



HARVEST SUCCOTASH

RECIPE MAKES 8 servings
SERVING SIZE = 1 cup

NUTRITION INFORMATION

Calories: 141
Total Fat: 5 g
Saturated Fat: 1 g
Cholesterol: 0 mg
Sodium: 240 mg
Total Carbohydrate: 19 g
Fiber: 4 g
Sugars: 4 g
Protein: 7 g



HARVEST SUCCOTASH

Succotash is a dish made up of corn and beans, and a bit of history! Succotash has been around since at least the mid-1700's and combines a variety of cultures from the indigenous people of America and South America. The dish has changed throughout history and can easily be modified to make it your own. Along with history, succotash is packed with good nutrition!

INGREDIENTS

2 Tbsp olive oil
1 large red onion (diced)
1-2 minced garlic cloves
3 cups diced red tomatoes (or 14 oz can with juice)
2 ¼ cups corn kernels (frozen or cut from 4 ears of corn)
2 cups shelled edamame (can substitute lima beans)
3 Tbsp thinly sliced fresh basil or about 1 Tbsp dried basil.
Pinch of salt

DIRECTIONS

Heat oil in a heavy large skillet over medium heat. Add onion and sprinkle with coarse salt. Sauté until soft and translucent, about 5 minutes.

Add garlic, stir until fragrant, about 1 minute.

Add tomatoes, corn, edamame. Reduce heat to medium-low, cover and simmer until corn and edamame are tender and tomatoes are soft, about 20 minutes, stirring occasionally.

Season to taste with salt and pepper. Stir in basil and serve. Can be made one day ahead. Cover and chill. Rewarm before serving.

RECIPE NOTES

Make it your own!

Traditional succotash is made with lima beans but can be made with any type of beans like butter beans, or navy beans. Some additional add ins you could consider include: bell peppers, okra, squash, green beans, ham or bacon. Some people like to serve succotash with grilled fish.

If you would like to speak to a dietitian or are interested in nutrition programming, call: 317-221-7512 or 317-221-7403.