

THREE SISTERS SALAD

Serves 6

INGREDIENTS

- 1 medium yellow onion, medium diced
- 1 small acorn or butternut squash
- 1 cup of cooked beans
- 1 cup of cooked corn
- 1 cup of cooked hominy
- 1/2 cup dried cranberries
- 4 tablespoons sunflower oil
- Salt and ground black pepper to taste
- 2 tablespoons maple syrup
- 1 teaspoon of fresh thyme leaves
- 1 tablespoon mint, chopped
- 1/4 teaspoon sumac
- 2 tablespoon apple juice
- 1 teaspoon apple cider vinegar



PREPARATION

1. Preheat the oven to 400° F.
2. Peel squash with a sharp vegetable peeler. Cut in half lengthwise; scoop out and discard seeds. Cut halves into 1-inch slices, then cut slices into 1-inch cubes.
3. Combine butternut squash cubes and half of your sunflower oil in a large bowl and toss until well coated. Season with salt and pepper. Arrange in a single layer on a baking sheet.
4. Roast in the preheated oven until squash is lightly browned and tender when pierced with a fork, 25 to 35 minutes.
5. Put a large skillet over medium heat and add remaining sunflower oil to the skillet.
6. Cook onions in skillet until tender and translucent.
7. Add hominy, corn and beans sauce cook for 5-6 mins.
8. Combine maple syrup, thyme, sumac, apple juice, and apple cider vinegar, whisk together in a small bowl.
9. Stir in Maple mixture and cranberries to salad. Enjoy!

Serve Warm.