



Corn and Celery Sauté

Prep: 5 minutes | Cook: 15 minutes | Total: 20 minutes

Yield: 2 servings | Serving Size: $\frac{3}{4}$ cup

Ingredients

$\frac{3}{4}$ cup sliced celery (about 2 stalks)

$\frac{1}{2}$ 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.
6. Serve warm.

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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