

SIDE DISH

Cheddar-Succotash Wraps

16 September 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	6	\$1.48	407 kcal



Cheddar-Succotash Wraps might be just the Southern recipe you are searching for. This recipe serves 6 and costs \$1.48 per serving. One serving contains 407 calories, 17g of protein, and 12g of fat. 1 person found this recipe to be scrumptious and satisfying.

Ingredients

- ☐ ½ pound cups cubed baking potato (about

☐ 2 cups fresh corn kernels (about 4 ears)

☐ 3 garlic cloves, minced

☐ ¾ cup sliced green onions

☐ 2 ounces 1/2 cup shredded Monterey Jack cheese with jalapeño peppers

☐ ¾ cup salsa

☐ 2 ounces 1/2 cup shredded sharp cheddar cheese
- ☐ 6 8-inch (8-inch) fat-free flour tortillas

☐ 2 cups frozen baby lima beans, thawed

☐ ½ cup chopped green bell pepper

☐ ½ cup 2% reduced-fat milk

☐ 1 teaspoon olive oil

☐ ½ teaspoon salt

☐ ¼ cup water

Method

- 1 Combine first 3 ingredients in a bowl. Cover; microwave at HIGH 3 minutes or until tender. Stir after 1 1/2 minutes.
- 2 Drain.
- 3 Heat oil in a large nonstick skillet coated with cooking spray over medium-high heat.
- 4 Add corn, bell pepper, and garlic; saut 5 minutes or until tender. Stir in potato mixture, milk, and salt.
- 5 Add cheeses, stirring until cheeses melt.
- 6 Warm tortillas according to package directions. Divide corn mixture evenly down center of each tortilla; roll up. Top each serving with 2 tablespoons onions and 2 tablespoons salsa.
- 7 Serve immediately.

Nutrition per serving

407

KCAL

17 g

PROTEIN

12 g

FAT

60 g

CARBS

Saturated Fat	5.7 g · 36% of daily needs
Fibre	7.7 g · 31% of daily needs
Sugar	8.1 g · 9% of daily needs
Sodium	951 mg · 41% of daily needs
Cholesterol	19.4 mg · 6% of daily needs
Vitamin C	23.4 mg · 28% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/cheddar-succotash-wraps-143001