

THREE SISTERS SALAD

Corn | Beans | Squash



Ingredients:

- 1/4 cup sugar
- 1/4 cup white vinegar
- 2 Tablespoons olive oil
- 1 teaspoon celery seed
- 2 - 15 ounce cans black beans, drained and rinsed
- 2 - 15 ounce cans corn, drained and rinsed
- 1 cup zucchini, chopped
- 1 cup yellow squash, chopped
- 1/2 cup onion, chopped
- 1/2 cup bell pepper, chopped

Directions:

- In a small sauce pan, mix sugar, vinegar, olive oil and celery seed over medium heat. Heat until hot but not boiling. Remove from heat.
- In a large bowl, mix corn, beans, zucchini, yellow squash, onion, and bell pepper.
- Pour cooled dressing mixture over vegetables and toss. Chill in refrigerator 1-2 hours before serving.

Recipe provided by Chickasaw Nation Get Fresh Nutrition Program
Photo by Marusa Cernjul



THREE SISTERS SALAD

Keeping up with our Traditions

The Three Sisters are represented by corn, beans, and squash. They are an integral part of the culture and foodways of Indigenous people. Much like each member of a tribal community had a contribution, each of these crops has a role in supporting the others. Beans are planted at the base of the corn plants. The corn stalks serve as support for the bean vines to climb for sunlight. The beans return oxygen to the earth to feed the corn and squash. The squash uses its large, spiny leaves to protect the plants from predators.

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