



## Summer Squash and Corn

Servings: 4

Rinse fresh vegetables under running water.

### Ingredients:

- 1 ½ tablespoons light olive oil
- 1 large red bell pepper, diced
- 2 medium summer squash, halved lengthwise and sliced ¼-inch thick
- 1 cup fresh corn kernels
- 2 medium tomatoes, diced
- Salt and pepper to taste



### Directions:

1. Wash hands and surfaces.
2. Heat olive oil in large skillet. Sauté bell peppers over medium heat for 2 minutes.
3. Add the squash and corn. Sauté until all vegetables are tender and crisp.
4. Add tomatoes and sauté 1 minute. Season with salt and pepper to taste.
5. Refrigerate leftovers immediately.

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### Nutrition Facts

Amount Per Serving

**Calories** 120

Calories from Fat 50

% Daily Value\*

**Total Fat** 6g

**9%**

Saturated Fat 1g

**5%**

Trans Fat 0g

**Cholesterol** 0mg

**0%**

**Sodium** 10mg

**0%**

**Total Carbohydrate** 17g

**6%**

Dietary Fiber 3g

**12%**

Sugars 7g

**Protein** 3g

Vitamin A 30%

Vitamin C 140%

Calcium 2%

Iron 4%

### Tips:

- Use fresh, local veggies. Go online to find a farmers market at: [agebb.missouri.edu/fmktidir/index.htm](http://agebb.missouri.edu/fmktidir/index.htm) or other Missouri local foods at: [foodcircles.missouri.edu/sources.htm](http://foodcircles.missouri.edu/sources.htm)

☺ 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 food stamp office or go online to [dss.mo.gov/fsd/fstamp/](http://dss.mo.gov/fsd/fstamp/)