

Three Sisters Salad

This simple side dish is loaded with filling fiber and lots of color!

Makes: 10 servings

Prep Time: 15 minutes

Cook Time: 45 minutes (with chill time)

Source: CCE Suffolk County

Ingredients

- ¼ cup white vinegar
- 1 stevia package (3.5 g)
- 2 Tbsp olive oil
- 2 cans corn, drained and rinsed
- 2 cans low-sodium black beans, drained and rinsed
- 1 cup zucchini, chopped
- 1 cup yellow squash, chopped
- ½ cup onion, chopped
- ½ cup green bell pepper, chopped

Directions

1. In a small sauce pan, mix together stevia, vinegar, and olive oil over medium heat. Heat until hot but NOT boiling. Remove from heat.
2. In a large bowl, mix corn, beans, zucchini, squash, onion and green pepper.
3. Pour cooled dressing mixture over vegetables and toss. Chill in the refrigerator at least 30 minutes.



Small Changes,
BIG Difference!



Nutrition Information

Serving Size: 1/2 cup	
Nutrients	Amount
Calories:	80
Total Fat:	1 g
Saturated Fat:	0 g
Cholesterol:	0 mg
Sodium:	140 mg
Total Carbohydrates:	15 g
Dietary Fiber:	5 g
Total Sugars:	2 g
Added Sugars:	0 g
Protein	4 g

Utensils Needed

- Small sauce pan
- Large bowl
- Mixing spoon
- Measuring cups and spoons
- Cutting board
- Sharp knife



This institution is an equal opportunity provider.

SNAP-Ed is funded by USDA's Supplemental Nutrition Assistance Program or SNAP.

SHOPPING LIST

Average total cost: \$8.44

Average cost/serving: \$0.84

Recipe makes: 10 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget, and location.

Ingredients



Add 2 to Cart
Low sodium canned corn, 15 oz.



Add 2 to Cart
Low sodium black beans, 15 oz.



Add 1 to Cart
Zucchini, 1 medium



Add 1 to Cart
Yellow squash, 1 medium



Add 1 to Cart
Onion, 1 small



Add 1 to Cart
Green bell pepper, 1 small

SAVE TIME, SAVE MONEY

My Cooking Notes

Cooking Tips:

- To cut down on the sodium in the salad, consider using low-sodium canned vegetables.
- Don't have stevia? This ingredient can be omitted or replaced with 1 teaspoon of other forms of sugar.



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