

Three Sisters Salad

Ingredients

- 15 ounces Beans such as black, kidney, or garbanzo beans, no salt added
- 11 ounces Corn with red and green peppers, drained or 1 cup Corn Fresh or frozen, thawed
- 1 Zucchini chopped
- 1 tablespoon Cilantro chopped
- 2 tablespoons Lime Juice about 1/2 lime
- 1 Jalapeño Pepper seeds removed and finely chopped (optional)

Directions

1. Carefully open can of beans. Drain beans and pour into a medium bowl.
2. Add corn, zucchini, cilantro, lime juice, and jalapeño (optional).
3. Stir to combine. Serve right away or refrigerate for later.

Source: Eatfresh.org



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UW-MADISON EXTENSION