

## Quick Southwestern Squash & Corn

Carolyn T's  
Main Cookbook

Servings: 5



1. Heat a large saute pan over medium heat. Add olive oil and onion. Saute for about 4 minutes, then add the yellow squash and continue cooking for about 3-4 minutes.
2. Add the corn, cumin, chile powder and salt and pepper and stir frequently for about 5 minutes until corn is fully cooked.
3. Add the cream or half and half, and taste for seasonings. Serve hot.

**1/2 small onion, diced**  
**1 tablespoon olive oil**  
**4 whole yellow squash, cubed**  
**1 pound sweet corn (frozen works fine)**  
**1/2 teaspoon ground cumin**  
**1/4 teaspoon chile powder, or Merken Mapuche Spice**  
**3 tablespoons fat free half-and-half, or heavy cream**  
**Salt & pepper to taste**

**Blog: Carolyn T's Blog:**  
**<http://tastingspoons.com>**

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*Per Serving (excluding unknown items): 83 Calories;  
3g Fat (34.4% calories from fat); 2g Protein; 12g  
Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol;  
17mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean  
Meat; 1 Vegetable; 0 Non-Fat Milk; 1/2 Fat.*