

Roasted Succotash with Greens

by Chef Ruth Gonzales Riojas

4 servings

Ingredients:

2 ears fresh corn-still in husk
1 tablespoon olive oil
¼ cup fresh zucchini, diced
¼ cup fresh tomato, seeded and chopped
½ cup fresh, canned or dried lima beans, cooked
2 tablespoons fresh scallions, sliced on diagonal
¼ cup canned or homemade vegetable broth
2 cups chopped fresh spinach or kale
1 tablespoon chopped fresh parsley
1 teaspoon chopped fresh tarragon
To taste salt and pepper

Prepare:

1. Preheat oven to 400°F.
2. Measure and assemble all of your ingredients to create a *mise en place*
3. Dampen outside of cornhusks with cold water and place the corn directly on the oven rack. Roast for 15 minutes.
4. Allow corn to cool, peel husks, and cut kernels from corn. Reserve.
5. Heat olive oil in a large sauté pan over medium high heat.
6. Add corn and zucchini and sauté for 3 minutes or until tender.
7. Add tomato, lima beans, scallions, and vegetable broth and bring to a simmer.
8. Stir in spinach or kale or both and cook until greens wilt.
9. Remove the pan from heat, and stir in parsley and tarragon. Season to taste with salt and pepper.
10. Pour into a bowl and allow to cool.

Extra ingredients to make lunch:

Whole wheat Crackers
4 oz Cottage Cheese

Lunch Assembly and Packing:

1. Scoop ¼ of the succotash into a sealable container.
2. Put 10 whole wheat crackers into a ziplock bag
3. Pack 4 oz cottage cheese in a sealable container.