



*Simple,  
Seasonal,  
Sustainable*

## Recipe of the Week

### ***Southwestern Corn Hash***

#### **Ingredients:**

- 4 cobs of fresh corn, kernels cut from the cob
- 1 small onion, chopped fine
- 1 red pepper, chopped
- 1 tablespoon olive oil
- Salt and pepper to taste

#### **Directions:**

1. Preheat oven to 350° F.
2. Lay out all the vegetables on a baking sheet in a single layer. Drizzle with the olive oil and toss evenly to coat.
3. Roast for approximately 20 minutes until the edges of the corn are lightly browned.
4. Season and serve.

*Serves 4*

*170 calories, 4 g fat, 0.5 g saturated fat,  
33 g carbohydrate, 5 g fiber, 5 g protein,  
45 mg sodium*

*Source: Harvard School of Public Health*

