



## Succotash Salad

From *Just Say Yes to Fruits and Vegetables*

Serves 4

### Ingredients

2 cups corn  
2 cups butter beans or lima beans  
1 bell pepper, chopped  
3 scallions or 1/2 onion, chopped  
1 garlic clove, chopped  
2 tablespoons vegetable oil  
2 tablespoons vinegar  
Salt and pepper, to taste

### Directions

1. In a large bowl, combine corn, beans, bell pepper, scallions (or onion) and garlic.
2. In a small bowl, mix oil, vinegar, salt and pepper.
3. Add oil mixture to large bowl (corn mixture).
4. Mix well and serve.
5. Refrigerate leftovers.

### Nutrition Facts

**Serving Size:** 1/4 of recipe

**Per serving:** Calories 230; Total Fat 8g; Saturated Fat 1g; Cholesterol 0mg; Sodium 290mg; Total Carbohydrate 37g; Dietary Fiber 7g; Sugars 6g; Protein 7g

### Corn Buying Tips

- For the best buy, look for fresh green husks with no rotten spots.
- To prepare fresh corn, remove husk and silk from corn. Place ears in boiling water for 7 minutes. Drain and allow to cool.
- To store fresh corn, leave husk on and wrap in a plastic bag. Refrigerate for up to 3 days.
- Corn contains fiber, which helps to keep you regular.

### Corn Serving Tips

- Add cooked corn to salads.
- Grill or roast ears of corn with their husks on.
- Add to soups and stews.

### Cooking is Family Time! Kids can:

- Remove corn husks and silk.
- Stir salad ingredients.