



# Zucchini and Corn with Parmesan

Prep: 5 minutes | Cook: 10 minutes | Total: 15 minutes

Yield: 2 servings | Serving Size: 1 ½ cups

## Ingredients

- 2 teaspoons olive oil
- 1 clove garlic, minced (about ½ teaspoon)
- 2 medium zucchini, diced (about 2 ½ cups)
- ½ cup corn (fresh, frozen or canned)
- 1 tablespoon chopped fresh basil (or ¼ teaspoon dried)
- ⅛ teaspoon salt
- ¼ teaspoon pepper
- Juice of ½ lime (about 1 tablespoon)
- 2 tablespoons parmesan cheese

## Directions

1. In a large skillet, heat oil over medium heat.
2. Add garlic, cook for 1 minute.
3. Add zucchini and corn. Cook, stirring occasionally for 7-8 minutes, or until zucchini is tender.
4. Add basil, salt, and pepper. Stir well.
5. Remove from heat and stir in lime juice and parmesan.
6. Serve warm.

## Recipe Notes

- Lemon juice can be used instead of lime juice.
- Great use of leftover veggies or an abundant garden harvest.

**Nutrition Facts Per Serving: Calories: 144 | Total Fat: 7 g | Saturated Fat: 1.8 g  
Sodium: 300 mg | Total Carbohydrate: 18 g | Dietary Fiber: 3.5 g | Protein: 6 g**

Adapted from [damndelicious.net](http://damndelicious.net) | Submitted by Robin LaCroix, RD, CSO  
For more recipes, please visit [www.nutrition.va.gov](http://www.nutrition.va.gov)



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