Summer Succotash

Yield: approximately 4 servings

	Avocado or other high-heat fat
2	Ounces bacon, chopped (optional)
1	Onion, chopped
1	Small red pepper, chopped
1	Medium zucchini or yellow squash, chopped
2	Ears corn, kernels removed (about 1 cup) (or if using frozen thaw first)
2	Teaspoons minced garlic
1	Cup green beans (1/2 inch pieces) (thawed if frozen, blanched if fresh)
1	Cup cooked lima beans, black-eyed peas, edamame, or another bean/legume of choice (thawed if frozen, drained and rinsed if canned)
1	Cup diced tomato, seeded if necessary
1	Tablespoon chopped fresh parsley
3	Tablespoons chopped fresh basil

Heat a large skillet over medium heat and add fat to lightly coat the bottom of the pan. Add bacon and cook until crisp. Remove bacon to a paper towel-lined plate, reserving dripping in the pan.

Return the skillet to medium heat and add additional oil if the bacon fat does not coat the bottom (or if you are omitting the bacon). Add the onion and bell pepper and cook for about 2 minutes. Add zucchini and cook until starting to brown and soften. Add corn kernels and garlic and cook until fragrant. Add green beans, lima beans, and tomato. Cook for about 2 minutes until warmed through and the tomatoes have wilted slightly.

Remove from heat, add herbs, taste, and season with salt and pepper as desired.

Serve on its own for a vegetarian meal or use as a side to your favorite cooked protein.

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