



Summer Vegetable Medley

INGREDIENTS

- 2 ears corn
- 2 medium zucchini
- 1 white onion
- 1 cup dried fava beans or 1 (10oz) can butter beans
- 2 poblano peppers
- 1-2 tbsp canola oil
- Sea salt, to taste
- Black pepper, ground (optional)

METHOD

1 Prep. First, cook the fava beans if using dried beans. Soak them for at least 8 hours. Drain, peel the outer skins, then simmer in water for 45–60 minutes until tender. Drain and set aside. If using canned butter beans, drain and rinse.

Microwave the corn in the husk for about 8 minutes. Let cool slightly, remove the husk and silks, then cut the kernels off the cob. Char the poblano peppers over a flame, on a grill, or under a broiler until blackened on all sides. Place in a bowl, cover, and let sit for about 10 minutes. Peel off the skins and dice. Dice the zucchini and onion into about 1/2-inch pieces.

2 Heat a large frying pan over medium heat. Add the canola oil, onion, and a pinch of sea salt. Cook until the onion becomes translucent and begins to brown. Add the zucchini and cook for a few minutes until it starts to soften. Add the corn, beans, and poblano peppers. Cook for a few minutes until heated through, stirring gently so the vegetables keep their shape.

3 Taste and adjust seasoning with sea salt and freshly ground black pepper if desired. Serve warm.