

# Three Sisters Tacos



 servings 12  30 minutes

## INGREDIENTS

1 Butternut Squash  
1 White Onion  
1 can of yellow corn  
1 oz. of Extra Virgin Olive Oil  
1 can of Pinto Beans  
1 Garlic clove  
Corn or Flour Tortillas  
Season to your liking with:  
Cumin, Chili, Cilantro, Salt and  
Pepper

## NOTES

Nutrition facts: 248 kcal, 40g  
Carbohydrates, 4g Fat, 4g Fiber  
per serving

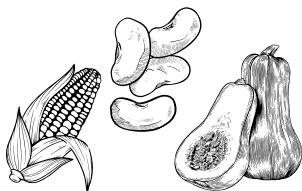
## DIRECTIONS

1. Preheat oven to 400 degrees
2. Peel skin off the butternut squash, cut the squash in half vertically, gut the squash with a spoon and then cut into one inch cubes and place in a mixing bowl
3. Dice white onion and mince the garlic bulb to add to the mixing bowl
4. Toss the ingredients in mixing bowl with olive oil and season to taste
5. Pour content of mixing bowl on a sheet pan and roast in oven for 7-10 minutes
6. Open both corn and bean cans and rinse
7. Once the squash is cooking halfway through, place the corn and beans mixture on the sheet pan and continue roasting for 7-10 minutes
8. Once mixture is cooked to your liking, scoop into taco shells and enjoy!



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# Three Sisters Soup



 servings 6  35 minutes

## INGREDIENTS

- 6 cups Chicken or Vegetable stock
- 16 oz can Hominy or yellow corn, drained and rinsed
- 16 oz can Kidney beans, drained and rinsed
- 1 Small onion, chopped
- 1 Rib Celery, Chopped
- 15 oz can cooked pumpkin (Be careful not to get pumpkin pie filling!)
- 5 Fresh sage leaves or 1/2 tsp dried sage

## NOTES

Combining legumes such as kidney beans, with grains like hominy or corn, results in a dish that provides the essential amino acids that our bodies need to make proteins. It benefits our bodies to eat these foods together rather than eating them separately.

## DIRECTIONS

1. Sauté onions and celery in 1 Tbsp of olive oil until translucent. about 3-5 minutes.
2. Add stock and bring to a slow boil
3. Add remaining ingredients. Let boil for 10 min.
4. Turn to medium low heat and allow to simmer for 20 minutes.
5. Share with family or friends and enjoy!



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# Corn Squash Muffins



12 Muffins



25 minutes

## INGREDIENTS

- 1/2 cup All-purpose flour
- 1/2 cup whole wheat flour
- 1 cup cornmeal
- 1 Tbsp Baking Powder
- 1/2 tsp Baking Soda
- 1/2 tsp Salt
- 1 large Egg
- 3 Tbsp Maple Syrup
- 1 Cup Buttermilk
- 1/3 c Oil
- 3/4 Cup Butternut Squash Puree\*

## NOTES

- No Buttermilk? Pour regular milk in a measuring cup with 1 Tbsp of lemon juice and let set at room temperature for 15-20 minutes.
- Cut any winter squash in half, remove seeds, rub with olive oil. Roast cut-side down on baking sheet at 350\* for 45 minutes or until tender, remove flesh and puree.

## DIRECTIONS

1. Preheat oven to 400\*. Line a standard muffin pan.
2. In a medium bowl, whisk together dry ingredients and set aside.
3. In a large bowl, beat the egg lightly. Add the Maple syrup, buttermilk, oil, and puree. Whisk until combined.
4. Add the dry ingredients to the wet and stir to combine.
5. Divide batter evenly into the muffin tin. Bake on the middle rack for 15 minutes or until golden on the top and the muffin springs back when gently pushed on.



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## Three Sisters - Sustainers of life

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These modernized recipes allow us to celebrate the traditional story of the three sisters. The three sisters, corn, beans and squash were once known to Wabanaki people as the sustainers of life. When paired together in a meal they provide the ideal nutrients for a healthy diet. When paired in a garden, the sisters, create an ideal growing system providing long term soil fertility for generations.

Corn, the eldest is planted in late spring after the last frost (after May's full moon). Sister corn takes some time to set her roots before she sprouts herself through the dirt. Her stalks provide support for sister beans to reach the sun. Sister beans is planted next and replenishes nitrogen into the soil to support the corn growth. The youngest, Sister squash prefers to grow wildly along the ground. Sister squash maintains the moisture in the soil and controls the weeds and pests from disturbing their home. When harvested and dried each sister provides seeds to plant for future generations.

The relationship between the three-sisters is a story of respect, reciprocity and sustainability. Although these three plants will grow alone, they thrive together. The three sisters are inseparable in both the garden and the kitchen.

