

Autumn Vegetable Succotash

¼ cup olive oil
1 cup onion (diced)
2 garlic cloves (finely chopped)
2 cups red bell pepper (chopped)
2 cups zucchini (diced)
2 cups yellow summer squash (diced)
3 cups lima beans (frozen)
3 cups corn (frozen)
2 tsp. dried sage

Preparations

1. In a skillet over medium-high heat, add oil.
2. Add onion and cook until translucent.
3. Add garlic, bell peppers, zucchini, squash, lima beans and corn. Season as desired.
4. Cook, stirring, until vegetables are tender (about 10 minutes). Stir in sage and serve.

Makes: 8 servings

Nutritional Information (per serving)

Total Calories	203
Total Fat	8 g
Protein	7 g
Carbohydrates	30 g
Dietary Fiber	7 g
Saturated Fat	1 g
Sodium	43 mg
Total Sugars	6 g

Source: USDA