



Summer Succotash with Butter Sauce

A reflection of a Native American dish, the Three Sisters

- 1 Tablespoon oil
- 1/2 cup minced red onion
- 1 cup fresh young zucchini, halved or quartered
- 1 cup fresh young yellow squash, halved or quartered
- 3 ounces haricots verts beans, slant cut into thirds or halved
- 1 cup corn kernels or niblets
- 1/2-pint multi-colored cherry tomatoes, quartered
- 1 (15.5 oz.) can pinto beans, drained, rinsed
- 2 Tablespoons water

Butter Sauce:

- 1 Tablespoon water
- 1/2 cup cold unsalted butter, diced
- 1-1/2 teaspoons lemon zest
- 1/2 teaspoon salt

1/4 cup fresh oregano leaves. chopped
2 Tablespoons minced chives
Garnish: Fresh parsley sprigs as desired

Cook the Vegetables: In a large sauté pan, add 1 Tablespoon oil, cook onions over medium high heat to soften; add the squash. In a minute when the color brightens add string beans and corn to the skillet, about 5 minutes. When the beans are just cooked, add cherry tomatoes, pinto beans, and 2 Tablespoons water. Set over medium heat; cook vegetables until the squash is just about 2 minutes. Set aside to stay warm.

Prepare Butter Sauce (Beurre Monte') In medium saucepan, bring 1 Tablespoon water to boiling over medium heat. Cook until reduced by half. Add butter, one Tablespoon at a time, whisking until it's melted and almost incorporated before adding the next pieces. Add lemon zest, salt, oregano, and chives. Pour butter sauce over the vegetables. Taste and adjust the seasoning as desired.

Serve about 4 to 6 as a side dish. Garnish serving plate with parsley sprigs.

Inspiration for the Recipe: www.culinaryvegetableinstitute.com

The original recipe adds ½ cup more butter to the sauce recipe.

About the Recipe: Honoring the Three Sisters idea used in Native American agriculture, this summer succotash recipe celebrates a delicious summer trio of ingredients, corn, summer squash, and beans. It's so colorful and full of fresh summer flavor.