

# Autumn Fall Succotash

## Ingredients:

- ¼ cup olive oil
- 1 cup onion, diced
- 2 garlic cloves, minced
- 2 red bell peppers
- 2 cups zucchini, diced
- 2 cups yellow summer squash, diced
- 3 cups lima beans, frozen
- 3 cups corn kernels, frozen
- Sage

## Directions:

1. In a skillet over medium-high heat add oil
2. Add onions, cook until translucent (about 3 minutes), add garlic, and remaining vegetables.
3. Season as desired with salt and pepper, cook until vegetables are tender (about 10 minutes).
4. Stir in sage and serve

## Nutrition Facts

Serving size: 1 Cup

Servings: 11

Amount per serving

**Calories** **146**

% Daily Value\*

**Total Fat** 5.4g **7%**

Saturated Fat 0.8g **4%**

**Cholesterol** 0mg **0%**

**Sodium** 26mg **1%**

**Total Carbohydrate** 21.8g **8%**

Dietary Fiber 5.1g **18%**

Total Sugars 4.4g

**Protein** 5.5g

