

# Calabacitas (Mexican Style Zucchini)

Yield: 4 min  
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-using-mexican-squash>

## Ingredients:

- 2 zucchinis medium, sliced
- 1/2 Roma tomato large, chopped
- 1/4 medium onion chopped
- 1/4 cup corn kernels frozen or canned
- 1/2 tablespoon light butter
- 1/2 tablespoon extra-virgin olive oil
- 1/4 teaspoon kosher salt
- 1/8 teaspoon pepper or to taste
- 1/2 cup light mozzarella cheese
- zucchini
- 1/2 cup queso fresco crumbled, Mexican fresh cheese, Optional
- 2 zucchinis medium, sliced
- 1/2 Roma tomato large, chopped
- 1/4 medium onion chopped
- 1/4 cup corn kernels frozen or canned
- 1/2 tablespoon light butter
- 1/2 tablespoon extra-virgin olive oil
- 1/4 teaspoon kosher salt
- 1/8 teaspoon pepper or to taste
- 1/2 cup light mozzarella cheese or shredded Chihuahua, or any other melting cheese
- 1/2 cup queso fresco crumbled, Mexican fresh cheese, Optional

## Nutrition:

1. Calories: 280 calories
2. Carbohydrate: 12 grams
3. Cholesterol: 50 milligrams
4. Fat: 18 grams

5. Fiber: 2 grams
  6. Protein: 16 grams
  7. SaturatedFat: 10 grams
  8. Sodium: 820 milligrams
  9. Sugar: 9 grams
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