

Charred Corn and Lima Beans

This skillet corn and lima bean sauté comes together in minutes and makes the most of pantry and freezer staples—perfect for busy weeknights or last-minute meal prep. A quick char on the corn adds a depth of flavor and natural sweetness, while the lima beans bring a creamy texture, plant-based protein, and fiber to the dish. In the summer months, swap in fresh sweet corn or shelled lima beans for an extra pop of seasonal flavor. This hearty veggie combo pairs well with grilled chicken, fish, tofu, or even as a topping for grain bowls. Nutritious, versatile, and incredibly easy.

Serves 6 **Serving size:** 1/6 recipe **Prep time:** 10 minutes **Cook time:** 20 minutes **Total time:** 30 minutes

Ingredients

- 1 Tablespoon olive or canola oil
- 1, 12-ounce bag frozen corn, thawed and drained
- 1, 12-ounce bag frozen lima beans, cooked according to package directions
- 1/2 teaspoon kosher salt
- 1/2 teaspoon black pepper



Directions

1. Heat wok or large skillet over high heat. Add oil.
2. Add thawed and drained corn. Occasionally stir corn and cook for about 10-15 minutes or until the corn develops charred spots and is toasted.
3. Cook lima beans according to package directions. Drain excess liquid.
4. Add cooked lima beans to corn mixture. Continue to toss the mixture until lima beans are heated through.
5. Season with salt and pepper and serve.

Nutrition Facts

6 Servings Per Container	
Serving Size	117g
Amount Per Serving	
Calories	140
<small>% Daily Value *</small>	
Total Fat 3g	4%
Saturated Fat 0g	2%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 320mg	15%
Total Carbohydrates 25g	9%
Dietary Fiber 5g	17%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 6g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 1.6mg	8%
Potassium 390mg	8%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Corn, Lima Beans, Extra Virgin Olive Oil, Kosher Salt, Black Pepper