Summer Succotash Salad

*Fresh seasonal vegetables are combined with beans for a delicious summer salad based on a Southern favorite.*

**Ingredients:**

- 2 cups shelled fresh (or frozen) butter beans or baby lima beans
- 4 tablespoons olive oil, divided
- 1 Vidalia sweet onion, finely chopped
- 2 cups fresh corn kernels, cut off the cob with a sharp knife (approximately 2 small ears)
- 1 small yellow squash, chopped
- 1 small zucchini, chopped
- 1 clove garlic, minced
- 3 medium tomatoes, seeded and chopped
- 1 stalk celery, finely chopped
- ½ cup fresh basil, thinly sliced
- 2 tablespoons apple cider vinegar
- 1 teaspoon Dijon mustard
- ½ teaspoon salt
- Freshly ground black pepper

**Directions:**

1. Place beans and enough water to cover in a medium saucepan and bring to a boil. Simmer until tender (about 30 minutes if fresh, 25 minutes if frozen). Drain and add to a large bowl.
2. While beans are simmering, heat 1 tablespoon of oil in a very large skillet (or cook in batches) and add onion. Sauté for 3-5 minutes, and then add corn, squash and zucchini. Cook until squash is tender but still slightly crisp (about 5 minutes). Add garlic and cook for another minute. Add cooked vegetables to the bowl of beans and cool in the refrigerator. Once cool, add the tomatoes, celery and basil.
3. For the dressing, whisk the vinegar and mustard together then add the remaining 3 tablespoons of oil slowly, whisking constantly until well combined. Season with salt and pepper to taste. Add to the vegetable mixture and toss until well coated.

**Serving Size:** about 1 cup

**Serves 10**

**Nutrition Information / Amount per serving:**

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<th></th>
<th>Calories</th>
<th>Protein</th>
<th>Total fat</th>
<th>Total Carbohydrates</th>
<th>Dietary Fiber</th>
<th>Sodium</th>
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<td>6.4 g</td>
<td>20.5 g</td>
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<tr>
<td>Total fat</td>
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