

Three Sisters Mash Up

The three sisters story comes to us from the Iroquois People. The combination of Corn, Beans and Squash not only grow together as companion plants, but also balance protein and carbohydrates when eaten together.

Add equal amounts of cooked corn, lima beans and cubed winter squash to an electric skillet or frying pan.

Stir fry in olive oil until all ingredients are hot.

Add salt and Italian herbs to taste.

Serve and enjoy!