

# Mushroom Calabacitas

*I made this up myself because I didn't have any squash.*



*I think "calabacitas" means squash in some way. This isn't squash, but mushrooms with corn and poblano chiles.*

3/4 cup red onion, halved, sliced

2 tablespoons vegetable oil

1 whole poblano pepper, seeded, coarsely chopped

2 cups fresh mushrooms, coarsely sliced

1 tablespoon dried thyme

Salt and freshly ground black pepper to taste

3 whole corn on the cob, kernels removed

3 tablespoons heavy cream

Carolyn T's Blog - Tasting Spoons:  
<http://tastingspoons.com>

## Servings: 4

*I prefer this with fresh corn, cut off the cob, but if you insist, you can make it with frozen corn. It just won't taste as good!*

1. Heat oil in a large skillet and add red onion. Simmer for 5-7 minutes until onion is wilted.
2. Add the poblano chile, mushrooms and dried thyme. Continue to cook over low heat for about 5-10 minutes.
3. Add seasonings, corn and heavy cream. Continue to cook for about 3 minutes. Taste for salt and pepper and serve immediately.

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Per Serving (excluding unknown items): 186 Calories; 12g Fat (53.7% calories from fat); 4g Protein; 19g Carbohydrate; 3g Dietary Fiber; 15mg Cholesterol; 18mg Sodium. Exchanges: 1 Grain(Starch); 1 Vegetable; 0 Non-Fat Milk; 2 Fat.