

# Three Sisters harvest bowl

## Ingredients

1 butternut squash  
1 shallot  
½ Tbsp. garlic powder  
1 can hominy  
1 can black beans  
2 Tbsp. maple syrup  
1 Tbsp. fresh mint  
1 Tbsp. sunflower seeds  
Oil  
Salt  
Pepper

## Instructions

1. Cut squash in half. Remove the skin, seeds and strings.
2. Cut squash into 1 in. cubes.
3. Dice shallots.
4. Heat a skillet over medium heat. Drizzle oil and add squash, shallots and garlic powder.
5. Sauté squash, shallots and garlic powder for 10 minutes, until squash is fork-tender.
6. Add hominy, beans and maple syrup to the pan. Stir and cover to cook for 5 minutes, until food is warmed all the way through.
7. Remove from heat and top with sunflower seeds and fresh mint. Add salt and pepper to taste.
8. Enjoy!



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