



# Corn and Zucchini Medley

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Recipe Source: [www.allrecipes.com](http://www.allrecipes.com)

Serves 4

## Ingredients:

- 2 slices bacon
- 3 cups cubed zucchini (about 3 medium zucchini)
- 1 cup fresh corn kernels
- 1 small red onion, chopped
- ¼ tsp pepper
- ¼ cup finely shredded Monterey Jack cheese

## Steps:

- Place bacon in a large deep skillet. Cook over medium-high heat until evenly browned. Remove bacon from pan and put on paper towels to drain. Crumble bacon and set aside.
- Wipe out the skillet and add the zucchini, corn, and onion. Sauté over medium heat until crisp tender, about 10-13 minutes. Season with pepper.
- Spoon vegetables into serving dish and sprinkle with cheese and crumbled bacon.

*Tips from the Test Kitchen: Diced red bell pepper sautéed with the other vegetables adds pretty color. Freshly grated parmesan cheese can be substituted for the Monterey Jack.*

**Nutritional Facts (Per Serving):** Calories: 106, Carbohydrates: 11 grams, Protein: 6 grams, Total Fat: 5 grams, Saturated Fat: 2 grams, Cholesterol: 12 mg, Sodium: 152 mg, Fiber: 2 grams, Total Sugars: 5 grams.