

# NYBG

## EDIBLE ACADEMY FRESH FROM THE GARDEN TASTINGS



### THREE SISTERS SALAD

A Family Garden favorite inspired by the Mitsitam Cookbook  
Serves 3–4

#### **Ingredients**

2 zucchini, halved lengthwise and seeded  
2 yellow summer squash, halved lengthwise and seeded  
2 ears corn, husked  
¼ cup 365 Everyday Value® Expeller Pressed Canola Oil  
365 Everyday Value® Sea Salt and 365 Everyday Value® Organic Black Peppercorns, ground  
2 cups cooked cranberry beans, drained  
1 medium yellow tomato or ¾ cup yellow cherry tomatoes, diced  
2 plum (Roma) tomatoes or ¾ cup red cherry tomatoes, diced

#### *For the vinaigrette:*

6 tablespoons 365 Everyday Value® Organic Apple Cider Vinegar  
¼ cup 365 Everyday Value® Organic Light Amber Mountain Forest Honey  
¾ cup 365 Everyday Value® Expeller Pressed Canola Oil  
On hand: 365 Everyday Value® Sea Salt, coarse and 365 Everyday Value® Organic Black Peppercorns, ground

#### **Instructions**

Prepare a hot fire in a charcoal grill, or preheat a gas grill to high. Brush the zucchini, squash, and corn with oil. Season the vegetables on all sides with salt and pepper. Grill the zucchini and squash until crisp-tender and grill-marked on both sides, about 10 minutes. At the same time, grill the corn until lightly browned, turning to cook on all sides, 4 to 5 minutes. Transfer the zucchini and squash to a cutting board and finely dice, then empty into a large bowl. Cut the kernels from the corn and add to the bowl along with the beans and the yellow and red tomatoes. Add ¼ cup vinaigrette and toss to coat. Season with salt and pepper and toss again. Serve at room temperature or cold.

#### *For the vinaigrette:*

In a small bowl, combine all the ingredients and whisk to blend. Cover and refrigerate for at least 1 hour, or up to 10 days.

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