

3 Sisters Bean Salad

Ingredients	Measure	Directions
Lemon Cumin Vinaigrette:		<ol style="list-style-type: none"> 1. 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. 2. 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. 3. At the same time, grill the corn until lightly browned, turning to cook all sides, 4 to 5 minutes. 4. 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. 5. Serve at room temperature or cold.
Apple cider vinegar	6 tbsp	
Honey	1/4 cup	
Canola oil	3/4 cup	
Cumin	1 tbsp	
Salt and pepper	to taste	
Salad:		
Zucchini, cut in half	2 each	
Yellow summer squash, cut in half	2 each	
Black beans	2 cups	
Canola oil	1/4 cup	
Salt and pepper	to taste	
Cranberry beans, cooked	2 cups	
Yellow tomato, diced	1 each	
Roma tomato, diced	2 each	