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Farm Stand Sauté

This is a wonderfully flexible recipe as quantities & ingredients can vary. Also a great way to use leftovers.

INGREDIENTS:

- corn, several ears - cut kernels from cob
- sliced onion
- chopped red or green pepper
- or sliced summer squash
- chopped tomatoes
- parsley
- basil
- salt and pepper to taste

PROCESS:

Warm oil in a fry pan, sauté corn, onion, pepper or summer squash for about 7 minutes. Add tomatoes and seasonings. Cook another 5 minutes. Make sure vegetables, except tomatoes, remain crisp.