



Colorado Summer Squash and Sweet Corn Sauté
Chef Kevin Clarke, Colorado Mountain College Culinary Institute

Description: Summer/Fall side dish featuring the Mexican Trilogy of Squash, Corn and Beans.

1 Tbs. Olive Oil
1 ea. Garlic Clove, minced
1/4 cup White Onion, julienne (approx. 1 small onion)
2 ea. Colorado Zucchini, small, sliced
2 ea. Colorado Summer Squash, small, sliced
2 ea. Colorado Sweet Corn Ears, cut off the cob
1 cup Colorado Pinto Beans, cooked and drained#
1/4 cup Colorado Green Chile, roasted, small dice*
2 tsp. Fresh Oregano, chopped
Salt to taste
Black Pepper to taste
2 Tbs. Cotijo Style Cheese

Pre-heat large sauté pan or skillet over medium heat.
Add olive oil, garlic and onions. Sweat onions until translucent.
Add zucchini and squash and sauté until squash starts to brown slightly.
Stir in corn, beans and chiles. Cook over high heat until all ingredients are hot.
Add fresh Oregano, season to taste with salt and pepper.
Garnish with cheese just before serving.

Notes:

You may substitute almost any type of bean. I like the Anasazi Beans from Dove Creek.

*Make sure all peels are removed. If using canned chiles, drain well.