

# Calabaza Vegetable Skillet

Serves 6

4 cups calabaza or pumpkin, diced in  
½-inch cubes

½ cup onion, sliced

1 clove garlic, minced

½ cup green pepper, chopped

2 cups tomatoes, chopped

2 cups green beans, cut, fresh, frozen or  
canned and drained

1 cup corn, fresh, frozen or canned and  
drained

½ cup chicken broth, low-fat, low-sodium

½ teaspoon chili powder

½ teaspoon black pepper

1. Wash calabaza, cut in half and remove seeds. Peel and cut into ½-inch cubes.
2. Wash and prepare all other vegetables.
3. Place all ingredients in large skillet and cover.
4. Cook over low heat for 20 minutes or until vegetables are tender.
5. Serve immediately.

## TIPS:

- A good source of Vitamins A and C.
- Shop at your local farmers' market for fresh, locally grown produce.

## Nutrition Facts:

Serving size: : about 1 cup; Calories: 80; Fruits and Vegetables: 3 servings; Fat 1 g; Fiber: 4 g



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