



A Nutrition Resource



# THREE SISTERS SKILLET

**Yield: 7 Servings | Serving Size: 1 cup**

**Cost/Serving: \$0.61**

## Ingredients:

- 1 15-ounce can low sodium pinto beans, drained and rinsed
- 1 15-ounce can low sodium Hominy, drained and rinsed
- 1 Tablespoon canola oil
- 1 cup red onion, diced
- 1 cup white corn, frozen
- 1 cup zucchini, diced
- 1 Tablespoon maple syrup
- 1 teaspoon dried sage, ground
- 1/2 teaspoon salt

## Directions:

Heat oil in a large, deep-sided skillet. Add red onion and sauté over medium-high heat until they soften. Reduce heat to medium and add pinto beans and hominy, mix well, and cook for 2-3 minutes. Add white corn, zucchini, maple syrup, sage, and salt. Mix well and cook for another 5-10 minutes or until zucchini is soft and the mixture is heated through. Remove from heat and serve immediately.

**Option:** Adding ground elk, or any wild game available, makes a tasty addition! Simply brown the meat in the same skillet but do it before cooking the vegetables. Once fully cooked, set the meat aside in a separate dish and use the same skillet to cook the above recipe. When finished cooking the vegetables, add the cooked wild game to the mixture and combine well.

## Nutrition Facts

servings per container

**Serving size** 1 Cup (190g)

Amount per serving

**Calories** 140

% Daily Value\*

**Total Fat** 2.5g 3%

Saturated Fat 0g 0%

Trans Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 530mg 23%

**Total Carbohydrate** 25g 9%

Dietary Fiber 5g 18%

Total Sugars 5g

Includes 2g Added Sugars 4%

**Protein** 4g

Vitamin D 0mcg 0%

Calcium 51mg 4%

Iron 1mg 6%

Potassium 252mg 6%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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### ***The Three Sisters in Native American Culture***

Three Sisters (corn, beans, and squash) gardening has a rich history in Native American culture and has been planted by traditional Native gardeners in many different regions of North America. Known today as "companion planting", the relationship between these plants forms an ecosystem that helps the other thrive. Together, the Three Sisters encourage soil fertility and sustainability and when eaten together, a nutritious meal! Enjoy!

*Recipe adapted from Montana State Dining Services.*

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