

# The Healthy Cook

## Summer Succotash



*If you're going to take advantage of the best that summer offers, don't skimp on the produce. That means springing for the tastiest, ripest tomatoes you can find.*



- 1 tsp. extra-virgin olive oil
- 2 cups diced zucchini
- 2 cups raw corn kernels
- 2 Tbs. minced Vidalia onion
- 2 Tbs. low-fat sour cream
- 1 Tbs. mayonnaise
- ¼ tsp. kosher salt
- 2 large tomatoes, sliced

1. Heat the oil in a large non-stick pan over medium-high heat until shimmering hot. Sauté the zucchini and corn until just hot, 1-2 minutes. Remove from the pan and toss with the onion.
2. In a small bowl, mix the sour cream, mayonnaise, and salt.
3. On a serving platter, layer the tomatoes and the zucchini-corn mixture. Spoon the sour cream sauce on top.

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PER SERVING (1½ cups): calories 140 | total fat 6 g | sat fat 1 g | carbs 22 g  
fiber 4 g | protein 5 g | sodium 160 mg

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## Green Bean Potato Salad

 SERVES 6

- 1 lb. Yukon Gold, fingerling, or other waxy potatoes, cut into bite-sized chunks
- 1 lb. green beans, trimmed and cut into 1-inch pieces
- 2 Tbs. whole-grain mustard
- 2 Tbs. extra-virgin olive oil
- 1 Tbs. red wine vinegar
- ¼ tsp. kosher salt



1. In a medium pot, cover the potatoes with cold water. Bring to a boil over high heat, then reduce to a gentle boil. Cook until tender but not falling apart, 10-12 minutes. Drain and rinse under cold water.
2. Steam the green beans until tender, 3-5 minutes. Rinse under cold water.
3. In a large bowl, whisk together the mustard, oil, vinegar, and salt. Gently toss the potatoes and green beans in the dressing.

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PER SERVING (1 cup): calories 130 | total fat 5 g | sat fat 0.5 g | carbs 19 g  
fiber 4 g | protein 3 g | sodium 190 mg

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## Green Gazpacho



- 4 cups chopped ripe yellow tomatoes
- 1 green bell pepper, seeded and chopped
- 3 mini cucumbers, chopped
- 1 avocado, chopped
- ¼ Vidalia onion, chopped
- 2 Tbs. extra-virgin olive oil
- 2 Tbs. white wine vinegar
- 2 cups ice cubes
- ¾ tsp. kosher salt



1. Combine all the ingredients in a large bowl.
2. In two batches, process in a blender on high speed until creamy and completely smooth.

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PER SERVING (1 cup): calories 130 | total fat 10 g | sat fat 1.5 g | carbs 9 g  
fiber 4 g | protein 2 g | sodium 250 mg