

BITS and BITES

Mexican Style Succotash

Ingredients

- 1 tbsp. olive oil
- 1 medium onion, chopped
- 1 red, orange, OR yellow pepper, chopped
- 1 14.5 oz. can green beans (drained and rinsed)
- 1 14.5 oz. can yellow corn
- 1 14.5 oz. can chopped low-sodium tomatoes
- ¼ tsp. garlic powder
- 2 tsp. chili powder
- Salt and pepper, to taste
- ¼ cup chopped fresh cilantro
- 2 tbsp. lemon juice

Consider garnishing your Mexican Style Succotash with green onions or cilantro.

SOURCE:

This material was funded by USDA's Supplemental Nutrition Assistance Program–SNAP.

This institution is an equal opportunity provider.

Directions

1. Heat oil in a large nonstick skillet over medium-high heat.
2. Add the onion and peppers. Sauté for 6 minutes.
3. Add garlic powder and chili powder. Sauté for 1 minute.
4. Stir in green beans, corn, and tomatoes. Sauté for 6-10 minutes to allow flavors to develop.
5. Remove from heat. Stir in cilantro and lemon juice, if desired. Add salt and pepper to taste and enjoy!

Mexican Style Succotash is a delicious, and healthy, way to eat vegetables. Vegetables are an excellent source of Vitamins A and C, potassium, folic acid, and fiber.

NC STATE EXTENSION

Steps to Health
Supplemental Nutrition Assistance Program Education (SNAP-Ed)

BITS and BITES

Mexican Style Succotash

Ingredients

- 1 tbsp. olive oil
- 1 medium onion, chopped
- 1 red, orange, OR yellow pepper, chopped
- 1 14.5 oz. can green beans (drained and rinsed)
- 1 14.5 oz. can yellow corn
- 1 14.5 oz. can chopped low-sodium tomatoes
- ¼ tsp. garlic powder
- 2 tsp. chili powder
- Salt and pepper, to taste
- ¼ cup chopped fresh cilantro
- 2 tbsp. lemon juice

Consider garnishing your Mexican Style Succotash with green onions or cilantro.

SOURCE:

This material was funded by USDA's Supplemental Nutrition Assistance Program–SNAP.

This institution is an equal opportunity provider.

Directions

1. Heat oil in a large nonstick skillet over medium-high heat.
2. Add the onion and peppers. Sauté for 6 minutes.
3. Add garlic powder and chili powder. Sauté for 1 minute.
4. Stir in green beans, corn, and tomatoes. Sauté for 6-10 minutes to allow flavors to develop.
5. Remove from heat. Stir in cilantro and lemon juice, if desired. Add salt and pepper to taste and enjoy!

Mexican Style Succotash is a delicious, and healthy, way to eat vegetables. Vegetables are an excellent source of Vitamins A and C, potassium, folic acid, and fiber.

NC STATE EXTENSION

Steps to Health
Supplemental Nutrition Assistance Program Education (SNAP-Ed)