



Three Sisters Salad

Servings 4 | Prep time 10 mins. | Total time 10 mins.

Equipment:

Cutting board
Can opener

Utensils:

Knife
Mixing spoon
Measuring cups and spoons

Ingredients

1 15 ounce can no salt added (black, kidney, or garbanzo) beans
1 15 ounce can no salt added corn with red and green peppers, drained OR 1 1/4 cup fresh or frozen corn, thawed
1 small zucchini, chopped OR 1 cup cooked squash, chopped, OR 1 cup defrosted, frozen squash
1 tablespoon fresh cilantro, chopped
2 tablespoons lime juice (about 1 lime)
1 jalapeño pepper, seeds removed and finely chopped (optional)

Nutritional Information:

Calories 180
Total Fat 2g
Sodium 5mg
Total Carbs 36g
Protein 9g

Instructions

1. Before you begin, wash your hands, surfaces, utensils, tops of cans, fruit, and vegetables.
2. Drain beans and pour into a medium bowl.
3. Add corn, zucchini/squash, cilantro, lime juice, and jalapeño (if using). Stir to combine.