

# Three Sisters in Chipotle (Native American and Native Mexican)

## Ingredients for 4 portions

- 1 can of corn kernels
- 1 medium Mexican Zucchini Squash diced into 1/4 inches cubes
- 2 cans of black canned beans
- 1 Jalapeno - diced
- 1/4 cup of lemon juice
- 1/4 cup of olive oil
- 1 tbsp of Chipotle en adobo
- 1 tsp dried oregano
- 1/8 tsp cumin
- 1/4 tsp crushed red peppers
- 1/2 bunch of cilantro
- Salt and pepper to taste

**Nutrition Tip:** Beans are an excellent source of fiber and protein. Squash has many essential vitamins.

## Preparation (15 minutes)

1. In a skillet under medium heat, add the oil, jalapeno, zucchini, beans and corn. Cook until the zucchini is tender.
2. Add the chipotle and mix. Add the cumin, oregano, red pepper, salt and pepper. Taste. Cook for 3 minutes until all flavors have been incorporated.
3. Serve in a bowl with tortilla chips or tostadas. Add lemon juice, cilantro on top and enjoy!

**Cultural Fact:** Native Americans planted Corn, Beans, and Squash together in order to increase the yield as the plants support one another.