

Tajin Succotash

8 Servings • 1 Serving = ½ Cup



INGREDIENTS

- 8 ounces fresh or frozen sugar snap peas
- 1 – 14.5 ounce can whole tomatoes, drained and rinsed
- 1 – 15 ounce can corn, drained and rinsed
- ½ cup red onion, finely diced
- 1 Tablespoon oil
- ½ teaspoon cumin
- ½ teaspoon paprika
- ½ teaspoon garlic powder
- 1 teaspoon tajin

DIRECTIONS

1. If using frozen sugar snap peas, thaw, drain, and set aside in a small bowl. *For no heat cooking, skip to step 7.
2. Dice the whole tomatoes, removing core, and add to a small bowl.
3. Add oil in a large skillet over medium heat.
4. Once pan is warm, gently sauté onions for about 1 minute, until slightly soft.
5. Add corn, diced tomatoes, and all spices. Stir.
6. Add snap peas and cook for about 1-2 minutes until bright green and still crisp tender.
7. For no heat cooking, add all ingredients into a large mixing bowl and stir until well combined. Can be served room temperature.

Nutrition Facts

8 servings per container	
Serving size	1/2 cup
Amount per serving	
Calories	70
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 220mg	10%
Total Carbohydrate 11g	4%
Dietary Fiber 2g	7%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 42mg	4%
Iron 1mg	6%
Potassium 209mg	4%

*The % Daily Value 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.

Recipe developed by San Antonio Independent School District - Child Nutrition Services

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