

SIDE DISH

Zucchini with Corn and Cilantro

16 September 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
13 min	6 min	7 min	4	\$0.46	56 kcal



Zucchini with Corn and Cilantro requires roughly 13 minutes from start to finish. For 46 cents per serving, you get a side dish that serves 4. Watching your figure? This gluten free, dairy free, lacto ovo vegetarian, and vegan recipe has 56 calories, 2g of protein, and 2g of fat per serving.

Ingredients

- ☐ 0.1 teaspoon freshly ground black pepper
- ☐ 1 cup frozen whole-kernel corn
- ☐ 1 tablespoon chopped fresh cilantro
- ☐ 1 teaspoon fresh lime juice
- ☐ 1 teaspoon olive oil
- ☐ ¼ teaspoon salt
- ☐ 1 pound 1/2 cups cubed zucchini (about

EQUIPMENT Frying pan

Method

- 1 Heat oil in a large nonstick skillet over medium-high heat.
- 2 Add zucchini and corn; cook, stirring occasionally, 7 to 8 minutes or until zucchini is crisp-tender.
- 3 Remove from heat, and stir in cilantro and remaining ingredients.

Nutrition per serving			
56	2 g	2 g	10 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			0.3 g · 2% of daily needs
Fibre			2 g · 8% of daily needs
Sugar			4.7 g · 5% of daily needs
Sodium			239 mg · 10% of daily needs
Cholesterol			0 mg · 0% of daily needs
Vitamin C			21.4 mg · 26% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/zucchini-with-corn-and-cilantro-142898