g 5%

Dietary Fiber 3g 11%

Total Sugars 5g

Includes 0g Added Sugars 0%

**Protein** 5g

Vitamin D 0mcg 0%

Calcium 108mg 8%

Iron 1mg 6%

Potassium 469mg 10%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

# Little Squash

Servings: 6 Prep + Cook Time: ~30 minutes



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## Ingredients:

- 1 Tablespoon olive oil
- 1 small onion, diced
- 1 poblano or bell pepper, diced
- 1.5 cups fresh, frozen or can corn, drained or thawed
- 2 roma tomatoes, diced, or 1 (15oz) can diced tomatoes, drained
- 1 zucchini, half moon slices
- 1 yellow squash, half moon slices
- 3 cloves garlic, minced, or 1 Tablespoon garlic powder
- 1/4 teaspoon, each: black pepper, dried oregano, ground cumin
- 1/4 cup water
- 1/2 cup shredded cheese
- 1/4 cup milk

## Directions:

- 1) Heat oil in a large skillet over medium-high heat.
- 2) Add onions and peppers. Cook for 5 minutes, stirring occasionally.
- 3) Add corn and tomatoes. Cook for 5 more minutes, stirring occasionally.
- 4) Add zucchini, squash, garlic and seasonings. Stir and cook for 5 minutes, stirring every minute or so.
- 5) Add water to the skillet, reduce heat to low, cover and simmer for 5 minutes.
- 6) Uncover the skillet, add the cheese and milk and stir together to melt cheese.
- 7) Remove from heat, top with optional garnishes: cilantro, cotija cheese.
- 8) Serve as a side dish or as a filling for tacos or burritos, on top of tortilla chips

Recipe Credit:

[www.isabeleats.com/calbacitas-recipe/](http://www.isabeleats.com/calbacitas-recipe/)

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