

[Learn more about nutrition with the free EatFresh.org Mini Course! Start or continue now >\(http://bit.ly/eatfresh-org-mini-course\)](http://bit.ly/eatfresh-org-mini-course)

Three Sisters Salad

Budget-friendly recipe

[0 Comments](#)

Serves: 4

Ready in: 15 mins.

The "three sisters" are corn, beans, and squash (like zucchini). Native Americans planted them together in the garden because they help each other grow. The "three sisters" also work together to give your body a nutritious meal.



Ingredients

- 1 (15-ounce) can low-sodium or no salt added beans *such as black, kidney, or garbanzo beans*
- 1 (11-ounce) can corn with red and green peppers drained *or 1 cup fresh or frozen corn, thawed*
- 1 Small zucchini *chopped*
- 1 tablespoon chopped cilantro
- 2 tablespoons Lime juice *about 1/2 lime*
- 1 jalapeño *seeds removed and finely chopped (optional)*

What You'll Need

- Can opener
- Knife
- Cutting board
- Measuring spoons
- Medium bowl
- Mixing Spoon

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). Stir to combine.
3. Serve right away or refrigerate for later.

Nutrition Info and more

Serving size: 1 cup

Total calories: 220 Total fat: 1 g Saturated fat: 0 g Carbohydrates: 43 g Protein: 11 g Fiber: 13 g Sodium: 331 mg