# California Vegetable Bowl

## -amazing veggies



#### **Directions**

- 1. Heat olive oil over medium heat. Sauté chopped onion until tender.
- 2. Add chopped red bell pepper to onions and sauté until tender.
- Add corn kernels and sliced zucchini to onions and peppers and sauté only 2-3 minutes until tender crisp.
- 4. Season with salt and pepper.

### Ingredients

- 2 Tbsp. olive oil
- 4 cups zucchini, sliced
- 1 ½ cups corn kernels
- ½ cup onion, chopped
- 1/3 cup red bell pepper, chopped
- ½ tsp. salt
- 1/4 tsp. black pepper







This material was funded by USDA's Supplemental Nutrition Assistance Program -- SNAP. This institution is an equal opportunity provider. Utah State University is an affirmative action/equal opportunity institution and is committed to a learning and working environment free from discrimination. For USU's non-discrimination notice, see equity.usu.edu/non-discrimination.

# California Vegetable Bowl

## -amazing veggies

#### **Directions**

- 1. Heat olive oil over medium heat. Sauté chopped onion until tender.
- 2. Add chopped red bell pepper to onions and sauté until tender.
- 3. Add corn kernels and sliced zucchini to onions and peppers and sauté only 2-3 minutes until tender crisp.
- 4. Season with salt and pepper.

### Ingredients

- 2 Tbsp. olive oil
- 4 cups zucchini, sliced
- 1 ½ cups corn kernels
- ½ cup onion, chopped
- 1/3 cup red bell pepper, chopped
- ½ tsp. salt
- ¼ tsp. black pepper





