

Beans, Rice And Everything Nice

Three Sisters Summer Salad



original recipe by: beansriceeverythingnice.weebly.com



Potato Salad

makes 4 servings

- 1-1/2 to 2 cups cooked or canned black beans, drained and rinsed
- 1 cup frozen corn, defrosted
- 1 cup halved cherry tomatoes or 1 red pepper diced
- 1 1/2 to 2 cups julienned zucchini

Dressing

makes 1/2 cup

- 1/8 teaspoon chipotle powder
- 1/2 teaspoon garlic powder
- 1/2 teaspoon ground coriander
- 1 teaspoon ground cumin
- 1 teaspoon ancho chili powder
- 1 teaspoon smoked paprika
- 1 Tablespoon dried oregano
- 1/4 to 1/3 cup lime juice (juice of 1 lime)

For the salad:

1. Add the beans, corn, sliced cherry tomatoes (or diced red pepper), and julienned zucchini to a large mixing bowl.

For the dressing:

2. In a small mixing bowl, combine the chipotle powder, garlic powder, coriander powder, cumin powder, ancho chili powder, smoked paprika, and lime juice.
3. Add the dressing, dried (or fresh) herbs, and remaining beans to the mixing bowl and combine.

The main ingredients in this salad, beans, corn, and zucchini (summer squash), are known in Native American agriculture as the "Three Sisters" because these important food staples were planted together, coexisting in a beneficial relationship. According to a Wikipedia article: "The three crops benefit from each other. The maize provides a structure for the beans to climb, eliminating the need for poles. The beans provide nitrogen to the soil that the other plants use, and the squash spreads along the ground, blocking sunlight, helping prevent the establishment of weeds. The squash leaves also act as a "living mulch," creating a microclimate to retain moisture in the soil, and the prickly hairs of the vine deter pests." I like the idea that my food gets along.