

# COOK ONCE, EAT TWICE.

TRY THESE RECIPES TO HELP YOU  
WASTE LESS AND EAT WHAT YOU BUY.



TOO GOOD  
TO WASTE



King County

Department of  
Natural Resources and Parks  
Solid Waste Division

## Summer Corn Sauté with Tomatillos and Peppers

*Trying to figure out what to do with your summer veggie haul from the farmers market?  
This sauté will hit the spot on a warm summer night.*

### Ingredients

**3 to 4** whole tomatillos, husks removed

**2** Tbs olive oil

**2** cloves garlic, thinly sliced

**2** ears of corn, shucked and kernels off cob

**2** diced peppers, sweet, mild or medium hot

**1/2 tsp** salt

**1/4 C** cilantro

**Juice from 1 lime**

### Preparation

- Heat a large cast-iron or stainless skillet over medium-high and add whole tomatillos to the dry skillet.
- Sear tomatillos 2 to 3 minutes on each side, until brown spots appear and flesh softens. Remove from skillet, cool and coarsely chop.
- Turn heat to medium-low and add olive oil and garlic. Sauté 1 minute until garlic is lightly golden, but not browned.
- Add corn, diced peppers and salt. Turn heat to medium-high and sauté for 5 minutes until corn is just cooked through.
- Remove from heat and stir in cilantro and lime juice. Taste to adjust seasoning.

*Recipe courtesy of Neighborhood Farmers Markets and Alvarez Farms*