



UCCS SUCCOTASH WITH ACORN SQUASH

by The Food Next Door - SWELL

Ingredients

Makes 4 servings

- 1.5 cups dry Anasazi beans, soaked overnight
- 2 acorn squash, cut in half, remove seeds (keep for roasting!)
- 1 onion, diced
- 1.5 cups green beans
- 2 ears of corn
- 4 garlic cloves, diced
- 2 Tbsp. olive oil
- 1 Tbsp. lemon juice
- Chipotle powder to taste
- Salt and pepper to taste
- Freshly chopped parsley

Directions

Soak beans overnight, drain, rinse and bring to a boil in fresh water. Once boiling reduce to a simmer and cook for 50 minutes or until soft. Preheat the oven to 375F. Cut acorn squash in half, remove seeds, then cut into half moons. Place acorn squash on a baking sheet, wash seeds then spread on sheet, drizzle with olive oil, and roast for 20 minutes. Remove husks from corn, cut kernels off lengthwise. Heat a pan with olive oil over medium heat and sauté onion, garlic, corn, and green beans for 5-10 minutes. Add the cooked Anasazi beans and squash, then toss briefly. Add lemon juice, chipotle powder, salt, and pepper to taste. Season with parsley leaves. Succotash can be served warm or cold and paired with quinoa or other grains!

Tip: Rather than discarding your seeds, clean them quickly under running water, then add to baking dish to roast along!

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