



Summer Squash and Corn

Servings: 4

Rinse fresh vegetables under running water.

1½ tablespoons canola oil

1 large red bell pepper, diced

2 medium summer squash, halved
lengthwise and sliced ¼-inch thick

1 cup fresh, frozen, or canned corn kernels

2 medium tomatoes, diced

Salt and pepper to taste

1. Wash hands and surfaces.
2. Heat oil in large skillet. Sauté bell peppers over medium heat for 2 minutes.
3. Add the squash and corn. Sauté until all vegetables are slightly softened.

4. Add tomatoes and sauté 1 minute. Season with salt and pepper to taste.
5. Refrigerate leftovers immediately.



Nutrition Facts

4 servings per container

Serving size 1 cup (240g)

Amount per serving

Calories 120

% Daily Value*

Total Fat 6g 8%

Saturated Fat 0.5g 3%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 15mg 1%

Total Carbohydrate 15g 5%

Dietary Fiber 3g 11%

Total Sugars 6g

Includes 0g Added Sugars 0%

Protein 3g

Vitamin D 0mcg 0%

Calcium 26mg 2%

Iron 1mg 6%

Potassium 560mg 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.

Helpful Tips

- Use fresh, local veggies. Go online to find a farmers market at: seasonalandsimple.info or other Missouri local foods at: showmefood.org
- Let your kids be produce pickers. Help them pick fruits and veggies at the store or farmers market or pick-your-own farms.

Source: University of California Cooperative Extension Nutrition BEST and Food Security Project

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For more information, call MU Extension's Show Me Nutrition line at 1-888-515-0016.

Running out of money for food? Contact your local resource center or go online to mydss.mo.gov/food-assistance