

Quick Corn Sauté

Serves: 4

Total Time:

Supplies

- 1 chef's knife
- 1 cutting board
- 1 skillet
- 1 spatula

Ingredients

- 12 oz frozen corn, cooked as directed on back of package
- 3 celery stalks, chopped
- ½ onion, diced
- 2 carrots, diced
- 2 garlic cloves, minced
- 2 tbsp olive oil
- Salt and pepper
- 3 tbsp lime juice
- 1 handful cilantro

Instructions

- Heat skillet over medium heat and add the olive oil
- When the oil is heated, add the onions, celery, and garlic and cook until they become slightly soft and translucent, not mushy
- Add your corn, salt, and pepper and heat through. Remove from the heat and add lime juice and sprinkle with cilantro
- Serve and enjoy!