

# Vegetable Succotash

Simply, a healthy dinner dish for a busy night.

Makes: 8 servings

Prep and Cook time: 30 minutes

Source: What's Cooking? USDA Mixing Bowl

## Ingredients

- 1/4 cup olive oil
- 1 cup onion, diced
- 2 garlic clove, finely chopped
- 2 cups red bell pepper, diced
- 2 cups zucchini, diced
- 2 cups yellow summer squash, diced
- 3 cups lima beans, frozen
- 3 cups corn kernels, frozen
- 2 tablespoons fresh sage, coarsely chopped

## Directions

1. In a skillet over medium-high heat, add oil.
2. Add onion; cook until translucent (2 minutes). Add garlic, bell peppers, zucchini, squash, lima beans, and corn.
3. Season as desired; cook, stirring, until vegetables are tender (10 minutes). Stir in sage and serve.

## Utensils Needed

- Cutting board
- Sharp knife
- Skillet
- Measuring cups



Small Changes,  
BIG Difference!



## Nutrition Information

Serving Size: 1/8 of recipe (226 g)	
Nutrients	Amount
Calories:	203 g
Total Fat:	8 g
Saturated Fat:	1 g
Cholesterol:	0 mg
Sodium:	43 mg
Total Carbohydrates:	30 g
Dietary Fiber:	7 g
Total Sugars:	6 g
Added Sugars:	0 g
Protein	7 g

# SHOPPING LIST

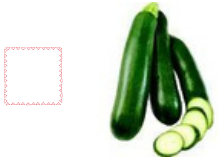
Average total cost without oil and seasonings: \$15.74

Average cost/serving: \$1.97

Recipe makes: 8 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

## Ingredients



Add 2 to Cart  
Fresh Zucchini



Add 1 to Cart  
Fresh Garlic



Add 2 to Cart  
Yellow Squash



Add 1 to Cart  
Sage, 0.25 oz



Add 1 to Cart  
Red Bell Pepper



Add 1 to Cart  
Frozen Lima Beans (24 oz)



Add 1 to Cart  
White Onion



Add 1 to Cart  
Frozen Corn (40 oz)

## SAVE TIME, SAVE MONEY

## My Cooking Notes

### Produce Tips

- Choose bell peppers that are firm, brightly colored, and have tight skin. They should be heavy for their size. Avoid bell peppers that are shriveled and dull.
- Squash should be glossy and heavy for their size.
- When choosing onions, select onions that have dry and smooth outer skins and are bright. Avoid onions with cuts, bruises, and sprouts.
- Select garlic that is dry, plump, and firm. Garlic should be white to off-white.