

Calabacitas con Crema

Rick Bayless, restaurateur, from his book "Authentic Mexican"



Servings: 8

Calabacitas is a staple vegetable in the American Southwest. This is a little different "take" on it since it is enhanced with some cream. Trader Joe's has roasted corn, which is what I use if I can't have fresh off the cob. You can vary the quantity of the vegetables - the recipe above is Rick Bayless' proportions.

- 1 tablespoon butter
- 1 tablespoon vegetable oil
- 1 pound zucchini (about four small) or yellow squash
- 1/2 whole onion, thinly sliced
- 1 1/2 cups corn kernels (you can use frozen also)
- 1 whole poblano pepper, roasted, seeded, peeled and cut in thin strips (also called pasilla)
- 1 teaspoon salt
- 2/3 cup heavy cream
- Freshly ground black pepper to taste

1. Chop the zucchini in large chunks (about 3/4 inch to 1 inch) and set aside. Prepare onions ahead and set aside. Grill the poblano chile directly on a gas flame, cool, remove skin, then cut into small strips.
2. Using a very large skillet, heat butter and oil until very hot. Add zucchini and toss until tender. Remove the zucchini from the pan with a slotted spoon, allowing it to drain well. In the remaining oil and butter, fry the onion slices until soft and sweet, then add the corn and pepper slices. Add the zucchini and cream and cook until nice and hot. Taste for salt and pepper and serve.

Per Serving (excluding unknown items): 134 Calories; 11g Fat (67.6% calories from fat); 2g Protein; 9g Carbohydrate; 2g Dietary Fiber; 31mg Cholesterol; 292mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Vegetable; 0 Non-Fat Milk; 2 Fat.

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