



# Three Sisters Salad

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

**Equipment:** Cutting board, Medium bowl

**Utensils:** Knife, Measuring spoons and cups,  
Can opener

## Ingredients

1 15 ounce can no salt added beans (black, kidney, or garbanzo)

1 15 ounce can no salt added corn with red and green peppers, drained OR 1 cup fresh or frozen corn, thawed

1 small zucchini, chopped OR 1 cup cooked squash, chopped OR 1, 15 ounce can zucchini OR 1 cup defrosted, frozen squash

1 tablespoon chopped cilantro

2 tablespoons lime juice (about 1 lime)

1 jalapeño, seeds removed and finely chopped (optional)

## 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 (or peas or squash), cilantro, lime juice, and jalapeño (if using). Stir to combine.

## Nutritional Information:

Calories 180

Total Fat 2g

Sodium 5mg

Total Carbs 36g

Protein 9g