



THREE SISTERS SALAD

SERVINGS: 60 SERVINGS CALORIES: 127 KCAL

The perfect salad for a hot day! Loaded with deliciously baked butternut squash, beans, corn and onions, and dressed with a tangy balsamic dressing. This salad is sure to be a great addition to any meal!

INGREDIENTS

4- 5 pound packages Butternut squash frozen (#110861)
 3/8 cup 3 tablespoons Oil, olive
 1 #10 can Beans, great northern canned, low-sodium, drained (#100373)
 1 #10 can Corn, whole kernel canned, drained (#100313)
 1/2 cup Onion, red small, sliced
 18 cups Lettuce, romaine chopped
 3 tablespoons Vinegar, balsamic

INSTRUCTIONS

1. Preheat oven to 400° F.
2. Distribute squash evenly between three baking sheets. Toss each sheet with 2 tablespoons olive oil and bake for 20 minutes, stirring halfway through. Set aside to cool.
3. In a large bowl, toss together beans, corn, and onion, and dress with 3 tablespoons olive oil and balsamic vinegar.
4. Serve immediately with lettuce or chill for 2-4 hours and then toss with lettuce.

RECIPE NOTES

Yield: 60 servings

Serving Size: 1 cup

Crediting: 7/8 cups vegetable: 1/8 cup dark green, 1/8 cup beans/peas, 3/8 cup red/orange, 1/8 cup starchy

NUTRITION FACTS PER SERVING (1CUP)

Calories: 127 kcal | Sodium: 43 mg

This recipe has not been tested or standardized by Healthy School Recipes. The outcome, allergen information, and nutrient data may vary depending on the specific ingredients and equipment used in your location.