Summer Succotash

Serves 4

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Ingredients

- 3 ears of fresh corn, cut off the cob or 12 oz frozen
- 1 cup frozen edamame, shelled
- 1 cup tomatoes, diced or halved depending on size
- 1 cup frozen green beans or okra, cut
- ½ cup red onion, diced
- 1 orange bell pepper, diced
- 1 zucchini or summer squash, diced
- 2 cloves garlic
- Salt and pepper to taste
- Oil for cooking

Instructions:

1. Heat pan on medium high heat, once pan is hot add oil (~1 Tbs), add corn to pan along with onion
2. Once onion softens add garlic and bell pepper
3. Once peppers soften add zucchini, green beans or okra, and edamame
4. When everything is warm, remove from heat and stir in tomatoes and enjoy

Nutrition Facts

Serving size: _~1.5 cups_ · Calories: _214_ · Total fat: _5.5_ · Saturated fat: _0.5_ g · Unsaturated fat: _0.5_ g · Cholesterol: _0_ mg · Carbohydrates: _34_ g · Fiber: _10_ g · Protein: _10_ g · Sodium: _304_ mg

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Pepita Pesto

Serves 16

Ingredients

- 1/3 cup pumpkin seeds, toasted
- 1/3 cup olive oil
- 1 cup basil
- 1.5 Tbs lemon juice
- 2 cloves garlic, minced
- Salt and pepper to taste

Instructions:

1. Heat pan on stove at medium-high heat
2. Add pumpkin seeds and toast until golden brown (brown to burnt can happen quick so make sure to pay attention!)
3. Let pumpkin seeds cool
4. Mince garlic
5. Chop basil finely
6. Place cooled pumpkin seeds into a bag and using a rolling pin or jar, crush the seeds
7. Then in a bowl combine all of the ingredients together and whisk until combined

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Nutrition Facts

Serving size: _1 Tbs_ · Calories: _178_ · Total fat: _19_ · Saturated fat: _3_ g · Unsaturated fat: _0_ g · Cholesterol: _0_ mg · Carbohydrates: _3_ g · Fiber: _1_ g · Protein: _1_ g · Sodium: _146_ mg

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