

UofL Health Promotion Office Featured Recipe

Use the abundant local vegies from Farmers' Market to prepare luscious and nutrient-dense dishes...quickly!

Comments from Karen Newton, MPH, RD, Director of Health Promotion Office: CSPI Nutrition Action Healthletter is a great source for reliable nutrition information and recipes...all year 'round! You can download FREE copy of [Healthy Recipes: Salads that are Good for You](#) without cost or obligation.



Succotash

For our take on succotash, we replaced the lima beans with edamame (unripened green soybeans).

Total time to prepare: 15 minutes

Difficulty level- easy

Price- cheap

Ingredients:

1 Tbs. canola or olive oil (or vegie broth)
1 red bell pepper, chopped
1 red onion, chopped
2 cups corn, cut from 2 cobs or thawed from frozen
2 cups shelled edamame, thawed from frozen
¼ cup low-fat sour cream or Greek-style yogurt
½ tsp. kosher salt
Freshly ground black pepper to taste

Directions:

- Heat the oil in a large skillet over medium heat. Sauté the pepper and onion for 2 minutes. Add the corn and edamame and heat through.
- Stir in the sour cream. Season with the salt and pepper and serve hot from the pan.

Serves 4.

More recipes from UofL Health Promotion Office:

<http://louisville.edu/healthpromotion/health-topics/food-nutrition-cooking/recipes>

Check out Chef Mat's website for more recipes that feature fresh summer vegies:

<http://www.junehealthandwellness.com>