

3 Sisters Salad

Source:

Novato Unified School District

Side Dish

Portion Size: 1 cup

Yields: 15 cups

Ingredients	Amounts
Apple cider vinegar	6 Tbsp
Honey	1/4 cup
Canola oil	3/4 cup
Cumin, ground	1 Tbsp
Salt and pepper	To taste
Zucchini, halved lengthwise and seeded	2 each
Yellow squash, halved lengthwise and seeded	2 each
Corn, husked	2 ears
Black beans, drained	2 cups
Canola oil	1/4 cup
Cranberry beans, drained	2 cups
Yellow tomatoes, diced	1 medium or 3/4 cup cherry
Tomatoes, diced	2 Roma or 3/4 cup cherry



Directions

Vinaigrette:

1. In a small bowl, combine vinegar, honey, 3/4 cup canola oil, and cumin. Whisk to combine. Season with salt and pepper to taste.
2. Cover and refrigerate for at least 1 hour, or up to 10 days.

Salad:

1. Start a hot fire in a charcoal grill, or preheat a gas grill to high.
2. Brush the zucchini, squash, and corn with oil. Season all sides with salt and pepper.
3. Grill the zucchini and squash until crisp-tender and grill marks appear on both sides, about 10 minutes.
4. At the same time, grill the corn until lightly browned, turning to cook all sides, 4-5 minutes. When corn is done, remove kernels from cobs.
5. Transfer the zucchini and squash to a cutting board and finely dice, then combine with corn, beans and tomatoes in a large bowl.
6. Add vinaigrette, and toss to coat. If needed, season with salt and pepper and toss again.
7. Serve at room temperature or cold.



Components	Allergens
1/2 cup Beans & Peas	

*Could serve 1/2 cup as an extra side with no need to credit.