RECIPE NAME: Three Sisters Salad						File Category:		
Grade Group: K-12						НАССР	Process:	
Number of Portions: 60					☐ #1 No	Cook		
Portion Size: 1 cup					☐ #2 Co	ook & Serve Same Day		
Serving Utensil: 8 fl. oz. scoop					<b>✓</b> #3 Inc	cludes Cooling Step		
Servings per Pa	n:							
Ingredients: Weight:		Measure:		Procedure:				
Butternut squash, frozen		4-5# pack	ages			1. Prehe	eat oven to 400°F.	
		(approx. 8 fresh)				2. Distribute squash evenly between three baking sheets. Toss		
Olive oil				3/8 cup +	3 Tbsp.	each with 2 Tbsp. olive oil and bake for 20 minutes, stirring		
Beans, Great Northern,				#10 can	halfway through. Set aside to cool		through. Set aside to cool	
canned, drained						3. In a la	3. In a large bowl, toss together beans, corn, and onion, and	
Corn, whole kernel,				#10 can		dress w	dress with 3 Tbsp. olive oil and balsamic vinegar.	
canned, drained							4. Serve immediately with lettuce or chill for 2-4 hours and	
Red onion, small, diced			1/2 cup			then to	ss with lettuce.	
Lettuce, romair			18 cups					
Balsamic vinegar				3 Tbsp.				
Total Yield: 60 portions Number of			of Pans:			<b>Equipment</b> (if not specified in the procedures above)		
Weight:	Measure (	Measure (volume):		Pan Size:				
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Meal Component Contribution Based on Portion Size						Nutrient Analysis Based on Portion Size		
Meat/Meat Alternate						Calories: 143		
Vegetable Subgroups		DG	B/P	R/O	S	0	Saturated Fat (g): 0	
7/8 cup total*		1/8	1/8	3/8	1/8	*	Sodium (mg): 43	
Fruits						•		
Grains								
DG= Dark Green B/	/P= Beans/Pea	s (Legumes)	R/O=Red/Or	ange S=Starch	y O=Other			



