

Three Sisters Salad

Yield: 8 Servings



Ingredients

- ½ pound zucchini or summer squash, small dice
- ½ pound cooked Adzuki Beans or Lentils
- ½ pound sweet corn kernels, cut off the cob
- ¼ Cup Red onion, shaved thin
- 1/2 cup chopped fresh basil
- 3 cups loosely packed arugula
- 2 Cups Burnt Onion Vinaigrette (See Recipe)

Method

- 1) Prepare and pre-measure all ingredients.
- 2) Combine all ingredients in a large mixing bowl and mix to incorporate dressing into all ingredients evenly.

Burnt Onion Vinaigrette



Yield: 2 Cups

Ingredients

- 1 Small Yellow or White Onion, Chopped
- 1 Lemon, Juiced
- 1 Teaspoon Dijon Mustard
- ½ Teaspoon Kosher Salt
- ¼ Teaspoon Black Pepper
- 1 Cup Canola Oil

Method

- 1) Turn broiler or grill on high and preheat.
- 2) Put onions under the broiler or on grill. Cook until just beginning to char, turning frequently. Remove from heat, let cool.
- 3) Once cool, place in a food processor or blender with lemon juice, mustard, salt, and pepper. Pulse until mixture forms a paste.
- 4) Slowly drizzle in canola oil until mixture is emulsified. Chill for service.