



Summer Vegetable Mix

Ingredients:

4 medium ears of sweet corn
2 large carrots
1 green pepper
1/4 medium onion
1 tablespoon butter
1 teaspoon dried basil leaves
Salt and freshly ground pepper

Directions:

1. Wash hands with soap and warm water.
2. Remove husk and silk from the sweet corn. Rinse under cool running water while rubbing the ears to remove any remaining silk. Cut the kernels from the ears and set aside.
3. Cut ends off the carrots, peel, and rinse under cool running water. Shred carrots and set aside.
4. Rinse green pepper under cool running water. Cut off the top and remove the seeds. Dice pepper small and set aside.
5. Peel outer skin off the onion and rinse under cool running water. Dice small and set aside.
6. Heat butter and onion in a large skillet. Sauté until onion is tender.
7. Add rest of the vegetables and basil. Cook 3-5 minutes or until heated through. Salt and pepper to taste. Serve immediately.

Yield: 8 servings.