

## Three Sisters Salad

**Recipe HACCP Process: #3 Complex Food Preparation**

**Serving Size: 1 cup**

**Yield: 60**

**Source: Wisconsin Department of Public Instruction**

### Ingredients:

Ingredient Name	Measurements
Squash, Winter, Butternut, frozen, unprepared	5, 4-pound packages
Oil, Olive, salad or cooking	3/8 cup +3 tbsp
Beans, great northern, canned, low sodium	3 qt
Corn, canned, whole kernel, low sodium	3 qt
Onion, red, raw	½ cup sliced
Lettuce, romaine, raw	18 cups, shredded
Vinegar, balsamic	3 tbsp

*\*Note: Choose USDA foods whenever available to save on cost. Note yield, crediting, and nutritionals may change if substituted.*

### Instructions:

1. Preheat oven to 400°F.
2. Distribute squash evenly between three baking sheets. Toss each sheet with 2 Tbsp. 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 Tbsp. olive oil and balsamic vinegar.
4. Serve immediately with lettuce or chill for 2-4 hours and then toss with lettuce.

**Nutritional Analysis:**

<b>Nutrients</b>	<b>Nutrients Per Serving</b>
Calories	194 kcal
Total Fat	2.75 g
Saturated fat	0.43 g
Trans Fat	0.00 g
Cholesterol	0.00 mg
Sodium	153.16 mg
Total Carbohydrate	39.59 g
Dietary Fiber	5.49 g
Total Sugars	5.30 g
Protein	7.57 g

**Meal Component Information:**

<b>Meal Components</b>	<b>Amount</b>
Vegetable	7/8 cup

*\*Note: For schools with access to Mosaic, these recipes are also available to import from the Community recipe section by searching the recipe name or using the search term of "John C. Stalker" as the district.*