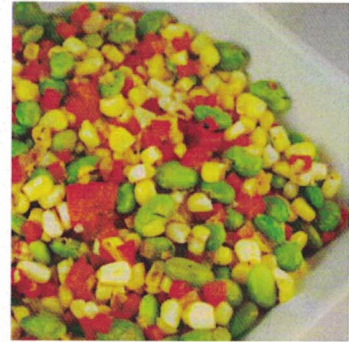


Succotash Salad

Ingredients

Serves 6

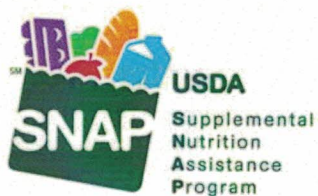
- 2 cups corn
- 2 cups butter beans or lima beans
- 1 bell pepper, chopped
- 3 scallions or 1/2 onion, chopped
- 1 garlic clove, chopped
- 2 tablespoons vegetable oil
- 2 tablespoons vinegar
- Salt and pepper, to taste



PROJECT P.E.A.C.H.
People Eating and Cooking Healthy

Succotash Salad Directions:

1. In a large bowl, combine corn, cooked 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.



Recipe Source: Adapted from fruitsandveggiesmorematters.org

Adapted from U.S. Department of Agriculture, Supplemental Nutrition Assistance Program. USDA does not endorse any products, services, or organizations. Provided by The Food Trust
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