



Cornell University
Cooperative Extension

Corn and Summer Squash Stew

- 1 bunch scallions
- 1/2 lb yellow summer squash
- 4 ears sweet corn
- 3 (about 3/4 lb) yellow tomatoes
- 1 1/2 Tbsp olive oil
- Sea salt and freshly ground black pepper
- 1/2 Jalapeno chile, seeded and finely diced
- Several sprigs basil
- 10 sun gold tomatoes



1. Slice the scallions, including the greens, into 1/2-inch lengths. Cut the squash into 1/2-inch dice. Shuck the corn, steam it in shallow boiling water in a covered pot for about two minutes, then remove the kernels with a sharp knife.
2. Peel and seed the yellow tomatoes (peeling is optional--if you do wish to peel them, boil for a few minutes first; it makes it a lot easier!), squeezing the seeds and juice through a sieve. Cut the flesh into 1/2-inch pieces and set aside.
3. Heat the oil in a wide skillet over medium heat. When bubbling, add the scallions and cook for about 30 seconds, or until slightly softened, but not brown. Add the squash, season with 1/2 tsp salt, and stir. Cook for about 2 minutes, then add 1/4 cup water.
4. Lay the tomato pieces over the squash, add the strained juice, and cover with the corn and half of the chile. Place two sprigs of basil into the vegetables, then cover the skillet. Reduce heat to low and cook for 5 minutes.

5. Meanwhile, slice the sun gold tomatoes in half and set them in a bowl. Add 2 Tbsp shredded basil leaves and the remaining chile. When the vegetables are finished cooking, season with salt and pepper to taste. Arrange the sun gold tomatoes over top and serve.

Makes: 6 servings

Nutrition Information:

CALORIES 140 (45 from fat); FAT 5g (sat 0.5g); CHOLESTEROL 0mg; SODIUM 35mg; CARBOHYDRATE 23g; FIBER 4g; PROTEIN 5g; CALCIUM 2%; IRON 8%



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Lemony Green Beans

- 1 pound green beans, trimmed and cut into 2-inch pieces
- 1 1/2 teaspoons fresh lemon juice
- 1 teaspoon olive oil
- 1/4 teaspoon salt
- 1/8 teaspoon freshly ground black pepper

1. Steam green beans, covered, 5 minutes or until crisp-tender. Drain and return to pan.
2. Add juice, oil, salt, and pepper; toss to coat. Serve immediately.

Makes: 4 servings



Nutrition Information:

CALORIES 45 (10 from fat); FAT 1.5g (sat 0g); CHOLESTEROL 0mg; SODIUM 150mg; CARBOHYDRATE 8g; FIBER 4g; PROTEIN 2g; CALCIUM 4%; IRON 6%