

“Three Sisters” Wild Rice Salad

4 Servings

Ingredients

2 ears corn, kernels removed from cob
2½ cups diced butternut squash
2 tablespoons olive oil, divided
¼ teaspoon salt, plus more to taste
¾ teaspoon chili powder
1 cup wild rice

Instructions

1. Preheat oven to 425°F. Toss the corn kernels and butternut squash with 1 tablespoon of the olive oil, along with the salt and chili powder. Spread the seasoned veggies in a thin layer over a parchment-lined baking sheet and bake for 25-35 minutes, until golden, tossing halfway through.
2. While the veggies are baking, cook wild rice according to package instructions, then drain off any excess water.

1 (15-ounce) can black beans, drained and rinsed
Juice of 1 lime
4 ounces queso fresco (can substitute feta), crumbled or diced
Pepper to taste



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3. In a large bowl, combine the cooked wild rice with the roasted corn and squash. Add the black beans, pepper, lime juice, and queso fresco, along with the remaining 1 tablespoon olive oil. Taste and adjust seasoning (salt and pepper) if necessary.
4. Divide into 4 portions, and serve warm or chilled.

An Oldways recipe, courtesy of Kelly Toups

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