
Dilled Corn and Zucchini

The Genuine, Good, Old-Fashioned, Everyday Gourmet Cookbook - Dominion Douglas Church - Montreal, CAN

Servings: 4

4 cups zucchini (washed and unpared), sliced 1/8 inch thick

1 1/2 cups frozen corn niblets (or one 14 ounce can)

1/4 cup butter or margarine

1/2 cup chopped onion

1/3 cup chopped green pepper

1/2 teaspoon salt

1 teaspoon dried dill

In a saucepan, melt the butter. Add the zucchini, frozen corn, onion, green pepper and salt. (If using canned corn, add it only when the zucchini is almost cooked.)

Cover and cook, stirring occasionally, for 10 to 12 minutes or until the vegetables are tender but crisp.

Toss gently with the dill and serve.

Yield: 4 to 6 servings

Side Dishes

Per Serving (excluding unknown items): 113 Calories; 12g Fat (89.1% calories from fat); 1g Protein; 3g Carbohydrate; 1g Dietary Fiber; 31mg Cholesterol; 385mg Sodium. Exchanges: 1/2 Vegetable; 2 1/2 Fat.