



CALABACITAS

by The Food Next Door- SWELL

Ingredients

Makes 3-4 servings

2 calabacitas squash, diced

½ onion, chopped

2 cloves garlic, minced

2 Tbsp olive oil

Handful grated cheese (optional)

Parsley or oregano, to taste

Chipotle, chile flakes or fresh chile

Salt and pepper to taste

Directions

Wash all produce. Set oven to medium broil. Choose an oven-proof saute pan. Add oil to pan, then add onions and squash. Saute briefly for 2-3 minutes at medium heat. Add crushed garlic and fresh herbs, salt and pepper. Toss and sauté for 1-2 more minutes. Turn off stove. Sprinkle with cheese and chipotle or chile then add to oven. Since the setting here is on broil, watch your calabacitas so they don't burn! Broil for 2 minutes or until cheese is melted. Remove from oven and enjoy warm and fresh!

We believe that health starts with good food, but good food does not exist without real farms.

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