Three Sisters Salad

	Sugar White vinegar Olive oil Celery seed Black Beans, drained and rinsed (15 oz each) Corn drained and rinsed	1.	In a small sauce pan, MIX ¼ c sugar, ¼ c vinegar, 2 T olive oil, and 1 t celery seed over medium heat. HEAT until hot but not boiling. REMOVE from heat.
2 cans	Corn, drained and rinsed	2	In a large how! MIX 2 cans of

- 2. In a large bowl, MIX 2 cans of corn, 2 cans of beans, 1 c zucchini, 1 c squash, ½ c onion, and ½ c pepper.
- 3. POUR cooled dressing mixture over vegetables and TOSS. CHILL in the refrigerator.

Makes 18- 1/2 c servings

(15 oz each)

Zucchini, chopped

Onion, chopped

Yellow squash, chopped

Bell pepper, green, chopped



1 c

1 c

½ C

½ C

Nutrition Information: 80 calories, 2 g fat, 0 mg cholesterol, 170 mg sodium, 16 g carbohydrates, 3 g fiber, 3 g protein

Chickasaw Nation Nutrition Services

Get Fresh! is an initiative of the Chickasaw Nation. This material was funded by the USDA's Supplemental Nutrition Assistance Program. This institution is an equal opportunity provider and employer. For more information on the Supplemental Nutrition Assistance Program or the FDP Grocery Stores, visit www.getfreshcooking.com

Three Sisters Salad

1/4 c 1/4 c 2 T 1 t 2 cans	Sugar White vinegar Olive oil Celery seed Black Beans, drained and rinsed (15 oz each)	1.	In a small sauce pan, MIX ¼ c sugar, ¼ c vinegar, 2 T olive oil, and 1 t celery seed over medium heat. HEAT until hot but not boiling. REMOVE from heat.
2 cans	Corn, drained and rinsed (15 oz each)	2.	In a large bowl, MIX 2 cans of
1 c 1 c	Zucchini, chopped Yellow squash, chopped		corn, 2 cans of beans, 1 c zucchini, 1 c squash, ½ c onion,

3. POUR cooled dressing mixture over vegetables and TOSS. CHILL in the refrigerator.

Makes 18- ½ c servings

Yellow squash, chopped

Bell pepper, green, chopped

Onion, chopped



1 c

½ C

Nutrition Information: 80 calories, 2 g fat, 0 mg cholesterol, 170 mg sodium, 16 g carbohydrates, 3 g fiber, 3 g protein

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and ½ c pepper.

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2 cans	Corn, drained and rinsed (15 oz each)	2.	In a large bowl, MIX 2 cans of
1 c 1 c ½ c	Zucchini, chopped Yellow squash, chopped Onion, chopped	, chopped	corn, 2 cans of beans, 1 c zucchini, 1 c squash, ½ c onion, and ½ c pepper.

POUR cooled dressing mixture over vegetables and TOSS. CHILL in the refrigerator.

Makes 18- 1/2 c servings

Bell pepper, green, chopped



½ C

1 c

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2 cans	Corn, drained and rinsed (15 oz each)	2.	
1 c	Żucchini, chopped		corn, 2 cans of beans, 1 c

and ½ c pepper. Onion, chopped Bell pepper, green, chopped POUR cooled dressing mixture over vegetables and TOSS.

Yellow squash, chopped

Makes 18- ½ c servings



Nutrition Information: 80 calories, 2 g fat, 0 mg cholesterol, 170 mg sodium, 16 g carbohydrates, 3 g fiber, 3 g protein

CHILL in the refrigerator.

zucchini, 1 c squash, ½ c onion,

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