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## Microwave Spanish Corn

**Prep Time:** 20 minutes

**Cook Time:** 10 minutes

**Cost per serving:** \$0.33

### What you need:

#### Utensils:

- Cutting board & knife
- Skillet
- Spatula
- Can opener
- Measuring cups & spoons
- 2 quart microwavable dish

#### Ingredients:

- 2 cups frozen cut corn, cooked as directed on package
- ½ tablespoons butter or margarine
- ½ cup chopped green bell peppers
- 1½ cup chopped onions
- 1 14-ounce can diced tomatoes, not drained
- ¼ teaspoon oregano

#### What to do:

1. Wash hands and cooking area.
2. Clean the tops of canned food items before opening them.
3. Cook corn as directed on the package, and drain it.
4. Wash and chop peppers and onions.
5. Melt margarine in a skillet on medium-high heat.
6. Add peppers and onion, cook until tender, and drain.
7. Combine all ingredients in a 2 quart microwavable dish.
8. Cover the dish and microwave on high for 2-3 minutes or until bubbly hot.
9. Serve while hot.

### Nutrition Facts

Serving Size 1/2 cup  
Servings Per Container 8

Amount Per Serving

**Calories 50**      **Calories from Fat 10**

% Daily Value\*

**Total Fat 1g**      **2%**

Saturated Fat 0g      **0%**

Trans Fat 0g

**Cholesterol 0mg**      **0%**

**Sodium 80mg**      **3%**

**Total Carbohydrate 11g**      **4%**

Dietary Fiber 2g      **8%**

Sugars 3g

**Protein 2g**

Vitamin A 6%      • Vitamin C 25%

Calcium 2%      • Iron 4%