



Zucchini and Corn with Parmesan

Prep: 5 minutes | Cook: 10 minutes | Total: 15 minutes

Yield: 2 servings | Serving Size: 1½ cups

Ingredients

- 2 teaspoons olive oil
- 1 clove garlic, minced (about ½ teaspoon)
- 2 medium zucchini, sliced (about 2 cups)
- ½ cup corn (drained and rinsed, if canned)
- 2 tablespoons grated or shredded parmesan cheese
- 1 tablespoon lime juice (about ½ lime)
- 1 tablespoon chopped fresh basil (or 1 teaspoon dried)
- ¼ teaspoon ground black pepper
- Pinch salt

Directions

1. Heat a large skillet or sauté pan over medium heat.
2. Add the oil and heat until shimmering.
3. Add the garlic and cook until fragrant, about 30-60 seconds.
4. Add the zucchini and corn. Cook, stirring occasionally, until the zucchini is tender, about 7-8 minutes.
5. Add the parmesan, lime juice, basil, black pepper, and salt. Stir to combine.
6. Serve warm.

Recipe Notes

- Lemon juice can be used instead of lime juice, if desired.

Nutrition Facts Per Serving: Calories: 145 | Total Fat: 7 g | Saturated Fat: 2 g
Sodium: 300 mg | Total Carbohydrate: 18 g | Dietary Fiber: 3.5 g | Protein: 6 g

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