

Holiday Succotash*

Serves 4

Ingredients:

2 Tbs olive oil

½ cup of red onion, chopped

½ sweet potato, peeled and cubed (about 1 cup)

2 ½ Tbs lemon juice, divided

3 Tbs water, divided

2 small zucchini, cut into ¾" pieces

1 clove garlic, minced

1 cup fresh or frozen corn kernels

1 cup of grape tomatoes (can sub chopped fresh tomatoes)

3 Tbs coarsely chopped fresh herbs such as parsley, mint or basil or 1 ½ Tbs of a dried herb mix such as Italian Seasoning

Cooking Instructions:

Heat oil in large nonstick skillet over medium heat. Add onions and sweet potato to pan. Sprinkle with 1 Tbs of lemon juice and 2 Tbs of water. Cover and cook 4 minutes. Add zucchini, garlic and 1 Tbs water. Cover and cook 6 minutes until vegetables are tender

Add corn, tomatoes and 1 Tbs lemon juice. Cook uncovered for 3 minutes or until juices thicken. Stir in herbs and remaining ½ Tbs lemon juice. Season with salt and pepper to taste.

*Recipe adapted from Vegetarian Times