

Succotash Over Quinoa

by foodforscot

1 T olive oil
2 T butter
1 medium onion, chopped
1 medium zucchini, chopped
1 small eggplant, chopped
1 lb frozen lima beans
4 ears of corn, shucked and de-kernelled
thyme, minced
salt
pepper
1/4 cup sour cream
parsley, minced
1 cup quinoa, cooked

In a large pot, sauté onion in a combination of 2 T butter and 1 T olive oil. Cook for 5 minutes. Add zucchini and eggplant, cook until softened. Add frozen lima beans and corn and cook until warmed through. Season with salt, pepper, a chopped thyme. Cook for 5 minutes. Add sour cream and parsley, cook for 5 minutes. Serve over quinoa.

(Servings: 6, Prep time: 10 min., Cook time: 30 min., Difficulty: Easy)