



## Vegetarian Summer Succotash

Serves 4-6 in 15 minutes

*Sufferin' Succotash!* That catchy phrase from Sylvester the Cat in the old “Looney Tunes” cartoons was the first time I heard the word succotash. But this classic American dish of fresh sweet summer corn with lima beans has Native American roots and is popular throughout the East and South. While it can be made with bacon, I’m sharing my updated version that subs a touch of smoked paprika instead. It’s full of color, fiber, and flavor and is a satisfying way to use up the rest of your summer corn. It also works really well with organic, frozen corn once the season has passed.

### Ingredients

- 2-4 T. extra virgin olive oil
- ¼ teaspoon chili flakes
- ¼ teaspoon fennel seeds
- 1½ cups fresh or frozen organic corn kernels (defrost and drain frozen corn first)
- 1 cup lima beans or organic edamame, or omit
- 1 cup red onion, diced
- ½ cup red pepper, diced
- ½ cup zucchini, diced
- 2 cloves garlic, minced or ½ teaspoon garlic powder
- 1 teaspoon dried thyme
- ½ teaspoon smoked paprika
- 1 teaspoon sea salt (to taste)
- ½ teaspoon cracked black pepper
- Balsamic Glaze (as drizzle)
- 2 T. cilantro, chopped, as garnish



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continued

### **Instructions**

Heat a large skillet over medium-high and add the olive oil. When it shimmers, add the chili flakes and fennel seeds and sauté for 15-30 seconds, then add the red onion and pepper and cook another 2-3 minutes. Reduce the heat to medium and add the garlic, corn, beans, zucchini, and thyme, and continue cooking for 7-10 minutes until it begins to brown. Stir in the smoked paprika. If the skillet becomes dry, drizzle in a little more olive oil or a tablespoon of water along with the sea salt and pepper, then cover for 1-2 minutes until the veggies are done but not mushy. Transfer to a serving bowl, drizzle with balsamic glaze, and garnish with chopped cilantro.