

Squash Succotash

1 tbs. unsalted butter

1/4 cup scallions, chopped

1/2 red bell pepper, seeded and chopped

1/2 lb. butternut squash, or other winter squash, peeled, seeded and diced

3/4 cup frozen baby lima beans

3/4 cup frozen corn

1/4 cup vegetable stock or water

Melt butter in a heavy nonstick skillet over medium heat. Sauté scallions and bell pepper 5 minutes or until softened. Add squash. Cover skillet. Reduce heat to low and sauté 10 minutes. Stir in remaining ingredients. Season with salt and pepper to taste and simmer 10 minutes or until liquid is absorbed.