

BEANS, CORN & SQUASH

This recipe was used as a second side dish in our Great Lakes Indigenous Foods cooking demonstration. The dish includes 4 simple ingredients and goes a long way! We originally paired it with the Braised Buffalo, but it also makes a great leftover lunch.

Chef Rob Trufant, Kellogg Catering

Featured Food: Butternut Squash

Yield: 6-8

Ingredients

2/3 cup black beans, cooked

1 cup Winter squash, small dice (preferably Butternut)

2/3 cup sweet corn niblets cooked (Fresh or frozen corn work just as well) salt to taste

Preparation

1. Prepare winter squash & vegetables as listed in the ingredients details.
2. Sautee squash in hot oil until just starting to brown at the edges.
3. Add black beans and sweet corn.
4. Heat through and season with salt.
5. Enjoy as side dish with Braised Buffalo!