



SAUTÉED CORN

Prep time: 5 min. Cook time: 15 min. Total time: 20 min.
Serves: 3-4

For a quick and easy side dish this is the perfect one. The sweet flavor of corn and red peppers goes deliciously with any savory chicken, beef or pork dish.

1 Tbsp. butter
½ Tbsp. olive oil

½ cup diced onion
⅓ cup sweet pepper (red or orange)
3 cups fresh or frozen corn
½ Tbsp. dried parsley or 1 Tbsp. fresh chopped parsley
¼ Tsp salt or to taste
Pinch of black pepper

In a sauté pan, over med. heat, add butter, olive oil and onion. Sauté onion until softened. Add the peppers, corn, parsley, salt and pepper. Continue to cook over medium heat until the corn starts to brown slightly, moving the corn around in the pan a couple of times so it cooks evenly. Once it's slightly browned, remove from heat and serve.

Author: Sharon

Irish Ivy Kitchen

irishivykitchen@gmail.com