

Three Sisters Cherokee Succotash

Swick

Makes 4 servings | Active Time: 30 minutes | Total Time: 30 minutes

Making the Succotash

Preheat the oven to 375°F (190°C).

Place the squash on a small baking sheet and sprinkle with 1 teaspoon of the olive oil, the paprika, salt, and pepper.

Roast the squash in the oven until soft and caramelized, about 20 minutes.

Heat the remaining 2 tablespoons of olive oil in a sauté pan. Add the garlic and cook, stirring, for about 1 minute to release the oils.

Add the red onion, red pepper, and green beans and cook, stirring occasionally, for about 2 minutes. Add the corn kernels and cook for 2 more minutes.

Add the lima beans and cook for another minute. Season with additional salt, pepper, and paprika. Sprinkle with the parsley.

Add the spring onions last so that they don't overcook. Taste and adjust the seasoning as needed.

Add the roasted squash, toss, and serve immediately.

Step 1: Making the Succotash

- 2 cups peeled and diced butternut squash
- 2 tablespoons plus 1 teaspoon olive oil
- 1 teaspoon paprika
- 1 teaspoon salt
- 1 teaspoon freshly ground black pepper
- 1 teaspoon minced fresh garlic
- 1/2 cup finely diced red onion (about 1 1/2 medium onions)
- 1/2 cup finely diced red pepper (about 1 medium pepper)
- 1/2 cup chopped green beans (such as haricots verts)
- 1 cup fresh corn kernels (cut from 1 to 2 ears of corn)
- 1 cup fresh or frozen lima beans
- 2 tablespoons chopped parsley
- 1/2 cup finely chopped spring onions