



Makes 4 bowls
Preparation Time: 30 minutes
Cook Time: 1 hours

INGREDIENTS:

12 oz. dry whole grain linguine
or fettuccine

6 green and/or yellow pattypan
squash, trimmed and halved (8
oz. total)

3 ears fresh sweet corn, husked
(or 2 cups frozen corn)

4 scallions

1 tablespoon extra virgin olive
oil (optional, [learn more](#))

2 cups frozen baby lima beans,
thawed

1 small red bell pepper, chopped

6 cloves garlic, minced

¼ cup apple cider vinegar

1 teaspoon sea salt

1 teaspoon freshly ground black
pepper

½ teaspoon smoked paprika

½ teaspoon ground cumin

1 cup grape or cherry tomatoes,
halved

4 lime wedges

Summer Squash Succotash with Noodles

Succotash is a classic American side dish with Native American roots, featuring corn, [lima beans](#), and tomatoes. This heartier version is served over noodles and chilled, making for an excellent main meal to dig into on a warm night. You can also enjoy it warm, any time of year. Ground cumin, smoked paprika, and garlic give the veggies a smoky flavor, which makes you want to gobble them right up. Tender pattypan squash adds extra veggie goodness. If you don't have pattypan squash, you can use any [summer squash](#), such as yellow squash or zucchini. Fresh corn is excellent if you have it, but frozen corn also works.

Tips

Optional oil: This is a [Forks Flex Recipe](#), which means it includes a small amount of optional oil. If you include the oil, you'll add approximately 29 calories, 3 g total fat, and 1 g saturated fat per serving.

For more inspiration, check out these tasty ideas:

- [Grilled Corn Succotash](#)
- [Summer Squash Soup with White Beans and Kale](#)
- [Basil-Leek Pesto Pasta with Cherry Tomatoes and Summer Squash](#)
- [Spicy Corn and Tomato Salad](#)

By Laura Marzen, RD, LD

- 1 In a 6- to 8-quart heavy pot cook noodles in lightly salted water according to package directions, adding squash the last 3 to 4 minutes of cooking. Reserve ½ cup of the cooking water, then drain noodles and squash in a large colander; rinse with cold water to cool quickly. Drain again. Transfer to a large bowl; toss with 2 to 3 tablespoons of the reserved cooking water so the mixture stays loose. Cover and chill until ready to serve or up to 3 days. Set remaining cooking water aside.
- 2 Meanwhile, for succotash, cut kernels from corn cobs. Thinly slice scallions onions, keeping green and white parts separate. For oil-free: In a large skillet cook white parts of scallions, lima beans, and bell pepper over medium 3 minutes, stirring occasionally and adding water, 1 to 2 tablespoons at a time, as needed to prevent sticking. *(If using oil: In an extra-large skillet heat oil over medium, then add white onion parts, lima beans, and bell pepper and cook 3 minutes, stirring occasionally.)*
- 3 Add corn and garlic; cook and stir 2 minutes. Add ¼ cup of the reserved cooking water and the next five ingredients (through cumin). Cook and stir 1 minute. Remove from heat. Transfer to a medium bowl; stir in tomatoes. Cover and chill at least 1 hour or up to 3 days.
- 4 Divide noodles and squash among 4 large shallow bowls. Add succotash to bowls. Top with scallion parts. Serve with lime wedges.