

Three Sisters Salad

¼ c	Sugar
¼ c	White vinegar
2 T	Olive oil
1 t	Celery seed
2 cn	Black Beans, drained and rinsed (15 oz each)
2 cn	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

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