



Three Sisters Salad Recipe - Corn, Beans, & Squash

The “Three Sisters” in Mexican culture refers to three plants based on the native diet: corn, beans, and squash. When planted together, they support one another to develop a balanced and sustainable ecosystem.

This salad and vinaigrette from Executive Chef Reyna Venegas and her team is one of our summer favorites. It is fresh, delicious, and nutritious.

INGREDIENTS:

SALAD

- 1 cup cooked beans (black, pinto or red)
- 2 summer squash, shaved or spiralized
- 2 corn ears, grilled
- ½ red onion, thinly sliced
- ½ cup pumpkin seeds, toasted
- ½ cup panela or fresco cheese, optional
- 2 cups lettuce mix
- ½ cup cilantro, chopped
- Edible flowers, to taste

VINAIGRETTE

- ½ cup sundried tomatoes, chopped
- ½ cup extra virgin olive oil
- ½ cup apple cider vinegar
- ½ cup vegetable broth or water
- 5 star anise seeds (only the seed inside the star)
- 2 garlic cloves
- ¼ cup orange juice
- 1 tsp Dijon mustard
- Salt and pepper to taste

METHOD:

1. Arrange all the vegetables on a plate, garnish with panela cheese, toasted pumpkin seeds, chopped cilantro, and edible flowers.
2. In the blender, combine all the vinaigrette ingredients and blend. Season to taste and pour the vinaigrette on top of the salad. This salad is excellent paired with grilled shrimp or fish.

¡Buen Provecho!