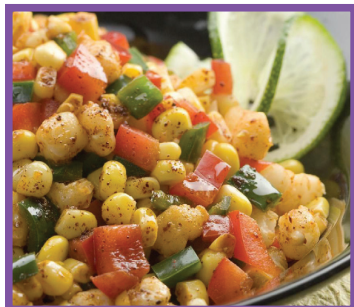


SOUTHWESTERN CALICO CORN



INGREDIENTS:

- 1 Tablespoon canola oil
- 1 can diced mild chilies
- 1 small red bell pepper, diced
- 2 cups fresh corn kernels, cut from the cob
- 1 teaspoon chili powder
- ½ teaspoon ground cumin
- ¼ teaspoon salt
- 1 (14oz) can hominy, rinsed (see Ingredient Note)
- 1 (14oz) can of black beans, drained and rinsed

INSTRUCTIONS:

1. Heat oil in a large nonstick skillet over medium-high heat. Add chili peppers, bell pepper and corn, and cook, stirring occasionally, until just tender, 3 to 5 minutes.
2. Stir in chili powder, cumin and salt; cook for 30 seconds more.
3. Add hominy and black beans and cook, stirring, until heated through, about 2 minutes more.
4. Eat and enjoy!

Ingredient Note: Hominy is white or yellow corn that has been treated with mineral lime to remove the tough hull and germ.

Yield: 4-6 servings

Source: eatingwell.com

The ingredients for this recipe can be purchased with CalFresh benefits. To learn more about or how to apply for CalFresh benefits, call Humboldt County DHHS Social Services at 1-877-410-8809 or visit benefitscal.com.

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