Cooking Demo

Fresh Summer Succotash

It's time to head to the Farmer's Market! Succotash is a hearty concoction of corn and beans. This recipe uses fresh summer corn, lima beans, and ripe summer tomatoes. It's hearty enough to stand alone as a main dish, but also makes a wonderful side dish.

Makes 6 Servings

Cost Per Recipe: $4.55

Cost Per Serving: 76¢

Ingredients

- 2 tablespoons **extra-virgin olive oil**
- 1½ cups chopped **onion**
- 1 large **garlic** clove, minced
- 3 cups chopped red **tomatoes** (about 1½ pounds)
- 2¼ cups **corn** kernels (cut from 4 ears of corn)
- 2 cups baby **lima beans** (fresh or frozen)
- 3 tablespoons thinly sliced fresh **basil**
- Pinch of **salt**

Directions

Heat oil in heavy large skillet over medium heat. **Add onion** and sprinkle with coarse **salt.** Sauté until soft and translucent, about 5 minutes. **Add garlic;** stir until fragrant, about 1 minute. **Add tomatoes, corn,** and **lima beans.** Reduce heat to medium-low, cover, and **simmer** until corn and lima beans are tender and tomatoes are soft, about 20 minutes, stirring occasionally. **Season** to taste with salt and pepper. Stir in **basil** and serve.

Can be made one day ahead. Cover and chill. Rewarm before serving.

Recipe from: http://www.epicurious.com/recipes/food/views/succotash-of-fresh-corn-lima-beans-tomatoes-and-onions-350129

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Fun Facts

This dish has enjoyed a **rich history** and is said to have been a Native American staple. Because succotash ingredients are relatively **inexpensive** and typically readily available, this dish was also popular during the Great Depression in the United States.

Some say that eating healthy is too expensive, and yes, some healthy items are expensive. But there are plenty of affordable healthy foods. This recipe is a great example of how to make healthy eating affordable and tasty!

Nutrition Information Serving Size: 1 cup	
Calories	255
Total fat	7 g
Saturated fat	2 g
Monounsaturated fat	4 g
Polyunsaturated fat	1 g
Trans fat	0 g
Cholesterol	4 mg
Sodium	190 mg
Potassium	832 mg
Carbohydrate	43 g
Fiber	6 g
Sugars	10 g
Protein	9 g

Mix it up!

Because we have been making succotash for so many years in this country, there are **countless variations.** The essential components of succotash are beans and corn. Some variations include **pumpkin, potatoes, okra,** and different types of **beans.** *Get creative, or just use what you have on hand to make your own succotash.*

Spotlight Mineral → Potassium ←

The lima beans, corn, and tomatoes in this recipe provide a whopping **24% of your daily* value of potassium** making it an **excellent source** of the mineral.

Potassium is a mineral that **helps your muscles contract, helps regulate fluids, supports mineral balance** in and out of body cells, and **helps maintain normal blood pressure** by decreasing some of the effects of sodium. Potassium **may also help prevent bone loss** as we get older.

*Based on a 2000 calorie diet

Are you getting enough?

The recommended potassium intake for an average adult is **4700 milligrams per day.** It's estimated that, on average, *Americans only consume about half the daily recommendation.*

Potassium is found in a wide range of foods, especially fruits, vegetables, and leafy greens. Other good sources of potassium ✸ 1 cup of cooked **spinach** (840 mg) ✸ A medium **baked potato** with skin on (800 mg) ✸ 1 cup of cooked **broccoli** (460 mg) ✸ 1 cup of **cantaloupe** (430 mg) ✸ 1 medium **banana** (450 mg) ✸ 8 ounces of **yogurt** (490 mg) ✸ ½ cup of **black beans** (322 mg)

Want to make the fresh taste of summer last all year?

Succotash can be **canned.** Visit the National Center for Home Food Preservation website for more information on canning. http://nchfp.uga.edu/

Sources:
http://www.eatright.org/resource/food/vitamins-and- supplements/types-of- vitamins-and- nutrients/potassium
http://sodiumbreakup.heart.org/sodium-411/what- about-potassium/