

Zucchini Corn Medley

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Servings: 6

Start to Finish Time: 20 minutes

2 medium zucchini, cut into 1/2-inch slices

1/4 cup water

1 can (15 1/2 oz) hominy, drained

1 can (15 1/4 oz) whole kernel corn, drained

1 jalapeno pepper, seeded and chopped

1/2 teaspoon salt

1 cup (4 oz) pepper Jack cheese, shredded

In a 1 1/2-quart microwave-safe dish, combine the zucchini and water.

Cover and microwave on HIGH for 1 1/2 minutes. Drain.

Stir in the hominy, corn, jalapeno and salt.

Cover and microwave on HIGH for 2 to 3 minutes

Sprinkle with cheese.

Cook, uncovered, on HIGH for 1 to 2 minutes until the cheese is melted and the vegetables are tender.

Let stand for 2 minutes before serving.

Per Serving (excluding unknown items): 29 Calories; trace Fat (9.8% calories from fat); 1g Protein; 6g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 236mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Vegetable; 0 Fat.