Corn and Celery Sauté

Prep: 5 minutes | Cook: 15 minutes | Total: 20 minutes
Yield: 2 servings | Serving Size: ¾ cup

Ingredients
¾ cup sliced celery (about 2 stalks)
½ tablespoon unsalted butter
1 cup fresh or frozen corn
1 pinch salt
1 pinch ground black pepper

Directions
1. Heat a medium skillet or sauté pan over medium heat.
2. Add the butter and heat until melted.
3. Add the celery and cook, stirring often, for 5 minutes.
4. Stir in the corn and continue cooking until the celery is tender and the corn is cooked or thawed, about 5 minutes.
5. Add the salt and pepper. Stir to combine.

Recipe Notes
• Add 1 teaspoon minced garlic (about 2 cloves) with the celery, if desired.

Nutrition Facts Per Serving: Calories: 100 | Total Fat: 4 g | Saturated Fat: 2 g
Sodium: 210 mg | Total Carbohydrate: 16 g | Dietary Fiber: 2.5 g | Protein: 3 g

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