## **EDAMAME SUCCOTASH**



Adapted from Food Network Magazine (Photograph by Yunhee Kim)

## Ingredients

- · 2 tablespoons toasted sesame oil
- 1/2 cup finely diced red onion
- 1 teaspoon minced garlic
- 2 strips (1 1/2 ounces) applewood-smoked bacon, finely chopped (or some other flavorful sausage) - Optional
- 1 cup (6 ounces) frozen edamame, thawed
- 1/2 cup fresh corn kernels, from 1 small ear
- 1/4 cup small-diced red bell pepper
- · Kosher salt and freshly ground white pepper

## **Directions**

In a large skillet, heat the sesame oil over medium heat. Sauté the onion and garlic until softened, about 2 minutes. Add the bacon and cook until it has rendered its fat and begins to crisp, about 5 minutes.

Add the edamame, corn and bell pepper and sauté for 2 to 3 minutes. Season with 1/2 teaspoon salt and 1/8 teaspoon white pepper. Remove from the heat and serve hot.

The Balanced Body Center
(704) 849-9393 www.knowbalance.com