

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

Makes 4 servings

Ingredients:	Cost per ingredient:	Cost per recipe:	Cost per serving:
2 1/2 cups - butternut squash (diced)	\$3.54 / 3lb squash	\$2.95	\$0.74
1 1/2 cups - corn kernels (about 2 ears) (fresh, frozen, or canned)	\$0.54 / 15.25oz can	\$0.54	\$0.135
2 TBSP - olive oil, divided	\$3.94 / 17oz bottle	\$0.22	\$0.055
3/4 tsp - chili powder	\$0.98 / 3oz container	\$0.04	\$0.01
1 cup - wild rice	\$2.24 / 6.2oz box	\$2.24	\$0.56
15 ounces - black beans (drained and rinsed)	\$1.28 / can	\$1.28	\$0.32
1- juice of lime	\$0.66 / lime	\$0.66	\$0.165
4 ounces - queso fresco (can substitute feta) (crumbled or diced)	\$2.74 / 5oz container	\$2.19	\$0.5475
1/4 tsp - salt (more to taste)			
1 tsp - Pepper (more to taste)			
TOTAL:	\$15.92	\$10.12	Approx. \$2.53
*prices based on Walmart.com			

Directions:

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. While the veggies are baking, cook wild rice according to package instructions, then drain off any excess water. In a large bowl, combine the cooked wild rice with the roasted corn and squash. Add the black beans, pepper, lime juice, and queso fresco, along with the remaining 1 tablespoon olive oil. Taste and adjust seasoning (salt and pepper) if necessary. Divide into 4 portions and serve warm or chilled.

Nutrients per serving (4 servings): Calories: 470; Total Fat: 15 g; Saturated Fat: 5 g; Total Carbohydrate: 69 g; Total Sugars: 7 g (Added, 0 g); Dietary Fiber: 13 g; Protein: 20 g; Sodium: 530 mg; Potassium: 1004 mg; Calcium: 253 mg; Vitamin D: 1 mcg; Iron: 4 mg

Recipe adapted from Oldways (www.OldwaysPT.org)