

SIMPLE SAUTEED FRESH CORN and PEPPERS

SERVES: 8 | SERVING SIZE: 1/2 cup | PREP: 15 minutes | READY: 25 minutes

INGREDIENTS

3 tablespoons spreadable butter and oil blend (such as Challenge Spreadable Butter)
1/2 cup chopped onion
2 cloves minced garlic
4 cups fresh corn kernels (from about 5 large ears of corn)
1/2 cup chopped green pepper
1/2 cup chopped red bell pepper
1 teaspoon granulated sugar
3/4 teaspoon kosher salt
1/2 teaspoon black pepper
2 to 3 tablespoons minced fresh chives



DIRECTIONS

In a large skillet, heat butter and oil blend over medium heat. Add onion and garlic to skillet and sauté until slightly tender; about 2 to 3 minutes. Add corn kernels, green pepper, and red pepper to skillet. Continue to sauté until corn is tender; about 8 to 10 minutes.

Remove skillet from heat, add sugar, salt, and black pepper and stir to combine. Transfer corn sauté to serving bowl and garnish with chives.

Cook's note: This recipe can also be made with frozen corn.

NUTRITION INFORMATION PER SERVING

108 calories, 4.5 g total fat, 1.5 g saturated fat, 0 g trans fat, 6 mg cholesterol, 200 mg sodium, 17 g total carbohydrate, 2 g dietary fiber, 3 g total sugars, 0.5 g added sugars, 2 g protein, 0 mcg (0%) vitamin D, 10 mg (0%) calcium, 0 mg (0%) iron, 204 mg (4%) potassium

