

Zucchini, Tomatillo, and Chili Pepper Fusion

Ingredients:

- 2 zucchinis, sliced.
- 6 tomatillos, quartered.
- 3 chili peppers, diced, optional remove seeds for reduced "heat."
- 2 tablespoons olive oil
- ¼ cup yellow onion, diced
- 4 garlic cloves, pressed.
- 3 tablespoons Goya Sofrito, Tomato Cooking Base
- ¼ teaspoon salt, add more to taste as needed
- ½ teaspoon fresh ground black pepper



Instructions:

1. **Sauté Vegetables:** In a large skillet, heat the olive oil over medium heat. Add the diced onion, garlic, and chili peppers. Cook until the onions are soft and translucent.
2. **Add Zucchini and Tomatillo:** Stir in the sliced zucchini and quartered tomatillos. Cook until they start to soften.
3. **Incorporate Sofrito:** Mix in the Goya Sofrito. This adds a rich, tomato-based flavor to the compote.
4. **Simmer:** Reduce the heat and let the mixture simmer for 15-20 minutes. The flavors will meld together during this time.

Nutritional Information:

- **Zucchini:** Low in calories, a good source of Vitamin C, potassium, and antioxidants.
- **Tomatillos:** Rich in fiber, vitamins C, K, and niacin.
- **Chili Peppers:** Contains capsaicin, vitamins C, B6, K1, potassium, and copper.
- **Olive Oil:** High in monounsaturated fats and antioxidants.
- **Onion & Garlic:** Offers vitamins C, B6, fiber, and several important minerals.
- **Goya Sofrito:** Varies by brand, but typically includes tomatoes, peppers, and spices, contributing to the vitamin and mineral content.

Serving Suggestions:

- **As a Side Dish:** This compote works wonderfully as a side for grilled chicken, fish, or steak. Its vibrant flavors complement simple, grilled meats.
- **With Rice or Quinoa:** Serve it over a bed of rice or quinoa for a hearty vegetarian meal.
- **Taco Filling:** Use it as a filling for vegetarian tacos, adding a unique and flavorful twist.
- **With Eggs:** Top it on scrambled or fried eggs for a nutritious breakfast.

Note:

- The nutritional values are approximate and can vary based on the specific ingredients used.
- Adjust the amount of chili pepper to control the heat level of the dish.
- This can be stored in the refrigerator for up to 3 days and reheated for serving