

## Calabacitas



### Sirve:

6 servings, 1 cup each

### Pieza:

Saladmaster Food Processor  
9 Qt./8.5 L Braiser Pan with Cover

**Valora:** ☆☆☆☆☆

### Contribuido por:

The Cancer Survivor's Guide  
The Cancer Project of the Physicians Committee for Responsible  
Medicine  
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### Descripción de la Receta:

This flavorful dish has just 93 calories and zero grams of fat and cholesterol per serving. It's delicious and the corn adds just a touch of sweetness to the snappy spices. Plus, it couldn't be easier to prepare.

½ teaspoon  
black pepper

(1  
g)

### Preparación :

1. Preheat pan on medium heat. When several drops of water sprinkled on pan skitter and dissipate, approximately 4 minutes, add onion and garlic. Sauté until translucent, approximately 4 minutes.
2. Add zucchini, mushrooms, corn and spices. Stir until mixed. Cover and cook until Vapo-Valve™ clicks. Serve warm.

### Información nutricional por ración

**Calorías:** 93  
**Grasa Total:** 1g  
**Grasa** 0g  
**Saturada:**  
**Colesterol:** 0mg  
**Sodio:** 208mg  
**Carbohidratos:** 19g  
**Fibra** 2g  
**Dietética:**  
**Proteína:** 4g