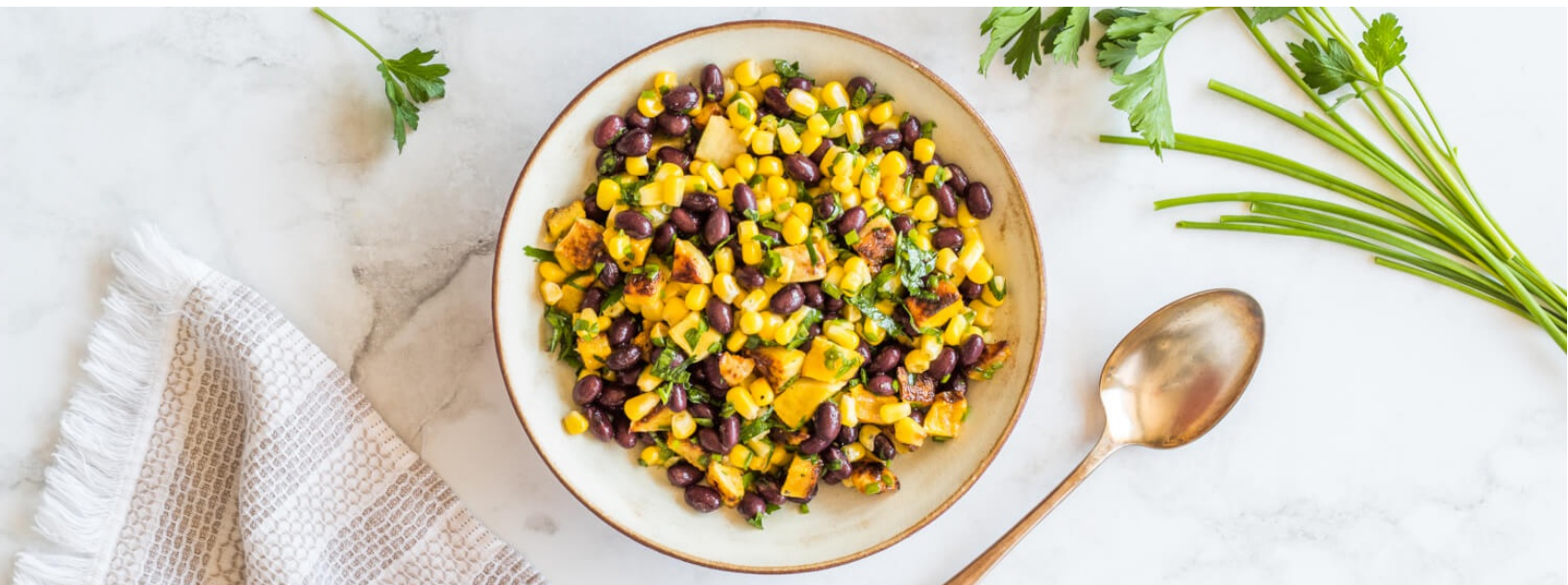


Three Sisters Salad

9 ingredients · 30 minutes · 3 servings



Directions

1. Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
2. Spread the squash in a single layer on the prepared baking sheet and coat with half of the oil. Cook in the oven for 20 to 25 minutes, or until tender. Let cool.
3. Meanwhile, in a large bowl, whisk together the remaining oil, vinegar, honey, parsley, chives, salt, and pepper.
4. Add the cooked squash, corn, and black beans. Toss well to combine. Divide evenly between plates and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Serving Size

One serving is approximately one cup of salad.

Make It Vegan

Use maple syrup instead of honey.

More Flavor

Add chopped red onion or a splash of lime juice. Use grilled corn on the cob instead.

Serve It With

Grilled meat, quinoa, or tortilla chips.

Ingredients

1 1/2 cups Butternut Squash (peeled, seeds removed, cubed)

2 tbsps Extra Virgin Olive Oil (divided)

1 1/2 tps White Wine Vinegar

1 tsp Raw Honey

2 tbsps Parsley (chopped)

2 tbsps Chives (chopped)

Sea Salt & Black Pepper (to taste)

1 cup Corn (cooked)

1 cup Black Beans (cooked)

Nutrition

Amount per serving

Calories	243	Monounsaturated	7g
Fat	10g	Carbs	34g
Saturated	1g	Fiber	8g
Trans	0g	Sugar	6g
Polyunsaturated	1g	Protein	8g