

Black Eyed Pea and Edamame Succotash



INGREDIENTS (Serves 4–6)

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| ¼ cup yellow onion,
finely diced | 2 tablespoons green onion,
chopped (about 3 green onions) |
| 1 clove garlic, minced | 1½ tablespoons smooth Dijon
mustard |
| 1 tablespoon olive oil | 1½ tablespoons sherry vinegar |
| 1 15-ounce can black-eyed
peas, drained and rinsed | 1 tablespoon honey |
| 1 cup edamame, shelled,
frozen | Pinch cinnamon, ground |
| 1 cup sweet corn, frozen | ½ teaspoon chili powder |
| 1 cup red bell pepper, finely
diced | 1 tablespoon fresh chives,
chopped |
| ½ cup fresh cilantro, roughly
chopped | Salt and pepper to taste |
| ½ jalapeno pepper, finely diced | 8 chicken or turkey
sausages (2 packages) |

PREPARATION

1. Place oil in a large sauté pan and sauté onions and garlic until translucent.
2. Add black eyed peas, frozen corn, and frozen edamame. Stir until frozen vegetables are thawed. Remove from heat.
3. Combine honey, mustard, vinegar, cinnamon, chili powder, and chives, and whisk to make dressing.
4. Stir all ingredients together with the dressing.
5. Prepare the sausage links according to directions.
6. Serve sausages with succotash on the side.

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SHOPPING LIST

Produce

Yellow onion
Fresh garlic
Red bell pepper
Green onions
Jalapeno pepper
Fresh chives
Fresh cilantro

Meat/Poultry/Seafood

8 chicken or turkey sausages (optional)

Refrigerated/Frozen

1 bag frozen edamame
1 bag frozen sweet corn

Grocery

Olive oil
1 can black-eyed peas (or 1 bag frozen)
Dijon mustard
Honey
Sherry vinegar

Spices/Seasonings

Ground cinnamon
Chili powder
Salt
Pepper

SERVING SUGGESTION

Add additional vegetables, such as mushrooms or carrots (pictured) for a more substantial salad. Serve with a hearty soup, green salad and bread or rolls.

NUTRITIONAL INFORMATION

Per Serving: 303 calories, 11 g fat, 60 mg cholesterol, 34 g carbohydrates, 10 g dietary fiber, 22 g protein, 729 mg sodium

The nutritional values and information provided are approximations.

This Rush Hour Recipe courtesy of:

Community Mercantile, Lawrence, Kansas

