

Three Sisters Salad

¼ c Sugar
¼ c White vinegar
2 T Olive oil
1 t Celery seed
2 cans Black Beans, drained and rinsed (15 oz each)
2 cans Corn, drained and rinsed (15 oz each)
1 c Zucchini, chopped
1 c Yellow squash, chopped
½ c Onion, chopped
½ c Bell pepper, green, chopped

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. 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- 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

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



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