Summer Hash
in a new light

Makes: 4 servings
Prep Time: 10 minutes
Cook Time: 25 minutes
Difficulty: Easy

Ingredients:
- 4 teaspoons olive oil
- 1 large onion, chopped
- 1 large carrot, finely chopped
- 1 small zucchini, cut into 1/2-inch cubes
- 1/2 cup fresh or frozen thawed corn kernels
- 2 tablespoons fresh slivered sage leaves, or 1 1/2 teaspoons dried
- 1/4 teaspoon salt
- Freshly ground black pepper
- 1 medium-starch cooked potato, such as Yukon Gold, cut into 1/2-inch cubes

Directions:
Heat the oil in a large nonstick skillet over medium-high heat. Add the onion and carrot and cook, stirring occasionally, until softened, about 6 minutes.

Add the zucchini, corn, sage, salt, and pepper, and cook, stirring occasionally, until the zucchini is tender and lightly browned, about 8 minutes.

Add the potato and spread the vegetable mixture to form a single layer in the pan. Cook, without stirring, until the vegetables are crisp and browned on the bottom, about 6 minutes. Flip the mixture over in sections with a spatula and cook, without stirring, until browned on the bottom, about 5 minutes longer.

Nutritional Information: Per serving (3/4 cup): 140 calories, 5 g fat (1 g saturated, 0 g trans), 0 mg cholesterol, 170 mg sodium, 23 g carbohydrate, 3 g fiber, 3 g protein.