

Farmhouse Succotash

Mrs. Dash Lemon Pepper is the muse for a farm fresh inspired rebirth of the classic succotash. This version uses edamame and sweet corn.

Yield: 32 - 1/2 cup
Serving Size: 0.5 - cup
Portions: 32



Ingredients

Measure

Cornstarch	2 1/2 Tbsp
Stevia; powdered	2 Tbsp
Mrs. Dash Lemon Pepper Seasoning Blend	1/4 cup
Fat Free Evaporated Milk; Vitamin A&D added	4 1/2 cups
Edamame; shelled, IQF	12 cups
Corn; Golden/White, IQF	9 cups
Red bell peppers, fresh, small dice	1 1/4 cups
Spanish Onions; fresh, small dice	1 cup

Preparation

1. In a large sauce pot, combine cornstarch, stevia, Mrs. Dash Lemon Pepper and milk.
2. Stir in edamame, corn, bell peppers and onions.
3. Turn on the burner and bring the ingredients to a boil, stirring constantly to help prevent scorching. Reduce heat to low and simmer 12 minutes. Finished product will have absorbed the majority of the liquid and look creamy in texture.
4. Remove pot from heat and keep the succotash hot for service. Serve immediately.
5. HINT: Edamame replaces traditional lima beans in this recipe. If that is too progressive for your operation, use lima beans.
6. HINT: In season fresh shucked golden/white corn kernels could be substituted for the IQF corn.
7. HINT: For additional color and flavor, toss in chopped fresh tomatoes or use heirloom tomatoes to further craft the farm story.
8. HINT: Can be used as a seasonal side for summertime fair: BBQ, grilled entrees, picnics, etc. Could also be used as a holiday side on Thanksgiving menus.
9. HINT: Succotash is conducive to easy re-therming (from cold) without breaking. Can also be held on a buffet line or steam table and portioned as needed during service.
10. HINT: A steam jacketed kettle works wonderfully for cooking the recipe, preventing scorching that may occur over the stove top flame.

Nutrition Facts

Serving Size: 0.5 cup

Servings: 32

Amount Per Serving

Calories 184 Calories from Fat 50

	Per Serving	% Daily Value*
Total Fat	6 g	9%
Saturated Fat	1 g	5%
Trans Fat	0 g	
Cholesterol	1 mg	0%
Sodium	60 mg	2%
Total Carbohydrate	24 g	8%
Dietary Fiber	4 g	16%
Sugars	6 g	
Protein	13 g	

Vitamin A 10 % **Vitamin C** 35 %
Calcium 20 % **Iron** 10 %

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat. Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300mg	375mg
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 Carbohydrate 4 Protein 4