

Real Meals Real Fast

with Jessica Prentice of [CUESA](#)

Calabacitas with Herbed Crema

Ingredients:

Calabacitas:

2 tablespoons olive oil, butter or other fat
2 large leek or onion, diced
5 medium summer squash such as crookneck, yellow zucchini or zucchini, cut in half lengthwise and sliced on the diagonal
3 ears of corn, kernels cut off of the cob
the leaves from 1 sprig fresh marjoram or oregano, minced; or 2 sage leaves, minced
½ cup hot water (or mild broth such as chicken); more as needed
2 medium heirloom tomatoes (or 1 large, or a few small), diced into small cubes
generous pinches of salt and pepper, to taste

Herbed Crema:

3 scallions, a small bunch of chives, or the tender inner greens of leeks
½ bunch cilantro
½ cup crème fraiche, sour cream, or Mexican crema

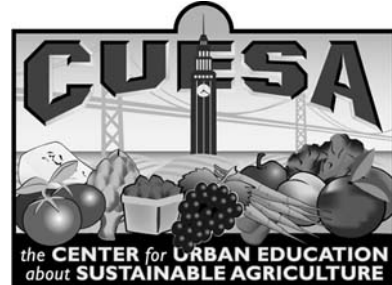
Procedure:

Calabacitas:

1. Heat olive oil (or other fat) in a heavy bottomed shallow pan or skillet over medium-high heat. Add leek or onion and sauté until translucent but not brown.
2. Add squash and sauté until it just begins to brown.
3. Add minced marjoram, oregano or sage to pan, then immediately add corn kernels. Stir for a minute.
4. Add water (or broth) and a generous pinch each of salt and pepper. Bring to a simmer. Add more liquid if it gets too dry.
5. Simmer for 2-3 minutes, then add tomatoes. Heat tomatoes through, then taste and adjust seasonings as necessary.

Herbed Crema:

1. Slice scallions, chives, or leek greens into small rounds.
2. Cut the leaves off the cilantro.
3. Mince the scallions (or chives or leek greens) and cilantro together on a cutting board, or process in a food processor.
4. Stir the minced herbs into the crème fraiche (or sour cream or crema)



To Serve:

Ladle the *calabacitas* into a shallow bowl, and serve with a big dollop of herbed crema.

Eat with tortillas or quesadillas, if desired

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