Vegetable Succotash

2 tablespoons olive oil
1 cup diced onion
2 cloves garlic, finely chopped
2 cups diced red bell pepper
2 cups diced zucchini
2 cups diced yellow summer squash
3 cups frozen baby lima beans
3 cups frozen or canned corn kernels
1 teaspoon salt
1/2 teaspoon black pepper
2 tablespoons coarsely chopped fresh sage

1. Heat oil in large skillet over medium-high heat. Add onion; cook until translucent, about 2 minutes.
2. Add garlic, red pepper, zucchini, yellow squash, lima beans, corn, salt and pepper. Cook, stirring, until vegetables are tender, about 10 minutes.
3. Stir in sage and serve.

Yield: 8 servings

Nutrition Facts
Servings per recipe: 8

<table>
<thead>
<tr>
<th>Calories</th>
<th>195</th>
<th>Calories from fat</th>
<th>36</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>4g</td>
<td>% Daily Value</td>
<td></td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>1g</td>
<td>3%</td>
<td></td>
</tr>
<tr>
<td>Cholesterol</td>
<td>4mg</td>
<td>1%</td>
<td></td>
</tr>
<tr>
<td>Sodium</td>
<td>797mg</td>
<td>33%</td>
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</tr>
<tr>
<td>Carbohydrate</td>
<td>37g</td>
<td>12%</td>
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</tr>
<tr>
<td>Dietary Fiber</td>
<td>4g</td>
<td>14%</td>
<td></td>
</tr>
<tr>
<td>Protein</td>
<td>19g</td>
<td>37%</td>
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</tbody>
</table>

Vitamin A: 18% Vitamin C: 49% Folacin: 14%
Calcium: 11% Iron: 17% Potassium: 18%

Original source: http://apps.nccd.cdc.gov accessed 8/17/07
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