

Chopped Zucchini (Calabacitas Picadas)

3 Tbs (45 ml) vegetable or corn oil
1 medium onion, finely chopped
1-3 cloves garlic, finely chopped
1 lb (450 g) small zucchini (courgettes), cut into
1/2-inch (1 cm) dice
3 tomatoes, peeled, seeded, and chopped
1 sprig cilantro (coriander)
1-2 jalapeno peppers, seeded and chopped
Salt and freshly ground pepper to taste

Heat the oil in a pan over moderate heat and saute the onion and garlic until tender but not brown, about 10 minutes. Add the remaining ingredients and simmer covered over very low heat until the zucchini are tender, about 30 minutes. Serves 4 to 6.