



THREE SISTERS FALL SALAD

The story of the three sisters comes from the Northeast United States but can be enjoyed wherever you are. Here is how it grows: the corn grows up, the beans follow it up the stalk, and the squash spreads out over the ground to suppress anything else from coming into the picture. What you get is a complete protein, with these three ingredients complementing each other both as flavors and as nutrients.

Serves: 6

Prep time: 15 minutes

Cook time: 15 minutes

INGREDIENTS

SALAD

6 oz baby kale

1 cup hominy corn (substitute corn on the cob, kernels cut off)

1 cup wild rice, cooked

1 cup squash, medium diced and roasted and cooled (350 degrees for 15 min.)

6 scallions, cut thin

½ cup Great Northern Beans, cooked, rinsed and drained

DRESSING

½ cup sunflower oil

¼ cup pure maple syrup

½ cup sunflower seeds

¼ cup scallions, cut into small pieces

1 TBS salt

INSTRUCTIONS

DRESSING

In a blender, add maple syrup, sunflower seeds, scallions and salt. Blend slowly drizzle oil in to emulsify and thicken.

SALAD

In a salad bowl, add all salad ingredients and toss with dressing. Serve immediately!

