



Visiting Nurse Association
of Northern New Jersey

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Fresh Corn Sauté with Red Pepper & Onion

Makes 4 servings. Serving size 1/2 cup. Recipe from CookingLight.com.

Ingredients

2 teaspoons unsalted butter
2 cups fresh corn kernels
¼ cup chopped green onions
¼ cup diced red bell pepper
¼ teaspoon salt
¼ teaspoon freshly ground black pepper
1 tablespoon fresh parsley, minced
1 lime

Nutritional info

Calories:	85
Total fat:	3g
Protein:	3g
Carbohydrates:	15g
Cholesterol:	5mg
Sodium:	176mg

Directions

1. Melt butter in a large nonstick skillet over medium-high heat.
2. Add corn to pan; sauté 2 minutes.
3. Add green onions, bell pepper, salt, and pepper to pan; sauté 2 minutes or until crisp-tender.
4. Garnish with minced parsley and fresh lime wedges.