

# Three Sisters Salad

In Haudenosaunee (Iroquois) villages, as in many other Native communities, women planted, hoed, weeded, and harvested communally, often working in large groups. The staple crops they grew — corn, beans and squash — came to be known as The Three Sisters. Not only do the three foods grow well together (the beans climb the natural trellis provided by the cornstalks, while the broad-leaved squash plants spread out below, preventing weeds and keeping moisture in the soil), but when cooked together they provide nearly complete nutrition.

*Here, grilled squash and corn are mixed with cranberry beans and yellow and red tomatoes.*

*Serves 4 to 6*

## Apple Cider Vinaigrette

6 tablespoons apple cider vinegar  
1/4 cup honey  
3/4 cup canola oil  
Salt and freshly ground pepper to taste

## Salad

2 zucchini, halved lengthwise and seeded  
2 yellow summer squash,  
halved lengthwise and seeded  
2 ears corn, husked  
1/4 cup canola oil  
Salt and freshly ground pepper to taste  
2 cups cooked cranberry beans, drained  
1 medium yellow tomato or 3/4 cup yellow cherry tomatoes, diced  
2 plum (Roma) tomatoes or 3/4 cup cherry tomatoes, diced



**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.

**For the salad:** 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 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 1/4 cup vinaigrette and toss to coat. Season with salt and pepper and toss again.

Serve at room temperature or cold.