

# Vegetable Succotash

Reshape supper with a light, delicious vegetable-based meal while taking advantage of the last of fresh summer corn, beans and squash. While this recipe can be a light meal in itself, it makes a healthy side to complement any main dish, too.

- ¼ cup olive oil
- 1 cup onion, diced
- 2 garlic cloves, finely chopped
- 2 cups bell pepper, diced
- 2 cups zucchini, diced
- 2 cups yellow summer squash, diced
- 3 cups lima beans, frozen
- 3 cups corn kernels, frozen
- 2 tbsps. fresh sage, coarsely chopped

Heat a skillet over medium-high heat and add the olive oil. Once oil is hot, add the onion and cook until translucent, about 2 minutes. Next, add garlic, bell peppers, zucchini, squash, lima beans and corn, and season as desired. Cook, stirring regularly, until vegetables are tender, about 10 minutes. When finished, stir in sage and serve.

Yield: 8 servings. Each serving provides 170 calories, 8g total fat, 1g saturated fat, 4g protein and 10mg sodium.

Source: [www.cdc.gov](http://www.cdc.gov)

