



# Calabacitas con Elote

Prep: 10 minutes | Cook: 15 minutes | Total: 25 minutes

Yield: 4 servings | Serving Size: 1 cup

## Ingredients

- 1 tablespoon olive oil
- 2 medium tomatoes, cut into 1-inch pieces (about 2 cups)
- ½ medium onion, diced (about ½ cup)
- 1 jalapeño, seeded and minced
- ¼ teaspoon salt
- 2 medium zucchini, trimmed, halved lengthwise and cut into 1-inch chunks (about 4 cups)
- 1 cup frozen corn
- 2 tablespoons chopped fresh cilantro
- ½ lime, juiced (about 1 tablespoon)

## Directions

1. Heat a large skillet or sauté pan over medium-high heat.
2. Add the oil and heat until shimmering.
3. Add the tomatoes, onion, jalapeño, and salt.
4. Cook, stirring often, until the tomatoes release their juice and the onion is softened, about 5-7 minutes.
5. Add the zucchini and corn.
6. Increase the heat to high and cook, stirring occasionally, until the zucchini is just starting to soften and the corn is thawed, about 6-8 minutes.
7. Add the cilantro and lime juice. Stir to combine.
8. Serve warm.

## Recipe Notes

- A little charring on the vegetables is okay and adds a nice flavor.
- If a crust forms on the bottom of the pan, use a rubber spatula to scrape it up and mix it into the vegetables. Adding the lime juice at the end will help to remove any that is still stuck on.

**Nutrition Facts Per Serving: Calories: 100 | Total Fat: 4.5 g | Saturated Fat: 0.5 g  
Sodium: 165 mg | Total Carbohydrate: 15.5 g | Dietary Fiber: 3.5 g | Protein: 3.5 g**

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