



Elliott Evans Nutrition, LLC
Prevent and Protect
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SUMMER SUCCOTASH SALAD

EATINGWELL.COM – JULY/AUGUST 2011
(Makes 10 Servings)

- 2 cups shelled fresh butter beans (1½ pounds unshelled), or frozen (thawed) butter beans or baby lima beans**
- 4 tablespoons canola oil, divided**
- 2 cups corn kernels, fresh (from about 4 large ears) or frozen (thawed)**
- 1 Vidalia or other sweet onion, finely chopped**
- 1 small yellow squash, chopped**
- 1 small zucchini, chopped**
- 1 clove of garlic, minced**
- 2 medium tomatoes, seeded and chopped**
- ½ stalk celery, very finely chopped**
- ½ cup very thinly sliced fresh basil**
- 2 tablespoons cider vinegar**
- 1 teaspoon Dijon mustard**
- 1 teaspoon salt**
- freshly ground pepper to taste**

- **Place beans in a medium saucepan and cover with water. Bring to a boil. Reduce to a simmer and cook until tender, about 30 minutes for fresh beans, about 25 minutes for frozen beans. Drain well. Transfer to a large bowl.**
- **Meanwhile, heat 1 tablespoon of oil in a large skillet over medium heat. Add corn, onion, squash and zucchini and cook, stirring, until crisp-tender, 4-5 minutes.**
- **Add garlic and cook, stirring, until fragrant, 45 seconds to 1 minute. Add the cooked vegetables to the bowl of beans. Transfer to the refrigerator to cool for at least 1 hour.**
- **When the beans and vegetables are cool, stir in tomatoes, celery and basil.**
- **Whisk vinegar and mustard in a bowl. Add the remaining 3 tablespoons oil in a slow, steady stream, whisking constantly, until the dressing is creamy and well combined. Season with salt and pepper. Drizzle the dressing over the succotash and toss to coat.**