

# Three Sisters Salad

The Earth provides us our food and fiber. Crops are plants grown purposefully for food. Some of the first domesticated crops in the Americas are beans, corn, and squash. They were known to Native American groups as the Three Sisters. These three plants are grown together as companion crops. Besides growing together, these three crops when eaten provide almost complete nutrition.



## Ingredients:

- 1 can black beans, rinsed and strained
- 1 can corn, rinsed and strained
- 2 cups roasted cut zucchini (400 degrees for aprox. 12 minutes)
- Vinaigrette Ingredients:
- 2 TBS olive oil
- 2 TBS red wine vinegar
- 1 tsp mustard
- 1 TBS sugar (you can substitute honey if you prefer)
- 2 TBS diced onions
- Salt and pepper to taste

## Procedure:

Mix together beans, corn, and roasted zucchini in a bowl. Add a pinch of 1 tsp of salt to season. Set aside. Mix together all the vinaigrette ingredients in a jar. Shake the jar until well mixed. Add the vinaigrette to the three sisters mixture, and stir. Add salt and pepper as desired.

Eat alone or enjoy with chips or pita!