



Three Sisters Salad

Serves 4

1/2 teaspoon sunflower seed oil

1/4 white onion, diced

1 cup fresh or frozen corn,
thawed (or 11-ounce can)

1 zucchini, thinly sliced

1 tablespoon fresh thyme leaves

15 ounces cooked black beans (or
canned black beans, drained)

Pinch of kosher salt

Pinch of freshly ground black pepper

Cooking Method

Coat the bottom of a skillet with the sunflower oil, and heat over medium heat. Add the onion, and saute until translucent. Add the corn, zucchini, and thyme, and stir to combine.

Cook for 2 minutes, mix gently, and cook for an additional 2 minutes.

Add the beans to the skillet, and mix gently again. Season with the salt and pepper.

Cover with a lid and continue to cook for 2 to 3 minutes, stirring occasionally.

Serve warm. This makes a perfect side for the Braised Bison Colorado (page 52).a

Pyet DeSpain's story

When I lived on the Osage Nation Reservation as a kid, I loved watching the grandmas and aunties cook big pots of beans, squash, and rice outdoors over an open flame during the ceremonial powwows and then place their labor of love on the long tables for all to enjoy during the supper break. On one occasion, I noticed a dish I hadn't seen before. I was drawn to its bright, festive colors and varied ingredients. As I watched the elders and later the dancers spoon the food onto their plates, I hoped that there would still be some of that vibrant salad left for me to try once it was the children's turn to fill our plates. My eyes brightened when I reached the big bowl and scooped a serving on my plate. I dug in, and instantly fell in love with that three sisters salad. I have re-created that dish here, keeping it simple so you too can savor the traditional flavors of my youth.

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