THREE SISTERS SALAD

Ingredients:

- 15 Ounces Beans
- 1 Tbsp Cilantro, Chopped
- 11 Ounces Corn
- 2 Tbsp Lime Juice
- 1 Zucchini, Chopped
- 1 Jalapeno Pepper, Chopped

Directions:

1. Carefully open can of beans and corn. Drain and rinse and pour into a medium bowl.
2. Add zucchini, cilantro, lime juice and jalapeno.
3. Stir to combine.
4. Serve right away or refrigerate for later.

Find more recipes and resources online at: www.gcfb.org/recipes_resources
Want to apply for SNAP Benefits? Call the number below for assistance!

Mention **Gleaners** when speaking with your SNAP representative.

Text **HEALTHYEATS** to **833-956-1009** to get text alerts for classes, nutrition tips, recipes, and more!