

The Art of Cuisine



Corn and Summer Vegetable Sauté

Use parsley or chives in place of cilantro, if you prefer. Garnish with chives.

Yield : 6 servings (serving size: 2/3 cup)

Ingredients

- 1 tablespoon canola oil
- 1/2 cup chopped green onions (about 4)
- 1 garlic clove, minced
- 1 cup sliced fresh okra (about 4 ounces)
- 1 cup chopped red bell pepper (about 1)
- 1 finely chopped seeded jalapeño pepper
- 1 cup fresh corn kernels (about 2 ears)
- 1 (15-ounce) can black beans, rinsed and drained
- 1/3 cup minced fresh cilantro
- 1/8 teaspoon salt
- 1/8 teaspoon freshly ground black pepper

Preparation

Heat oil in a large nonstick skillet over medium-high heat. Add onions and garlic; sauté 1 minute. Add okra; sauté 3 minutes. Reduce heat to medium. Add bell pepper and jalapeño; cook 5 minutes. Add corn; cook 5 minutes. Stir in beans; cook 2 minutes. Stir in cilantro; sprinkle with salt and black pepper.

Nutritional Information

Calories: 90 (27% from fat)
Fat: 2.7g (sat 0.2g, mono 1.5g, poly 0.9g)
Protein: 3.7g
Carbohydrate: 15.9g
Fiber: 4.8g
Cholesterol: 0.0mg
Iron: 1.2mg
Sodium: 232mg
Calcium: 43mg

www.CookingLight.com

www.TheArtofCuisine.com

Email: artofcuisine1@yahoo.com

(916) 934-9230

Sign up to become a VIP Member with The Art of Cuisine!

When you sign up, you will receive The Art of Cuisine's newsletter, entitling you to free, EXCLUSIVE recipes only for VIP Members. In addition to recipes, VIP Members will have access to FREE cooking videos, FREE e-books, FREE health and cooking tips, and much more.... [Sign up Today!](#)