

# NYBG

EDIBLE ACADEMY FRESH FROM THE GARDEN TASTINGS

## THREE SISTERS SALAD

Inspired by the *Mitsitam Cookbook*

Yield: 3–4 servings

### Ingredients

2 zucchinis, halved lengthwise and seeded  
2 yellow summer squashes, halved lengthwise and seeded  
2 ears corn, husked  
¼ cup 365 Everyday Value® Refined Expellent Free Canola Oil  
365 Everyday Value® Coarse Sea Salt and 365 Everyday Value® Ground Black Pepper  
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 Mountain Forest Honey Light Amber  
¾ cup 365 Everyday Value® Refined Expellent Free Canola Oil  
On hand: 365 Everyday Value® Coarse Sea Salt and 365 Everyday Value® Ground Black Pepper

365 Everyday Value® products are found exclusively at Whole Foods Market®.



### 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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