Succotash: A Healthy Twist on a Classic (Without the Lima Beans)

3 MIN READ

AUG. 29, 2025

BY KELLE WALSH

A vibrant, functional-food update to succotash with edamame for protein and bone health, olive oil for heart health, and seasonal vegetables packed with antioxidants.

Succotash isn’t just comfort food; it’s functional food. This vibrant mix of corn, squash, and beans delivers fiber, phytonutrients, and antioxidants, while swapping lima beans for edamame boosts **plant-based protein** and vitamin K, essential for bone health. Replacing pork fat with olive oil and just a touch of butter adds heart-healthy fats that support longevity without sacrificing flavor.

Ingredients

- 3 ears sweet corn, just cooked, cooled, and kernels removed from cob
- 1 cup frozen shelled edamame, defrosted according to package
- ½ yellow or Vidalia onion, chopped
- 1-2 small summer squash, like zucchini or patty pan, chopped
- ½ yellow or orange bell pepper, chopped
- ½ pint cherry tomatoes, halved

- 2 small cloves garlic, minced
- 1 tablespoon parsley, finely chopped
- 2 tablespoons olive oil
- 1 tablespoon unsalted butter, split in half
- ½ teaspoon smoked paprika
- Kosher salt
- Fresh-ground black pepper
- (optional) 3 small okra pods, thinly sliced
- (optional) ½ small jalapeno pepper, seeded and diced
- (optional) fresh green beans, chopped

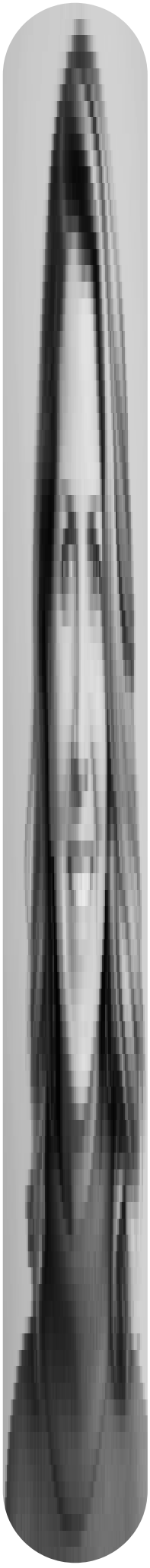
Instructions

1. In a large sauté pan, heat the olive oil and half a tablespoon of the butter, on medium-high. Add the onion and sauté until soft and fragrant. Add bell pepper, squash, garlic, and, if using, green beans. Cook for about 2 minutes, stirring frequently.
2. Add corn and edamame beans, paprika, a dash of salt and a grind or two of black pepper. If using, add okra now. Stir to combine, then cook for about 5 minutes, stirring regularly. Add the second half tablespoon of butter, and stir in.
3. Remove pan from heat and mix in cherry tomatoes and parsley, and, if using, jalapeno. Add more salt and pepper to taste. Can be served warm or at room temperature.

Nutrition (4 servings): Calories 220; Protein: 8.5 g; Fat: 12 g (mono- and poly-unsaturated, 8.7 g); Carbohydrate: 21 g; Fiber: 5.6 g

*The information provided in this article is for educational and informational purposes only and is not intended as health, medical, or financial advice. Do not use this information to diagnose or treat any health condition. Always consult a qualified healthcare provider regarding any questions you may have about a medical condition or health objectives.**Read our disclaimers**.*

WRITTEN BY:



Kelle Walsh