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good

Cooking Classes.
Community.
Fun.



Join our monthly workshops, **Cooking with Purpose**, to build on your current culinary skills and get your hands on healthy! Meet other students who share similar interests and learn more about cooking, nutrition, and find your community here on campus.

- ✓ A new recipe each month
- ✓ Learn lifelong skills
- ✓ Take home leftovers
- ✓ Consult with Health Center at Auraria's Registered Dietitian



Calabacitas Locitas

SERVES: 4

Calabacitas are a Mexican staple on cold days. This warm dish is versatile as it can be paired with beans or rice, or even eaten by itself! Layered with pantry staples, zucchini is the star of the show, high in antioxidants and vitamin A. Vitamin A supports a healthy immune system and is good for eye health as well as reproductive needs!

INGREDIENTS

- 1½ lbs. zucchini or squash (2 larger zucchinis)
- 1 small onion
- 3 garlic cloves
- 1 jalapeño
- 3 plum tomatoes
- 2 cups corn kernels
- 1 teaspoon Mexican oregano
- ¾ teaspoon salt (plus more to taste)
- freshly cracked black pepper
- cotija cheese (optional)
- freshly chopped cilantro (optional)
- olive oil

PRO TIP

Add queso fresco and serve with rice to make a complete protein. The seeds and pith (white part) of the jalapeño are the spiciest, adjust spice levels to your taste.

DIRECTIONS

1. Roast tomatoes at 400F for at least 20 minutes. Save juices.
2. Finely dice a small onion, and cook in olive oil over medium heat, until it starts to golden. Add minced garlic, cook until fragrant (30-60 seconds).
3. Add a couple spoonfuls of the onion-garlic mixture to blender.
4. Cut zucchini into ¼ inch sized pieces — be sure to cut off the ends of the zucchinis and discard. Add the chopped zucchini to the onion-garlic mixture in the pan, along with ¾ teaspoon salt, freshly cracked black pepper, and 1 teaspoon Mexican oregano. Stir well and let it sauté for a couple minutes as you put the tomato mixture together.
5. Chop jalapeño into quarters, discarding the stem. Add the roasted tomatoes to the blender along with ¼ of the jalapeño and the couple spoonfuls of onion-garlic mixture already in the blender.
6. Combine well and taste. Add additional slivers of the jalapeño until the heat tastes right to you.
7. Add the tomato mixture back to the saucepan and let the zucchini simmer in it for a couple more minutes or until the zucchini is tender but still a little firm. If using canned corn, drain it, then you can add it in now because the corn doesn't need to cook, it just needs to heat up to match the rest of the dish.
8. Take a final taste for seasoning. If you think the flavors could stand out more, add a generous pinch of salt.
9. Serve immediately with your choice of garnish.