

Succotash Salad

Yield: 6 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-succotash-recipe>

Ingredients:

- 2 tablespoons unsalted butter
- 1 sweet onion large, chopped, about 1 cup
- 1 1/2 cups fresh lima beans fresh or frozen, lima, edamame, fava, etc, cooked al dente
- 5 cups corn kernels from fresh ears of corn
- 1 pint cherry tomatoes halved
- 1 tablespoon lemon juice freshly squeezed
- 1/4 cup feta cheese crumbled
- 1/4 cup basil sliced in chiffonade
- sea salt flakes
- ground black pepper

Nutrition:

1. Calories: 400 calories
2. Carbohydrate: 49 grams
3. Cholesterol: 35 milligrams
4. Fat: 7 grams
5. Fiber: 10 grams
6. Protein: 37 grams
7. SaturatedFat: 4.5 grams
8. Sodium: 1690 milligrams
9. Sugar: 17 grams

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