

## New World Succotash

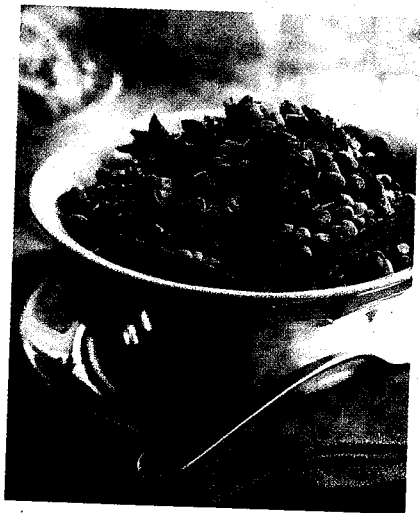
(also pictured on page 158)

Nowadays, succotash—supposedly served at the very first Thanksgiving—is synonymous with a bag of frozen veggies. The first GH recipe for this combo of corn and lima beans appeared in 1910, around the same time as the patent for refrigerators was filed. It took three more decades for the refrigerator-freezer to become a household appliance and change the way we eat. We've taken advantage of the technology by using frozen shelled edamame—young, green soybeans that taste like a sweeter, livelier version of limas. But we're celebrating succotash's heritage, too, with fresh carrots and corn.

**Active time** 10 minutes

**Total time** 25 minutes

**Makes** 12 side-dish servings



- 2 slices thick-cut bacon
- 4 med. carrots
- 3 c. fresh corn kernels  
(from 4 ears)
- 1 bag (1 lb.) frozen shelled edamame
- 1 lemon
- ¼ c. snipped fresh chives
- ⅓ tsp. cayenne (ground red pepper)
- Salt

1. In 12-in. skillet, cook bacon on medium 8 minutes or until browned and crisp, turning occasionally. While bacon cooks, peel and cut carrots into quarters lengthwise, then cut crosswise at an angle into 1½-in. pieces. Drain bacon on paper towel. Remove and discard all but 1 tablespoon fat from skillet.

2. To skillet, add carrots and ¼ cup water. Cover and cook 6 minutes. Add corn and edamame and cook, uncovered, 8 to 10 minutes or until vegetables are tender, stirring occasionally.

3. Meanwhile, from lemon, grate 1 teaspoon peel and squeeze 1 tablespoon juice into large bowl. Add vegetable mixture, chives, cayenne, and ½ teaspoon salt; toss to combine.

4. To serve, crumble bacon and sprinkle over succotash.

**EACH SERVING** 🍏 🍏 🍏 About 100 calories, 6 g protein, 12 g carbohydrate, 4 g total fat (1 g saturated), 3 g fiber, 3 mg cholesterol, 160 mg sodium.