



Edamame Succotash

Prep: 20 minutes

Cook: 15 minutes • Serves: 8

- 6 tablespoons unsalted butter
- 1 medium yellow onion, chopped (about 1½ cups)
- 4 garlic cloves, minced
- 3 ears fresh corn, kernels cut from cob (about 3 cups)
- 1 red or orange bell pepper, chopped (about 1½ cups)
- 1 can (15 ounces) black-eyed peas, rinsed and drained (about 1½ cups)
- 1 pint grape or cherry tomatoes, cut in half (about 2 cups)
- 3 cups frozen shelled edamame, thawed (about 16 ounces)
- 2 tablespoons cider vinegar
- 2 tablespoons coarsely chopped fresh thyme leaves
- 2 teaspoons kosher salt
- 1 teaspoon fresh ground black pepper

1. In large skillet, melt 3 tablespoons butter over medium-high heat; add onion and cook 5 to 7 minutes or until onion begins to brown, stirring occasionally. Add garlic, corn and bell pepper; cook 5 to 7 minutes or until vegetables are tender-crisp, stirring occasionally. Stir in peas, tomatoes, edamame and remaining 3 tablespoons butter; cook 5 to 7 minutes or until heated through. Stir in vinegar, thyme, salt and pepper. Makes about 8 cups.

Approximate nutritional values per serving:

226 Calories, 9g Fat (6g Saturated), 22mg Cholesterol, 488mg Sodium, 26g Carbohydrates, 6g Fiber, 8g Protein