

# **Autumn Vegetable Succotash**

From the United States Department of Agriculture (USDA)  
<http://recipefinder.nal.usda.gov/recipes/autumn-vegetable-succotash>

## **Ingredients**

- ¼ cup olive oil
- 1 cup onion (diced)
- 2 garlic cloves (minced)
- 2 cups red bell pepper (diced)
- 2 cups zucchini (diced)
- 2 cups summer squash (diced)
- 3 cups lima beans (frozen)
- 3 cups corn kernels (fresh or frozen)
- 2 Tbs. sage (fresh, coarsely chopped)

## **Instructions**

1. Heat skillet over medium-high heat, and add oil.
2. Add onion and cook until translucent (about 2 minutes).
3. Add everything else except the sage. (Season as desired.)
4. Cook, stirring, until vegetables are tender (about 10 minutes).
5. Stir in sage just before serving.

*Makes 8 servings*

## **Nutrition information per serving:**

Calories	170
Carbohydrate	25 g
Dietary Fiber	4 g
Protein	4 g
Total Fat	8 g
Saturated Fat	1 g
Sodium	10 mg

