



Summertime Hominy Saute

SERVING: 1 CUP
YIELD: 4

PREP TIME: 5 MIN
TOTAL TIME: 15 MIN

Ingredients

- 1/2 tbsp Olive Oil
- 1 cup Green Bell Pepper, chopped
- 1 cup Red Bell Pepper, chopped
- 1/2 cup Onion, chopped
- 1/2 tbsp Garlic, minced
- 1 can Hominy, 15.5 oz
- 1 pkg Frozen Corn, 12 oz

Seasonings: Cumin,
Chili Powder,
Oregano

Directions

1. HEAT the skillet with olive oil over medium heat.
2. ADD chopped green/red bell pepper and onion.
COOK 2-3 minutes until crisp-tender.
3. STIR in the garlic, cumin, chili powder and oregano.
4. ADD in the cooked corn and hominy. COVER and COOK until heated through. STIR occasionally.

Nutrition Facts	
4 servings per container	
Serving size	1 cup (0.0g)
Amount Per Serving	
Calories	190
% Daily Value*	
Total Fat 5g	6%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 150mg	7%
Total Carbohydrate 32g	12%
Dietary Fiber 4g	14%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 0.8mg	4%
Potassium 310mg	6%
<small>* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

INGREDIENTS: CORN, YELLOW, WHOLE KERNEL, FROZEN, MICROWAVED, HOMINY, CANNED, WHITE, ONIONS, RED PEPPERS, GREEN BELL PEPPER, RAW, OLIVE OIL

*Recipe adapted from
getfreshcooking.com

Cost Per Recipe

\$2.32

Cost Per Serving

\$0.58