



Fresh from the Garden Succotash

One of the best melting pot vegetable dishes

- 2 ounces pistachios
- 2 ounces broken pecans
- 2 Tablespoons (each) olive oil; butter
- 1/3 cup diced yellow onion
- 2 large cloves garlic, minced
- 1/3 cup (each) diced red bell pepper; diced zucchini
- 12 ounces frozen baby lima beans, defrosted
- 1/3 cup corn kernels
- 1/2 cup dried cranberries
- 1 teaspoon orange zest
- 2 Tablespoons orange juice
- 1 teaspoon dried sage leaves
- 1 Tablespoon fresh thyme
- Salt and ground black pepper to taste

Preheat oven to 400 degrees F.

Toast Nuts: In hot 10-inch cast iron skillet, cook pistachios and pecans over medium heat until lightly toasted. Remove; set aside.

Cook Using Iron Skillet: In 10-inch cast iron skillet, add olive oil and butter. Add onion, sauté 1 minute to soften; add garlic; cook 1 minute; add red bell pepper, zucchini, lima beans, and corn; increase heat to high; add more olive oil if needed.

Cook for 5 minutes; stir frequently until lima beans are tender.

Add Final Ingredients: Add the reserved toasted nuts and cranberries; cook for 2 minutes; add orange zest, orange juice, sage, thyme, salt, and pepper.

Oven Bake: Place pan in preheated oven; bake for another 5 to 10 minutes. Yield: Serves 8 to 10

Cook's Note: To punch up the flavor, crispy cooked bacon can be added to the dish and the bacon drippings can be substituted in place of butter or oil. This recipe was inspired by Chef Ghyslain Maurais.

About the Recipe: Succotash is a savor combination that combines corn and beans. It has a long history starting with Native Americans, colonial period immigrants, southern families, and soul food favorites. It's a simple vegetable dish made from garden vegetables and fresh flavors. Each group added their own ingredients, making this a real melting pot casserole.