

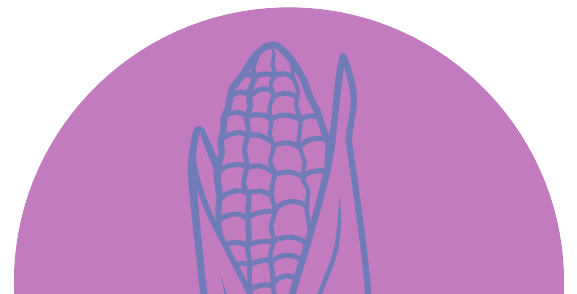
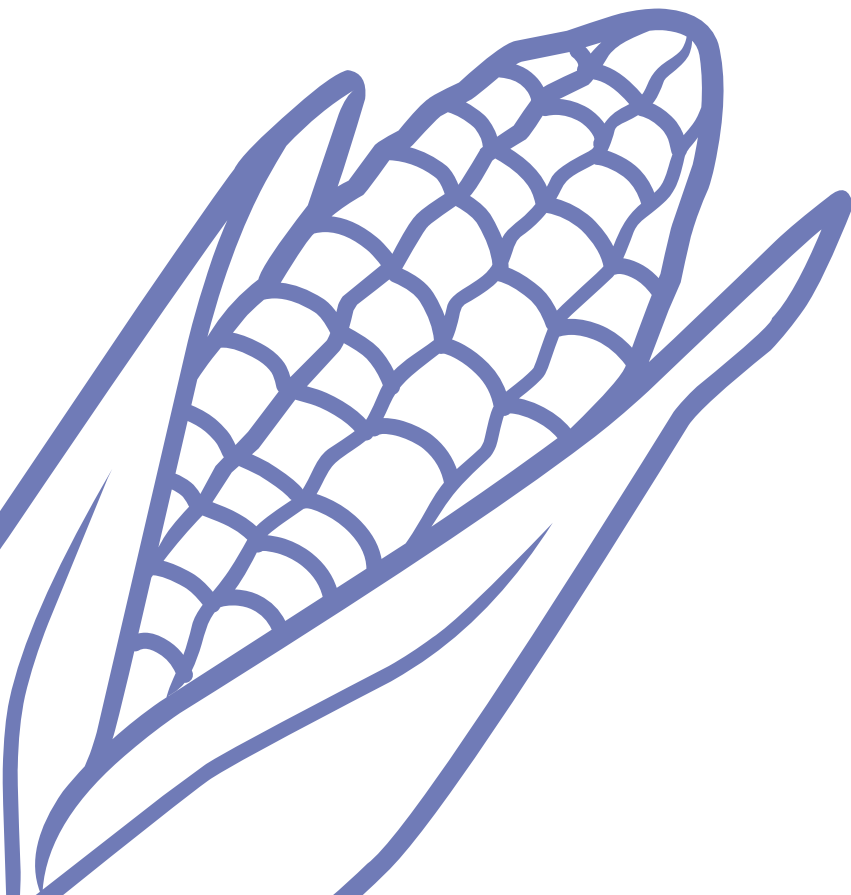
# BLUE CORN MUSH

## INGREDIENTS

- 1 cup blue cornmeal
- 3 cups water
- ½ teaspoon salt
- 1-2 tablespoons honey or maple syrup (optional, for sweet version)
- 1 tablespoon butter (optional)
- Milk or plant milk (optional, for serving)

## DIRECTIONS

- Boil the water in a medium saucepan, bring 3 cups water to a boil.
- Add the salt.
- Add the blue cornmeal
- Slowly pour in the blue cornmeal while stirring constantly to prevent lumps.
- Simmer reduce heat to low.
- Stir frequently and cook 10-15 minutes, until thick and smooth.
- Stir in butter or honey if using.
- Serve warm.



# THREE SISTERS SALAD

## INGREDIENTS

### Salad

- 1 cup cooked corn (fresh, frozen, or roasted)
- 1 cup cooked beans
- (pinto, black, or kidney beans work well)
- 1 cup cooked squash
- (butternut, zucchini, or yellow squash)
- ¼ cup chopped red onion
- ¼ cup chopped fresh cilantro
- 1 small roasted green chile (optional)

### Dressing

- 2 tablespoons olive oil
- 1 tablespoon lime juice or apple cider vinegar
- ½ teaspoon salt
- ¼ teaspoon black pepper
- ½ teaspoon ground cumin (optional)

## DIRECTIONS

- Dice squash into small cubes.
- Roast at 400°F (205°C) for 15–20 minutes until tender. (Or sauté until soft.)
- Prepare the beans if using canned beans, rinse and drain.
- Combine ingredients In a large bowl, mix:
  - corn
  - beans
  - squash
  - onion
  - cilantro
  - chile (if using)

### Make dressing

- Whisk together olive oil, lime juice, salt, pepper, and cumin.
- Toss and serve pour dressing over salad.
- Toss gently.
- Serve warm or chilled.

