***NR#34 Three Sisters Salad***

***Serving Size and Ingredients: 1 cup***

|  |  |  |  |
| --- | --- | --- | --- |
| **30 Servings** | **60 Servings** | **120 Servings** | **Ingredients** |
| 4 | 8 | 16 | Butternut squash, fresh |
| 1/4c + 1.5 TBSP | 3/8 cup +3 TBSP | 3/4cup+ 6 TBSP | Olive Oil |
| ½ #10 can | #10 can | 2-#10 cans | Bean, Great Northern Canned, low sodium, drained |
| ½ # 10 can | #10 can | 2-#10cans | Corn , whole kernel, canned drained, low sodium |
| ¼ cups | ½ cup | 1 cup | Red onion, sliced |
| 9 cups | 18 cups | 36 cups | Romaine Lettuce, Chopped |
| 1 1/2 TBSP | 3 TBSP | 6 TBSP | Balsamic Vinegar |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |

***Instructions:***

1. Preheat oven to 400°F.
2. Distribute squash evenly between three baking sheets. Toss Each sheet with 2 TBSP olive oil and baked f or 20 minutes, stirring halfway through.
3. Set aside to cool.
4. In a large bowl, toss together beans, corn, and onion, and dress with 3 TBSP olive oil and balsamic vinegar.
5. Serve Immediately with lettuce or chill for 2-4 hours and then toss with lettuce.

***NOTE: Wash and sanitize hands prior to and during the process of handling raw food and throughout meal preparation. Cook eggs served immediately, fish, shellfish, beef, lamb, veal, pork, corn beef and ham to an internal temperature of 145 degrees for 15 seconds; ground meat, ground fish, meat mixtures and eggs cooked and held for service to 155 degrees for 15 seconds; chicken, turkey, soups, stews, dressing, casseroles, mixed dishes, stuffed meat, stuffed poultry, stuffed fish, stuffed pasta and leftovers to 165 degrees for 15 seconds; all other food items should be cooked to 140 degrees for 15 seconds. All hot food should be held at 140 degrees F or hotter until service.***