MEXICAN · LUNCH · DINNER · SIDE

Calabacitas a la Mexicana

60 min · Serves 4 · 199 kcal a serve · Video 5:06 · Jauja Cocina Mexicana

Vegetarian · Gluten-free ingredients · Nut-free

Over a kilo of zucchini and tomato for four, cooked in a tablespoon of oil: each serve is rich in vitamin C, vitamin B6 and folate. The cheese and crema are optional, so it is easily vegan.

Diet notes: Vegan if you leave out the mexican crema and queso fresco or panela; Dairy-free if you leave out the mexican crema and queso fresco or panela.

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Ingredients

11 · SERVES 4

- [ ] a little **oil** (about 1 tbsp)
- [ ] 1 small **onion**, finely chopped
- [ ] 2 **garlic** cloves, finely chopped
- [ ] 1 lb ripe roma (guaje) tomatoes, chopped
- [ ] a couple of **serrano chillies**, chopped (for flavour more than heat)
- [ ] 1¾ lb **long zucchini** (calabacita), cut into ½ inch cubes
- [ ] 1 cup **frozen corn kernels**
- [ ] a small sprig of **epazote**, chopped
- [ ] **salt** to taste (about ¾ tsp), in two additions
- [ ] about 2 oz **queso fresco or panela**, crumbled, to serve (optional)
- [ ] about 2 tbsp **Mexican crema**, to serve (optional)

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Contains: Milk. Check labels on stock, sauces and spice mixes.

Method

TIMES = THE MOMENT IN THE VIDEO

1. Trim the zucchini and cut into ½ inch cubes. Finely chop the onion, garlic, tomatoes, chillies and epazote. 0:35
2. Heat a little oil in a wide pot and cook the onion over medium heat for 3–4 minutes until translucent. Add the garlic for just a minute so it doesn't turn bitter. 1:21
3. Add the tomatoes, chillies and a pinch of salt and cook for about 5 minutes over medium heat until half broken down. 1:51
4. Stir in the zucchini, corn, epazote and the rest of the salt. Cover and cook over medium-low for about 20 minutes, until tender but still al dente. 2:19
5. Turn off the heat and leave the pot covered for another 20 minutes so the zucchini finish cooking in their own heat without falling apart. Serve warm with crumbled queso fresco or panela, and a little crema if you like. 2:55

> **Tip** Serves 4 (our estimate). Coriander can stand in for epazote. For a lighter plate skip the crema or use a spoon of Greek yoghurt. Keeps 3 days in the fridge.

The method is a summary in our words — the video shows every step.

One serve gives you

1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
199 kcal	7.4 g	22 g	4.8 g	11 g	550 mg
830 kJ	15% of a day	18 g net · 12 g sugars	17% of a day	4.5 g saturated	24% of a day
		8% of a day		14% of a day	

Energy from net carbs 36% · protein 15% · fat 49%

High in (20%+ of a day) Vitamin C 65% · Vitamin B6 34% · Omega-3 30% · Vitamin K 21% · Folate 21% · Potassium 20%

Source of (10–19%) Magnesium 15% · Vitamin A 15% · Zinc 14% · Vitamin E 12% · Vitamin B12 11% · Calcium 10%

Recipe and video: Jauja Cocina Mexicana (@JaujaCocinaMexicana) on YouTube — youtube.com/watch?v=Istsm5FmYNc, published 19 September 2017. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/jauja-calabacitas-a-la-mexicana