

THREE SISTERS STIR-FRY

1 cup	Green peas, frozen
1 (15-ounce) can	Corn, no salt added, drained
1 small	Yellow squash, diced
1 large	Green bell pepper, diced
½ small	Red onion, diced
1 tablespoon	Vegetable oil
½ tablespoon	Garlic powder
½ teaspoon	Crushed red pepper (optional)
To taste	Salt and pepper (optional)

Can opener

Colander

Cutting board

Knife

Measuring spoons

Measuring cups

Large skillet

Spatula or spoon

Options

Beans can be used instead of peas; try kidney beans, black beans or pinto bean.

Any type of onion could be used; swap red onion for white, yellow green or Wild.

More veggies could be added; try tomatoes, canned or fresh would work.

Lean beef or chicken could be added or served over wild rice or long grain rice.

- 1.Heat 1 tablespoon vegetable oil in a large skillet.
- 2.Add corn, squash, bell pepper and onion to skillet. Cook on medium-high heat until tender, about 5-7 minutes. Stir often.
- 3.Add green peas, garlic powder and crushed red pepper, if using, to skillet and mix. Cook 1-2 minutes longer, until peas are heated through.
- 4.Serve warm. Add salt and pepper to taste.