

SAUTEÉD CUCUMBER with CORN & DILL

Ingredients

2 large Cucumber
1 ear of Corn, shucked
and free of silk
2 cloves Garlic
6 ounces Cherry
Tomato, about 1 ½
Cups
1 Tablespoon
Grapeseed Oil
2 Tablespoons Butter
¼ Cup loosely packed
chopped fresh Dill
Salt & Pepper

Directions

Use a sharp knife to remove corn kernels and set aside.

Peel cucumbers and remove ends, then cut in half and scoop out seeds using a teaspoon. Slice cucumber into strips 2 x ¼ inches.

Heat a sauté pan over medium-high and add oil followed by cucumber and corn.

Toss to coat with oil and cook for 3 minutes, stirring often.

Add tomatoes & garlic and cook for another 2 minutes.

Turn off heat and add butter, tossing to coat all ingredients.

Cucumber will look pale and limp but will have a little crunch, and tomatoes should be just starting to wilt.

Season well to taste with salt and pepper and sprinkle in fresh chopped dill.

Serve with grilled or oven roasted fish and a pasta side.