

THREE SISTERS Salad

Servings: **4**

Serving Size: **1** cup

Prep Time: **15** minutes



What You Need

- 1 (15-ounce) can beans, such as black, kidney, or garbanzo beans
- 1 (11-ounce) can corn with red & green peppers, drained or 1 cup fresh or frozen corn, thawed
- 1 small zucchini, chopped
- 1 tablespoon chopped cilantro
- 2 tablespoons lime juice (about $\frac{1}{2}$ lime)
- 1 jalapeño, seeds removed and finely chopped (optional)

Get Cookin'

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

Fun Fact

The "three sisters" are corn, beans, and squash (like zucchini). Native Americans planted them together in the garden because they help each other grow. Corn makes a ladder for the bean vine. Bean roots give nitrogen to the soil to make it healthy. The big squash leaves shade the soil and keep out the weeds. The "three sisters" also work together to give your body a nutritious meal. Plant a "three sisters" garden at home or school!