

# Maxixe Sauté

Serves 8

1 fresh tomato, chopped  
1 medium onion, chopped  
1 bell pepper, chopped  
2 tablespoons fresh parsley, chopped,  
or 2 teaspoons dried parsley  
2 pounds maxixe, peeled and sliced thin  
 $\frac{3}{4}$  cup cooked fresh corn  
or  $\frac{1}{2}$  (11-ounce) can of corn, drained  
2 tablespoons olive oil  
Salt and pepper to taste (optional)

## TIPS:

- Use vegetable or canola oil instead of olive oil, for a less expensive choice.
- Serve with  $\frac{1}{2}$  cup brown rice,  $\frac{1}{2}$  cup whole-wheat pasta or a slice of whole-wheat bread.

## Nutrition Facts:

Serving size:  $1\frac{1}{2}$  cups; Calories: 70; Fruits and Vegetables:  $2\frac{1}{2}$  servings; Fat: 4 g; Fiber: 2 g

1. Wash and prepare vegetables and herbs (if using fresh).
2. Heat skillet with oil.
3. Add tomato, onion, bell pepper, parsley, maxixe, and corn.
4. Sauté until the vegetables are tender but firm, and serve.
5. Add salt and pepper to taste, if desired.

## MAXIXE

This vegetable is similar to the cucumber and is popular in Northern Brazil and the West Indies where it is called West Indian gherkin. It can be eaten raw and has a slight lemony taste. In Brazil, the variety of seed is called "Maxixe do norte" ("Maxixe of the north" in Portuguese). In this part of Brazil, it is used in salads and soups, and cooked with beef dishes.

For more information on Brazilian crops, visit: [www.worldcrops.org](http://www.worldcrops.org).



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