

Summer Squash with Sweet Corn and Tomatoes

1 tablespoon butter or margarine

1/2 pound zucchini, cut into 1/2-inch slices (about 1 medium)

3/4 pound yellow summer squash, cut into 1/2 inch slices (about 2 medium)

1/2 pound corn kernels, thawed if frozen

16 ounces canned whole tomatoes, drained and chopped

2 ounces canned green chilies, drained and thinly sliced

1 tablespoon minced cilantro or parsley

Salt and pepper to taste

- Melt butter or margarine in a heavy nonstick skillet over medium heat. Add zucchini, summer squash and corn and saute 2 minutes. Add tomatoes and chilies. Add pepper to taste.
- Cover skillet and simmer 5-6 minutes or until zucchini is tender. Remove from heat. Stir in cilantro or parsley and serve. Makes 4 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.

Summer Squash (yellow, zucchini)

Look for small to medium-size squash that are heavy for their size. Avoid squash with soft spots.

Refrigerate and use within 3–5 days.

Tomatoes

Pick firm, smooth tomatoes with bright color. Tomatoes will continue to ripen if left at room temperature.

Refrigerate ripe tomatoes and use within 5–7 days.