

Three Sisters Salad

18 servings

This fresh salad is a Native American Staple. The recipe highlights the three sisters: corn, beans, and squash, which were some of the first domesticated crops used by Native Americans to sustain their long-term survival.

- ¼ cup sugar
- ¼ cup white vinegar
- 2 Tablespoons olive oil
- 1 teaspoon celery seed
- 2 (15 ounce) cans black beans, low sodium, drained and rinsed
- 2 (15 ounce) cans corn, low sodium, drained and rinsed
- 1 cup zucchini, scrubbed under running water, chopped
- 1 cup yellow squash, scrubbed under running water, chopped
- ½ cup onion, scrubbed under running water, chopped
- ½ cup green bell pepper, scrubbed under running water, chopped*

1. Wash hands with soap and water.
2. In a small saucepan, mix sugar, vinegar, olive oil, and celery seed over medium heat. Heat until simmering, not boiling. Remove from heat and let cool.
3. In a large bowl, mix beans, corn, zucchini, squash, onion, and bell pepper.
4. Pour cooled dressing mixture over vegetables and toss. Chill in the refrigerator until ready to serve.
5. Serve cold.
6. Store leftovers in a sealed container in the refrigerator for up to four days.

*May substitute a red or yellow bell pepper

Source: This recipe is adapted from Get Fresh! Program.

Nutrition Information per Serving: (1/18 of recipe): Calories 80, Total Fat 2g, Saturated Fat 0g, Cholesterol 0mg, Sodium 40mg, Total Carbohydrates 14g, Fiber 2g, Total Sugars 5g, includes 3g Added Sugars, Protein 2g, Vitamin D 0%, Calcium 2%, Iron 6%, Potassium 4%.

