

# Microwave Spanish Corn

2 cups frozen cut corn

1 1/2 tablespoons butter or margarine

1/2 cup fresh or frozen chopped green pepper

1/2 cup fresh or frozen chopped onions

14 ounces canned tomatoes, undrained

1/4 teaspoon oregano

Salt and pepper to taste

- Cook corn according to cooking directions; drain. Melt butter or margarine in a skillet. Add pepper and onion and saute until tender; drain.
- Combine all ingredients in a 2-quart microwave dish. Cover and microwave on high for 2 to 3 minutes or until bubbly hot. Makes 8 servings.

## Selection and Storage

### Corn

Look for cobs with shiny, plump, firm kernels. Avoid corn with tiny kernels or decay.

Refrigerate and use within 3–5 days