

From Salsa Seniorita's Kitchen



Calabacitas

Ingredients:

- 1 tbs. olive oil
- 1 medium yellow onion, sliced into rings
- ½ tsp. salt
- ½ tsp. black pepper
- ½ tsp. cumin
- 3 medium large zucchinis, sliced into rounds
- 3 medium large yellow squash, sliced into rounds
- 1 cup julienned carrots
- 15 oz. can roasted tomatoes
- 4 oz. diced canned green chilies (fresh if you can find them)
- 15 oz. whole kernel corn, (two cups frozen or fresh)
- 1 cup Salsa Seniorita (any variety)
- 2 cloves garlic, minced
- ½ cup shredded white cheese

Directions: Preheat oven to 325.

Heat the olive oil in a skillet over medium-low heat. Add the onion, salt, pepper and cumin and cook until the onion is golden brown and tender. While onion cooks, spray a large casserole dish with non-stick cooking spray. Put the zucchini, squash, carrots, tomatoes, chilies and corn into dish. Mix well. Once the onion is browned, add the garlic to the skillet and cook for another 3 to 5 minutes. Pour onion mixture over the vegetables in the casserole dish and stir gently to mix. Bake at 325 for about 35 to 45 minutes. Make sure the vegetables are not soggy. Sprinkle with cheese for the last 5 minutes of cooking. Top with Salsa Seniorita for extra spice.

