

The background of the cover is a photograph of a wide river, likely the Colorado River, flowing through a deep, arid valley. The river's surface is a mix of blue and green, with a prominent, bright yellow-green reflection of the sun in the center. The surrounding landscape is rugged and brown, with steep cliffs visible on the left side. The sky is a pale, hazy blue.

# *A River of Recipes*

*Native American Recipes Using Commodity Foods*

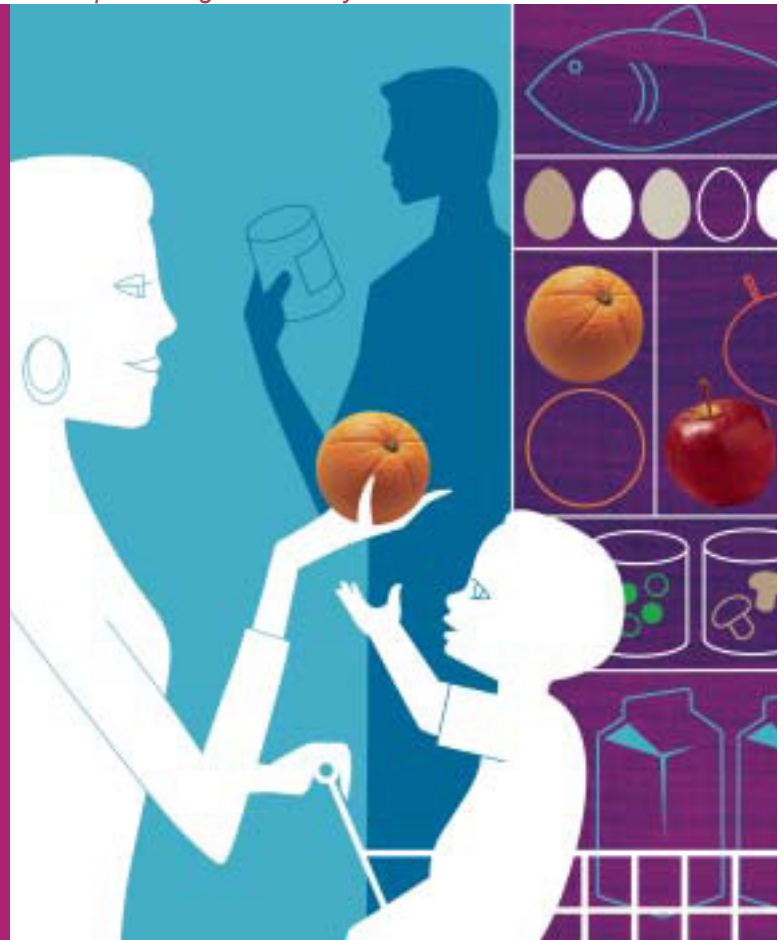
*USDA Food Distribution Program on Indian Reservations*  
(Revision Date: August 2008)

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## Finding Your Way to a Healthier You:

Based on the  
*Dietary Guidelines  
for Americans*  
2005

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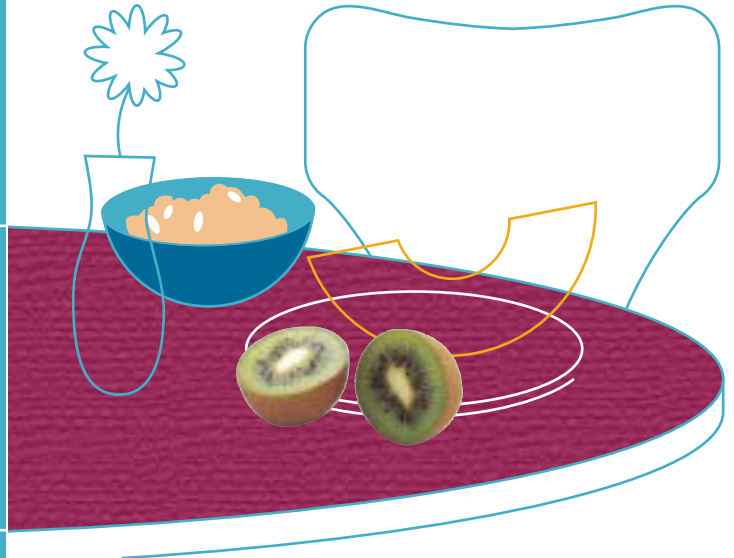
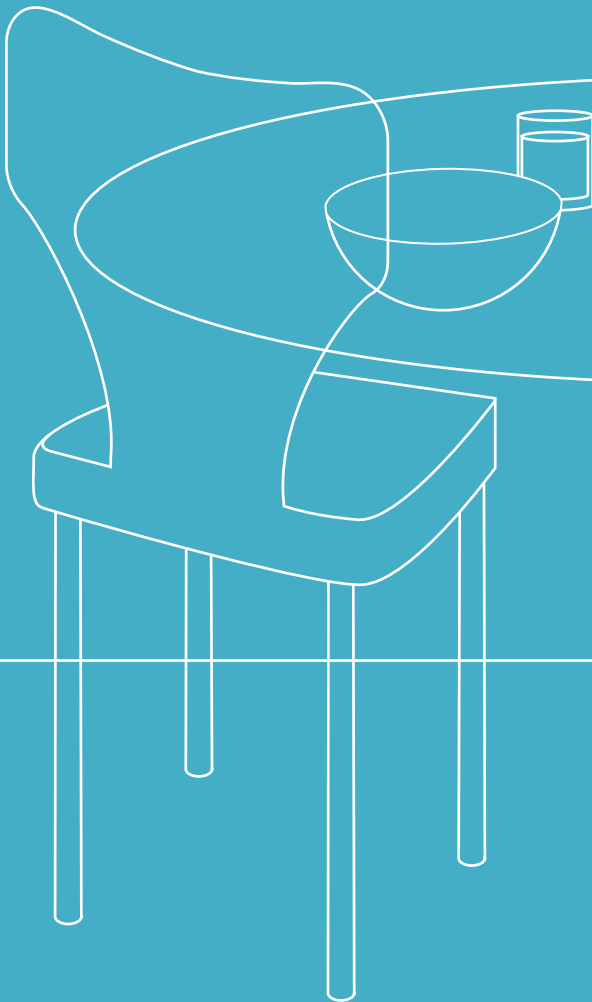
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U.S. Department of Health and Human Services  
U.S. Department of Agriculture  
[www.healthierus.gov/dietaryguidelines](http://www.healthierus.gov/dietaryguidelines)



## Feel better today. Stay healthy for tomorrow.

**Here's how:** The food and physical activity choices you make every day affect your health—how you feel today, tomorrow, and in the future. The science-based advice of the *Dietary Guidelines for Americans, 2005* in this booklet highlights how to:

- Make smart choices from every food group.
- Find your balance between food and physical activity.
- Get the most nutrition out of your calories.

You may be eating plenty of food, but not eating the right foods that give your body the nutrients you need to be healthy. You may not be getting enough physical activity to stay fit and burn those extra calories. This booklet is a starting point for finding your way to a healthier you.

Eating right and being physically active aren't just a "diet" or a "program"—they are keys to a healthy lifestyle. With healthful habits, you may reduce your risk of many chronic diseases such as heart disease, diabetes, osteoporosis, and certain cancers, and increase your chances for a longer life.

**The sooner you start, the better for you, your family, and your future. Find more specific information at [www.healthierus.gov/dietaryguidelines](http://www.healthierus.gov/dietaryguidelines).**

## Make smart choices from every food group.

The best way to give your body the balanced nutrition it needs is by eating a variety of nutrient-packed foods every day. Just be sure to stay within your daily calorie needs.

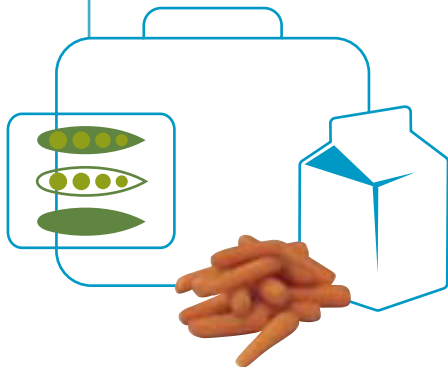
A healthy eating plan is one that:

- Emphasizes fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products.
- Includes lean meats, poultry, fish, beans, eggs, and nuts.
- Is low in saturated fats, *trans* fats, cholesterol, salt (sodium), and added sugars.

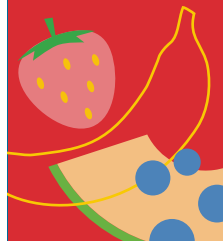
### DON'T GIVE IN WHEN YOU EAT OUT AND ARE ON THE GO

It's important to make smart food choices and watch portion sizes wherever you are—at the grocery store, at work, in your favorite restaurant, or running errands. Try these tips:

- At the store, plan ahead by buying a variety of nutrient-rich foods for meals and snacks throughout the week.
- When grabbing lunch, have a sandwich on whole-grain bread and choose low-fat/fat-free milk, water, or other drinks without added sugars.
- In a restaurant, opt for steamed, grilled, or broiled dishes instead of those that are fried or sautéed.
- On a long commute or shopping trip, pack some fresh fruit, cut-up vegetables, string cheese sticks, or a handful of unsalted nuts—to help you avoid impulsive, less healthful snack choices.



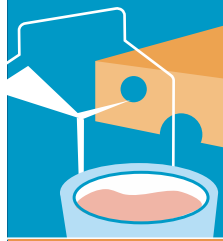
## Mix up your choices within each food group.



**Focus on fruits.** Eat a variety of fruits—whether fresh, frozen, canned, or dried—rather than fruit juice for most of your fruit choices. For a 2,000-calorie diet, you will need 2 cups of fruit each day (for example, 1 small banana, 1 large orange, and  $\frac{1}{4}$  cup of dried apricots or peaches).



**Vary your veggies.** Eat more dark green veggies, such as broccoli, kale, and other dark leafy greens; orange veggies, such as carrots, sweetpotatoes, pumpkin, and winter squash; and beans and peas, such as pinto beans, kidney beans, black beans, garbanzo beans, split peas, and lentils.



**Get your calcium-rich foods.** Get 3 cups of low-fat or fat-free milk—or an equivalent amount of low-fat yogurt and/or low-fat cheese (1½ ounces of cheese equals 1 cup of milk)—every day. For kids aged 2 to 8, it's 2 cups of milk. If you don't or can't consume milk, choose lactose-free milk products and/or calcium-fortified foods and beverages.



**Make half your grains whole.** Eat at least 3 ounces of whole-grain cereals, breads, crackers, rice, or pasta every day. One ounce is about 1 slice of bread, 1 cup of breakfast cereal, or  $\frac{1}{2}$  cup of cooked rice or pasta. Look to see that grains such as wheat, rice, oats, or corn are referred to as “whole” in the list of ingredients.



**Go lean with protein.** Choose lean meats and poultry. Bake it, broil it, or grill it. And vary your protein choices—with more fish, beans, peas, nuts, and seeds.

**Know the limits on fats, salt, and sugars.** Read the Nutrition Facts label on foods. Look for foods low in saturated fats and *trans* fats. Choose and prepare foods and beverages with little salt (sodium) and/or added sugars (caloric sweeteners).

*A River of Recipes - Native American Recipes Using Commodity Foods*

## TABLE OF CONTENTS

Introduction .....	3
Finding Your Way to a Healthier You:	
Based on the <i>Dietary Guidelines for Americans</i> .....	4
• Feel better today. Stay healthy for tomorrow. ....	4
• Make smart choices from every food group. ....	4
• Mix up your choices within each food group. ....	5
• Find your balance between food and physical activity. ....	5
• Get the most nutrition out of your calories. ....	5
• NUTRITION: To know the facts... ..	6
• ...use the label. ....	7
• Play it safe with food. ....	8
• About alcohol. ....	9
Storage and Serving Guide .....	10
Ingredient Substitutions .....	11
<b>RECIPES</b>	
Beverages .....	12
Breads/Grains.....	15
Main Dishes .....	24
Side Dishes.....	51
Desserts .....	55

## INTRODUCTION

*A River of Recipes* is a collection of Native American Recipes from tribes across North America. Some of the recipes provide new and different ways to prepare USDA commodities, in addition to traditional recipes. Traditional recipes include bison recipes, blue corn recipes, and traditional breads. Most of these recipes make use of USDA's commodities that are provided to recipients who participate in the Food Distribution Program on Indian Reservations. These items will be designated in *Italic* print for your convenience.

Some of the original recipes have been altered to help lower the fat and sodium found in the recipes. For your convenience, you will find detailed nutrition information below each recipe. The nutrition information may be used to help you make wise food choices to meet your dietary needs. To find suggestions that can help you get started toward a healthy diet, please visit USDA's *MyPyramid* food guidance system at <http://www.mypyramid.gov> and Eat Smart. Play Hard.™ Healthy Lifestyle website <http://www.fns.usda.gov/eatsmartplayhardhealthylifestyle/>.

These recipes have been collected for your convenience. Please note they have not been tested or standardized by USDA. If you reproduce any of them for your own use, please be sure to include the phrase "*This recipe has not been tested or standardized by USDA.*"

If you have an unusual or creative recipe not already listed here, a comment regarding a specific recipe, or a question about commodities, please contact us at:  
[fdd-psb@fns.usda.gov](mailto:fdd-psb@fns.usda.gov).

Additional resources for commodities can be found on the homepage for the Food Distribution Division website at: <http://www.fns.usda.gov/fdd>. There you can also find links to other USDA nutrition assistance programs.

We hope you enjoy these recipes and would like to extend a hearty "THANK YOU!" to everyone who contributed to this cookbook.

Food Distribution Division  
Food and Nutrition Service  
USDA



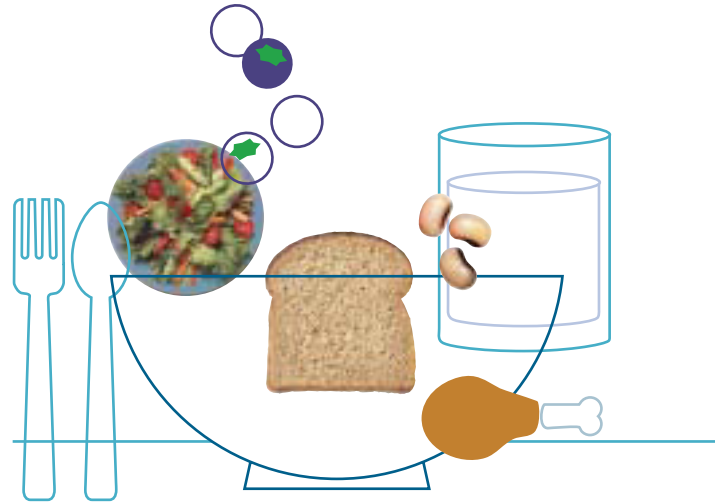
## Find your balance between food and physical activity.

Becoming a healthier you isn't just about eating healthy—it's also about physical activity. Regular physical activity is important for your overall health and fitness. It also helps you control body weight by balancing the calories you take in as food with the calories you expend each day.

- Be physically active for at least 30 minutes most days of the week.
- Increasing the intensity or the amount of time that you are physically active can have even greater health benefits and may be needed to control body weight. About 60 minutes a day may be needed to prevent weight gain.
- Children and teenagers should be physically active for 60 minutes every day, or most every day.

### CONSIDER THIS:

**If you eat 100 more food calories a day than you burn, you'll gain about 1 pound in a month. That's about 10 pounds in a year. The bottom line is that to lose weight, it's important to reduce calories and increase physical activity.**



## Get the most nutrition out of your calories.

There is a right number of calories for you to eat each day. This number depends on your age, activity level, and whether you're trying to gain, maintain, or lose weight.\* You could use up the entire amount on a few high-calorie items, but chances are you won't get the full range of vitamins and nutrients your body needs to be healthy.

Choose the most nutritionally rich foods you can from each food group each day—those packed with vitamins, minerals, fiber, and other nutrients but lower in calories. Pick foods like fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products more often.

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### **NUTRITION: To know the facts...**

Most packaged foods have a Nutrition Facts label. For a healthier you, use this tool to make smart food choices quickly and easily. Try these tips:

- Keep these low: saturated fats, *trans* fats, cholesterol, and sodium.
- Get enough of these: potassium, fiber, vitamins A and C, calcium, and iron.
- Use the % Daily Value (DV) column when possible: 5% DV or less is low, 20% DV or more is high.

**Check servings and calories.** Look at the serving size and how many servings you are actually consuming. If you double the servings you eat, you double the calories and nutrients, including the % DVs.

**Make your calories count.** Look at the calories on the label and compare them with what nutrients you are also getting to decide whether the food is worth eating. When one serving of a single food item has over 400 calories per serving, it is high in calories.

**Don't sugarcoat it.** Since sugars contribute calories with few, if any, nutrients, look for foods and beverages low in added sugars. Read the ingredient list and make sure that added sugars are not one of the first few ingredients. Some names for added sugars (caloric sweeteners) include sucrose, glucose, high fructose corn syrup, corn syrup, maple syrup, and fructose.

**Know your fats.** Look for foods low in saturated fats, *trans* fats, and cholesterol to help reduce the risk of heart disease (5% DV or less is low, 20% DV or more is high). Most of the fats you eat should be polyunsaturated and monounsaturated fats. Keep total fat intake between 20% to 35% of calories.

**Reduce sodium (salt), increase potassium.** Research shows that eating less than 2,300 milligrams of sodium (about 1 tsp of salt) per day may reduce the risk of high blood pressure. Most of the sodium people eat comes from processed foods, not from the saltshaker. Also look for foods high in potassium, which counteracts some of sodium's effects on blood pressure.

...use the label.

## Sample label for Macaroni & Cheese

1 **Start Here** →

2 **Check Calories**

3 **Limit these  
Nutrients**

4 **Get Enough  
of these  
Nutrients**

5 **Footnote**

<b>Nutrition Facts</b>			
Serving Size 1 cup (228g)			
Servings Per Container 2			
Amount Per Serving			
<b>Calories</b> 250		Calories from Fat 110	
			<b>% Daily Value*</b>
<b>Total Fat</b> 12g			<b>18%</b>
Saturated Fat 3g			<b>15%</b>
Trans Fat 3g			
<b>Cholesterol</b> 30mg			<b>10%</b>
<b>Sodium</b> 470mg			<b>20%</b>
<b>Total Carbohydrate</b> 31g			<b>10%</b>
Dietary Fiber 0g			<b>0%</b>
Sugars 5g			
<b>Protein</b> 5g			
Vitamin A			<b>4%</b>
Vitamin C			<b>2%</b>
Calcium			<b>20%</b>
Iron			<b>4%</b>
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

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**Quick Guide  
to % DV**

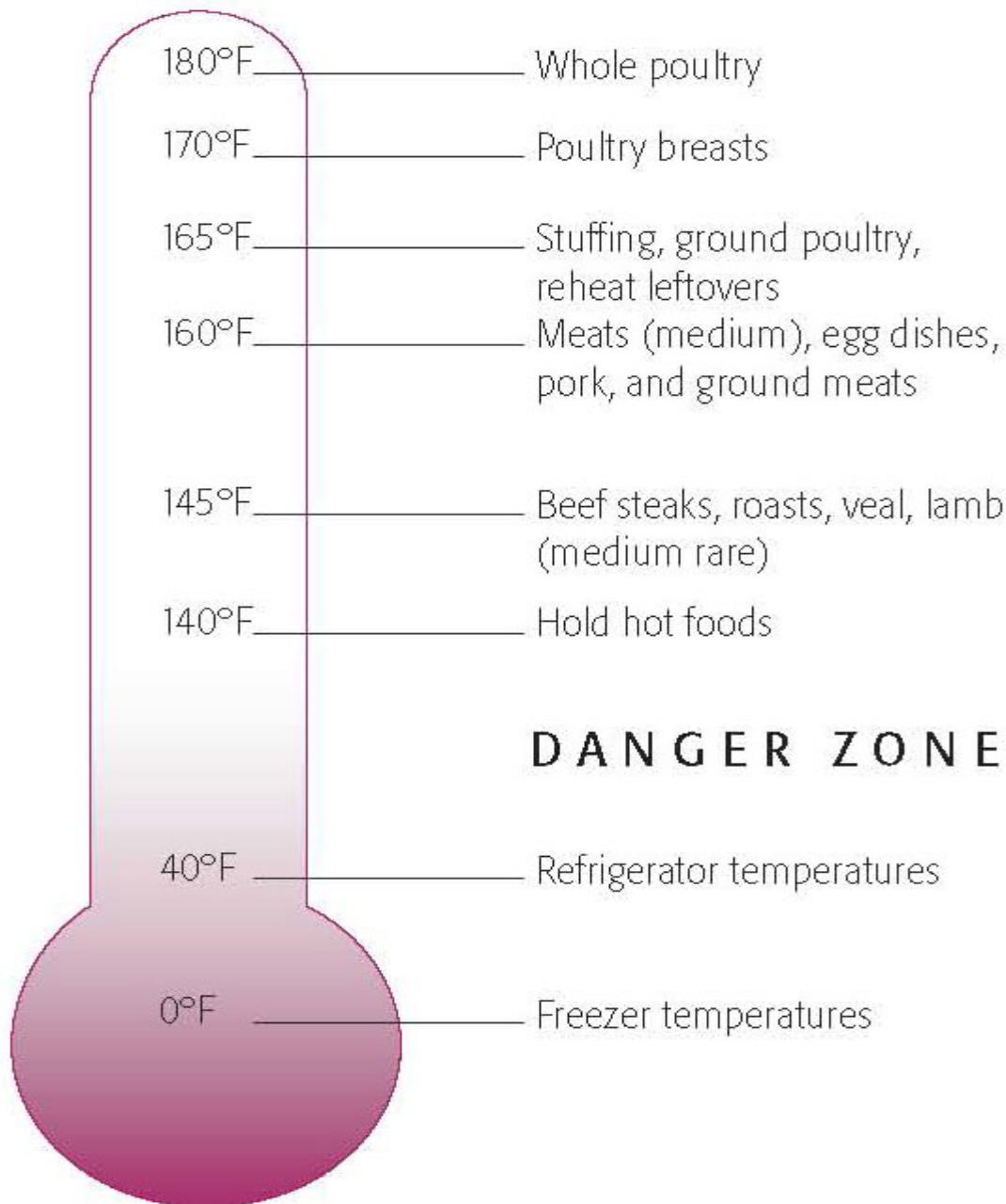
• 5% or less  
is Low

• 20% or more  
is High

**Play it safe with food.**

Know how to prepare, handle, and store food safely to keep you and your family safe:

- Clean hands, food-contact surfaces, fruits, and vegetables. To avoid spreading bacteria to other foods, meat and poultry should *not* be washed or rinsed.
- Separate raw, cooked, and ready-to-eat foods while shopping, preparing, or storing.
- Cook meat, poultry, and fish to safe internal temperatures to kill microorganisms.
- Chill perishable foods promptly and thaw foods properly.



### **About alcohol.**

If you choose to drink alcohol, do so in moderation. Moderate drinking means up to 1 drink a day for women and up to 2 drinks for men. Twelve ounces of regular beer, 5 ounces of wine, or 1½ ounces of 80-proof distilled spirits count as a drink for purposes of explaining moderation. Remember that alcoholic beverages have calories but are low in nutritional value.

Generally, anything more than moderate drinking can be harmful to your health. And some people, or people in certain situations, shouldn't drink at all. If you have questions or concerns, talk to your doctor or healthcare provider.

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## STORAGE AND SERVING GUIDE

These foods:	Are NOT SAFE to eat if they are:
Fresh Poultry	<ul style="list-style-type: none"><li>• Stored raw in the refrigerator for longer than 1-2 days (3-4 days when cooked).</li><li>• Left unrefrigerated for more than 2 hours either before or after cooking.</li><li>• Eaten without thorough cooking.</li></ul>
Fresh Meat	<ul style="list-style-type: none"><li>• Stored raw in the refrigerator for longer than 3-5 days (1 -2 days for hamburger).</li><li>• Discolored, smelly, or slimy.</li><li>• Left unrefrigerated for more than 2 hours either before or after cooking.</li><li>• Eaten without thorough cooking.</li></ul>
Fresh Fish	<ul style="list-style-type: none"><li>• Stored for longer than 1-2 days in the refrigerator.</li><li>• Dried at edges; smelly.</li><li>• Left unrefrigerated for more than 2 hours either before or after cooking.</li><li>• Eaten without thorough cooking.</li></ul>
Milk and Cream	<ul style="list-style-type: none"><li>• Left unrefrigerated for more than 2 hours.</li></ul>
Cheese	<ul style="list-style-type: none"><li>• Refrigerated for longer than 6 months for unopened, hard cheeses</li><li>• Refrigerated for longer than 3 to 4 weeks for opened, hard cheeses</li><li>• Refrigerated for longer than 1 week for soft cheeses</li></ul>
Eggs	<ul style="list-style-type: none"><li>• Refrigerated for longer than 1 week if hardcooked</li><li>• Left unrefrigerated for more than 2 hours.</li><li>• Eaten without thorough cooking.</li></ul>
Frozen Meats, Poultry, Fish, or Casseroles	<ul style="list-style-type: none"><li>• Thawed at room temperature.</li><li>• Thawed, refrozen and thawed again.</li><li>• Eaten without thorough cooking.</li></ul>
Canned Foods	<ul style="list-style-type: none"><li>• Liquid spurts out when can is opened.</li><li>• Can is corroded, rusty, leaking, swollen (bulging) on top, side, or bottom, or badly dented.</li><li>• Contents have off-odors or a foamy or mushy texture.</li><li>• Stored anywhere other than a cool, dry place.</li><li>• Stored at hot temperatures or allowed to freeze and thaw.</li></ul>
Fresh Fruits or Vegetables	<ul style="list-style-type: none"><li>• Unwashed, moldy, soft, or discolored.</li></ul>
Bread Products	<ul style="list-style-type: none"><li>• Moldy or infested with insects.</li></ul>

For additional information or questions about food safety of meat and poultry products, call the USDA Meat & Poultry Hotline at 1-888-MPHotline (1-888-674-6854) or send e-mail to [mp hotline.fsis@usda.gov](mailto:mp hotline.fsis@usda.gov). For all other non-meat/poultry food products, notify FDA at 1-888-SAFEFOOD (1-888-723-3366).



## INGREDIENT SUBSTITUTIONS

<b>If you don't have...</b>	<b>Use this instead...</b>
Baking powder (1 teaspoon)	¼ teaspoon baking soda + ½ teaspoon cream of tartar
Broth, beef or chicken (1 cup)	1 bouillon cube dissolved in 1 cup boiling water <b>or</b> 1 teaspoon powdered broth base dissolved in 1 cup boiling water
Buttermilk (1 cup)	1 cup plain lowfat yogurt; or 1 tablespoon vinegar or lemon juice + enough milk to make 1 cup; or 1 cup milk + 1¾ teaspoons cream of tartar
Cornstarch (1 tablespoon)	2 tablespoons all purpose flour
Creamed soup (10 ounces)	1 cup evaporated milk + 1 tablespoon cornstarch + 1 teaspoon chicken or beef bouillon granules or 1 envelope of flavored soup mix (Combine all ingredients and heat until thick and bubbly)
Egg (1 large, fresh)	2 tablespoons dry egg mix + ¼ cup water
Fresh herbs (1 tablespoon)	1 teaspoon dried herbs
Lemon juice (1 teaspoon)	½ teaspoon white wine vinegar or cider vinegar
Light brown sugar (1 cup)	1 cup granulated sugar + 1 tablespoon molasses + ½ teaspoon baking soda; or ½ cup dark brown sugar + ½ cup granulated sugar
Milk (1 cup)	⅓ cup non-fat dry milk powder + 1 cup water; or ½ cup evaporated milk + ½ cup water
Milk, sweetened condensed (1 can or 1⅓ cup)	1 can evaporated milk + 2 cups sugar (heat until dissolved and refrigerate)
Tomato sauce (1 cup)	½ cup tomato paste + ½ cup water
Worcestershire sauce (1 teaspoon)	1 teaspoon bottled steak sauce
Blue cornmeal (1 cup)	Yellow cornmeal (1 cup)

## BEVERAGES



### Blue Corn Atole (Breakfast Drink)

Makes 1 serving

1/3 cup **instant non-fat dry milk** + 1 cup water (or 1 cup non-fat milk)  
2 teaspoons sugar (or to taste)  
4 teaspoons roasted blue or **yellow cornmeal**  
cinnamon and/or other spices can be added to taste

1. Add ingredients to milk; stir until combined.
2. Heat in a saucepan, continually stirring; serve steaming hot.

Nutrition Information for each serving:											
Calories	160	Kcal	Cholesterol	<5	mg	Sugar	19	g	Calcium	308	mg
Calories from fat	10	Kcal	Sodium	130	mg	Protein	9	g	Iron	0	mg
Total fat	1	g	Total Carbohydrate	29	g	Vitamin A	6	RE			
Saturated fat	0	g	Dietary Fiber	1	g	Vitamin C	2	mg			

Recipe provided by <http://www.cookingpost.com>

This recipe has not been tested or standardized by the USDA.

### Café Mocha

Makes 2 servings

1/3 cup **instant non-fat dry milk** + 1 cup water (or 1 cup non-fat milk)  
1 cup brewed coffee  
4 tablespoons hot chocolate mix  
non-fat whipped topping (optional)  
cinnamon (optional)

1. Heat milk in saucepan until warm; do not boil. Add coffee and hot chocolate mix. Stir well and heat to desired temperature.
2. Divide coffee mixture between two mugs. Top with non-fat whipped topping and cinnamon, if desired.

Nutrition Information for each serving:											
Calories	120	Kcal	Cholesterol	0	mg	Sugar	16	g	Calcium	180	mg
Calories from fat	20	Kcal	Sodium	140	mg	Protein	5	g	Iron	1	mg
Total fat	2	g	Total Carbohydrate	18	g	Vitamin A	75	RE			
Saturated fat	0.5	g	Dietary Fiber	1	g	Vitamin C	1	mg			

Recipe provided by Got Milk?

This recipe has not been tested or standardized by the USDA.

## Cocoa Mix

Makes about 24 cups

8 cups **instant non-fat dry milk**

¼ teaspoon salt

1 cup sugar

1 cup unsweetened cocoa

1. Mix ingredients together thoroughly and store in airtight container.
2. To prepare, place 1/3 cup mix in a regular size coffee cup. Add hot water to fill cup; stir.

Nutrition Information for each serving:											
Calories	120	Kcal	Cholesterol	0	mg	Sugar	19	g	Calcium	290	mg
Calories from fat	0	Kcal	Sodium	150	mg	Protein	9	g	Iron	1	mg
Total fat	0	g	Total Carbohydrate	22	g	Vitamin A	167	RE			
Saturated fat	0	g	Dietary Fiber	1	g	Vitamin C	1	mg			

*Recipe provided by Nebraska Commodity Supplemental Food Program*

*This recipe has not been tested or standardized by the USDA.*

## Orange Delight Juice

Makes 4 servings

1 cup **orange juice**

½ banana

1 cup **apple juice**

1 teaspoon honey

1 dash cinnamon

1 cup crushed ice

Blend at high speed in blender until frothy.

Nutrition Information for each serving:											
Calories	70	Kcal	Cholesterol	0	mg	Sugar	17	g	Calcium	11	mg
Calories from fat	0	Kcal	Sodium	5	mg	Protein	0	g	Iron	0	mg
Total fat	0	g	Total Carbohydrate	18	g	Vitamin A	6	RE			
Saturated fat	0	g	Dietary Fiber	<1g	g	Vitamin C	25	mg			

*Recipe provided by Gwen Kjervestad, White Earth Band of Chippewa, Mahnomen, MN*

*This recipe has not been tested or standardized by the USDA.*

## Orange Geronimo

Makes 4 half-cup servings

1½ cups **orange juice**

4 – 6 ice cubes

¼ cup **instant non-fat dry milk**

1. Combine all ingredients in a blender or pint jar with lid.

2. Blend or shake well until foamy.

Nutrition Information for each serving:											
Calories	50	Kcal	Cholesterol	0	mg	Sugar	11	g	Calcium	60	mg
Calories from fat	0	Kcal	Sodium	25	mg	Protein	2	g	Iron	0	mg
Total fat	0	g	Total Carbohydrate	115	g	Vitamin A	45	RE			
Saturated fat	0	g	Dietary Fiber	<1g	g	Vitamin C	30	mg			

*Recipe provided by Darlene Mostrom, Fond du Lac Reservation, Cloquet, MN*

*This recipe has not been tested or standardized by the USDA.*

## Yogurt Whiz Juice

Makes 4 servings

1 cup plain non-fat yogurt

1 cup crushed ice

1 cup fresh strawberries

2 packets sugar substitute

Combine ingredients in blender and serve immediately.

Nutrition Information for each serving:											
Calories	45	Kcal	Cholesterol	0	mg	Sugar	6	g	Calcium	120	mg
Calories from fat	0	Kcal	Sodium	40	mg	Protein	4	g	Iron	0	mg
Total fat	0	g	Total Carbohydrate	7	g	Vitamin A	2	RE			
Saturated fat	0	g	Dietary Fiber	<1g	g	Vitamin C	20	mg			

*Recipe provided by Gwen Kjervestad, White Earth Band of Chippewa, Mahnomon, MN*

*This recipe has not been tested or standardized by the USDA.*

## BREADS / GRAINS



### Aggie's Rolls

Makes about 1 dozen rolls

½ cup warm water  
2 tablespoons sugar  
1¼ teaspoons yeast  
2 tablespoons **egg mix** + ¼ cup water  
(or 1 egg)  
1 tablespoon **vegetable oil**  
2 cups **all-purpose flour**  
½ teaspoon salt

1. Preheat oven to 350°F.
2. Spray muffin pan with nonstick cooking spray.
3. Mix warm water, sugar, and yeast. Set aside until mixture is foamy.
4. In a medium bowl, combine egg, oil, and yeast mixture.
5. Stir in flour and salt until dough is not sticky and knead well.
6. Cover dough, and allow to rise at room temperature for 2 hours, or until doubled in size.
7. Shape dough into 12 rolls. Let rise again.
8. Bake at 350°F for 25-30 minutes.

Nutrition Information for each serving:											
Calories	110	Kcal	Cholesterol	10	mg	Sugar	2	g	Calcium	6	mg
Calories from fat	20	Kcal	Sodium	80	mg	Protein	3	g	Iron	2	mg
Total fat	2	g	Total Carbohydrate	20	g	Vitamin A	6	RE			
Saturated fat	0.5	g	Dietary Fiber	<1g	g	Vitamin C	0	mg			

*Recipe provided by Agnes Rich Snyder, Nez Perce, Nezperce, ID*  
*This recipe has not been tested or standardized by the USDA.*

### Applesauce Plum Bread

Makes 2 loaves

⅔ cup **vegetable oil**  
½ cup **egg mix** + 1 cup water (or 4 eggs)  
½ can plums, drained (15.5 ounce can)  
½ **can applesauce** (15.5 ounce can)  
3 cups **all-purpose flour**  
2 cups sugar  
1 teaspoon salt  
1 teaspoon ground cinnamon  
1 teaspoon ground cloves  
½ teaspoon baking powder  
½ cup **raisins**  
½ cup walnuts, chopped

1. Preheat oven to 375°F.
2. Grease bottoms only of 2 loaf pans.
3. In a large bowl, beat oil, eggs, plums, and applesauce on low speed.
4. Gradually add flour, sugar, salt, cinnamon, cloves, and baking powder to applesauce mixture.
5. Beat all ingredients on low speed, scraping bowl constantly.
6. Gently stir in raisins and walnuts. Pour into pans.
7. Bake at 350°F until wooden pick inserted in center comes out clean, 50 to 60 minutes.
8. Cool 10 minutes. Loosen sides of loaves from pans with knife; remove

from pans. Cool completely before slicing.

9. Wrap tightly and store at room temperature up to 4 days or refrigerate up to 10 days.

Note: Can be frozen.

Nutrition Information for each serving:											
Calories	170	Kcal	Cholesterol	30	mg	Sugar	16	g	Calcium	10	mg
Calories from fat	60	Kcal	Sodium	170	mg	Protein	2	g	Iron	0	mg
Total fat	6.5	g	Total Carbohydrate	26	g	Vitamin A	15	RE			
Saturated fat	1	g	Dietary Fiber	<1g	g	Vitamin C	0	mg			

*Recipe provided by Valerie Apoundert, Nez Perce, Lapwai, ID  
This recipe has not been tested or standardized by the USDA.*

## Baking Mix

Makes 9 cups

4 cups ***all-purpose flour***  
4 cups whole wheat flour  
1½ cups ***instant non-fat dry milk***  
¼ cup baking powder  
1 teaspoon salt

1. Mix all ingredients together.
2. Keep in airtight container at room temperature.
3. Stir mix before using.

Nutrition Information for each serving:											
Calories	420	Kcal	Cholesterol	0	mg	Sugar	7	g	Calcium	150	mg
Calories from fat	15	Kcal	Sodium	630	mg	Protein	17	g	Iron	5	mg
Total fat	1.5	g	Total Carbohydrate	87	g	Vitamin A	70	RE			
Saturated fat	0.5	g	Dietary Fiber	8	g	Vitamin C	0	mg			

*Recipe provided by Denelle Martin and Nancy Patterson, Gila River Indian Community FDP, Sacaton, AZ  
This recipe has not been tested or standardized by the USDA.*

## Biscuits

Makes 10 biscuits

2 cups baking mix (see page 15)

2 tablespoons **vegetable oil**

½ cup water

1. Preheat oven to 400°F.
2. Stir all ingredients until blended.
3. Turn dough out onto floured board or tabletop.
4. Knead 15 to 20 times. Roll or pat to ¾" thickness.
5. Using a cutter or knife, divide dough into 10 equal parts.
6. Place on ungreased cookie sheet.
7. Bake 12-15 minutes at 400°F.

Nutrition Information for each serving:											
Calories	110	Kcal	Cholesterol	0	mg	Sugar	1	g	Calcium	40	mg
Calories from fat	30	Kcal	Sodium	125	mg	Protein	3	g	Iron	0	mg
Total fat	3	g	Total Carbohydrate	17	g	Vitamin A	15	RE			
Saturated fat	0.5	g	Dietary Fiber	2	g	Vitamin C	0	mg			

*Recipe provided by Denelle Martin and Nancy Patterson, Gila River Indian Community FDP, Sacaton, AZ  
This recipe has not been tested or standardized by the USDA.*

## Blue Corn Flapjacks

Makes 8 servings

2 eggs

½ cup **instant non-fat dry milk** + 1½ cups water (or 1½ cups non-fat milk)

1 tablespoon **vegetable oil**

¾ cup **all-purpose flour**

¾ cup roasted blue (or **yellow**) **cornmeal**

1½ teaspoons baking soda

2 tablespoons sugar

1 teaspoon salt

1. Mix all ingredients in a blender. Let stand for 5 minutes. Do not re-mix or stir. Pour serving sized amounts from blender to lightly oiled grill or pan.
2. Wait until bubbles form on top of flapjack, then flip.
3. Remove from grill when second side is cooked.
4. Top with applesauce, buttery spread, marmalade, or syrup.

Nutrition Information for each serving:											
Calories	120	Kcal	Cholesterol	0	mg	Sugar	5	g	Calcium	58	mg
Calories from fat	20	Kcal	Sodium	570	mg	Protein	4	g	Iron	0	mg
Total fat	2	g	Total Carbohydrate	23	g	Vitamin A	1	RE			
Saturated fat	0	g	Dietary Fiber	1	g	Vitamin C	0	mg			

*Modified recipe has been provided by <http://www.cookingpost.com>  
This recipe has not been tested or standardized by the USDA.*



## Blue Corn Hot Cakes or Waffles

Makes 8 servings

- 1 cup blue cornmeal
- 1 tablespoon baking powder
- 1 teaspoon salt
- 1 teaspoon sugar
- 3 tablespoons **vegetable oil**
- 2 eggs, beaten (use some of the milk)
- 1/3 cup **instant non-fat dry milk** + 1 cup water (or 1 cup non-fat milk)

1. Combine dry ingredients and stir. Add remaining ingredients and mix well
2. Drop desired amount onto lightly greased griddle, burning once as cakes brown.

NOTE: For waffles, follow recommendations of waffle iron maker.

Nutrition Information for each serving:											
Calories	140	Kcal	Cholesterol	55	mg	Sugar	2	g	Calcium	70.1	mg
Calories from fat	60	Kcal	Sodium	470	mg	Protein	4	g	Iron	0.56	mg
Total fat	7	g	Total Carbohydrate	16	g	Vitamin A	1.7	RE			
Saturated fat	1	g	Dietary Fiber	2	g	Vitamin C	0.3	mg			

Recipe provided by <http://www.cookingpost.com>

This recipe has not been tested or standardized by the USDA.

## Blue Corn Muffins

Makes 12 servings

- 1½ cups **all-purpose flour**
- 1 cup roasted blue cornmeal
- 3 teaspoons baking powder
- ½ teaspoon salt
- 1 teaspoon sweetener
- ½ cup **instant non-fat dry milk** + 1½ cups water (or 1½ cups non-fat milk)
- ¼ cup **egg mix** + ½ cup water (or 2 eggs, well beaten)
- 1/3 cup **vegetable oil**

1. Preheat oven to 400°F.
2. Sift flour, cornmeal, baking powder, sugar, and salt together.
3. Add milk, oil, and eggs. Mix until smooth.
4. Fill paper muffin cups ¾ full. Bake for 20 to 25 minutes.

Nutrition Information for each serving:											
Calories	170	Kcal	Cholesterol	30	mg	Sugar	2	g	Calcium	61	mg
Calories from fat	60	Kcal	Sodium	220	mg	Protein	5	g	Iron	1	mg
Total fat	7	g	Total Carbohydrate	23	g	Vitamin A	34	RE			
Saturated fat	1	g	Dietary Fiber	1	g	Vitamin C	0	mg			

Recipe provided by <http://www.cookingpost.com>

This recipe has not been tested or standardized by the USDA.

## Blue Corn Pan Bread

Makes 12 servings

3 cups water  
2 cups blue cornmeal (**yellow** may be used)  
1 cup **yellow cornmeal**  
 $\frac{3}{4}$  cup **raisins**  
 $\frac{1}{2}$  cup sprouted wheat\*  
 $\frac{1}{3}$  cup brown sugar

\* To sprout wheat: Wash untreated wheat grains; drain but do not dry. Spread in a single layer in shallow pans and cover with damp cloths. Keep damp in a warm, dark place.

1. Preheat oven to 300°F. Line cake pan with foil.
2. Bring water to boil in a large pot. Add each ingredient, one at a time.
3. Stir well until mixture is smooth and pour into foil-lined cake pan. Cover with a piece of foil.
4. Bake for 2 hours. Bread is done when toothpick inserted in center comes out clean.

Nutrition Information for each serving:											
Calories	140	Kcal	Cholesterol	0	mg	Sugar	9	g	Calcium	10	mg
Calories from fat	10	Kcal	Sodium	0	mg	Protein	3	g	Iron	0	mg
Total fat	1	g	Total Carbohydrate	32	g	Vitamin A	0	RE			
Saturated fat	0	g	Dietary Fiber	3	g	Vitamin C	0	mg			

*Recipe provided by <http://www.cookingpost.com>*

*This recipe has not been tested or standardized by the USDA.*

## Blue Corn Porridge

Makes 8 servings

$3\frac{1}{2}$  cups water  
1 teaspoon salt  
 $1\frac{1}{4}$  cups roasted blue (or **yellow**) **cornmeal**

1. Mix cornmeal and salt.
2. Bring water to boil. Introduce cornmeal to boiling water and mix well. Continue to beat slowly – stirring for about five minutes or until smooth and thick.

Nutrition Information for each serving:											
Calories	80	Kcal	Cholesterol	0	mg	Sugar	0	g	Calcium	2	mg
Calories from fat	5	Kcal	Sodium	290	mg	Protein	2	g	Iron	0	mg
Total fat	.5	g	Total Carbohydrate	17	g	Vitamin A	0	RE			
Saturated fat	0	g	Dietary Fiber	2	g	Vitamin C	0	mg			

*Recipe provided by <http://www.cookingpost.com>*

*This recipe has not been tested or standardized by the USDA.*

## Blue Corn Scones

Makes 8 servings

½ cup roasted blue (or **yellow**) **cornmeal**  
 1¾ cup **all-purpose flour**  
 1/3 teaspoon baking powder  
 ¼ teaspoon salt  
 1 stick chilled butter  
 ¼ cup light brown sugar  
 2 tablespoons **egg mix** + ¼ cup water (or  
 1 egg)  
 2 tablespoons + 2 teaspoons **instant non-fat**  
**dry milk** + ½ cup water (or ½ cup non-fat  
 milk)  
 ½ teaspoon vanilla extract

1. Preheat oven to 375°F. Grease and flour a baking sheet.
2. Stir the dry ingredients in a bowl, then cut the butter into the dry mixture with a pastry blender to form a coarse meal.
3. Beat the egg with milk, sugar, and vanilla. When smooth, stir into the other mixture until the dough holds together.
4. Knead briefly on a floured surface; pat into an 8" circle; place on baking sheet.
5. Using a pizza cutter or serrated knife, score circle into 8 wedges.
6. Bake for 15 to 20 minutes or until nicely brown. Serve with honey, fruits, jam. Best straight from the oven, but still great the next day.

Nutrition Information for each serving:											
Calories	270	Kcal	Cholesterol	25	mg	Sugar	5	g	Calcium	37	mg
Calories from fat	120	Kcal	Sodium	240	mg	Protein	5	g	Iron	1.6	mg
Total fat	13	g	Total Carbohydrate	33	g	Vitamin A	6	RE			
Saturated fat	2.5	g	Dietary Fiber	1	g	Vitamin C	0.2	mg			

Recipe provided by <http://www.cookingpost.com>

This recipe has not been tested or standardized by the USDA.

## Cornbread

Makes 9 servings

1 cup baking mix (see page 15)  
 1 cup **cornmeal**  
 2 tablespoons sugar  
 1 cup water  
 2 tablespoons **vegetable oil** or  
**canned applesauce**  
 2 tablespoons **egg mix** + ¼ cup water  
 (or 1 egg)

1. Preheat oven to 400°F.
2. Spray a 9 x 9 inch pan with nonstick cooking spray.
3. Combine baking mix, cornmeal, and sugar in a large bowl.
4. Add water, oil, and egg; stir until just blended. Do not over stir.
5. Pour into pan. Bake 20 minutes at 400°F.

Nutrition Information for each serving:											
Calories	150	Kcal	Cholesterol	20	mg	Sugar	4	g	Calcium	20	mg
Calories from fat	35	Kcal	Sodium	80	mg	Protein	4	g	Iron	2	mg
Total fat	4	g	Total Carbohydrate	24	g	Vitamin A	25	RE			
Saturated fat	0.5	g	Dietary Fiber	2	g	Vitamin C	0	mg			

Recipe provided by Denelle Martin and Nancy Patterson, Gila River Indian Community FDP, Sacaton, AZ

This recipe has not been tested or standardized by the USDA.

## Muffins

Makes 12 muffins

3 cups baking mix (see page 15)  
 3 tablespoons sugar  
 2 tablespoons **egg mix** + ¼ cup water (or 1 egg)  
 3 tablespoons **vegetable oil** or **canned applesauce**  
 1 cup water

1. Preheat oven to 425°F.
2. Spray muffin pan with nonstick cooking spray or use paper liners.
3. Combine baking mix and sugar in a large bowl. Add egg, oil (or applesauce), and water. Batter will look lumpy – do not over stir.
4. Spoon into muffin pans ½ full.
5. Bake 20 minutes at 425°F.

### Variations:

- Add 2 cups blueberries (reconstituted from dried fruit)
- Add 2 cups cranberries or cherries (reconstituted from dried fruit) plus 1 tablespoon grated orange peel.

Nutrition Information for each serving:											
Calories	150	Kcal	Cholesterol	20	mg	Sugar	5	g	Calcium	40	mg
Calories from fat	35	Kcal	Sodium	160	mg	Protein	5	g	Iron	2	mg
Total fat	4	g	Total Carbohydrate	25	g	Vitamin A	25	RE			
Saturated fat	1	g	Dietary Fiber	2	g	Vitamin C	0	mg			

*Recipe provided by Denelle Martin and Nancy Patterson, Gila River Indian Community FDP, Sacaton, AZ*

*This recipe has not been tested or standardized by the USDA.*

## Pancakes

Makes 12 pancakes

¼ cup **egg mix** + ½ cup water (or 2 eggs)  
 2 cups baking mix (see page 15)  
 1 cup water  
 2 tablespoons **vegetable oil** or **canned applesauce**

1. In a large bowl, beat eggs.
2. Add rest of ingredients and stir until moist, but lumpy.
3. Spoon onto hot lightly oiled grill. Flip when top surface is covered with bubbles.

Nutrition Information for each serving:											
Calories	100	Kcal	Cholesterol	35	mg	Sugar	1	g	Calcium	30	mg
Calories from fat	30	Kcal	Sodium	115	mg	Protein	4	g	Iron	0	mg
Total fat	3.5	g	Total Carbohydrate	15	g	Vitamin A	30	RE			
Saturated fat	0.5	g	Dietary Fiber	1	g	Vitamin C	0	mg			

*Recipe provided by Denelle Martin and Nancy Patterson, Gila River Indian Community FDP, Sacaton, AZ*

*This recipe has not been tested or standardized by the USDA.*

## Pumpkin Muffins

Makes 12 muffins

- 1½ cups baking mix (see page 15)
- ½ teaspoon cinnamon
- ½ teaspoon ginger
- ½ teaspoon nutmeg
- ¼ cup **egg mix** + ½ cup water (or 2 eggs)
- ½ cup **vegetable oil**
- 1 (15.5 ounce) **can pumpkin**
- ½ cup **raisins** or chopped prunes
- ⅓ cup walnuts, chopped

1. Preheat oven to 400°F.
2. Spray muffin pan with nonstick cooking spray or use paper liners.
3. In a large bowl, combine baking mix, cinnamon, ginger, and nutmeg. Add eggs, oil, and pumpkin.
4. Gently stir in raisins and walnuts. Stir until smooth, but do not beat.
5. Fill muffin cups half full. Bake at 400°F about 20 minutes.

Nutrition Information for each serving:											
Calories	200	Kcal	Cholesterol	35	mg	Sugar	7	g	Calcium	40	mg
Calories from fat	110	Kcal	Sodium	180	mg	Protein	5	g	Iron	2	mg
Total fat	12	g	Total Carbohydrate	20	g	Vitamin A	810	RE			
Saturated fat	2	g	Dietary Fiber	3	g	Vitamin C	2	mg			

*Recipe provided by Denelle Martin and Nancy Patterson, Gila River Indian Community FDP, Sacaton, AZ*

*This recipe has not been tested or standardized by the USDA.*

## Whole Wheat Flour Tortillas

Makes 10 8" tortillas

- 1½ cups whole wheat flour
- 2½ cups **all-purpose flour**
- ½ cup **instant non-fat dry milk**
- 1 tablespoon baking powder
- ½ cup **vegetable oil**
- 1¼ cup warm water

1. Combine flours, non-fat dry milk powder, and baking powder in mixing bowl.
2. Add vegetable oil and mix well with fingertips.
3. Add water slowly to mixture using one hand for mixing to work into dough.
4. Divide dough into 10 medium sized balls and lay out on a clean cloth. Roll out each ball until round, flat and thin. Cook on moderately hot griddle, turning each side until lightly browned.

Nutrition Information for each serving:											
Calories	280	Kcal	Cholesterol	0	mg	Sugar	3	g	Calcium	50	mg
Calories from fat	110	Kcal	Sodium	90	mg	Protein	7	g	Iron	2	mg
Total fat	12	g	Total Carbohydrate	39	g	Vitamin A	25	RE			
Saturated fat	2	g	Dietary Fiber	3	g	Vitamin C	0	mg			

*Recipe provided by Gloria Goodwin, White Earth Band of Chippewa, Mahnomen, MN*

*This recipe has not been tested or standardized by the USDA.*

## **Yeast Bread**

Makes 8-10 servings

1 package rapid rise yeast  
3 tablespoons sugar  
1 cup hot water (120°F to 130°F)  
3 teaspoons *vegetable oil*  
3 tablespoons *instant non-fat dry milk*  
1 teaspoon salt  
3½ cups *all-purpose flour*

1. Preheat oven to 375°F.
2. In a large bowl, combine yeast, sugar, and water. Let stand until foamy.
3. Add oil to yeast mixture. Gradually stir in non-fat dry milk, salt, and enough of the flour to make the dough stiff enough to pull away from the edges of the bowl.
4. On floured surface, knead dough 2-4 minutes, until smooth and elastic. Cover dough and let rest for 10 minutes.
5. Roll dough in 12 x 7 inch rectangle. Roll up from narrow end to form loaf and pinch edges to seal.
6. Place loaf in greased 8½ x 4½ inch glass loaf pan and cover.
7. Fill a large shallow pan half full with boiling water on counter top. Place baking sheet over pan of boiling water.
8. Set covered bread dough on baking sheet and let dough rise 20 minutes or until doubled in size.
9. Bake in 375°F oven for 25 minutes or until golden brown.
10. Remove loaf from pan and cool on rack. Slice with serrated knife to serve.

Nutrition Information for each serving:											
Calories	200	Kcal	Cholesterol	0	mg	Sugar	6	g	Calcium	25	mg
Calories from fat	20	Kcal	Sodium	240	mg	Protein	5	g	Iron	2	mg
Total fat	2	g	Total Carbohydrate	39	g	Vitamin A	10	RE			
Saturated fat	0.5	g	Dietary Fiber	1	g	Vitamin C	0	mg			

*Recipe provided by Nez Perce Cookbook*

*This recipe has not been tested or standardized by the USDA.*

## MAIN DISHES



### “Any” Bean Soup

Makes 8-10 servings

1½ cups washed **dry beans**  
 7 cups water  
 1 medium onion, chopped  
 1 cup chopped **turkey ham**, pork ham, or ham bone  
 1 teaspoon salt

1. Put beans in water and boil 2 minutes. Cover, remove from heat, and let stand 1 hour.
2. Add chopped onion to beans. Bring to a boil and gently simmer 2 to 2 ½ hours, or until beans are tender.
3. Add turkey ham, pork ham, or ham bone and cook for 1 hour. Add more water if needed.
4. 15 minutes before done, remove 1 cup beans, mash and return to soup (this will thicken soup).

Nutrition Information for each serving:											
Calories	70	Kcal	Cholesterol	10	mg	Sugar	1	g	Calcium	25	mg
Calories from fat	20	Kcal	Sodium	400	mg	Protein	5	g	Iron	0	mg
Total fat	2.5	g	Total Carbohydrate	7	g	Vitamin A	0	RE			
Saturated fat	1	g	Dietary Fiber	2	g	Vitamin C	2	mg			

*Recipe provided by Alma Herzog, Nez Perce, Kamiah, ID*

*This recipe has not been tested or standardized by the USDA.*

### Baked Scrambled Eggs Supreme

Makes 4 servings

½ cup green bell pepper, diced  
 2 green onions, sliced  
 ½ pound sausage  
 1 cup water  
 ⅓ cup **instant non-fat dry milk** + 1 cup water (or 1 cup non-fat milk)  
 ¾ cup **egg mix** + 1½ cups water (or 6 eggs)  
 ½ cup grated cheese

#### Variations:

To lower the sodium content: omit the sausage or use low-sodium meat, such as lean cooked ground beef or ground bison.

To lower the fat content: omit cheese and/or sausage or use a low-fat sausage.

1. Preheat oven to 375°F.
2. In non-stick pan, brown bell pepper and green onions using cooking spray. Set aside.
3. Cook sausage in skillet until crumbly. Pour out excess grease. Mix with bell peppers and onions.
4. Prepare egg mix using 1 cup of milk and 1 cup of water; mix thoroughly.
5. Add egg mixture to sausage mixture and mix well.
6. Pour in 8 x 8 inch glass baking dish that has been sprayed with nonstick cooking spray. Top with grated cheese.
7. Bake at 375°F, turning once or twice until cooked thoroughly.

**Variations:** add salsa, diced mushrooms, white onions in place of green onions, cut up diced pork, etc. (Eliminate sausage for vegetarian option)

Nutrition Information for each serving:											
Calories	400	Kcal	Cholesterol	380	mg	Sugar	5	g	Calcium	240	mg
Calories from fat	270	Kcal	Sodium	950	mg	Protein	26	g	Iron	2	mg
Total fat	30	g	Total Carbohydrate	6	g	Vitamin A	230	RE			
Saturated fat	12	g	Dietary Fiber	<1g	g	Vitamin C	20	mg			

*Recipe provided by Faye Roman, OK Band of Choctaws*

*This recipe has not been tested or standardized by the USDA.*



## Baked Spaghetti

Makes 4-6 servings

½ package (1 pound) *spaghetti*, cooked according to directions  
4 (15.5 ounce) *cans tomatoes*, chopped, with juice  
½ can luncheon meat, diced  
1 teaspoon *vegetable oil*  
1 onion, diced  
1 bunch cilantro, chopped  
1 teaspoon oregano  
1 teaspoon sweet basil  
pepper, to taste  
1 teaspoon garlic powder  
1 cup shredded cheese or Parmesan cheese

### Variations:

To lower the sodium content: substitute lean ground beef or lean ground bison for luncheon meat. Or omit meat or both luncheon meat and parmesan cheese.

To lower the fat content: omit cheese or omit cheese and meat.

1. Preheat oven to 350°F.
2. Rinse cooked spaghetti in cold water; set aside to drain.
3. Chop tomatoes as small as possible; set aside with juice.
4. Brown luncheon meat in large pan with oil. Add onion, lower flame and stir constantly until onions are brown. Add tomatoes with juice, cilantro, oregano, basil, pepper, and garlic powder.
5. Bring to boil, reduce heat and simmer 15-20 minutes, stirring occasionally.
6. In oiled 4 quart pan, layer half of the cooked spaghetti, ½ tomato mixture, then the rest of the spaghetti, then the rest of the tomato mixture. Top with cheese.
7. Bake at 350°F for 30 minutes.

Nutrition Information for each serving:											
Calories	660	Kcal	Cholesterol	60	mg	Sugar	11	g	Calcium	150	mg
Calories from fat	260	Kcal	Sodium	1260	mg	Protein	25	g	Iron	8	mg
Total fat	29	g	Total Carbohydrate	92	g	Vitamin A	300	RE			
Saturated fat	12	g	Dietary Fiber	5	g	Vitamin C	22	mg			

*Recipe provided by Colleen Vasquez, San Pasqual Band of Mission Indians (Southern California Tribal Chairmen's Assoc., Inc), Valley Center, CA.*

*This recipe has not been tested or standardized by the USDA*

## B-B-Q Meatballs

Makes 20 servings

### Meatballs:

2 pounds **ground beef**

$\frac{3}{4}$  cup rolled **oats**

$\frac{1}{3}$  cup **instant non-fat dry milk** + 1 cup water (or 1 cup non-fat milk)

3 teaspoons dried onion flakes

1 teaspoon salt

$\frac{1}{2}$  teaspoon pepper

**all-purpose flour**

1. Preheat oven to 350°F.
2. Combine ingredients and form into small balls.
3. Roll in flour and brown in a skillet.
4. Place meatballs in baking dish.
5. Combine all ingredients for sauce and pour over meatballs.
6. Bake at 350°F for 30 to 40 minutes.

### Sauce:

2 tablespoons sugar

2 tablespoons Worcestershire sauce

1 cup ketchup

$\frac{1}{2}$  cup water

3 tablespoons vinegar

6 tablespoons dried onion flakes

Nutrition Information for each serving:											
Calories	160	Kcal	Cholesterol	35	mg	Sugar	3	g	Calcium	30	mg
Calories from fat	80	Kcal	Sodium	310	mg	Protein	12	g	Iron	2	mg
Total fat	9	g	Total Carbohydrate	9	g	Vitamin A	30	RE			
Saturated fat	3.5	g	Dietary Fiber	<1g	g	Vitamin C	4	mg			

Recipe provided by Kelly Dicky, Osage Nation FDP Center, Pawhuska, OK

This recipe has not been tested or standardized by the USDA.

## Bean Tamale Pie

Makes 6 servings

¼ cup green pepper, chopped  
 ¼ cup onion, chopped  
 1 teaspoon **vegetable oil**  
 1 cup **tomato sauce**  
 1½ tablespoons chili powder  
 1 teaspoon cumin  
 1⅔ cups water  
 2 cups **canned beans**, drained  
 1 (16 ounce) **can corn**, drained  
 1 mild chili pepper, diced

### Cornmeal topping

1 cup flour  
 1 cup **cornmeal**  
 1 tablespoon baking powder  
 2 tablespoons **egg mix** + ¼ cup water  
 (or 1 egg)  
 1 teaspoon salt  
 ⅓ cup **vegetable oil**  
 1 tablespoon sugar

1. Preheat oven to 350°F.
2. Cook green pepper and onion in oil until tender.
3. Stir in rest of ingredients up through chili pepper and cook over low heat for 5 minutes.
4. Pour into 9 x 13 inch baking pan.
5. Make cornmeal topping and pour over the mixture.
6. Bake at 350°F for 30 minutes.

### **Variation:**

To lower the sodium content: use low-sodium canned beans and corn; make half of the cornmeal topping and spoon onto pie (similar to chicken and dumplings).

Nutrition Information for each serving:											
Calories	500	Kcal	Cholesterol	70	mg	Sugar	8	g	Calcium	40	mg
Calories from fat	150	Kcal	Sodium	970	mg	Protein	15	g	Iron	4	mg
Total fat	17	g	Total Carbohydrate	75	g	Vitamin A	140	RE			
Saturated fat	2.5	g	Dietary Fiber	13	g	Vitamin C	30	mg			

*Recipe provided by Denelle Martin and Nancy Patterson, Gila River Indian Community FDP, Sacaton, AZ*

*This recipe has not been tested or standardized by the USDA.*

## Bison Burger

Makes 4 servings

1 pound ground bison  
 4 hamburger buns, split and toasted  
 salt and pepper, to taste

1. Shape ground bison into four ½ inch thick patties.
2. Grill, covered, 4-6 inches above medium hot coals, turning once. Cook until the internal temperature reaches 160°F.
3. Season burger to taste with salt, pepper, and other spices as desired.
4. Tuck into a toasted bun, top with your favorite condiments and enjoy.

Nutrition Information for each serving:											
Calories	400	Kcal	Cholesterol	70	mg	Sugar	0	g	Calcium	6	mg
Calories from fat	130	Kcal	Sodium	400	mg	Protein	26	g	Iron	8	mg
Total fat	14	g	Total Carbohydrate	41	g	Vitamin A	2	RE			
Saturated fat	2	g	Dietary Fiber	3	g	Vitamin C	2	mg			

*Recipe provided by Rhoda Priesen, Westminster, CO*

*This recipe has not been tested or standardized by the USDA.*

## Bison Chili

Makes 4 servings

- 1 pound ground bison
- 1 medium onion, chopped
- 1 (15.5 ounce) can pinto beans, rinsed and drained
- 2 (15.5 ounce) **cans tomatoes**, undrained
- ½ cup water
- 2 teaspoons chili powder
- ½ teaspoon ground cumin
- ½ teaspoon salt
- ½ teaspoon ground pepper
- ¼ cup fresh cilantro, chopped

Optional toppings: grated cheese or diced jalapeño peppers

1. In a non-stick skillet, cook the ground bison and onion in a small amount of oil until the meat is browned and the onion is tender.
2. Add the pinto beans, tomatoes, water, and seasonings. Cover and simmer for 1 hour, adding more water if chili becomes too thick.
3. Add chopped cilantro and simmer an additional 10 minutes.
4. Spoon into bowls and garnish with grated cheese or diced jalapeño peppers, if desired.

### Variation:

To lower the sodium content: Use salt substitute instead of salt and use low-sodium canned tomatoes and low-sodium canned beans.

Nutrition Information for each serving:											
Calories	350	Kcal	Cholesterol	40	mg	Sugar	9	g	Calcium	100	mg
Calories from fat	110	Kcal	Sodium	1150	mg	Protein	29	g	Iron	6	mg
Total fat	12	g	Total Carbohydrate	29	g	Vitamin A	240	RE			
Saturated fat	8	g	Dietary Fiber	8	g	Vitamin C	30	mg			

*Recipe provided by Rhoda Priesen, Westminster, CO*

*This recipe has not been tested or standardized by the USDA.*

## Bison Stew

Makes 10 servings

- 2 pounds cubed bison meat
- 2 tablespoons **vegetable oil**
- 2 onions, chopped
- 1 (15.5 ounce) **can tomato sauce**
- 6 carrots, peeled and sliced
- 1 (8 ounce) **can tomatoes**, undrained
- 2 teaspoons salt
- ½ teaspoon pepper
- 3 medium potatoes, peeled
- ½ cup water

1. Brown meat in oil in large kettle or pot; add onions and cook until golden.
2. Add tomato sauce, carrots, tomatoes, and seasonings and cover. Cook 1 hour over very low heat.
3. Add potatoes and ½ cup water if needed.
4. Cover and cook 30 minutes over very low heat.

**Variations:** Transfer mixture to a baking dish and top with biscuit dough (see page 16). Bake at 425°F until biscuits are brown.

To lower the sodium content: Use salt substitute instead of salt and use low-sodium canned tomatoes and low-sodium canned tomato sauce.

Nutrition Information for each serving:											
Calories	240	Kcal	Cholesterol	55	mg	Sugar	6	g	Calcium	50	mg
Calories from fat	45	Kcal	Sodium	840	mg	Protein	22	g	Iron	2	mg
Total fat	5	g	Total Carbohydrate	24	g	Vitamin A	1300	RE			
Saturated fat	1	g	Dietary Fiber	5	g	Vitamin C	15	mg			

*Recipe provided by Rhoda Priesen, Westminster, CO*

*This recipe has not been tested or standardized by the USDA.*

## Buffaloaf

Makes 8-10 servings

2 pounds ground bison  
 2 tablespoons **egg mix** + ¼ cup water  
 (or 1 egg)  
 ½ medium onion, chopped  
 2 teaspoons Worcestershire sauce  
 pepper, to taste  
 garlic salt, to taste  
 1½ packages **saltine crackers**, crushed  
 2 tablespoons + 2 teaspoons **instant non-fat dry milk** + ½ cup water  
 (or ½ cup non-fat milk)  
 ½ medium green bell pepper, chopped  
 salt, to taste

1. Preheat oven to 275°F to 300°F.
2. Mix all of the ingredients together and form into loaf.
3. Bake for 1 hour or until meat thermometer reads 160°F in center of loaf.

Nutrition Information for each serving:											
Calories	240	Kcal	Cholesterol	85	mg	Sugar	1	g	Calcium	90	mg
Calories from fat	45	Kcal	Sodium	430	mg	Protein	26	g	Iron	4	mg
Total fat	5	g	Total Carbohydrate	25	g	Vitamin A	20	RE			
Saturated fat	1.5	g	Dietary Fiber	3	g	Vitamin C	10	mg			

Recipe provided by Rhoda Priesen, Westminster, CO

This recipe has not been tested or standardized by the USDA.

## Carne Adobado (Spiced Pork)

Makes 12 servings

2 cups red chile puree **or** 12 tablespoons  
 chile powder  
 3 pounds fresh, lean pork  
 2 teaspoons salt  
 1 tablespoon oregano  
 2 cloves garlic, mashed

1. Cut pork into strips.
2. Mix other ingredients, add to pork strips, and let stand in refrigerator for 24 hours.
3. Cut meat into cubes and brown in small amounts of oil. Add chile sauce and simmer one hour or more.
4. To serve, add more fresh chile sauce and cook until tender.

Nutrition Information for each serving:											
Calories	310	Kcal	Cholesterol	95	mg	Sugar	0	g	Calcium	55	mg
Calories from fat	170	Kcal	Sodium	530	mg	Protein	29	g	Iron	2	mg
Total fat	19	g	Total Carbohydrate	5	g	Vitamin A	266	RE			
Saturated fat	6	g	Dietary Fiber	2	g	Vitamin C	6	mg			

Recipe provided by <http://www.cookingpost.com>

This recipe has not been tested or standardized by the USDA.

## Cheeseburger Pie

Makes 9 servings

- 1 pound lean **ground beef**
- 1 large onion, chopped
- 1 can **whole kernel corn**, drained
- ½ cup grated cheese
- ½ cup baking mix (see page 15)
- ¼ cup **instant non-fat dry milk** + ¾ cup water (or ¾ cup non-fat milk)
- ¼ cup **egg mix** + ½ cup water (or 2 eggs)

1. Preheat oven to 350°F.
2. Brown meat and onion in pan; drain grease.
3. Put in 9-inch pie plate. Add drained corn and cheese on top of meat.
4. Stir remaining ingredients with a fork. Pour over meat mixture.
5. Bake uncovered about 30 minutes at 350°F.

Nutrition Information for each serving:											
Calories	220	Kcal	Cholesterol	85	mg	Sugar	3	g	Calcium	85	mg
Calories from fat	110	Kcal	Sodium	280	mg	Protein	14	g	Iron	2	mg
Total fat	12	g	Total Carbohydrate	16	g	Vitamin A	60	RE			
Saturated fat	5	g	Dietary Fiber	2	g	Vitamin C	5	mg			

*Recipe provided by Denelle Martin and Nancy Patterson, Gila River Indian Community FDP, Sacaton, AZ  
This recipe has not been tested or standardized by the USDA.*

## Chicken & Noodles

Makes 4 servings

- 1 (1 pound) bag **egg noodles**
- 2 (12.5 ounce) **can chicken**
- 1 (10.5 ounce) can cream of chicken soup or cream of mushroom soup.

1. Cook and drain noodles.
2. Add chicken (may be rinsed and drained to lower fat) and cream soup.
3. Heat thoroughly and serve.

Nutrition Information for each serving:											
Calories	380	Kcal	Cholesterol	110	mg	Sugar	2	g	Calcium	30	mg
Calories from fat	80	Kcal	Sodium	590	mg	Protein	32	g	Iron	4	mg
Total fat	9	g	Total Carbohydrate	46	g	Vitamin A	25	RE			
Saturated fat	2.5	g	Dietary Fiber	2	g	Vitamin C	0	mg			

*Recipe provided by Kelly Dicky, Osage Nation FDP Center, Pawhuska, OK  
This recipe has not been tested or standardized by the USDA.*

## Chicken Pot Pie

Makes 6 servings

Pastry for 9"-10" 2-crust pie (frozen or homemade)  
 5½ tablespoons margarine  
 ⅓ cup ***all-purpose flour***  
 ½ teaspoon salt  
 ¼ to ½ teaspoon pepper  
 1¾ cups chicken broth  
 ¼ cup ***instant non-fat dry milk*** + ⅔ cup water (or ⅔ cup non-fat milk)  
 ⅓ cup onion, chopped  
 1 (15.5 ounce) ***can peas***, drained  
 1 (15.5 ounce) ***can carrots***, drained  
 2 (12.5 ounce) ***can chicken***, (or 2½ to 3 cups), diced

1. Preheat oven to 425°F.
2. Heat margarine in saucepan until melted. Stir in flour, salt, and pepper. Cook, stirring constantly until bubbly; remove from heat.
3. Stir in broth and milk. Heat until boiling, stirring constantly. Boil for 1 minute.
4. Stir in onions, vegetables, and chicken. Season with salt and pepper.
5. Pour chicken mixture into pastry lined dish. Cover with remaining pastry. Pinch edges to seal crust.
6. Bake at 425°F for about 35 minutes until top is golden brown and mixture is bubbly.

Nutrition Information for each serving:											
Calories	740	Kcal	Cholesterol	70	mg	Sugar	7	g	Calcium	100	mg
Calories from fat	360	Kcal	Sodium	1230	mg	Protein	46	g	Iron	6	mg
Total fat	40	g	Total Carbohydrate	49	g	Vitamin A	1190	RE			
Saturated fat	10	g	Dietary Fiber	7	g	Vitamin C	10	mg			

*Recipe provided by Deanna Miller, Nez Perce, Craigmont, ID*

*This recipe has not been tested or standardized by the USDA.*



## Chicken Tacos

Makes 10 tacos

2 (12.5 ounce) **can chicken**  
 ½ cup onion, chopped  
 1 teaspoon chili powder  
 1 teaspoon oregano  
 1 teaspoon garlic powder  
 1 teaspoon cumin  
 1 teaspoon paprika  
 5 cups lettuce, shredded  
 5 cups cabbage, shredded  
 1½ cups tomatoes, diced  
 5 ounces cheddar cheese, grated  
 5 ounces mozzarella cheese, grated  
 10 flour tortillas, 7 inch  
 salsa

1. Fill a tea kettle or 2 quart saucepan with water and bring to a boil. Remove excess fat from chilled chicken and place in colander over a large bowl. Spread out with a fork. Pour hot water over meat through colander.
2. Place chicken in plastic container with tight fitting lid.
3. Add onions, chili powder, oregano, garlic powder, cumin, and paprika to chicken.
4. Refrigerate chicken overnight in plastic container with tight fitting lid.
5. To make tacos, place chicken mixture in a pan and heat slowly or heat in microwave for 2-3 minutes, stirring after 1½ minutes to heat evenly. Combine finely shredded lettuce and cabbage. Mix cheeses together. Place ¼ cup heated chicken mixture in a tortilla and top with cheese and vegetables.
6. Add salsa as desired.

Nutrition Information for each serving:											
Calories	430	Kcal	Cholesterol	60	mg	Sugar	3	g	Calcium	280	mg
Calories from fat	160	Kcal	Sodium	520	mg	Protein	34	g	Iron	4	mg
Total fat	18	g	Total Carbohydrate	34	g	Vitamin A	190	RE			
Saturated fat	7	g	Dietary Fiber	4	g	Vitamin C	20	mg			

Recipe provided by Gloria Goodwin, White Earth Band of Chippewa, Mahnomen, MN

This recipe has not been tested or standardized by the USDA.

## Commodity Cheese Pizza

Makes 8 pieces of pizza

3 cups baking mix (see page 15)  
 ¼ cup water  
 ½ can (15.5 ounce) **can spaghetti sauce**  
 2 cups grated cheese

optional: cooked **ground beef**, sausage, or ham; onion, green pepper, mushrooms

1. Combine baking mix and water. Pat dough mixture with greased hands onto a greased pizza pan or cookie sheet.
2. Pour sauce over crust. Sprinkle with cheese and optional toppings.
3. Bake at 450°F until golden brown.

Nutrition Information for each serving:											
Calories	290	Kcal	Cholesterol	30	mg	Sugar	5	g	Calcium	240	mg
Calories from fat	100	Kcal	Sodium	770	mg	Protein	13	g	Iron	2	mg
Total fat	11	g	Total Carbohydrate	37	g	Vitamin A	140	RE			
Saturated fat	6	g	Dietary Fiber	4	g	Vitamin C	3	mg			

Recipe provided by Lisa Wheelen, Inter-Tribal Council, Inc., Galena, KS

This recipe has not been tested or standardized by the USDA.

## Commodity Stir-Fry

Makes 4 servings

- 1 tablespoon corn starch
- 1 tablespoon soy sauce
- 1 cup pineapple chunks, drained  
(reserve 1/3 cup juice)
- 2 tablespoons **vegetable oil**
- 1 cup fresh green beans
- 1 cup raw carrots, chopped
- 1 cup **chicken** (well drained, **canned or cooked**)
- hot cooked rice

1. In a small bowl dissolve cornstarch in soy sauce and pineapple juice. Set aside.
2. Heat vegetable oil in skillet or wok. Stir-fry vegetables until tender but still crisp. Add pineapple and chicken.
3. Stir in cornstarch mixture and cook until thickened.
4. Serve immediately with hot cooked rice.

Nutrition Information for each serving:											
Calories	200	Kcal	Cholesterol	30	mg	Sugar	10	g	Calcium	40	mg
Calories from fat	80	Kcal	Sodium	300	mg	Protein	12	g	Iron	2	mg
Total fat	9	g	Total Carbohydrate	17	g	Vitamin A	890	RE			
Saturated fat	2.5	g	Dietary Fiber	2	g	Vitamin C	15	mg			

*Recipe provided by Darlene Mostrom, Fond du Lac Reservation, Cloquet, MN*

*This recipe has not been tested or standardized by the USDA.*

## Cream of Potato Soup

Makes 4 servings

- 1/2 onion, chopped
- 2 slices of **turkey ham**, diced
- 2 tablespoons **vegetable oil**
- 1 cup **instant non-fat dry milk** +  
3 cups water (or 3 cups non-fat milk)
- 1 (15.5 ounce) **can corn**
- 3/4 cup instant **potato flakes**

1. Brown onion and ham in vegetable oil for 5 minutes over low heat.
2. Add milk and corn.
3. Simmer 5 minutes and add potato flakes.

Nutrition Information for each serving:											
Calories	250	Kcal	Cholesterol	5	mg	Sugar	13	g	Calcium	230	mg
Calories from fat	70	Kcal	Sodium	500	mg	Protein	12	g	Iron	2	mg
Total fat	8	g	Total Carbohydrate	38	g	Vitamin A	190	RE			
Saturated fat	2	g	Dietary Fiber	3	g	Vitamin C	20	mg			

*Modified recipe provided by Denelle Martin & Nancy Patterson, Gila River Indian Community FDP, Sacaton, AZ*

*This recipe has not been tested or standardized by the USDA.*

## Creamed Peanut Soup

Makes 12 servings

1 medium onion, chopped  
 2 stalks celery, chopped  
 ¼ cup **vegetable oil**  
 3 tablespoons **all-purpose flour**  
 2 quarts chicken broth  
 2 cups smooth **peanut butter**  
 1¾ cup **evaporated milk**  
 ½ cup chopped **peanuts**

1. Cook onion and celery in vegetable oil until tender but not brown.
2. Stir in flour until well blended. Add chicken broth, stirring constantly and bring to boil.
3. Remove from heat. Add peanut butter and evaporated milk, stirring until blended thoroughly.
4. Return to heat but do not boil.
5. Serve with peanuts sprinkled over top of soup. Good hot or cold.

Nutrition Information for each serving:											
Calories	380	Kcal	Cholesterol	10	mg	Sugar	8	g	Calcium	130	mg
Calories from fat	270	Kcal	Sodium	400	mg	Protein	18	g	Iron	2	mg
Total fat	30	g	Total Carbohydrate	15	g	Vitamin A	60	RE			
Saturated fat	7	g	Dietary Fiber	3	g	Vitamin C	2	mg			

*Modified recipe provided by Alma Herzog, Nez Perce, Kamiah, ID*  
*This recipe has not been tested or standardized by the USDA.*

## Easy Meatball Stew

Makes 4 servings

1 can meatball stew  
 1 (15.5 ounce) **can tomatoes**, drained  
 1 (15.5 ounce) **can corn**, drained  
 1 (15.5 ounce) **can green beans**,  
 drained

1. Cut meatballs into 4 or 5 slices. Cut up tomatoes into small chunks and mix together in a 2-quart pot. Add corn and green beans.
2. Add a half can of water and bring to a boil. Turn down heat and simmer 5 minutes
3. Serve with crackers.

Nutrition Information for each serving:											
Calories	280	Kcal	Cholesterol	10	mg	Sugar	7	g	Calcium	90	mg
Calories from fat	45	Kcal	Sodium	1350	mg	Protein	15	g	Iron	4	mg
Total fat	5	g	Total Carbohydrate	47	g	Vitamin A	510	RE			
Saturated fat	2	g	Dietary Fiber	5	g	Vitamin C	30	mg			

*Recipe provided by Lequitta McWhirter, Nez Perce, Orofino, ID*  
*This recipe has not been tested or standardized by the USDA.*

## Garden Supper Casserole

Makes 4 servings

2 cups soft bread, cubed  
½ cup shredded cheese  
5 tablespoons margarine or butter,  
melted  
1 cup cooked **canned peas**  
2 tablespoons onion, chopped  
3 tablespoons **all-purpose flour**  
1 teaspoon salt  
⅛ teaspoon pepper  
½ cup **instant non-fat dry milk** + 1½  
cups water (or 1½ cups non-fat milk)  
1 cup meat (**beef, chicken**, or pork),  
cut up, cooked  
1 large tomato, sliced

1. Preheat oven to 350°F.
2. Mix bread cubes, cheese, and 2 tablespoons melted margarine.
3. Spread half the mixture in greased 1 quart casserole dish and top with peas.
4. Cook onion in 3 tablespoons margarine until onion is tender. Blend in flour and seasonings.
5. Cook over low heat, stirring until mixture is bubbly.
6. Remove from heat, add milk and return to a boil, stirring constantly. Boil and stir for 1 minute.
7. Stir in meat and pour over peas.
8. Arrange tomato slices on top and sprinkle with remaining bread mixture.
9. Bake, uncovered, at 350°F for 25 minutes.

### **Variation:**

To lower the fat content: Use 2 tablespoons margarine instead of 5 tablespoons; use low-fat cheese. Add more types of vegetables such as carrots, broccoli, lima beans; use tomato sauce instead of cream sauce in step 4.

Nutrition Information for each serving:											
Calories	550	Kcal	Cholesterol	70	mg	Sugar	9	g	Calcium	240	mg
Calories from fat	380	Kcal	Sodium	1330	mg	Protein	19	g	Iron	8	mg
Total fat	42	g	Total Carbohydrate	25	g	Vitamin A	300	RE			
Saturated fat	15	g	Dietary Fiber	3	g	Vitamin C	15	mg			

*Recipe provided by Winnie Day, Nez Perce, Reubens, ID*

*This recipe has not been tested or standardized by the USDA.*

## Gazpacho (Cold Tomato Soup)

Makes 4-6 servings

- 2 (15.5 ounce) **cans tomatoes**, finely chopped
- 2 cups **tomato juice**
- 1 large cucumber, chopped
- 1 onion, finely chopped
- 1 clove garlic, minced (or ¼-½ teaspoon garlic powder)
- ¼ cup olive oil
- 2 tablespoons vinegar
- ½-1 teaspoon hot sauce
- ½ teaspoon salt
- ¼ teaspoon pepper

1. Put finely chopped tomatoes (including the juice), in a large mixing bowl.
2. Add tomato juice, cucumbers, onions, garlic, oil, vinegar, hot sauce, salt, and pepper. Mix well, cover and chill.
3. Serve in bowls. Sprinkle with croutons, if desired.
4. For a healthier version, omit salt and oil.

Nutrition Information for each serving:											
Calories	150	Kcal	Cholesterol	0	mg	Sugar	5	g	Calcium	70	mg
Calories from fat	90	Kcal	Sodium	670	mg	Protein	3	g	Iron	2	mg
Total fat	10	g	Total Carbohydrate	17	g	Vitamin A	150	RE			
Saturated fat	1.5	g	Dietary Fiber	4	g	Vitamin C	30	mg			

Recipe provided by Colleen Vasquez, San Pasqual Band of Mission Indians (Southern California Tribal Chairmen's Assoc., Inc.), Valley Center, CA

This recipe has not been tested or standardized by the USDA.

## Green Chili Stew

Makes 8 servings

- 2 pounds pork, mutton, lamb, or **beef**, cut into small pieces
- 3 ears corn (scrape kernels from cob) **or** about 3 cups frozen or **canned corn**
- 3 stalks celery, diced
- 3 medium potatoes, peeled and diced
- 2 medium potatoes, diced
- 5 roasted green chiles, peeled, seeded, and diced

1. Brown meat in large pot.
2. Add remaining ingredients along with water to make a stew consistency.
3. Cover pot and simmer for approximately 1 hour.

Nutrition Information for each serving:											
Calories	270	Kcal	Cholesterol	75	mg	Sugar	3	g	Calcium	28	mg
Calories from fat	60	Kcal	Sodium	230	mg	Protein	27	g	Iron	3	mg
Total fat	7	g	Total Carbohydrate	25	g	Vitamin A	13	RE			
Saturated fat	2.5	g	Dietary Fiber	3	g	Vitamin C	15	mg			

Recipe provided by <http://www.cookingpost.com>

This recipe has not been tested or standardized by the USDA

## Hamburger Soup

Makes 10 servings

1 pound **ground beef**  
 1 cup onion, chopped  
 4 cups water  
 4 cups **tomato juice**  
 1 cup potatoes, diced  
 1 cup carrots, diced  
 1 cup celery, chopped  
 2 teaspoons salt  
 1 small bay leaf  
 pinch basil

1. Brown ground beef and onions.
2. Add water and tomato juice and heat to boiling.
3. Add diced potatoes, carrots, celery, salt, bay leaf, and a small pinch of basil.
4. Simmer until vegetables are done (about 30 minutes).

Nutrition Information for each serving:											
Calories	140	Kcal	Cholesterol	30	mg	Sugar	5	g	Calcium	30	mg
Calories from fat	50	Kcal	Sodium	900	mg	Protein	10	g	Iron	2	mg
Total fat	6	g	Total Carbohydrate	10	g	Vitamin A	260	RE			
Saturated fat	2.5	g	Dietary Fiber	1	g	Vitamin C	25	mg			

*Recipe provided by Agnes Rich Snyder, Nez Perce, Nezperce, ID*

*This recipe has not been tested or standardized by the USDA.*

## Hash

Makes 6-8 servings

2½ to 4 pound **chicken**  
 1 medium onion, chopped  
 2 to 4 cups diced, cooked potatoes  
 (fresh or leftover)  
 1 **can carrots**, drained  
 3 cups of gravy (or enough to  
 make hash moist)

1. Boil chicken until meat falls off of bones easily. De-bone chicken and chop meat.
2. Brown chicken and onion in non-stick pan with cooking spray.
3. Add potatoes, carrots, and gravy. Heat thoroughly, stirring often to avoid sticking or burning. Season to taste.

Note: Pre-cooked ingredients can be used from any roast or other leftovers. Canned beef or chicken can be used. This is a quick and easy way to use up leftovers.

Nutrition Information for each serving:											
Calories	560	Kcal	Cholesterol	210	mg	Sugar	2	g	Calcium	50	mg
Calories from fat	180	Kcal	Sodium	840	mg	Protein	67	g	Iron	4	mg
Total fat	20	g	Total Carbohydrate	20	g	Vitamin A	520	RE			
Saturated fat	6	g	Dietary Fiber	3	g	Vitamin C	6	mg			

*Recipe provided by Esther L. Roby, Nez Perce, Kamiah, ID*

*This recipe has not been tested or standardized by the USDA.*

## Hominy Soup

Makes 6 servings

- 1 pound lean **ground beef** or ground bison
- 1 large onion, chopped
- 3 stalks celery, chopped
- 2 cups cooked **kidney beans** with liquid
- 2 cans white hominy with liquid

1. In a large pot, cook ground beef; when half done, add onions and celery, and finish cooking.
2. Add beans and hominy; season to taste. Heat until warm.
3. Add water and simmer if too thick.

**Variation:** To lower the sodium content: Drain and discard liquid from canned beans and hominy. Replace with equal amount of tap water (about 1 cup).

Nutrition Information for each serving:											
Calories	440	Kcal	Cholesterol	55	mg	Sugar	4	g	Calcium	70	mg
Calories from fat	120	Kcal	Sodium	940	mg	Protein	24	g	Iron	4	mg
Total fat	13	g	Total Carbohydrate	55	g	Vitamin A	2	RE			
Saturated fat	4.5	g	Dietary Fiber	13	g	Vitamin C	4	mg			

*Recipe provided by Linda Smart, Lac Courte Oreilles FDP, Hayward, WI*

*This recipe has not been tested or standardized by the USDA.*

## Macaroni and Cheese

Makes 6-8 servings

- 1 (16 ounce) package **macaroni**
- 3 cups cheddar cheese, shredded or cubed
- 1/3 cup **instant non-fat dry milk** + 1 cup water (or 1 cup non-fat milk)
- salt and pepper, to taste

1. Cook macaroni as directed; drain.
2. Put cheese and milk in microwave safe bowl. Heat in microwave until cheese is melted, about 5 minutes on high.
3. Combine cheese mixture and macaroni. Add salt and pepper to taste.

Nutrition Information for each serving:											
Calories	450	Kcal	Cholesterol	50	mg	Sugar	5	g	Calcium	400	mg
Calories from fat	150	Kcal	Sodium	360	mg	Protein	22	g	Iron	2	mg
Total fat	17	g	Total Carbohydrate	51	g	Vitamin A	170	RE			
Saturated fat	10	g	Dietary Fiber	2	g	Vitamin C	0	mg			

*Recipe provided by Deanna Miller, Nez Perce, Craigmont, ID*

*This recipe has not been tested or standardized by the USDA.*

## Macaroni Beef Casserole

Makes 8 servings

1 pound lean **ground beef**  
1 onion, chopped (½ cup)  
¼ teaspoon salt  
¼ teaspoon pepper  
¼ teaspoon lemon pepper  
¼ teaspoon garlic powder  
16 ounces elbow **macaroni**  
1 (15.5 ounce) **can green beans**, drained  
1 (15.5 ounce) **can cream corn**  
2 (10.5 ounce) cans cream of mushroom soup  
½ cup sour cream (optional)  
1 to 2 cups **cheese**, grated

1. Preheat oven to 350°F.
2. Brown ground beef and onion. Pour off grease. Add seasonings to taste.
3. Cook elbow macaroni until almost done.
4. Mix meat and cooked noodles in a large bowl with all other ingredients (except cheese). Put mixture in a greased casserole dish and top with cheese.
5. Bake in oven at 350°F for 20 minutes or until done.

**Variations:** Add 1 can sliced mushrooms and 1 can sliced olives.

To lower sodium content: use low-sodium canned soups and Low-sodium vegetables or fresh vegetables; use salt substitute instead of salt.

To lower fat content: use defatted or lean meats; omit sour cream or use lowfat or fat-free sour cream; decrease or omit cheese or use lowfat cheese.

Nutrition Information for each serving:											
Calories	380	Kcal	Cholesterol	55	mg	Sugar	3	g	Calcium	51	mg
Calories from fat	150	Kcal	Sodium	910	mg	Protein	22	g	Iron	3	mg
Total fat	17	g	Total Carbohydrate	36	g	Vitamin A	28	RE			
Saturated fat	6	g	Dietary Fiber	3	g	Vitamin C	8	mg			

*Recipe provided by Deanna Miller, Nez Perce, Craigmont, ID*

*This recipe has not been tested or standardized by the USDA.*



## Manhattan Chicken Chowder

Makes 10 servings

2½ cups chicken broth  
1¼ cups carrot, cut in ½ inch pieces  
1¼ cup celery, chopped  
1¼ cup turnip, diced  
¾ cup onion, chopped  
2 (15.5 ounce) **cans tomatoes**  
¼ teaspoon thyme  
¼ teaspoon pepper  
5 cups **chicken**, cooked and diced

1. Heat chicken broth to boiling in large saucepan.
2. Add raw vegetables to chicken broth. Cover and boil gently until vegetables are tender, about 10 minutes.
3. Break up large pieces of tomato. Add to vegetable mixture.
4. Add thyme, pepper, and diced chicken to cooked vegetables. Simmer, covered, for 10 minutes to blend flavors. If desired, add more broth.

Nutrition Information for each serving:											
Calories	210	Kcal	Cholesterol	660	mg	Sugar	5	g	Calcium	60	mg
Calories from fat	70	Kcal	Sodium	720	mg	Protein	25	g	Iron	2	mg
Total fat	8	g	Total Carbohydrate	8	g	Vitamin A	520	RE			
Saturated fat	2.5	g	Dietary Fiber	2	g	Vitamin C	20	mg			

*Recipe provided by Gloria Goodwin, White Earth Band of Chippewa, Mahnomen, MN  
This recipe has not been tested or standardized by the USDA.*

## Meatloaf

Makes 6 servings

1 pound **ground beef** or bison  
½ cup cooked rice  
2 tablespoons **egg mix** + ¼ cup water  
(or 1 egg)  
½ cup carrot, grated  
1 cup **cheese**, grated and divided  
¼ cup onion, chopped  
2 teaspoons Worcestershire sauce  
¼ teaspoon garlic powder  
¼ teaspoon pepper  
salt to taste  
1 cup **tomato sauce**, divided

1. Preheat oven to 375°F.
2. In a large bowl combine ground beef or bison, rice, egg, carrot, ½ cup cheese, onion, and seasonings. Mix well.
3. Place in a loaf pan, top with ½ cup tomato sauce, cover with foil, and bake at 375°F for 1½ hours or until meat thermometer reads 160°F in center of loaf.
4. Remove from oven. Pour off excess juice, top with the remaining cheese and tomato sauce and bake for 15 more minutes, uncovered.

Nutrition Information for each serving:											
Calories	180	Kcal	Cholesterol	65	mg	Sugar	3	g	Calcium	20	mg
Calories from fat	70	Kcal	Sodium	410	mg	Protein	16	g	Iron	2	mg
Total fat	8	g	Total Carbohydrate	10	g	Vitamin A	370	RE			
Saturated fat	5	g	Dietary Fiber	1	g	Vitamin C	10	mg			

*Recipe provided by Sheila Briceno-Hatley, USDA, FNS, Lapwai, ID  
This recipe has not been tested or standardized by the USDA.*

## Misickquatash (Indian Succotash)

Makes 6 servings

- |  |   |
|--|---|
| 1 cup lean <b>ground beef</b>                  | 1. Brown ground beef in pan.  |
| 1 cup frozen lima beans, cooked and drained    | 2. Add remaining ingredients except nutmeg. Cover and simmer 5 minutes until thoroughly heated. |
| 1 (15.5 ounce) <b>can corn</b> , drained       | 3. Sprinkle with nutmeg before serving.   |
| 1 (15.5 ounce) <b>can tomatoes</b> , broken up |   |
| ¼ teaspoon salt                                |   |
| ¼ teaspoon pepper                              |   |
| ⅛ teaspoon nutmeg                              |   |

Nutrition Information for each serving:											
Calories	110	Kcal	Cholesterol	0	mg	Sugar	5	g	Calcium	35	mg
Calories from fat	0	Kcal	Sodium	340	mg	Protein	5	g	Iron	2	mg
Total fat	0	g	Total Carbohydrate	23	g	Vitamin A	65	RE			
Saturated fat	0	g	Dietary Fiber	3	g	Vitamin C	10	mg			

Recipe provided by Darlene Mostrom, Fond Du Lac Reservation, Cloquet, MN

This recipe has not been tested or standardized by the USDA.

## Northern Bean Soup

Makes 8 servings

- |  |  |
|--|--|
| 8 cups water   | 1. Heat water and beans to boiling in large pot; boil 2 minutes.   |
| 1 pound dried <b>great northern or lima beans</b> (2 cups) | 2. Remove from heat, cover and let stand 1 hour.   |
| ½ can (15.5 ounce) <b>can tomato sauce</b>                 | 3. Add tomato sauce, ham, onion, bouillon, salt, pepper, and garlic to beans.  |
| 2 cups chopped <b>turkey ham</b>                           | 4. Heat to boiling, reduce heat. Cover and simmer until beans are tender, about 2 hours. (Do not boil or beans will burst.) Skim fat if necessary. |
| 1 large onion, chopped (about 1 cup)                       | 5. Stir potatoes, carrots, and celery into soup.   |
| 1 tablespoon instant beef bouillon                         | 6. Heat to boiling, reduce heat. Cover and simmer until vegetables are tender, about 45 minutes.   |
| 1 teaspoon salt  | 7. Stir in 1 to 2 cups milk or water for thinner consistency.  |
| ½ teaspoon pepper  |  |
| 1 clove garlic, crushed                                    |  |
| 2 cups <b>mashed potatoes</b>                              |  |
| 2 medium carrots, cut into ½ inch pieces                   |  |
| 2 medium celery stalks cut into ½ inch pieces (1 cup)      |  |
| non-fat milk (optional)                                    |  |

Nutrition Information for each serving:											
Calories	310	Kcal	Cholesterol	30	mg	Sugar	7	g	Calcium	130	mg
Calories from fat	60	Kcal	Sodium	910	mg	Protein	22	g	Iron	4	mg
Total fat	7	g	Total Carbohydrate	43	g	Vitamin A	550	RE			
Saturated fat	2	g	Dietary Fiber	12	g	Vitamin C	15	mg			

Recipe provided by Brenda Oylo, Trenton Indian Service Area, Trenton, ND

This recipe has not been tested or standardized by the USDA.

## Old Fashioned Spaghetti

Makes 6 servings

- 1 pound lean **ground beef** or ground bison
- 6 teaspoons spaghetti seasoning mix (see page 66)
- 1 (15.5 ounce) **can tomato sauce**
- 1 (15.5 ounce) **can tomatoes**
- ½ package (1 pound) **spaghetti**

1. Brown ground beef; pour off grease.
2. Add seasoning, tomato sauce, and whole tomatoes. Simmer for 10 to 15 minutes.
3. Bring water to a boil. Cook spaghetti until tender.
4. Serve with toast and a green salad.

Nutrition Information for each serving:											
Calories	340	Kcal	Cholesterol	70	mg	Sugar	6	g	Calcium	5	mg
Calories from fat	130	Kcal	Sodium	620	mg	Protein	25	g	Iron	3	mg
Total fat	14	g	Total Carbohydrate	27	g	Vitamin A	118	RE			
Saturated fat	5	g	Dietary Fiber	3	g	Vitamin C	20	mg			

*Recipe provided by Coleen C. Windham, Nez Perce, Lenore, ID*

*This recipe has not been tested or standardized by the USDA.*

## Oven Fried Chicken

Makes 4 servings

- 8 pieces of **chicken**, with bone
- 1 to 1½ cups baking mix (see page 15)
- salt and pepper to taste
- non-stick cooking spray

1. Preheat oven to 375°F.
2. Spray a 9 x 13 inch pan with nonstick cooking spray.
3. Remove skin from chicken pieces. Season with salt and pepper.
4. Spray chicken with nonstick cooking spray, then roll or shake in baking mix until coated.
5. Bake at 375°F for 1 hour, uncovered, until chicken is done (when center is 180°F).

Nutrition Information for each serving:											
Calories	400	Kcal	Cholesterol	120	mg	Sugar	0	g	Calcium	50	mg
Calories from fat	140	Kcal	Sodium	550	mg	Protein	40	g	Iron	2	mg
Total fat	16	g	Total Carbohydrate	19	g	Vitamin A	25	RE			
Saturated fat	4.5	g	Dietary Fiber	<1g	g	Vitamin C	0	mg			

*Recipe provided by Earlene Cooper, Nez Perce, Nezperce, ID*

*This recipe has not been tested or standardized by the USDA.*

## Pork Stir Fry

Makes 8 servings

2½ pounds lean pork loin chops  
1 tablespoon **vegetable oil**  
½ teaspoon salt  
2 cups carrots, sliced  
2 cups green pepper, sliced  
2 cups mushrooms, sliced  
2 cups broccoli florets  
1 cup water, divided  
2 tablespoons soy sauce  
1 teaspoon garlic powder  
2 teaspoons cornstarch  
1 teaspoon ground ginger  
16 cherry tomatoes  
hot cooked rice

1. Trim excess fat and bone from pork and discard. Cut against the grain, in diagonal slices ¼ inch thick.
2. In a large pan, brown meat in hot oil, stirring constantly. Remove from pan. Sprinkle salt over pork.
3. Reduce heat; add vegetables and ½ cup water. Stir to mix. Cover and cook about 10 minutes.
4. Combine soy sauce, garlic powder, cornstarch, ginger, and ½ cup water in a small bowl. Add to vegetable mixture.
5. Return pork to pan and cook 3-4 minutes, stirring occasionally.
6. Cut tomatoes into quarters. Stir into pork mixture and heat thoroughly.
7. Serve over hot cooked rice.

Nutrition Information for each serving:											
Calories	460	Kcal	Cholesterol	120	mg	Sugar	7	g	Calcium	80	mg
Calories from fat	130	Kcal	Sodium	520	mg	Protein	47	g	Iron	2	mg
Total fat	14	g	Total Carbohydrate	34	g	Vitamin A	1560	RE			
Saturated fat	4.50	g	Dietary Fiber	4	g	Vitamin C	70	mg			

Recipe provided by Gloria Goodwin, White Earth Band of Chippewa, Mahnomon, MN  
This recipe has not been tested or standardized by the USDA.

## Pueblo Posole

Makes 8 servings

2 cups dried Hominy  
2 pounds pork sliced, diced, and browned  
with a clove of garlic  
¼ cup New Mexico ground red chile\* or  
fresh ground pepper to taste  
½ onion, diced  
2 teaspoons oregano  
salt to taste

1. Fill large cooking pot with hominy and water. Cook hominy, covered, over medium heat until kernels burst open and are “al dente” (several hours).
2. Add remaining ingredients, cover, and simmer until meat is tender (2 or 3 hours).

\* Not chili powder as used for Texas Chili

Nutrition Information for each serving:											
Calories	310	Kcal	Cholesterol	95	mg	Sugar	0	g	Calcium	45	mg
Calories from fat	110	Kcal	Sodium	560	mg	Protein	35	g	Iron	2	mg
Total fat	12	g	Total Carbohydrate	14	g	Vitamin A	22	RE			
Saturated fat	44	g	Dietary Fiber	2	g	Vitamin C	22	mg			

Recipe provided by <http://www.cookingpost.com>  
This recipe has not been tested or standardized by the USDA

## Red Chile Stew

Makes 8 servings

- 2 pounds pork, cut into small pieces (save some fat)
- 5 dried red chiles
- 1 teaspoon oregano
- ½ teaspoon garlic powder
- salt to taste

1. Wash chiles, removing stems and seeds. Place in blender with 1 cup water and blend into paste consistency. Set aside.
2. Put pork fat into deep skillet until there is enough on the bottom of the skillet to prevent meat from sticking. Discard remaining fat.
3. Brown pork lightly. Add the chile paste and mix well, adding water if mixture is too thick. Add oregano and garlic. Cover pan and simmer slowly for one hour.

Nutrition Information for each serving:											
Calories	250	Kcal	Cholesterol	95	mg	Sugar	0	g	Calcium	32	mg
Calories from fat	100	Kcal	Sodium	65	mg	Protein	34	g	Iron	1	mg
Total fat	11	g	Total Carbohydrate	3	g	Vitamin A	72	RE			
Saturated fat	3.5	g	Dietary Fiber	<1	g	Vitamin C	2	mg			

Recipe provided by <http://www.cookingpost.com>

This recipe has not been tested or standardized by the USDA

## Salmon (or Tuna) Loaf

Makes 8 servings

- 4 cups canned salmon or **canned tuna**, drained
- 2 tablespoons lemon juice
- ⅓ cup **instant non-fat dry milk** + 1 cup water (or 1 cup non-fat milk)
- 3 cups soft bread, chopped, or crushed **crackers**
- ¼ cup **egg mix** + ½ cup water (or 2 eggs, beaten)
- ¼ cup dried onion flakes
- ¼ teaspoon pepper
- 1 tablespoon dried parsley flakes

1. Preheat oven to 350°F.
2. In a large bowl sprinkle lemon juice over salmon.
3. In medium bowl combine milk, bread crumbs, eggs, onions, pepper, and parsley flakes. Combine with salmon and blend well. Form into a loaf.
4. Place loaf in a greased, non-metallic loaf pan.
5. Bake at 350°F for 30 minutes.
6. Cool 5 minutes before cutting and serving.
7. Can be served with ¼ cup of cream sauce over each salmon loaf slice (see page 64).

Nutrition Information for each serving:											
Calories	360	Kcal	Cholesterol	100	mg	Sugar	3	g	Calcium	426	mg
Calories from fat	90	Kcal	Sodium	470	mg	Protein	32	g	Iron	3	mg
Total fat	10	g	Total Carbohydrate	34	g	Vitamin A	65	RE			
Saturated fat	2.5	g	Dietary Fiber	1	g	Vitamin C	4	mg			

Recipe provided by Gwen Kjervestad, White Earth Band of Chippewa, Mahnommen, MN

This recipe has not been tested or standardized by the USDA.

## Shredded Chicken Enchiladas

Makes 36 enchiladas

- 2 (12.5 ounce) **can chicken**, drained, defatted
- 2 (4 ounce) cans green chilies, chopped

To taste:

onion powder  
garlic powder  
red pepper flakes  
paprika  
crushed minced garlic

- ½ cup **vegetable oil** (for heating tortillas)
- 36 corn tortillas
- 1 (28 ounce) can medium enchilada sauce
- 2 pounds shredded cheese
- nonstick cooking spray

1. Preheat oven to 350°F. Spray two rectangular pans with cooking spray.
2. In a bowl, combine chicken, chiles, and all spices.
3. Pour a small amount of oil in a nonstick pan and heat on high. Heat tortillas on both sides. Repeat until all tortillas are heated, adding oil as necessary.
4. After heating, drain each tortilla on a paper towel to remove excess oil.
5. Dip each tortilla in enchilada sauce, shaking off excess.
6. Fill tortillas with meat. Roll up and place in pan edge side down.
7. Spoon extra sauce on top of enchiladas. Top with shredded cheese.
8. Bake at 350°F for 30 minutes or until cheese is bubbly and enchiladas are heated thoroughly.

Nutrition Information for each serving:											
Calories	400	Kcal	Cholesterol	75	mg	Sugar	1	g	Calcium	450	mg
Calories from fat	190	Kcal	Sodium	760	mg	Protein	26	g	Iron	2	mg
Total fat	21	g	Total Carbohydrate	28	g	Vitamin A	170	RE			
Saturated fat	11	g	Dietary Fiber	3	g	Vitamin C	6	mg			

*Recipe provided by Chrystal Daugherty, Choctaw Nation*

*This recipe has not been tested or standardized by the USDA.*

## Skillet-Helper Chilimac

Makes 6 servings

- 1 pound cooked **ground meat** or 1 (24 ounce) **can beef** or pork, defatted
- 2 (15.5 ounce) **cans tomatoes**
- 1 (15.5 ounce) **can vegetarian beans**, drained
- 1 cup dry **macaroni**

Skillet Helper Mix

¼ cup dried onion  
¼ teaspoon pepper  
¼ teaspoon garlic powder  
¼ teaspoon chili powder  
¼ teaspoon sugar

1. Remove fat and heat meat in skillet.
2. Add tomatoes, beans, and skillet helper mix.
3. Boil uncovered 10 minutes.
4. Add the macaroni, cover, and cook on low heat for 15 minutes or until macaroni is cooked.

Nutrition Information for each serving:											
Calories	400	Kcal	Cholesterol	70	mg	Sugar	10	g	Calcium	100	mg
Calories from fat	160	Kcal	Sodium	570	mg	Protein	25	g	Iron	4	mg
Total fat	18	g	Total Carbohydrate	37	g	Vitamin A	110	RE			
Saturated fat	7	g	Dietary Fiber	6	g	Vitamin C	25	mg			

*Recipe provided by Denelle Martin and Nancy Patterson, Gila River Indian Community FDP, Sacaton, AZ*

*This recipe has not been tested or standardized by the USDA.*

## Squash Casserole

Makes 6 servings

- 1 medium onion, chopped
- 1 stalk celery, diced
- 12 ounces cooked **chicken** or turkey, cubed
- 2 tablespoons **vegetable oil**
- 3 cups seasoned stuffing mix
- 1 cup chicken broth
- 1 cup low-fat sour cream
- 2 tablespoons **egg mix** + ¼ cup water (or 1 egg, beaten)
- 1½ pounds summer squash, sliced
- non-stick cooking spray

1. Preheat oven to 375°F.
2. Brown onion, celery, and chicken in vegetable oil until vegetables are slightly tender. Set aside.
3. Combine stuffing mix, chicken broth, sour cream, and egg. Add squash and chicken mixture to stuffing mixture.
4. Pour into 2 quart baking dish coated with nonstick cooking spray.
5. Bake at 375°F for 30-40 minutes or until bubbly.

Nutrition Information for each serving:											
Calories	430	Kcal	Cholesterol	110	mg	Sugar	9	g	Calcium	140	mg
Calories from fat	200	Kcal	Sodium	840	mg	Protein	26	g	Iron	2	mg
Total fat	22	g	Total Carbohydrate	32	g	Vitamin A	240	RE			
Saturated fat	9	g	Dietary Fiber	4	g	Vitamin C	8	mg			

*Recipe provided by Denelle Martin and Nancy Patterson, Gila River Indian Community FDP, Sacaton, AZ  
This recipe has not been tested or standardized by the USDA.*

## Stewed Chicken

Makes 6-7 servings

- 3 to 3½ pound **whole chicken fryer** or stewing hen
- Water to cover

1. Wash chicken under cold running water. Remove giblets bag. Clean inside cavity and remove excess skin.
2. Place in deep pot. Add water. Cover and simmer (do not boil) until tender, approximately 2½ hours.
3. Cool. Remove meat from bone and chop.
4. Meat can be used in chicken salad, soups, tacos, and casseroles.

Nutrition Information for each serving:											
Calories	400	Kcal	Cholesterol	190	mg	Sugar	0	g	Calcium	30	mg
Calories from fat	130	Kcal	Sodium	160	mg	Protein	62	g	Iron	2	mg
Total fat	15	g	Total Carbohydrate	0	g	Vitamin A	35	RE			
Saturated fat	4	g	Dietary Fiber	0	g	Vitamin C	0	mg			

*Recipe provided by Gloria Goodwin, White Earth Band of Chippewa, Mahnomen, MN  
This recipe has not been tested or standardized by the USDA.*



## Stuffed Meat Loaf

Makes 8-10 servings

2 pounds **ground meat**  
celery salt, salt, and pepper to taste  
¼ cup ketchup  
2 tablespoons **egg mix** + ¼ cup water  
(or 1 egg)  
½ cup **oats**  
1 small onion, diced  
2 medium potatoes, grated  
1 carrot, grated

1. Preheat oven to 350°F.
2. In large bowl combine meat, seasonings, ketchup, egg, and oatmeal.
3. Add diced and grated vegetables and mix well with hands.
4. Put into a loaf pan and cover with foil.
5. Bake at 350° F for 90 minutes or until meat thermometer inserted in center of loaf reads 160°F.

Nutrition Information for each serving:											
Calories	260	Kcal	Cholesterol	90	mg	Sugar	2	g	Calcium	20	mg
Calories from fat	130	Kcal	Sodium	180	mg	Protein	20	g	Iron	2	mg
Total fat	14	g	Total Carbohydrate	11	g	Vitamin A	220	RE			
Saturated fat	6	g	Dietary Fiber	1	g	Vitamin C	4	mg			

*Recipe provided by Marnetta Shrader, Nez Perce, Winchester, ID*  
*This recipe has not been tested or standardized by the USDA.*

## Teriyaki Chicken

Makes 4 servings

2½ pounds **chicken** pieces  
2 teaspoons ground ginger  
½ cup lite soy sauce  
½ cup sugar  
¼ (20-ounce can) can crushed pineapple, with juice  
1 teaspoon black pepper  
1 teaspoon garlic powder (or minced garlic clove)

1. Preheat oven to 425°F.
2. Remove all skin and extra fat from chicken pieces.
3. Put chicken pieces in a 9 x 13 inch baking pan. Combine all remaining ingredients and pour over chicken.
4. Bake, uncovered, for 30 minutes, or until chicken reaches internal temperature of 180°F.

Nutrition Information for each serving:											
Calories	420	Kcal	Cholesterol	160	mg	Sugar	26	g	Calcium	57	mg
Calories from fat	60	Kcal	Sodium	910	mg	Protein	60	g	Iron	2	mg
Total fat	7	g	Total Carbohydrate	29	g	Vitamin A	24	RE			
Saturated fat	2	g	Dietary Fiber	0g	g	Vitamin C	9	mg			

*Recipe provided by Gloria Goodwin, White Earth Band of Chippewa, Mahnomen, MN*  
*This recipe has not been tested or standardized by the USDA.*



## Texas Hash

Makes 4-6 servings

- 1 pound lean **ground beef**
- 3 large onions, sliced
- 1 (15.5 ounce) **can green beans**, drained
- 1 (15.5 ounce) **can tomatoes**, drained
- ½ cup cooked **rice**
- ⅛ teaspoon pepper
- 1 to 2 teaspoons chili powder

1. In large skillet, cook meat and onion until meat is brown, stirring often. Drain off fat.
2. Stir in green beans, tomatoes, rice, salt, pepper, and chili powder. Heat thoroughly.

Nutrition Information for each serving:											
Calories	290	Kcal	Cholesterol	70	mg	Sugar	6	g	Calcium	67	mg
Calories from fat	120	Kcal	Sodium	370	mg	Protein	24	g	Iron	3	mg
Total fat	14	g	Total Carbohydrate	17	g	Vitamin A	84	RE			
Saturated fat	5	g	Dietary Fiber	3	g	Vitamin C	17	mg			

*Recipe provided by Winnie Day, Nez Perce, Reubens, ID*

This recipe has not been tested or standardized by the USDA.

## Tuna Macaroni Salad

Makes 6 servings

- 1 pound dry **macaroni** (about 4 cups cooked)
- 1 (12 ounce) **can tuna**, drained
- 1 can black olives, sliced, drained
- 1 bunch cilantro, chopped
- 6 stalks celery, sliced thinly
- 2 small sweet pickles, chopped
- 1 cup low-fat mayonnaise
- pepper to taste

1. Cook macaroni according to directions; rinse with cold water; drain well and set aside.
2. In large salad bowl combine all ingredients. Mix well.
3. Refrigerate.

**Variation:** To lower the fat content: use a fat-free mayonnaise.

Nutrition Information for each serving:											
Calories	250	Kcal	Cholesterol	30	mg	Sugar	7	g	Calcium	83	mg
Calories from fat	50	Kcal	Sodium	800	mg	Protein	17	g	Iron	2	mg
Total fat	6	g	Total Carbohydrate	33	g	Vitamin A	84	RE			
Saturated fat	1.5	g	Dietary Fiber	3	g	Vitamin C	6	mg			

*Recipe provided by Colleen Vasquez, San Pasqual Band of Mission Indians (Southern California Tribal Chairmen's Assoc., Inc.), Valley Center, CA*

This recipe has not been tested or standardized by the USDA.

## Tuna Noodle Casserole

Makes 4 servings

- 1 (12 ounce) **can tuna**
- 1 diced apple
- 2-3 stalks of celery, chopped
- 1 onion, chopped
- ½ (1 pound) package of **macaroni**,  
cooked
- 1 can fat-free creamed soup (any kind)
- ½ cup crushed **crackers** or **corn flakes**

1. Preheat oven to 350°F.
2. Mix all ingredients except crackers and put in pan or casserole dish.
3. Top with crushed crackers.
4. Bake uncovered at 350°F for 20-25 minutes.

Nutrition Information for each serving:											
Calories	420	Kcal	Cholesterol	30	mg	Sugar	12	g	Calcium	65	mg
Calories from fat	40	Kcal	Sodium	890	mg	Protein	31	g	Iron	5	mg
Total fat	4	g	Total Carbohydrate	64	g	Vitamin A	50	RE			
Saturated fat	1	g	Dietary Fiber	5	g	Vitamin C	10	mg			

*Recipe provided by Denelle Martin and Nancy Patterson, Gila River Indian Community FDP, Sacaton, AZ*  
This recipe has not been tested or standardized by the USDA.

## Vegetable Beef Casserole

Makes 8-10 servings

- 1 onion, chopped
- 1 pound **ground beef**
- 1 can tomato soup
- salt and pepper to taste
- 2 **cans mixed vegetables**, drained
- 1½ cups prepared **mashed potatoes**
- ½ cup grated cheese

1. Preheat oven to 350°F.
2. Brown onion, add ground beef and cook until done. Pour off grease.
3. Add tomato soup, salt and pepper. Heat thoroughly and add mixed vegetables.
4. Pour into casserole dish. Cover with mashed potatoes to edge of casserole. Sprinkle cheese on top.
5. Bake at 350°F for 20 minutes.

Nutrition Information for each serving:											
Calories	280	Kcal	Cholesterol	40	mg	Sugar	0	g	Calcium	70	mg
Calories from fat	130	Kcal	Sodium	460	mg	Protein	16	g	Iron	2	mg
Total fat	14	g	Total Carbohydrate	23	g	Vitamin A	640	RE			
Saturated fat	5	g	Dietary Fiber	2	g	Vitamin C	20	mg			

*Recipe provided by Alma Herzog, Nez Perce, Kamiah, ID*  
This recipe has not been tested or standardized by the USDA.

## **Zesty Cheeseburgers**

Makes 5 servings

1 pound **ground beef**  
5 thin slices of cheese  
¼ cup barbecue sauce  
⅛ teaspoon salt  
⅛ teaspoon pepper

1. Shape meat into 5 patties and cook on medium heat on stovetop or grill. While cooking, season burgers with barbecue sauce, salt, and pepper.
2. When burgers are done cooking (internal temperature should reach 160°F), put a slice of cheese on each burger and cover with lid. Let steam melt cheese.

Nutrition Information for each serving:											
Calories	280	Kcal	Cholesterol	85	mg	Sugar	2	g	Calcium	140	mg
Calories from fat	170	Kcal	Sodium	520	mg	Protein	23	g	Iron	2	mg
Total fat	19	g	Total Carbohydrate	2	g	Vitamin A	70	RE			
Saturated fat	9	g	Dietary Fiber	<1	g	Vitamin C	0	mg			

*Recipe provided by Coleen C. Windham, Nez Perce, Lenore, ID*  
This recipe has not been tested or standardized by the USDA.

## SIDE DISHES



### Baked Pumpkin

Makes 8 servings

1 small pumpkin, peeled and cut into cubes  
1 cup sugar  
1 teaspoon salt  
cinnamon

1. Preheat oven to 325°F.
2. Place pumpkin cubes in a baking dish and sprinkle with sugar and salt.
3. Cover pan with foil and bake until soft.
4. Sprinkle with cinnamon.

Nutrition Information for each serving:											
Calories	100	Kcal	Cholesterol	0	mg	Sugar	25	g	Calcium	17	mg
Calories from fat	0	Kcal	Sodium	290	mg	Protein	0	g	Iron	0	mg
Total fat	0	g	Total Carbohydrate	27	g	Vitamin A	46	RE			
Saturated fat	0	g	Dietary Fiber	<1	g	Vitamin C	2	mg			

Recipe provided by <http://www.cookingpost.com>

This recipe has not been tested or standardized by the USDA

### Baked Vegetarian Beans

Makes 6 to 8 servings

1 cup brown sugar  
¼ cup prepared mustard  
2 (15.5 ounce) **cans vegetarian beans**  
¼ cup **all-purpose flour**  
1½ cups (1½ 12-ounce **cans**)  
**evaporated milk**

1. Preheat oven to 350°F.
2. Mix all ingredients together.
3. Pour into greased casserole dish.
4. Bake at 350°F for 40 minutes.

Note: Instead of brown sugar you can use ¾ cup molasses.

Nutrition Information for each serving:											
Calories	290	Kcal	Cholesterol	10	mg	Sugar	39	g	Calcium	210	mg
Calories from fat	40	Kcal	Sodium	600	mg	Protein	9	g	Iron	2	mg
Total fat	4.5	g	Total Carbohydrate	58	g	Vitamin A	45	RE			
Saturated fat	2.5	g	Dietary Fiber	6	g	Vitamin C	4	mg			

Recipe provided by Alma Herzog, Nez Perce, Kamiah, ID

This recipe has not been tested or standardized by the USDA

## Bugs Bunny's Favorite Snack

Makes 10-12 servings

10 carrots, washed and peeled  
 $\frac{3}{4}$  cup **raisins**  
 $\frac{1}{2}$  cup mayonnaise

Grate carrots, mix with raisins and add mayonnaise.

Nutrition Information for each serving:											
Calories	110	Kcal	Cholesterol	5	mg	Sugar	9	g	Calcium	10	mg
Calories from fat	60	Kcal	Sodium	65	mg	Protein	0	g	Iron	0	mg
Total fat	7	g	Total Carbohydrate	11	g	Vitamin A	890	RE			
Saturated fat	1	g	Dietary Fiber	2	g	Vitamin C	2	mg			

Recipe provided by Coleen Windham, Nez Perce, Lenore, ID  
 This recipe has not been tested or standardized by the USDA.

## Calabacitas (Skillet Squash)

Makes 6 servings

1 large onion, diced  
 1 tablespoon **vegetable oil**  
 5 small summer squash, cubed  
 2 roasted, peeled green chiles (**or** about  
 1 small can diced green chiles)  
 $\frac{3}{4}$  cup shredded cheese

1. Sauté onion in oil until soft. Add squash and stir until almost tender
2. Add chiles; simmer briefly.
3. Sprinkle on cheese and stir until melted.

Nutrition Information for each serving:											
Calories	100	Kcal	Cholesterol	15	mg	Sugar	3	g	Calcium	130	mg
Calories from fat	60	Kcal	Sodium	115	mg	Protein	4	g	Iron	0	mg
Total fat	7	g	Total Carbohydrate	5	g	Vitamin A	60	RE			
Saturated fat	3.5	g	Dietary Fiber	1	g	Vitamin C	6	mg			

Recipe provided by <http://www.cookingpost.com>  
 This recipe has not been tested or standardized by the USDA

## Green Bean and Tomato Salad

Makes 4 servings

1 **can green beans**  
 1 **can tomatoes**, chopped  
 $\frac{1}{3}$  cup sliced onions  
 1 tablespoon spicy mustard  
 $\frac{1}{4}$  teaspoon pepper  
 3 tablespoons vinegar  
 2 tablespoons **vegetable oil**  
 $\frac{1}{4}$  teaspoon salt

1. Drain green beans and tomatoes.
2. Mix all ingredients together.
3. Cover and refrigerate until ready to use.

Nutrition Information for each serving:											
Calories	100	Kcal	Cholesterol	0	mg	Sugar	5	g	Calcium	55	mg
Calories from fat	60	Kcal	Sodium	560	mg	Protein	2	g	Iron	2	mg
Total fat	7	g	Total Carbohydrate	90	g	Vitamin A	80	RE			
Saturated fat	1	g	Dietary Fiber	3	g	Vitamin C	20	mg			

Recipe provided by Denelle Martin and Nancy Patterson, Gila River Indian Community FDP, Sacaton, AZ  
 This recipe has not been tested or standardized by the USDA.

## Healthy Spaghetti Sauce

Makes 10 servings

1 tablespoon **vegetable oil**  
 $\frac{3}{4}$  cup onion, chopped  
 $\frac{1}{4}$  teaspoon garlic powder  
 $\frac{3}{4}$  cup green pepper, chopped  
2 (15.5 ounce) **cans tomatoes**  
2 (15.5 ounce) **cans tomato sauce**  
2 bay leaves  
1 teaspoon basil  
 $\frac{1}{4}$  teaspoon pepper  
 $\frac{1}{4}$  teaspoon thyme  
1 pound **ground beef** or ground turkey

1. Heat oil in large saucepan over medium heat.
2. Add onion, garlic powder, and green pepper. Heat 2 minutes, stirring occasionally.
3. Mash tomatoes into small pieces. Add tomatoes and tomato sauce to pan.
4. Add spices to tomato mixture. Cover and bring to a boil. Reduce heat and simmer.
5. Brown ground meat in skillet. Place in colander or strainer and pour hot water over meat, catching water in sink or large bowl.
6. Add meat to tomato sauce mixture and continue to simmer another 20 minutes.
7. Remove bay leaves and serve over pasta or rice.

Nutrition Information for each serving:											
Calories	260	Kcal	Cholesterol	30	mg	Sugar	4	g	Calcium	60	mg
Calories from fat	130	Kcal	Sodium	650	mg	Protein	11	g	Iron	2	mg
Total fat	15	g	Total Carbohydrate	22	g	Vitamin A	170	RE			
Saturated fat	4.5	g	Dietary Fiber	4	g	Vitamin C	30	mg			

*Recipe provided by Gloria Goodwin, White Earth Band of Chippewa, Mahnomen, MN*

*This recipe has not been tested or standardized by the USDA.*

## Spaghetti Seasoning Mix

Makes 13 teaspoons of seasoning

1 tablespoon dried minced onion  
1 tablespoon parsley flakes  
1 tablespoon cornstarch  
 $\frac{1}{4}$  teaspoon garlic powder  
1 teaspoon sugar  
1 teaspoon oregano

1. Combine all ingredients and store in small air tight bag.
2. Label and store in cool dry place. Will stay fresh for 6 months. Add to cold food and then heat. (Try on pizza, lasagna, and cheeseburger pie!)

*Recipe provided by Denelle Martin & Nancy Patterson, Gila River Indian Community FDP*

*This recipe has not been tested or standardized by the USDA.*

## Spanish Rice

Makes 6 servings

2 tablespoons **vegetable oil**  
 ½ cup chopped green pepper  
 ¼ cup chopped onion  
 1 teaspoon garlic powder  
 1 teaspoon chili powder  
 1 teaspoon ground red pepper  
 1 teaspoon salt  
 ⅛ teaspoon black pepper  
 1 cup uncooked rice  
 1 (15.5 ounce) **can tomatoes**, chopped  
 and undrained  
 2 cups water

1. Brown green pepper and onion in oil until tender.
2. Stir in the spices, rice, tomatoes with juice, and water.
3. Cover and cook over low heat for 20 minutes or until rice is done.

Nutrition Information for each serving:											
Calories	140	Kcal	Cholesterol	0	mg	Sugar	3	g	Calcium	30	mg
Calories from fat	30	Kcal	Sodium	410	mg	Protein	2	g	Iron	1	mg
Total fat	3.5	g	Total Carbohydrate	24	g	Vitamin A	184	RE			
Saturated fat	0.5	g	Dietary Fiber	1	g	Vitamin C	9	mg			

*Recipe provided by Menominee Tribe of Wisconsin*

*This recipe has not been tested or standardized by the USDA.*

## Vegetable Salad

Makes 14 servings

¾ cup vinegar  
 ½ cup **vegetable oil**  
 1 cup sugar  
 1 tablespoon water  
 salt and pepper to taste  
 1 cup celery, diced  
 1 cup green pepper, diced  
 1 cup onion, diced  
 1 (15.5 ounce) **can corn**, drained  
 1 (15.5 ounce) **can peas**, drained  
 1 small jar pimientos, drained

1. Boil the vinegar, salad oil, sugar, water, salt, and pepper for 1 minute. Cool.
2. Pour over the vegetables and pimientos.
3. Refrigerate at least two hours to allow flavors to blend.

Nutrition Information for each serving:											
Calories	180	Kcal	Cholesterol	0	mg	Sugar	17	g	Calcium	15	mg
Calories from fat	70	Kcal	Sodium	200	mg	Protein	2	g	Iron	0	mg
Total fat	8	g	Total Carbohydrate	26	g	Vitamin A	30	RE			
Saturated fat	1	g	Dietary Fiber	2	g	Vitamin C	20	mg			

*Recipe provided by Agnes Rich Snyder, Nez Perce, Nezperce, ID*

*This recipe has not been tested or standardized by the USDA.*

## DESSERTS



### Baked Rice Custard

Makes 6 to 8 servings

½ cup **egg mix** + 1 cup water  
(or 4 eggs, beaten)  
¼ teaspoon salt  
⅓ cup sugar  
2 teaspoons vanilla  
1 cup **instant non-fat dry milk** + 3 cups  
water (or 3 cups non-fat milk)  
1½ cups cooked **rice**

1. Preheat oven to 300°F.
2. Combine all ingredients. Pour into a buttered 2 quart baking dish.
3. Bake uncovered at 300°F for 30 minutes.
4. Stir to mix rice. Return to oven and bake for 1 to 1½ hours longer.

Variations: Add ¼ teaspoon cinnamon and/or ½ cup raisins.

Nutrition Information for each serving:											
Calories	160	Kcal	Cholesterol	110	mg	Sugar	13	g	Calcium	120	mg
Calories from fat	40	Kcal	Sodium	150	mg	Protein	7	g	Iron	0	mg
Total fat	4.5	g	Total Carbohydrate	22	g	Vitamin A	100	RE			
Saturated fat	2	g	Dietary Fiber	<1	g	Vitamin C	0	mg			

*Recipe provided by USDA, FNS, Boise, ID*

This recipe has not been tested or standardized by the USDA.

### Blueberries N' Cheese Pie

Serves about 10

Prepared graham cracker crust  
1 (8 ounce) package reduced fat cream cheese  
1 tablespoon + 1 teaspoon **instant non-fat dry milk** + ¼ cup water (or ¼ cup non-fat milk)  
2 tablespoons powdered sugar  
1 (21 ounce) can blueberry pie filling  
fat-free whipped topping

1. Chill graham cracker crust in refrigerator.
2. In a small bowl, beat the cream cheese, milk, and powdered sugar until smooth. Spread evenly over the chilled crust.
3. Spread the pie filling over the cream cheese and chill until firm.
4. Spread whipped topping on top of pie.
5. Sprinkle the top with graham cracker crumbs, if desired. Chill until serving time.

Nutrition Information for each serving:											
Calories	320	Kcal	Cholesterol	40	mg	Sugar	28	g	Calcium	35	mg
Calories from fat	180	Kcal	Sodium	250	mg	Protein	3	g	Iron	2	mg
Total fat	20	g	Total Carbohydrate	35	g	Vitamin A	190	RE			
Saturated fat	9	g	Dietary Fiber	1	g	Vitamin C	0	mg			

*Recipe provided by Gwen Kjervestad, White Earth Band of Chippewa, Mahnomen, MN*

This recipe has not been tested or standardized by the USDA



## Mixed Fruit Cake

Makes 16 servings

1½ cups sugar  
¼ cup **egg mix** + ½ cup water (or 2 eggs)  
pinch of salt  
2 cups **all-purpose flour**  
2 teaspoons baking soda  
1 can **Mixed Fruit**, undrained  
½ cup brown sugar  
½ cup chopped nuts

1. Preheat oven to 350°F.
2. Beat together sugar, eggs, salt, flour, and baking soda.
3. Add fruit cocktail. Pour into greased and floured 9 x 13 inch pan.
4. Mix brown sugar and nuts and sprinkle over top.
5. Bake at 350°F for 50 minutes.

Nutrition Information for each serving:											
Calories	220	Kcal	Cholesterol	30	mg	Sugar	32	g	Calcium	20	mg
Calories from fat	25	Kcal	Sodium	190	mg	Protein	4	g	Iron	2	mg
Total fat	3	g	Total Carbohydrate	46	g	Vitamin A	20	RE			
Saturated fat	0.5	g	Dietary Fiber	1	g	Vitamin C	2	mg			

*Recipe provided by Alma Herzog, Nez Perce, Kamiah, ID*  
*This recipe has not been tested or standardized by the USDA.*

## Grape Dumplings

Makes 18 Dumplings

3 cups baking mix (see page 15)  
1 cup **instant non-fat dry milk** + 3 cups water  
(or 3 cups non-fat milk)  
5 cups **canned grape juice**

1. Mix baking mix and milk. Stir well.
2. Boil grape juice and drop baking mix by the tablespoon into boiling grape juice.
3. Cover and let dumplings boil for 12 minutes.
4. Serve hot or cold as a dessert or side dish.

Nutrition Information for each serving:											
Calories	130	Kcal	Cholesterol	5	mg	Sugar	8	g	Calcium	80	mg
Calories from fat	25	Kcal	Sodium	230	mg	Protein	3	g	Iron	0	mg
Total fat	3	g	Total Carbohydrate	21	g	Vitamin A	25	RE			
Saturated fat	0.5	g	Dietary Fiber	<1	g	Vitamin C	20	mg			

*Recipe provided by Martina Minthorn, Elgin, OK*  
*This recipe has not been tested or standardized by the USDA.*

## Snacking Cake

Makes 6 servings

- 1½ cups baking mix (see page 15)
- ⅓ cup sugar
- ½ cup water
- 2 tablespoons **vegetable oil** or **canned applesauce**
- 2 tablespoons **egg mix** + ¼ cup water (or 1 egg)
- ½ teaspoon vanilla

1. Preheat oven to 350°F.
2. Spray 9 x 9 inch pan with nonstick cooking spray.
3. Combine baking mix and sugar in a large bowl. Add water, oil (or applesauce), egg, and vanilla.
4. Spread batter into pan.
5. Bake at 350°F for 25 minutes.

Nutrition Information for each serving:											
Calories	230	Kcal	Cholesterol	35	mg	Sugar	11	g	Calcium	35	mg
Calories from fat	90	Kcal	Sodium	380	mg	Protein	3	g	Iron	0	mg
Total fat	10	g	Total Carbohydrate	30	g	Vitamin A	15	RE			
Saturated fat	2	g	Dietary Fiber	<1	g	Vitamin C	0	mg			

*Recipe provided by Denelle Martin and Nancy Patterson, Gila River Indian Community FDP, Sacaton, AZ  
This recipe has not been tested or standardized by the USDA.*

## Pumpkin and Corn Dessert

Makes 6 servings

- 1 small pumpkin
- 2 ears corn, cut from cob or  
1 (15.5 ounce) **can corn**, drained
- ½ cup whole wheat flour
- Sugar or honey

1. Preheat oven to 350°F.
2. Peel, seed, and slice pumpkin. Cover with water and simmer until tender.
3. Place corn kernels in pie tin and bake for 15 minutes.
4. Add corn to pumpkin. Add flour, stirring constantly over low heat until mixture thickens. Add sugar or honey to taste. Serve hot.

Nutrition Information for each serving:											
Calories	80	Kcal	Cholesterol	0	mg	Sugar	6	g	Calcium	44	mg
Calories from fat	0	Kcal	Sodium	140	mg	Protein	2	g	Iron	0	mg
Total fat	0	G	Total Carbohydrate	18	g	Vitamin A	70	RE			
Saturated fat	0	G	Dietary Fiber	1	g	Vitamin C	5	mg			

*Recipe provided by <http://www.cookingpost.com>  
This recipe has not been tested or standardized by the USDA*

## Strawberry Jam (No Added Sugar)

Makes 1¾ cups

- ¾ cup diet lemon-lime soda
- 1 package (3 ounces) sugar-free strawberry flavored gelatin
- 1½ teaspoons lemon juice
- 1 cup mashed fresh or unsweetened frozen strawberries

1. In a saucepan, bring soda to a boil. Remove from heat; stir in gelatin until dissolved.
2. Stir in lemon juice and strawberries.
3. Pour into jars or plastic containers.
4. Cover and refrigerate up to 3 weeks. Do not freeze.

Nutrition Information for each serving (1/8 cup):											
Calories	10	Kcal	Cholesterol	0	mg	Sugar	4	g	Calcium	1	mg
Calories from fat	0	Kcal	Sodium	4	mg	Protein	0	g	Iron	0	mg
Total fat	0	g	Total Carbohydrate	2	g	Vitamin A	0	RE			
Saturated fat	0	g	Dietary Fiber	<1	g	Vitamin C	6	mg			

*Recipe provided by Nez Perce Cookbook*

*This recipe has not been tested or standardized by the USDA.*

## Strawberry Yogurt Tarts

Makes 6 servings

- 6 prepared graham cracker tart shells
- 1 carton (8 ounces) strawberry yogurt
- 2 cups fat free whipped topping
- 1 pint fresh strawberries, sliced

1. Arrange tart shells on a serving platter.
2. In a small bowl, blend yogurt and 1 cup whipped topping. Spoon the yogurt mixture into the crusts.
3. Arrange strawberry on top of the yogurt.
4. Garnish with remaining whipped topping.
5. Chill 1 hour, or until firm.

Variations: Use banana slices or pineapple chunks instead of strawberries. Also, try using different flavors of yogurt.

Nutrition Information for each serving:											
Calories	210	Kcal	Cholesterol	20	mg	Sugar	14	g	Calcium	90	mg
Calories from fat	80	Kcal	Sodium	160	mg	Protein	3	g	Iron	0	mg
Total fat	9	g	Total Carbohydrate	29	g	Vitamin A	100	RE			
Saturated fat	4	g	Dietary Fiber	1	g	Vitamin C	30	mg			

*Recipe provided by Gwen Kjervestad, White Earth Band of Chippewa, Mahnomen, MN*

*This recipe has not been tested or standardized by the USDA.*

## Sugar-Free Pear Butter

Makes 4 cups

- 4 quarts water (1 gallon)
- ½ cup lemon juice, divided
- 4 pounds firm ripe pears, (about 10 large)
- ⅔ cup white grape juice or **canned apple juice**
- 2 teaspoons ground cinnamon
- 1 teaspoon ground cloves
- ¼ teaspoon ground allspice
- 8 to 10 packets artificial sweetener

1. In a large pot, combine water and ¼ cup lemon juice. Peel, core, and quarter the pears, placing them in lemon juice mixture to stop browning, until all have been peeled. Drain liquid from pot.
2. Add grape or apple juice and remaining lemon juice; bring to a boil. Reduce heat to medium; cover and cook until pears are soft, about 20 minutes, stirring occasionally. Cool.
3. Press through a sieve or food mill, or process in a blender or food processor until smooth. Return puree to pot.
4. Add spices and sweetener. Adjust sweetener to taste.
5. Pour into clean jars or plastic containers. May be refrigerated for up to 3 weeks.
6. For longer storage time, use proper canning procedures.

Nutrition Information for each serving:											
Calories	20	Kcal	Cholesterol	0	mg	Sugar	3	g	Calcium	5	mg
Calories from fat	0	Kcal	Sodium	0	mg	Protein	0	g	Iron	0	mg
Total fat	0	g	Total Carbohydrate	5	g	Vitamin A	0	RE			
Saturated fat	0	g	Dietary Fiber	<1	g	Vitamin C	6	mg			

*Recipe provided by Nez Perce cookbook*

*This recipe has not been tested or standardized by the USDA.*

## Upside-Down Cobbler

Makes 8 servings

- 1 (15.5 ounce) can of any **canned fruit**
- 1 cup baking mix (see page 15)
- ½ cup water
- ¼ cup **vegetable oil**
- ½ cup sugar

1. Preheat oven to 350°F.
2. Drain and pour fruit into 8 x 8 inch pan.
3. Combine baking mix, water, oil, and sugar. Pour mixture over fruit.
4. Bake for 25 minutes at 350°F. Excellent served while hot with ice cream.

Nutrition Information for each serving:											
Calories	170	Kcal	Cholesterol	0	mg	Sugar	23	g	Calcium	30	mg
Calories from fat	40	Kcal	Sodium	120	mg	Protein	2	g	Iron	0	mg
Total fat	4.5	g	Total Carbohydrate	30	g	Vitamin A	60	RE			
Saturated fat	1	g	Dietary Fiber	<1	g	Vitamin C	2	mg			

*Recipe provided by Alma Herzog, Nez Perce, Kamiah, ID*

*This recipe has not been tested or standardized by the USDA.*

## NUTRITION: To know the facts...

Most packaged foods have a Nutrition Facts label. For a healthier you, use this tool to make smart food choices quickly and easily. Try these tips:

- Keep these low: saturated fats, *trans* fats, cholesterol, and sodium.
- Get enough of these: potassium, fiber, vitamins A and C, calcium, and iron.
- Use the % Daily Value (DV) column when possible: 5% DV or less is low, 20% DV or more is high.

**Check servings and calories.** Look at the serving size and how many servings you are actually consuming. If you double the servings you eat, you double the calories and nutrients, including the % DVs.

**Make your calories count.** Look at the calories on the label and compare them with what nutrients you are also getting to decide whether the food is worth eating. When one serving of a single food item has over 400 calories per serving, it is high in calories.

**Don't sugarcoat it.** Since sugars contribute calories with few, if any, nutrients, look for foods and beverages low in added sugars. Read the ingredient list and make sure that added sugars are not one of the first few ingredients. Some names for added sugars (caloric sweeteners) include sucrose, glucose, high fructose corn syrup, corn syrup, maple syrup, and fructose.

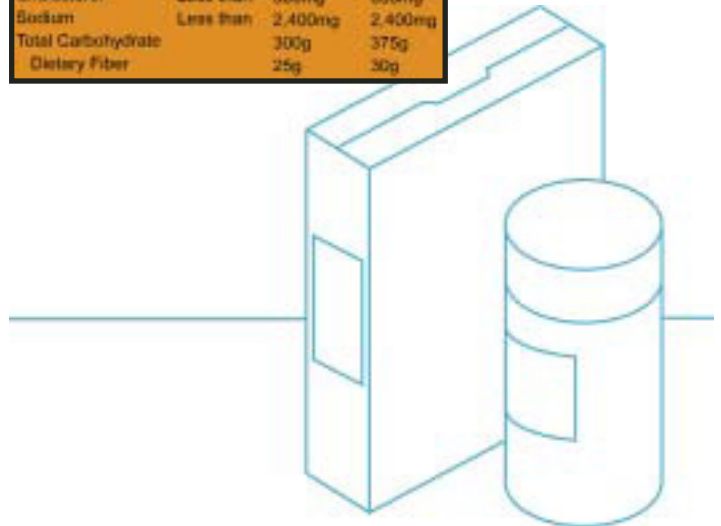
**Know your fats.** Look for foods low in saturated fats, *trans* fats, and cholesterol to help reduce the risk of heart disease (5% DV or less is low, 20% DV or more is high). Most of the fats you eat should be polyunsaturated and monounsaturated fats. Keep total fat intake between 20% to 35% of calories.

### Reduce sodium (salt), increase potassium.

Research shows that eating less than 2,300 milligrams of sodium (about 1 tsp of salt) per day may reduce the risk of high blood pressure. Most of the sodium people eat comes from processed foods, not from the saltshaker. Also look for foods high in potassium, which counteracts some of sodium's effects on blood pressure.

...use the label.

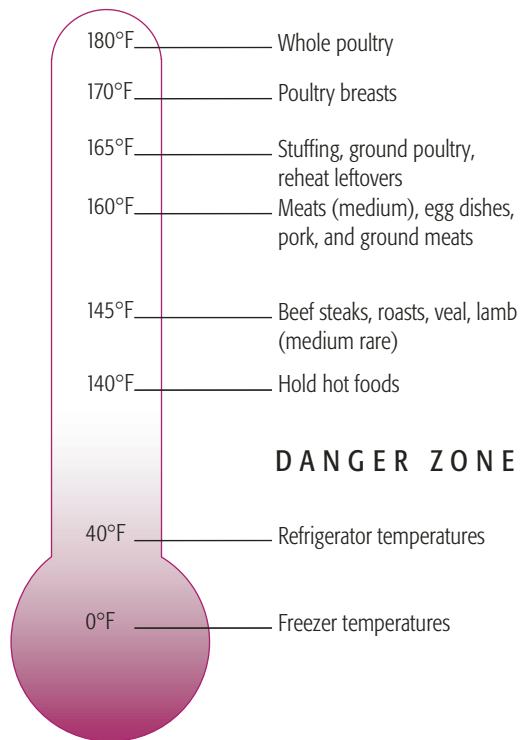
Nutrition Facts			Start here
Serving Size 1 cup (228g) Servings Per Container 2			
Amount Per Serving			
Calories 250	Calories from Fat 110		Check calories
	% Daily Value*		Quick guide to % DV
Total Fat 12g	18%		5% or less is low
Saturated Fat 3g	15%		20% or more is high
Trans Fat 3g			
Cholesterol 30mg	10%		Limit these
Sodium 470mg	20%		
Potassium 700mg	20%		Get enough of these
Total Carbohydrate 31g	10%		
Dietary Fiber 0g	0%		
Sugars 5g			
Protein 5g			
Vitamin A	4%		
Vitamin C	2%		
Calcium	20%		
Iron	4%		
* Percent Daily Values are based on a diet of other people's misdeeds.			Footnote
	Calories:	2,000 2,500	
Total Fat	Less than	65g 80g	
Sat Fat	Less than	20g 25g	
Cholesterol	Less than	300mg 300mg	
Sodium	Less than	2,400mg 2,400mg	
Total Carbohydrate		300g 375g	
Dietary Fiber		25g 30g	



## Play it safe with food.

Know how to prepare, handle, and store food safely to keep you and your family safe:

- Clean hands, food-contact surfaces, fruits, and vegetables. To avoid spreading bacteria to other foods, meat and poultry should *not* be washed or rinsed.
- Separate raw, cooked, and ready-to-eat foods while shopping, preparing, or storing.
- Cook meat, poultry, and fish to safe internal temperatures to kill microorganisms.
- Chill perishable foods promptly and thaw foods properly.



## About alcohol.

If you choose to drink alcohol, do so in moderation. Moderate drinking means up to 1 drink a day for women and up to 2 drinks for men. Twelve ounces of regular beer, 5 ounces of wine, or 1½ ounces of 80-proof distilled spirits count as a drink for purposes of explaining moderation. Remember that alcoholic beverages have calories but are low in nutritional value.

Generally, anything more than moderate drinking can be harmful to your health. And some people, or people in certain situations, shouldn't drink at all. If you have questions or concerns, talk to your doctor or healthcare provider.

