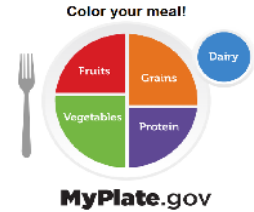




THREE SISTERS SALAD



Ingredients:

15 Ounces Beans

11 Ounces Corn

1 Zucchini, *Chopped*

1 Tbsp Cilantro, *Chopped*

2 Tbsp Lime Juice

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.

F.O.R.
Comida y otros recursos
LÍNEA DE AYUDA



Para obtener ayuda para encontrar una despensa de alimentos, ayuda para presentar una solicitud de beneficios de SNAP o referencias a otros recursos, llame al

1-888-544-8773

F.O.R.
Food and Other Resources
HELPLINE



For help finding a food pantry, assistance in applying for SNAP benefits or referrals to other resources, call

1-888-544-8773

F.O.R.
خط المساعدة



للحصول على المساعدة في العثور على مخزن طعام، أو المساعدة في التقدم بطلب للحصول على مخصصات SNAP، أو الإحالات إلى موارد أخرى، اتصل بالرقم

1-888-544-8773

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Financiado en parte por el Departamento de Salud y Servicios Humanos de Michigan
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Scan the QR code below for more resources!



linktr.ee/GleanersKitchen

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