



## “Three Sisters”: Squash, Corn & Black Bean Salad

**Yield: 4**

**Cost Per Serving: \$2.03**

**Cook Time: 40 minutes**

### Ingredients:

- 2 ½ cups butternut squash (diced)
- 1 ½ cups corn kernels (fresh, frozen, or canned)
- 1 15oz can black beans (drained and rinsed)
- 2 Tbsp extra virgin olive oil (divided)
- ¾ tsp chili powder
- 1 cup – wild or brown rice
- 1 lime (juiced)
- 4 oz queso fresco or feta (crumbled or diced)
- Salt and pepper to taste

### Directions:

1. Preheat oven to 425°F. Toss the butternut squash and the corn kernels with 1 tablespoon of the olive oil, along with the salt and chili powder. Spread the seasoned veggies in a thin layer over a parchment-lined baking sheet and bake for 25-35 minutes, until golden, tossing halfway through.
2. While the veggies are baking, cook wild rice according to package instructions, then drain off any excess water.
3. In a large bowl, combine the cooked wild rice with the roasted corn and squash. Add the black beans, lime juice, and queso fresco, along with the remaining 1 tablespoon olive oil. Taste and adjust seasoning (salt and pepper) if necessary.
4. Divide into 4 portions and serve warm or chilled.

Recipe adapted from: [www.OldwaysPT.org](http://www.OldwaysPT.org)

\*Based on Walmart prices 10/23