



What's Cooking?

Episode: Carbohydrates

Zucchini Succotash

Serves 2-4

Ingredients

2 tablespoons olive oil
2 medium zucchini, diced
2 yellow squash, diced
1 red bell pepper, diced
½ medium onion, diced
1 cup lima beans (fresh, canned or frozen)
1 cup sweet corn (fresh, canned or frozen)
¼ cup chopped parsley
Salt and pepper to taste

Directions

In a large frying pan, heat olive oil over high heat. Add zucchini, squash, bell pepper, and onion. Sauté for 5 minutes. Stir in lima beans and corn. Cook, tossing, until the corn and beans are tender and beginning to brown, about 5 minutes. Remove from heat. Stir in parsley and season with salt and pepper. Serve over brown rice.



Which ingredients in this recipe are carbohydrates?



All of them—except for salt and olive oil. Carbs are stored in all living things, and we get most of our carbs from plants, especially grains, fruits, and vegetables. All plants pack fiber, starch, and sugar in different proportions, so it's good to eat a variety of foods for a balanced diet. To learn more about carbs, watch the Carbohydrate video at TV411.org/science.