

Succotash

Serve this hearty Southern dish as an entrée or side dish.

Ingredients:

- 4 ears of corn – cut the kernals off the cob – about 3 cups
- ¼ tbsp of olive oil
- 1 medium thinly sliced onion
- 1 medium red or yellow bell papper
- 1 medium zucchini
- 6 ounces frozen lima beans
- Salt and Pepper to taste
- Sprinkle of fresh Italian seasonings, or sage & thyme

Directions:

In a large skillet, heat oil over medium high heat. Add the onion and cook until translucent, about four minutes. Add bell peppers, zucchini, lima beans, and sautee for about 3 minutes. Add fresh corn kernals and stir for 1 minute. Stir in herbs, and serve.

