



Three Sister Summer Salad

Serves 4-6

Together, the three sisters are a nutritional powerhouse. The corn's complex carbohydrates, the protein rich beans, and the squash's vitamins make a complete meal. Toss in corn nuts, sunflower seeds or pepitas for crunch.

Ingredients

2 each summer squash, cut in ¼ inch slices lengthwise

2 ears corn

1 cup braised pinto beans (you may use your favorite beans)

¼ cup blackberry mint dressing

1 cup dandelion, arugula or other wild greens

¼ cup sunflower seeds

Directions

Heat the grill or heavy skillet to roast the corn and squash

Cut off the corn kernel and place in a mixing bowl

Cut the squash in ¼ inch dice (small) and add to the corn

Add the braised beans and dressing, then mix well

Place on top of the greens and serve as salad or appetizer, small plate.

Options: Top with smoked fish like trout or salmon

Blackberry mint dressing

1 cup black berries (blue berries or mulberries work well too)

1 tablespoon apple cider vinegar

3 tablespoon extra virgin olive oil

1 tablespoon agave syrup

1 tablespoon chopped mint

Directions

In a blender puree the berries and place in a stock pot with ¼ cup water.

Bring to a boil and simmer for 15 minutes, then cool

Mix with the remaining ingredients to make the dressing.

Refrigerate, keep for up to one week.



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