



Southwest Succotash

(Makes 6 servings)

Ingredients:

- 1 10-ounce package whole-kernel corn
- 1 10-ounce package, frozen lima beans
- 2 tomatoes, chopped
- 1 tablespoon fresh cilantro, chopped
- 1/4 cup green onions, chopped
- 2 tablespoons Italian dressing
- 1/4 cup red wine vinegar
- 1/4 teaspoon dry mustard
- 4 ounces pimiento, chopped

Directions:

1. Cook corn and lima beans according to package instructions and drain.
2. Combine corn, lima beans, tomatoes, cilantro, green onions and pimiento in a medium sized bowl and set aside.
3. In a small bowl, whisk Italian dressing, red wine vinegar, and dry mustard then pour over corn and lima bean mixture and toss to coat.
4. Serve at room temperature or chilled.

NUTRITION FACTS:

Serving Size: 1/6 of recipe (222 g) Servings Per Recipe: 6

Amount per serving: Calories 160/Total Fat 3 g/Saturated Fat 1 g
Cholesterol 0 mg/ Sodium 90 mg

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