

ENJOY THE FLAVORS OF NATIVE AMERICA



Blackberries, blueberries, strawberries, and raspberries were an important part of many Native American diets. Berries are a great way to add vitamins, minerals, and fiber to your diet. One serving is only ½ cup, so eat them fresh or frozen for a healthy boost of nutrition.



Follow the MyPlate guidelines to help your family eat well!

- ▶ Make half your plate fruits and vegetables.
- ▶ Switch to skim or 1% milk.
- ▶ Make at least half your grains whole.
- ▶ Vary your protein food choices.
- ▶ Keep your food safe to eat—learn more at www.FoodSafety.gov.
- ▶ Choose foods and drinks with little or no added sugars.
- ▶ Look out for salt (sodium) in foods you buy—it all adds up.
- ▶ Eat fewer foods that are high in solid fats.

Traditional foods of the Native American heritage include corn, beans, and squash. These vegetables are commonly grown together in Native American gardens and are known as the “Three Sisters.” When you mix these together, you get a wonderful dish known as Succotash. Try this delicious blend for a quick way to add vegetables to your day.

THREE SISTERS SUCCOTASH

Ingredients:

- 3 cups cut green beans, frozen*
- ½ teaspoon salt, divided
- 2 cups frozen corn*
- 2 tablespoons extra-virgin olive oil
- 1 tablespoon butter
- 2 tablespoons water
- 2 small zucchini, cut into ½-inch pieces*
- ¼ teaspoon ground pepper
- 1 teaspoon cumin
- 2 onions, finely chopped*



Directions:

1. Place beans in a large saucepan; add water to cover. Add ¼ teaspoon salt. Bring to a boil. Cover, reduce heat and simmer for 10 minutes. Drain beans.
2. Heat oil and butter in a large skillet over medium heat. Add the corn and stir to coat well, then add zucchini, beans, cumin, and 2 tablespoons of water. Cook, stirring occasionally, until the corn and squash are tender, 10 to 12 minutes. Add more water if needed to keep the mixture from sticking to the pan.
3. Season with the remaining ¼ teaspoon salt and pepper. Serve immediately.

Yield: 6 servings

Nutrition Information (per serving):

Calories 128; Fat 7 grams; Sodium 210 milligrams; Fiber 3 grams

*WIC supplemental food

