

ZUCCHINI, CORN, and Tomato Sauté



This is a great recipe for people with overflowing late-summer gardens—or whose generous neighbors have overflowing late-summer gardens! Or for anyone who loves zucchini, corn, and tomatoes. It's an especially nice side dish to make now, at the end of the season, when you've already had your fill of corn on the cob. (Plus, it's perfect for kids who've lost their front teeth and can't eat corn on the cob!)



Is there anything better than fresh corn grown right here in Massachusetts? Whether eating straight from the cob or adding kernels to a dish, its deliciously sweet flavor is the very essence of summer. What better way to enjoy it than with tomatoes and zucchini, which are also in season and grown here? You and your family are sure to enjoy this recipe.

Deval Patrick
Governor of Massachusetts

MY PLATE: FRUIT | ADULT: YES | HANDS-ON TIME: 25 MINUTES | TOTAL TIME: 25 MINUTES | MAKES: 4 SERVINGS



WASH your hands with soap and water and dry them.

CLEAN the counter top with a sponge.

GATHER all your kitchen gear and ingredients and put them on the counter.

SCRUB all the fruits and vegetables and lay them out on a dishtowel to dry.

PREPARE your ingredients, which means you may have to do something before you get started with the instructions.

KITCHEN GEAR

Sharp knife
(adult needed)

Cutting board

Measuring cup

Skillet

Measuring spoons

Heatproof spatula

INGREDIENTS

2 ears of corn

1 tablespoon olive or canola oil

1 onion, peeled and chopped

½ teaspoon salt

2 garlic cloves, peeled and minced ("minced" means very finely chopped)

1 medium-sized zucchini, diced or sliced (trim the ends off first)

½ cup water

2 tomatoes, cored and diced ("cored" means with the hard center part removed)

¼ cup chopped or slivered fresh basil leaves

INSTRUCTIONS

1. Shuck the corn (that means pull all of the husk and silk off of it), then ask an adult to use a sharp knife to cut the kernels off of the cobs. You should have about 2 cups of kernels.
2. Put the skillet on the stove and turn the heat to medium. When the skillet is hot, add the oil. Add the onion, garlic, and salt and cook 5 minutes, stirring every minute or two with the spatula.
3. Add the zucchini and water, cover, and cook until the zucchini is tender and has absorbed most of the liquid, about 7 minutes.
4. Add the corn and tomatoes and cook 5 minutes, stirring every minute or two with the spatula.
5. Add the basil and taste the mixture. Does it need more salt? More basil? If so, add it and taste again.
6. Serve right away.

Safety Tip

Get an adult's permission and help with all sharp knives, appliances (blender and food processor), the stove or oven, and hot ingredients.

FARMERS GROW **CORN** ON EVERY CONTINENT EXCEPT ANTARCTICA.



DID YOU KNOW?

Corn silk helps in the plant's pollination, and each strand corresponds to a kernel on the cob.

Corn is a grain **native** to the American continents. In fact, fossils of corn pollen have been found in lake sediment beneath Mexico City—from more than 80,000 years ago!

Colonial families served **popcorn** with sugar and cream for breakfast—the first “puffed” breakfast cereal!

BY THE NUMBERS

More than **5,200** acres of corn are harvested in Massachusetts each year. An ear of corn contains about **800** kernels arranged in **16** rows. A pound of corn consists of approximately **1,300** kernels. Each tassel on a corn plant releases as many as **5 million** grains of pollen.

REALLY? Corn is the official state muffin of Massachusetts!

HA HA:

Q: What did the corn say when it got complimented?

A: “Awww shucks”



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