Directions:

In a large saucepan, heat butter or vegetable oil over medium heat. Add the onion, and cook until soft. Add the squash and zucchini, and continue to cook until tender. Stir in garlic, tomatoes, corn, and beans. Cook until vegetables are tender-crisp (about 5 minutes). Heat tortillas. Scoop an equal amount of the vegetable mixture onto each tortilla. Top with the optional ingredients of your choice.

Ingredients:

- 1 tablespoon butter or vegetable oil
- 1 red onion, chopped
- 1 cup diced yellow squash
- 1 cup diced green zucchini
- 3 large garlic cloves, minced
- 4 medium tomatoes, seeded and chopped
- 1 cup corn
- 1 cup pinto or black beans
- 8 whole-wheat or corn tortillas
- Optional: salsa, sour cream, cheese