

Starters, Sides, Complements

Corn-Zucchini-Tomato Sauté

**Vegetarian, Gluten-Free*

Submitted by Kristy at Eckert Seamans. Great with burgers, steaks, or grilled chicken. The herbs used here are fresh herbs, don't cheat! Using dry herbs doesn't produce the same results.

If you have a recipe to share, please email it to: nutrition@willclower.com

You'll Need

- 1 1/2 tablespoons butter
- 2 cups fresh corn cut from the cob (about 3 ears)
- 1 medium-size zucchini, trimmed and thinly sliced
- 1/2 cup sliced green onions
- 1/4 cup chopped green pepper
- 1 cup peeled and chopped tomato
- 2 teaspoons chopped fresh basil
- 2 teaspoons chopped fresh oregano
- 1 teaspoon sugar
- 1/4 teaspoon salt
- 1/4 teaspoon salt-free lemon-pepper seasoning



Directions

- Melt butter in a large skillet over medium-high heat
- Add corn, zucchini, green onions, and green pepper; sauté vegetables 5 minutes or until crisp-tender.
- Add tomato and remaining ingredients.
- Cook over medium heat until vegetables are tender, stirring frequently.

Play With Your Food

- Add a deseeded chopped jalapeno and sauté it with the veggies