

Black Bean & Corn Succotash

Ingredients:

2 Tbsp. canola oil

1 small red onion, finely diced

2 cloves garlic, finely chopped

6 ears fresh corn, kernels removed, or 10-oz. bag

1 15 oz. can black beans, drained, rinsed well, and drained again

½ pint cherry tomatoes, halved

3 green onions (green and pale-green part), thinly sliced

3 Tbsp. fresh cilantro, finely chopped

frozen corn, thawed Juice of 1 fresh lime

Directions:

1. Heat the oil in a large high-sided sauté pan over medium-high heat until it begins to shimmer. Add the red onion and cook until softened, about 4 minutes.

Add the garlic and cook for 30 seconds longer.

2. Add the corn and ½ cup of water; cook, stirring occasionally, until tender, about 5 minutes. Add the black beans and tomatoes and cook until just heated through, about 5 minutes longer. Remove from the heat, stir in the green onions, cilantro and lime juice, and season with salt and pepper to taste.

Serves 6. Per serving: 180 calories, 30g carbs, 7g protein, no cholesterol, and 7g fat.