

Late Summer Succotash

Serves 6
Recipe from *Vegetarian Times*

2 cups	shelled lima beans (or 1 10 ounce bag frozen baby lima beans, thawed)
1 Tbsp.	butter
1 Tsp.	olive oil
1 small	red onion, diced
1 clove	garlic, diced
1 cup	fresh or frozen corn
1 cup	cherry tomatoes, halved
2 Tbsp.	chopped fresh parsley
2 Tbsp.	chopped fresh basil
1 Tbsp	apple cider vinegar

1. If using fresh lima beans, bring a large pot of salted water to a boil. Add beans and blanch for 2-3 minutes until tender but not soft.
2. Heat butter & oil in a large skillet over medium-high heat. Add onion and saute 5-7 minutes until it begins to brown. Add garlic and saute another minute.
3. Stir in lima beans and saute 5 minutes. Add corn and tomatoes and saute 1 minute more or until heated through (but before tomatoes have released their juices). Remove from heat and stir in parsley, basil & vinegar. Serve warm or at room temperature.

Late Summer Succotash

Serves 6
Recipe from *Vegetarian Times*

2 cups	shelled lima beans (or 1 10 ounce bag frozen baby lima beans, thawed)
1 Tbsp.	butter
1 Tsp.	olive oil
1 small	red onion, diced
1 clove	garlic, diced
1 cup	fresh or frozen corn
1 cup	cherry tomatoes, halved
2 Tbsp.	chopped fresh parsley
2 Tbsp.	chopped fresh basil
1 Tbsp.	apple cider vinegar

1. If using fresh lima beans, bring a large pot of salted water to a boil. Add beans and blanch for 2-3 minutes until tender but not soft.
2. Heat butter & oil in a large skillet over medium-high heat. Add onion and saute 5-7 minutes until it begins to brown. Add garlic and saute another minute.
3. Stir in lima beans and saute 5 minutes. Add corn and tomatoes and saute 1 minute more or until heated through (but before tomatoes have released their juices). Remove from heat and stir in parsley, basil & vinegar. Serve warm or at room temperature.

Shopping List

Late Summer Succotash

Ingredients	Weight or Volume	PLU #
shelled lima beans (or 1 10 ounce bag frozen baby lima beans, thawed)	2 cups	_____
butter	1 Tbsp.	_____
olive oil	1 Tsp.	_____
red onion, diced	1 small	_____
garlic, diced	1 clove	_____
fresh or frozen corn	1 cup	_____
cherry tomatoes, halved	1 cup	_____
chopped fresh parsley	2 Tbsp.	_____
chopped fresh basil	2 Tbsp.	_____
apple cider vinegar	1 Tbsp	_____

Shopping List

Late Summer Succotash

Ingredients	Weight or Volume	PLU #
shelled lima beans (or 1 10 ounce bag frozen baby lima beans, thawed)	2 cups	_____
butter	1 Tbsp.	_____
olive oil	1 Tsp.	_____
red onion, diced	1 small	_____
garlic, diced	1 clove	_____
fresh or frozen corn	1 cup	_____
cherry tomatoes, halved	1 cup	_____
chopped fresh parsley	2 Tbsp.	_____
chopped fresh basil	2 Tbsp.	_____
apple cider vinegar	1 Tbsp	_____

Honest Weight Food Co-op

MEMBER OWNED & OPERATED • OPEN TO THE PUBLIC

484 Central Avenue, Albany, NY 12206 • (518) 482-2667

www.honestweight.coop

Honest Weight Food Co-op

MEMBER OWNED & OPERATED • OPEN TO THE PUBLIC

484 Central Avenue, Albany, NY 12206 • (518) 482-2667

www.honestweight.coop