

Quick Calabacitas

My own concoction.



Very similar to the real thing, but takes less time.

2 tablespoons canola oil

1/2 medium onion, peeled, diced

2 cloves garlic, minced

1 1/2 pounds summer squash, zucchini, yellow crookneck, pattypan, mixed or single type, chopped in very small dice

5 whole corn on the cob, shucked and cut off the cob

1 tablespoon dried thyme

1 whole poblano pepper, seeded, diced

1/4 cup heavy cream

2 tablespoons unsalted butter

Salt and freshly ground black pepper to taste

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

Servings: 8

Thyme is my most favorite go-to dried herb. It's not traditional to calabacitas, but I often use it for squash, so I used it here. If you prefer a more southwest flavor, add a dash or two of chili powder, but not enough to overwhelm it. Spiciness should really come from the poblano chile, nothing else. What makes this "quick" is not having to roast the poblano chile. The most time consuming thing is cutting all the squash.

1. Heat oil in skillet until just beginning to shimmer, then add onion. Reduce heat to medium-low and saute for about 2 minutes. Do not brown the onion.
2. Add garlic, stir and saute for about 30 seconds, then add in the squash and poblano pepper. Continue to cook, stirring every minute or so, adding a lid for a few minutes, then stir again. Definitely do NOT overcook the squash.
3. Add the fresh corn and thyme. Stir and cook for another 2-3 minutes at the most, add in the heavy cream, butter, salt and pepper to taste. Heat through and serve piping hot. You may add cilantro on top if you'd like.

Per Serving (excluding unknown items): 154 Calories; 10g Fat (53.3% calories from fat); 3g Protein; 16g Carbohydrate; 4g Dietary Fiber; 18mg Cholesterol; 14mg Sodium. Exchanges: 1 Grain(Starch); 1 Vegetable; 0 Non-Fat Milk; 2 Fat.