Cooking Healthier with FDPIR Foods

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First Nations Development Institute

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NAFDPIR

ABOUT FIRST NATIONS DEVELOPMENT INSTITUTE

First Nations Development Institute (First Nations) is a Native American-led, national, 501(c)(3) nonprofit organization whose mission is to strengthen American Indian economies in support of healthy Native communities. First Nations' mission is: "Through a three-pronged strategy of Educating Grassroots Practitioners, Advocating For Systemic Change and Capitalizing Indian Communities, First Nations is working to restore Native American control and culturally-compatible stewardship of the assets they own - be they land, human potential, cultural heritage, or natural resources - and to establish new assets for ensuring the long-term vitality of Native communities. First Nations is the ONLY Native American-controlled nonprofit dedicated to asset-based, sustainable development. First Nations is committed to building healthy economies in Indian Country based on a strategy that puts Native communities in CONTROL of their assets.

In the field of Native American assets, those associated with natural resources and food production are among the most critical. Native communities need fresh food sources (because majority are located in food deserts) and economic development that is in keeping with Native culture and tradition and available assets. Farming, ranching and land management are long-time traditions in many Native communities and are essential assets affecting Native communities' economic health and Native community members' overall physical health.

First Nations' Nourishing Native Foods and Health program developed the Native Agriculture Food Systems Initiative (otherwise known as NAFSI) which supports tribes and Native communities in building sustainable food systems that improve health and nutrition, strengthen food security, alleviate elder hunger, and increase control over Native agriculture and food systems.

Since 2001, First Nations has become the recognized leader in Native American food systems work. First Nations is the largest private Native grant maker in Indian Country that supports efforts to reclaim control of Native food systems.

PROJECT PARTNER: NAFDPIR

A vital part of this project was partnering with the National Association of Food Distribution Programs on Indian Reservations (NAFDPIR), a national nonprofit organization representing 276 tribes that have citizens participating in the federal Food Distribution Program on Indian Reservations (FDPIR), one of the most important feeding programs on reservations. Its membership is comprised of over 100 Indian Tribal Organizations (ITOs as defined by federal law and regulation) and a few State officials and their offices serving the 276 tribes. The FDPIR program, commonly referred to as the commodity food program in Native communities, is an alternative to the SNAP program.

Research indicated the majority of FDPIR households are both low-income homes with elderly and children.

Currently, FDPIR is operated by a group of dedicated program managers at the community level. A large majority of these managers are over the age of 50 and have served in their capacities over as managers for over 10 years. These dedicated managers are largely responsible for education and advocacy efforts to include healthier and traditional food options into the food packages offered under FDPIR and promote dignity, education and community through this very important feeding program.

ABOUT THE FOOD DISTRIBUTION PROGRAM ON INDIAN RESERVATIONS

The Food Distribution Program on Indian Reservations (FDPIR) is a federal feeding program whereby local FDPIR programs in or near Native communities provide USDA foods monthly to income eligible households living on Indian reservations, and to American Indian households residing in approved areas near reservations or in Oklahoma. Currently, there are approximately 276 tribes receiving benefits under the FDPIR. Food for distribution is purchased by the USDA and shipped to local programs. Local authorized distributors then store and distribute the food, determine applicant eligibility, and provide some limited nutrition education to recipients. FDPIR is one of the few federal feeding programs that reaches the most vulnerable Indian populations – those in isolated areas and those without access to vehicles to travel to grocery stores.

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Food was central to traditional life and was especially enjoyed at feasts and potlatches, where platters boasted salmon, oolichan (a small, oily member of the smelt family), venison, bannock, wild berry jams and much more. For Native people, food is what connected them to family, community and even the afterlife. Tammemagi, Hans. "Traditional Food Makes a Comeback in the Pacific Northwest." *Indian Country Today* 2013

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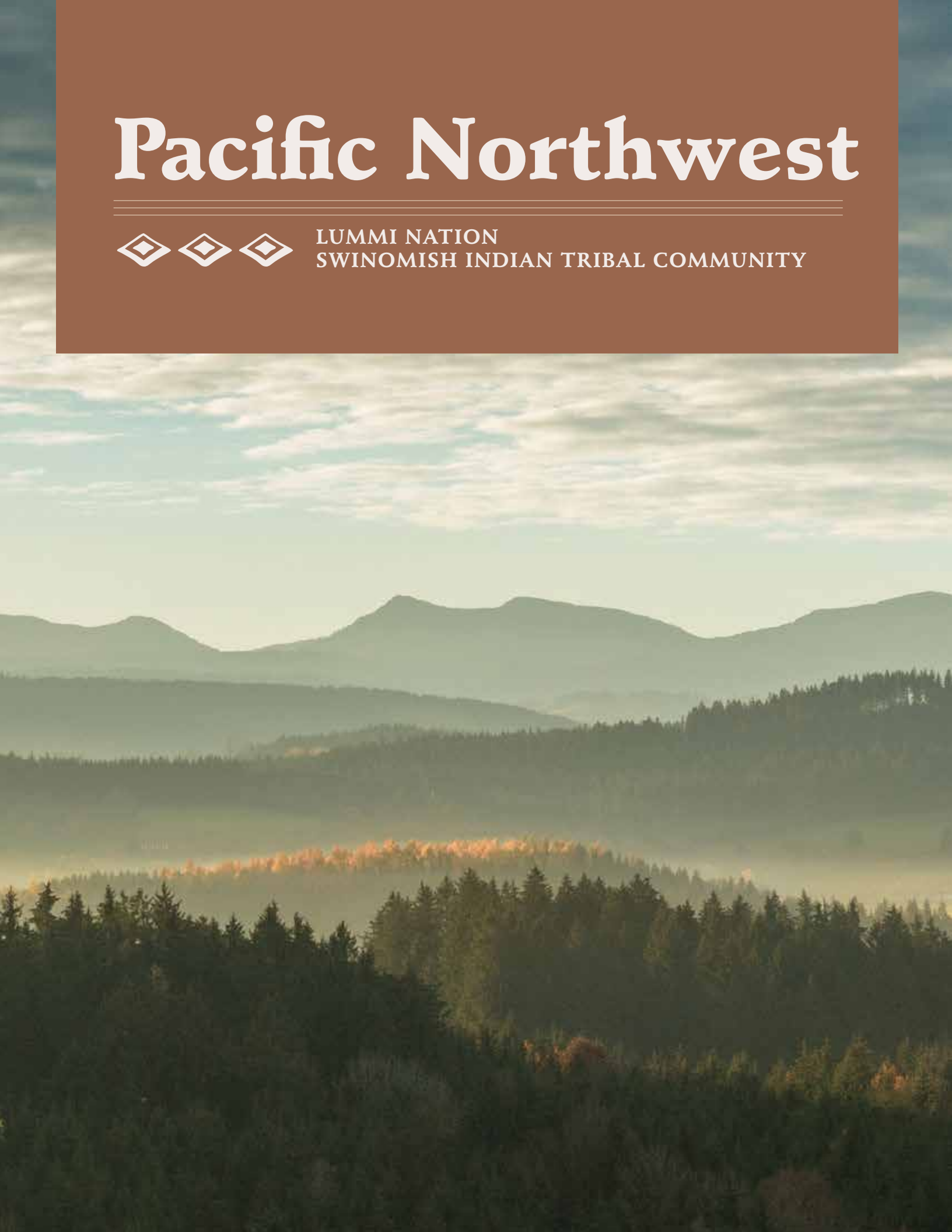
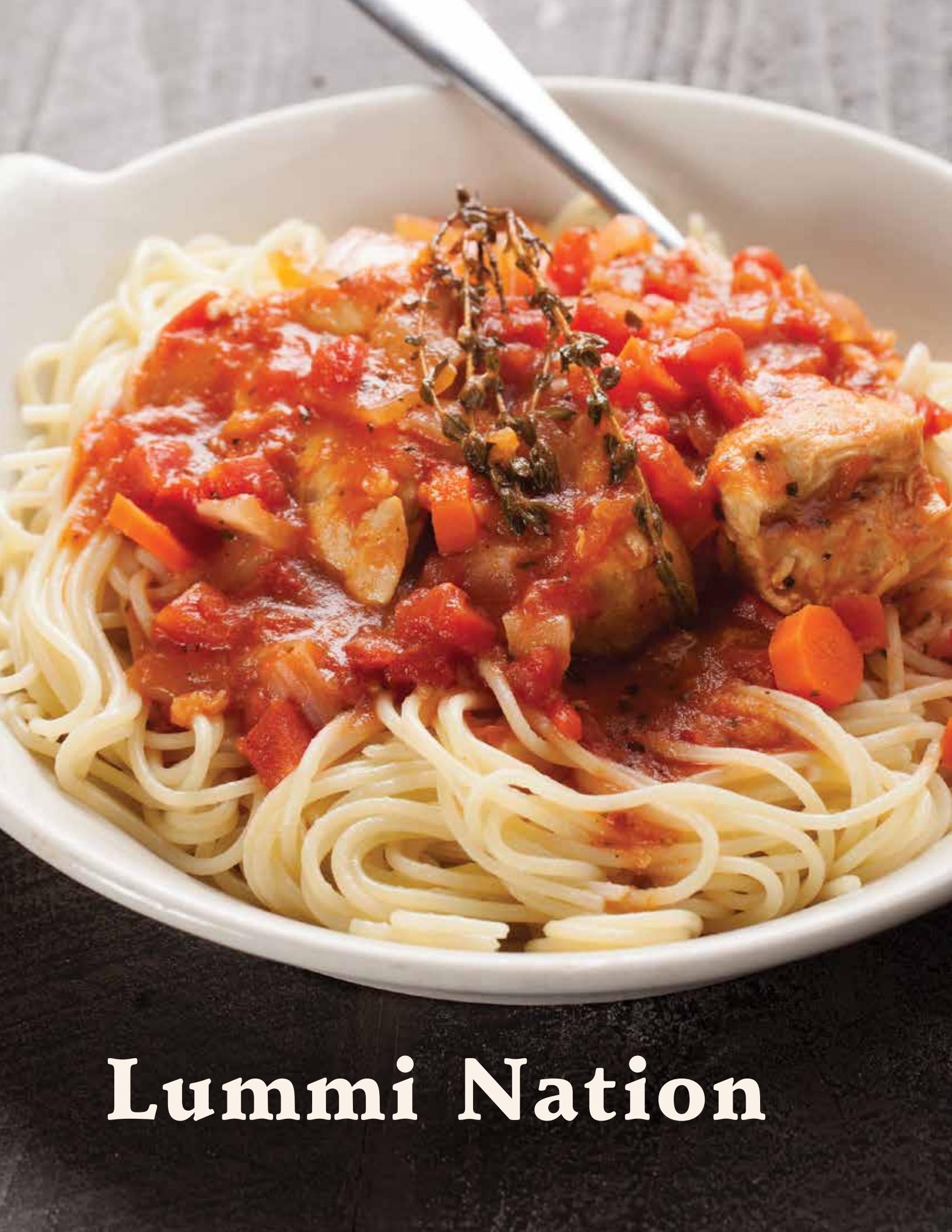
Pacific Northwest

LUMMI NATION
SWINOMISH INDIAN TRIBAL COMMUNITY





Lummi Nation

Chicken Spaghetti

INGREDIENTS

3 pounds of spaghetti uncooked
1–2 pounds boneless skinless chicken (breast cut into bite sized piece)
3–4 pounds (12 ounce) cheese (cut into ½ inch cubes)
1 can cream of chicken soup (10 ¾ ounce can)
1 can diced tomatoes
1 can diced mushrooms
1/3 cup of milk

PREPARATION

1. Spray large skillet with non-stick cooking spray.
2. On medium-high heat, cook chicken 8-10 minutes until temperature reaches 165 degrees Fahrenheit
3. Cook spaghetti as directed. Omit salt.
4. Add remaining ingredients to chicken
5. Cook and stir until cheese is melted.
6. Drain spaghetti – add chicken mixture (mix lightly)
7. Heat oven to 350 degrees F
8. Place mix in 13" x 9" pan sprayed with cooking spray.
9. Bake 30 to 35 minutes.

Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food-borne illness, especially if you have a medical condition.

Beef Broccoli Stir-Fry

INGREDIENTS

2 pounds beef (sliced)
1 head of broccoli
1 purple onion
4 carrots
1 package of sun luck beef and broccoli mix
2 tablespoons of soy sauce
¾ cup of water

PREPARATION

1. Take the 2 tablespoons of soy sauce and the ¾ cup of water and combine with Sun Luck beef and broccoli mix and set aside.
2. In a large skillet, heat oil and stir-fry meat for about 45 minutes or until browned and tender.
3. Add the cut vegetables and stir-fry for 3 minutes.
4. Add liquid mixture then stir-fry for 1-2 minutes or until liquid has thickened.

Chicken Soup for the Soul

INGREDIENTS

5–6 cups of chicken broth
1 cup of cooked chicken (cubed)
½ cup uncooked rice, macaroni or small noodles
1 stalk of celery (chopped)
1 carrot (chopped)
1 onion (chopped)
1 cup vegetable (corn or peas)

PREPARATION

1. Combine celery, carrots, onions, corn or peas, and chicken broth in a pot
2. Bring to a boil.
3. Add chicken.
4. Turn heat down.
5. Add rice, macaroni and/or noodles
6. Simmer until rice/macaroni/noodles are tender and/or flavors mix

Clam Chowder

INGREDIENTS

Add water to the ingredients
8–10 potatoes (wash, peel and cut into bite sized pieces)
1 cup of celery
1 cup of onions
1 can of clams (canned) or 2 cups cleaned fresh clams
1 cup of bacon
1 gallon of milk of 1% milk
1 tablespoon of butter

PREPARATION

1. Boil potatoes in water.
2. In a separate pan, add butter and sauté bacon, celery, onions, and clams for 15–20 minutes until bacon is light brown.
3. Drain potatoes and add milk and sauté to create the clam chowder.
4. In a separate bowl take 2 cups of flour and add 3–4 cups of ice cold water and mix until smooth.
5. Slowly add flour mixture to the clam chowder to desired thickness.

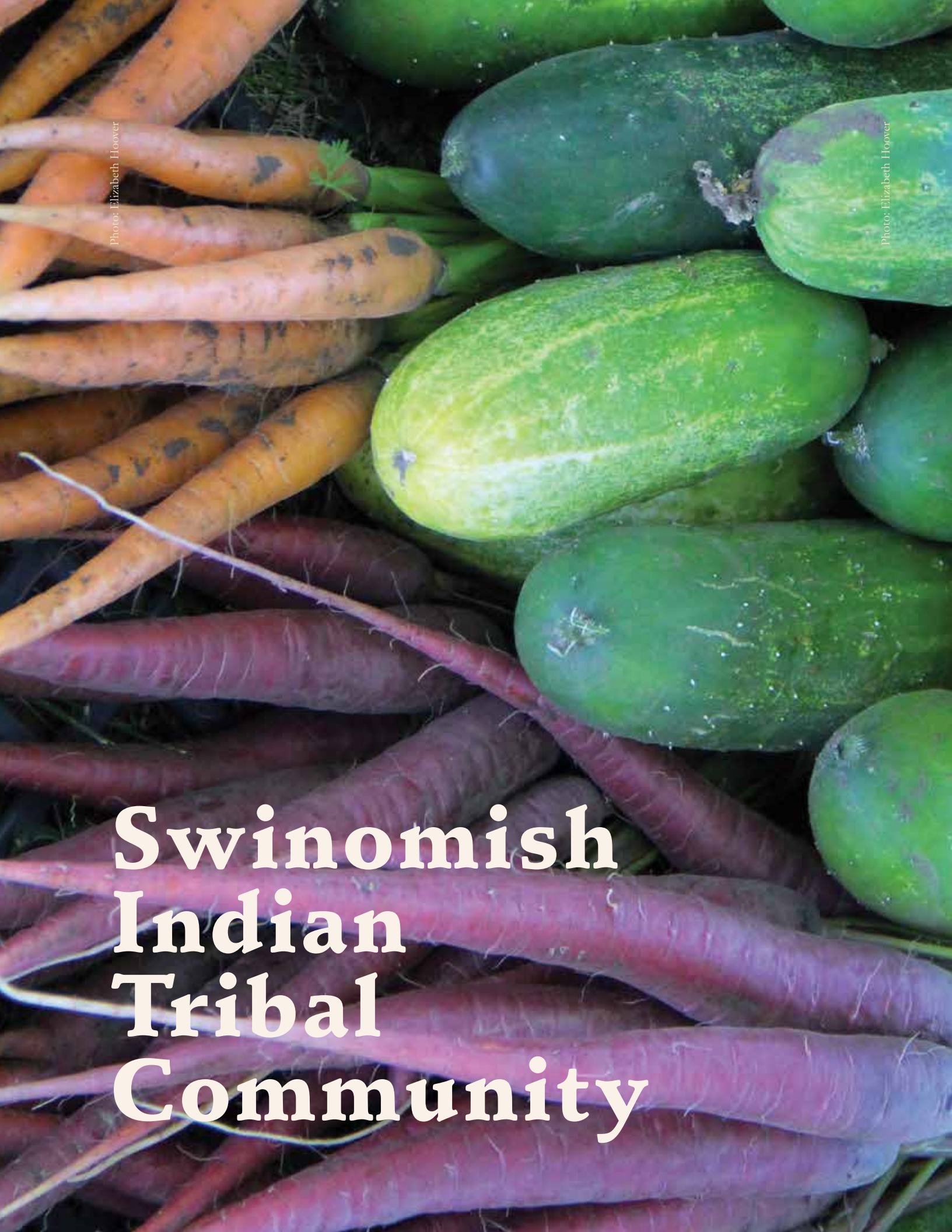


Photo: Elizabeth Hoover

Photo: Elizabeth Hoover

Swinomish Indian Tribal Community

Cold Chicken Pasta Salad

INGREDIENTS

1 egg
2 cups dry pasta
1 tablespoon oil
1 cup chopped celery or carrot
1 cup cooked chicken, shredded
3 ¼ cup mayonnaise
1 tablespoon mustard
½ teaspoon pepper
¼ teaspoon salt
¼ teaspoon onion powder (optional)

PREPARATION

1. In small sauce pan add egg and cover with water; bring water to a boil. Reduce heat to a low boil and cook for 12 minutes. Drain water and fill pot with cold water to cool egg.
2. Cook pasta according to package directions. Drain hot water and Rinse with cold water to cool pasta; drained and toss with oil; set aside.
3. Chop celery/carrot and egg; add to medium bowl. Drain canned chicken or chop cooked chicken; add to bowl. Add remaining ingredients and stir gently to combine. Add oiled pasta. Mix gently to combine. Serve or chill in refrigerator until ready to eat.

Easy Mac and Cheese with Ham

INGREDIENTS

1 cup chopped ham
2 teaspoons oil
2 cups dry pasta
1 ½ cups milk
1 tablespoon flour
1 ½ cups grated sharp cheddar cheese
¼ teaspoon salt
½ teaspoon mustard

PREPARATION

1. Heat oil in small skillet and brown ham over medium high heat. Remove from heat and set aside.
2. Bring medium pot of water to a boil. Cook pasta according to package directions. Drain cooked pasta in colander; set aside.
3. Using same pot, add milk. Sprinkle flour in and whisk to combine. Cook over medium heat until thickened, stirring constantly.
4. Turn heat to low and add mustard. Stir until cheese is melted and sauce is creamy. Remove from stove. Add cooked pasta and ham to pot. Stir to combine. Eat!

Canned Fruit Crisp

FILLING INGREDIENTS

2 cans fruit packed in water or juice
½ cup sugar
¼ cup corn starch or flour
1 tablespoon lemon juice or ½ teaspoon vanilla
½ teaspoon cinnamon

CRUMB INGREDIENTS

¾ cup flour
¾ cup oatmeal
1 teaspoon cinnamon
1 cup brown sugar (white could be used)
½ cup cold butter

FILLING PREPARATION

Preheat oven to 350 degrees.
1. Drain fruit saving water/juice in small saucepan; set fruit aside.
2. Whisk cornstarch/flour and sugar into liquid.
3. Cook and stir over medium heat until thickened.
4. Add lemon/vanilla and cinnamon.
5. Gently stir in fruit. Set aside.

CRUMBLE PREPARATION

1. In bowl combine dry ingredients.
2. Cut cold butter into small pieces and add to flour mixture until crumble is formed
3. Pour warm fruit filling into 9 inch baking dish them sprinkle crumble mixture over fruit filling.
4. Bake for 30–40 minutes until fruit is bubbly and topping is golden brown. Serve.

Cucumber and Tomato Salad

INGREDIENTS

1 large cucumber, peeled and sliced
2 large tomatoes, wedged
1 slice onion, separated in rings (optional)
3 tablespoons vinegar
1 tablespoon oil
¼ teaspoon pepper
¼ teaspoon salt
¼ teaspoon Italian seasoning, crumbled

PREPARATION

1. In medium bowl, add cut vegetables.
2. In separate bowl add remaining ingredients; stir to combine.
3. Pour vinegar dressing over vegetables. Toss to coat. Serve.

Potato and Ham Cheddar Soup

INGREDIENTS

1 large russet potato, peeled, cubed
1 ½ cups water
½ large onion, chopped
1 cup ham, chopped
1 tablespoon butter
1 tablespoon oil
2 tablespoons flour
¼ teaspoon pepper
1 cup shredded sharp cheese
2 cups milk
1 cup celery or frozen broccoli, chopped

PREPARATION

1. In medium pot, add potatoes and water. Bring to a boil; cook till tender about 10 minutes. Drain potatoes saving 1 cup cooking water; remove potatoes from pot; set aside.
2. In same pot, over medium high heat, melt butter and oil; add onion, ham and celery if using and sauté for 5 minutes. Add flour and pepper; stir continually for 1 minute. Add potato cooking water and stir till combined. Add milk and stir. Continue stirring until soup is thickened and slightly bubbling. Turn heat down to low.
3. Add cheese; stir to melt. Add potato and chopped broccoli if using. Stir to combine. EAT! Cool leftovers in refrigerator immediately after eating.

Chili-Mac Skillet

INGREDIENTS

1 pound ground beef
½ onion (chopped)
1 15 ounce can kidney beans, drained
1 8 ounce can tomato sauce
1 cup canned diced tomatoes with juices
1 4 ounce can diced green chili peppers, drained
1 cup whole wheat pasta, uncooked
1 tablespoon chili powder
½ teaspoon black pepper
½ teaspoon dried garlic
½ teaspoon salt
1 cup shredded sharp cheese

PREPARATION

1. In a large skillet, cook meat and onion till meat is browned.
   Drain meat on paper plate with paper towel; drain grease from skillet.
2. Add meat, onions back to skillet Add 1/3 cup water and remaining ingredients except cheese. Stir and bring to boil. Cover, reduce heat and simmer for 20 minutes, stirring often.
3. Sprinkle cheese over pasta. Cover for 2 minutes or until cheese is melted. Serve.

Cool leftovers in refrigerator immediately after eating.

Chicken and Dumplings

INGREDIENTS

1 large russet potato, peeled, cubed
1 ½ cups water
½ large onion, chopped
1 cup ham, chopped
1 tablespoon butter
1 tablespoon oil
2 tablespoon flour
¼ teaspoon pepper
1 cup shredded sharp cheese
2 cups milk
1 cup celery or frozen broccoli, chopped

PREPARATION

1. In a large pot over melt butter with oil over medium heat. Add vegetables; sauté 5 minutes. Add spices; stir. Add chicken broth and bring to a boil. Add chicken.
2. In a small cup add 1/4 cup water to flour, combine; stir the flour into the pot. In a small bowl mix baking mix and milk; drop by spoonful's into the pot, spacing evenly.
3. Cover pot tightly and reduce heat to medium low. Steam dumplings for 8-10 minutes. Remove from heat; stir chicken and dumplings to thicken sauce.
4. Cool leftovers in refrigerator immediately after eating to prevent food poisoning.

Tangy Orange Salad

INGREDIENTS

¼ cup olive oil
1 tablespoon sugar
2 tablespoons white vinegar
¼ teaspoon paprika
¼ teaspoon onion powder
1 head Romaine lettuce
2 small cans Mandarin oranges OR 2 fresh oranges
½ cup sliced almonds

PREPARATION

1. In a small bowl mix oil, vinegar, sugar, paprika, and onion powder to make dressing
2. Rinse and cut lettuce; place in large bowl.
3. Drain oranges or peel, chop fresh orange; set aside.
4. Shake dressing and pour dressing over lettuce and toss.
5. Arrange oranges over lettuce; sprinkle with almonds.
6. Gently toss to combine. Serve.

Skillet Frittata

INGREDIENTS

1 large Russet potato, peeled, cubed
2 tablespoons oil
3 small red potatoes, thinly sliced
1/2 teaspoon Italian seasoning
Salt and Pepper
2 cups fresh spinach, torn
3 Roma tomatoes, seeded and chopped
1 teaspoon minced garlic
6 eggs
1/3 cup milk
1/2 cup shredded sharp cheddar cheese

PREPARATION

1. In large skillet heat oil over medium heat. Add potatoes, Italian seasoning; stir. Cover and cook for 10 minutes or until potatoes are tender, but firm.
2. Add spinach, tomato and garlic to pan. Cook 1-2 minutes uncovered until spinach wilted and water is steamed away.
3. In medium bowl, add eggs and milk; beat to combine. Pour over vegetables. Gently push vegetables in pan to let egg run to bottom of pan. Top with cheese. Cover pan; reduce heat to low and cook for 5-7 minutes or until eggs are set.

Optional: Add cooked chopped meat to pan before eggs;
add additional chopped vegetables with spinach

Cool leftovers in refrigerator immediately after eating to prevent food poisoning.

California tribes had a variety of foods available year round, depending on their environment. Along the coasts of California and north into Canada the environment supplied a plethora of flora and fauna (both land and sea) and supported hundreds of thousands of people. hey practiced controlled burning, which allowed for more effective growth of plants and expanded the grazing area for animals. Mihesuah, Devon A. *Recovering Our Ancestors' Gardens: Indigenous Recipes and Guide to Diet and Fitness*. 2005

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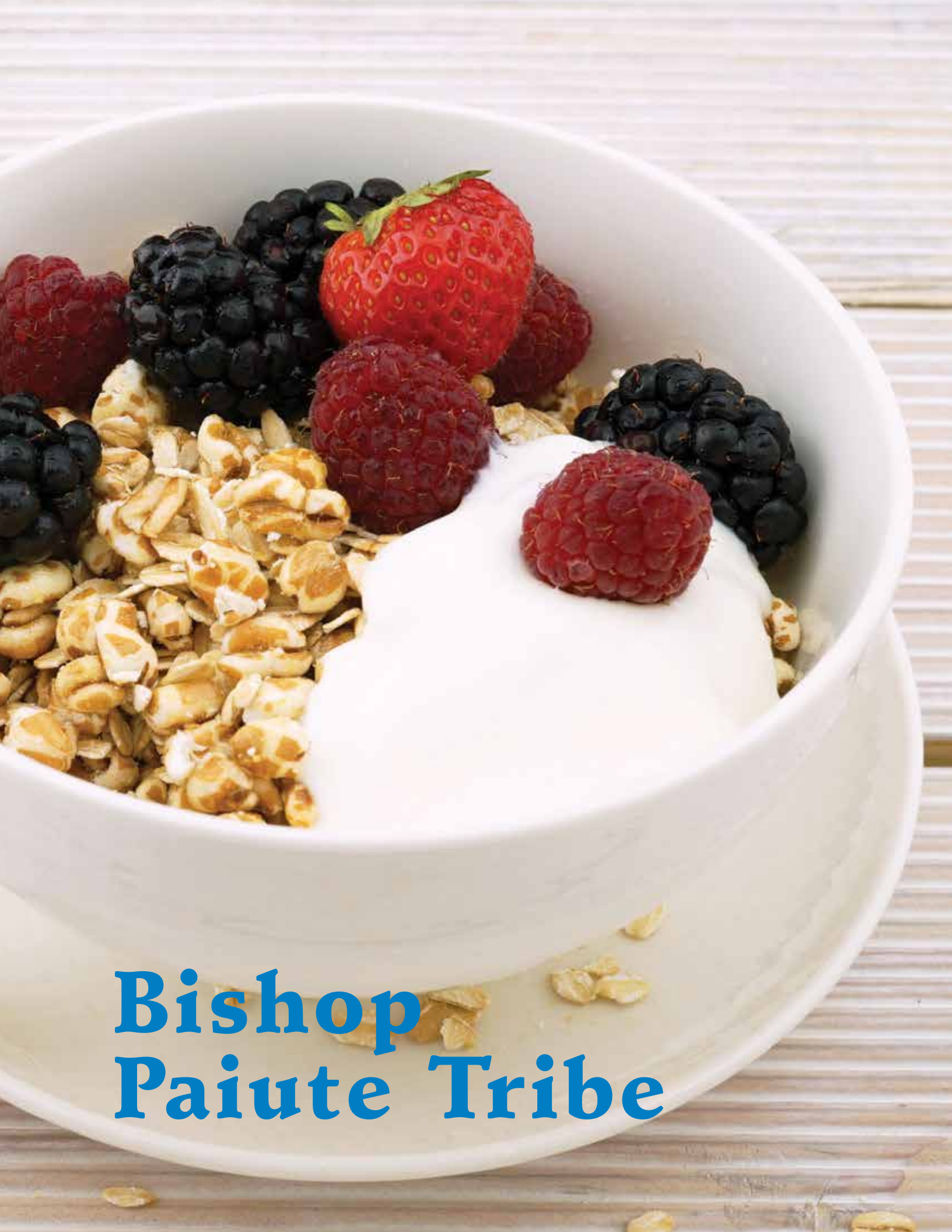
California

BISHOP PAIUTE TRIBE



Bishop Paiute Tribe

Amaranth: Tree-Climbers Granola

INGREDIENTS

4 cups old fashioned rolled oats
1 cup almonds (chopped)
½ cup shredded coconut
¼ cup unsalted pepitas (hulled pumpkin seeds or shelled sunflower seeds)
½ cup pure maple syrup or agave syrup
2 tablespoons coconut oil
½ teaspoon vanilla
½ teaspoon sea salt
1 cup dried fruit (currants, figs, cranberries etc.)
½ cup puffed amaranth grains

PREPARATION

1. Preheat oven to 350 degrees F.
2. Preheat a cast iron skillet over stove top until very hot.
3. Add puffed amaranth grains to the hot skillet and stir using a wooden spoon until grains begin to pop. Keep on heat until most of the grains have popped. Continue stirring to avoid burning. Remove from skillet into large mixing bowl.
4. Combine oats, almonds, coconut and pepitas with the popped amaranth.
5. In a saucepan combine coconut oil, maple syrup, vanilla and salt over low heat until the coconut oil liquefies.
6. Pour oil mixture over the oats. Stir until evenly coated.
7. Scoop granola onto rimmed baking sheet.
8. Bake 25–30 minutes, tossing once, or until golden and crisp.
9. Add dried figs and currants and toss to combine. Cool.

The granola will keep in an airtight container in a cool, dry place for up to 3 weeks. It is delicious mixed with plain organic yogurt, with organic milk, or as a topping on oatmeal for breakfast.

KIDS ACTIVITY

Making organic fruit and veggie baskets to give an Elder in the community.

Garbanzo Beans: Happy Hummus

INGREDIENTS

2 cups canned, organic garbanzo beans
1/3 cup of water (add as needed)
3 or 4 tablespoons of organic lemon juice, to taste
3 tablespoons organic tahini
1 organic garlic clove (minced)
1 tablespoon organic olive oil
1/8 teaspoon salt (or more if preferred)

PREPARATION

1. Rinse garbanzo beans
2. Combine all ingredients in food processor. Blend until smooth add water to desired thickness.
3. Garnish with paprika.

Kids can make veggie kabobs to dip in the hummus. We used cherry tomatoes, broccoli, celery sticks.

KIDS ACTIVITY

Pine cone bird feeders using pine cones, lard and/or organic peanut butter, organic or locally grown

KIDS ACTIVITY: SWEET POTATO SMOOTHIES

2 tablespoons organic fruit juice (orange, pear, or apple)
1 cup organic plain yogurt
2 tablespoons pure maple syrup (no other additives, organic if possible)
1/2 cup mashed, cooked, organic sweet potato
1/8 teaspoon organic cinnamon
Blend all ingredients. Add more ingredients to achieve desired taste.

Sweet Potatoes: Savory Slow-Cooker Stew

INGREDIENTS

1 ½ pounds organic, local or grass-fed stew meat
¼ cup organic flour
Salt and pepper to taste
1 organic onion
6 cloves organic garlic (to taste)
4 organic carrots
4 organic celery sticks
4 organic sweet potatoes (or 4–6 red potatoes)
2 cups organic vegetable or chicken stock
2 tablespoons organic Dijon mustard
1 tablespoon organic Worcestershire sauce
½ teaspoon fresh or dried organic thyme
½ teaspoon fresh or dried organic rosemary

PREPARATION

1. Sprinkle flour, salt and pepper over stew meat and reserve leftover flour.
2. Brown meat with organic olive oil in a cast iron skillet and transfer meat to a slow cooker.
3. Without cleaning the skillet, add onion and a handful of garlic and brown (add more oil if needed).
4. Slowly deglaze pan with ½ cup broth, whisking any leftover flour/onion mix to avoid lumps.
5. Add all remaining liquids to the onion sauce, then add to the slow cooker.
6. Add vegetables and spices to the slow cooker.
7. Cook on low for 6 hours

Bell Peppers: Roasted Pepper Pasta or Pizza Sauce

INGREDIENTS

Roast Red Peppers:

4 organic peppers
2 organic cloves garlic
2 sprigs organic fresh parsley from the garden
Organic olive oil

PREPARATION OF PEPPERS

1. Wash peppers and place on rimmed baking sheet with peeled garlic cloves. Lightly drizzle with organic olive oil and roast or broil for about 20 minutes, turning occasionally as each side browns, until they have darkened and collapsed.
2. Put peppers in a bowl. Once cooled, open the peppers and remove seeds. Trim off all internal parts that are normally white when the peppers are raw.

Roast Red Pepper Sauce

INGREDIENTS

6 ounces organic tomato paste
Roasted red peppers and garlic from above
½ whole organic white onion
1 teaspoon fresh ground pepper
Sea salt (to taste)
1 teaspoon dried organic basil
1 teaspoon dried organic oregano

PREPARATION

Mix all ingredients in a food processor. Use sauce with spaghetti squash or with organic corn pizza crust for base of garden fresh pizzas.

Artichokes and Sugar Snap Peas: Crisp Cabbage and Artichoke Heart and Snap Pea Salad

INGREDIENTS

½ to ⅔ organic green cabbage (can use red and green for more color)
1–2 teaspoon fresh organic tarragon
Organic limes
1 tablespoon organic seasoned rice vinegar
1 tablespoon organic apple cider vinegar
2 tablespoons organic olive oil
2 organic artichokes
1 cup sugar snap peas
2 carrots (grated)

PREPARATION

1. Steam artichokes for 50 minutes or until tender. Allow to cool and remove hearts then chop for use in salad. Set leaves aside.
2. Add sugar snap peas and carrots to ingredients
3. Combine sugar snap peas, carrot and artichoke into cabbage.
4. In a jar combine lime juice, rice vinegar, apple vinegar, olive oil, and tarragon
5. Cover the jar and shake. Pour the dressing over the cabbage and wait 20 minutes to 1 hour before serving.

KIDS ACTIVITY

Vegetable flowers on a plate using sugar snap peas, cherry tomatoes and carrots.

Roasted Beets: Organic Roasted Beet and Goat Cheese Salad

INGREDIENTS

4 organic golden or red beets
2 cups arugula greens
2 medium organic vine ripened tomatoes
1 organic fennel bulb
2 ounces organic goat cheese, crumbled
½ cup organic, raw or roasted walnuts

PREPARATION OF BEETS

1. Heat oven to 375
2. Wrap beets loosely in foil and roast until tender, approximately 45 minutes.

PREPARATION OF SALAD

Combine beets, arugula greens, ripened tomatoes, fennel bulb, goat cheese, and roasted walnuts.

PREPARATION OF DRESSING

⅓ cup organic olive oil
2 tablespoon organic honey
1 tablespoon organic Dijon mustard
¼ cup apple cider vinegar
1 garlic clove
2 tablespoons lemon juice
Salt and pepper to taste

Combine olive oil, honey, Dijon mustard, apple cider vinegar, garlic clove, lemon juice, salt, and pepper.

KIDS ACTIVITY

Kitchen herbs for an Elder (with hand-painted clay pots) and Energizing Date Bar snacks

Plains Tribes consumed plants such as beans (some taken from mice nests), buffalo berries, Camas bulbs, chokecherries, currants, plums, turnips, and animals such as antelopes, beavers, buffalo, deer, ducks, elk, hackberries, muskrats, prairie dogs, rabbits, raccoons, porcupines, prairie chickens, skunks, wolf pups. Bison supplied a variety of dishes: boiled meat, tripe soup perhaps thickened with brains, roasted intestines, jerked/smoked meat, and raw kidneys, liver and tongue. Mihesuah, Devon A. *Recovering Our Ancestors' Gardens: Indigenous Recipes and Guide to Diet and Fitness*. 2005

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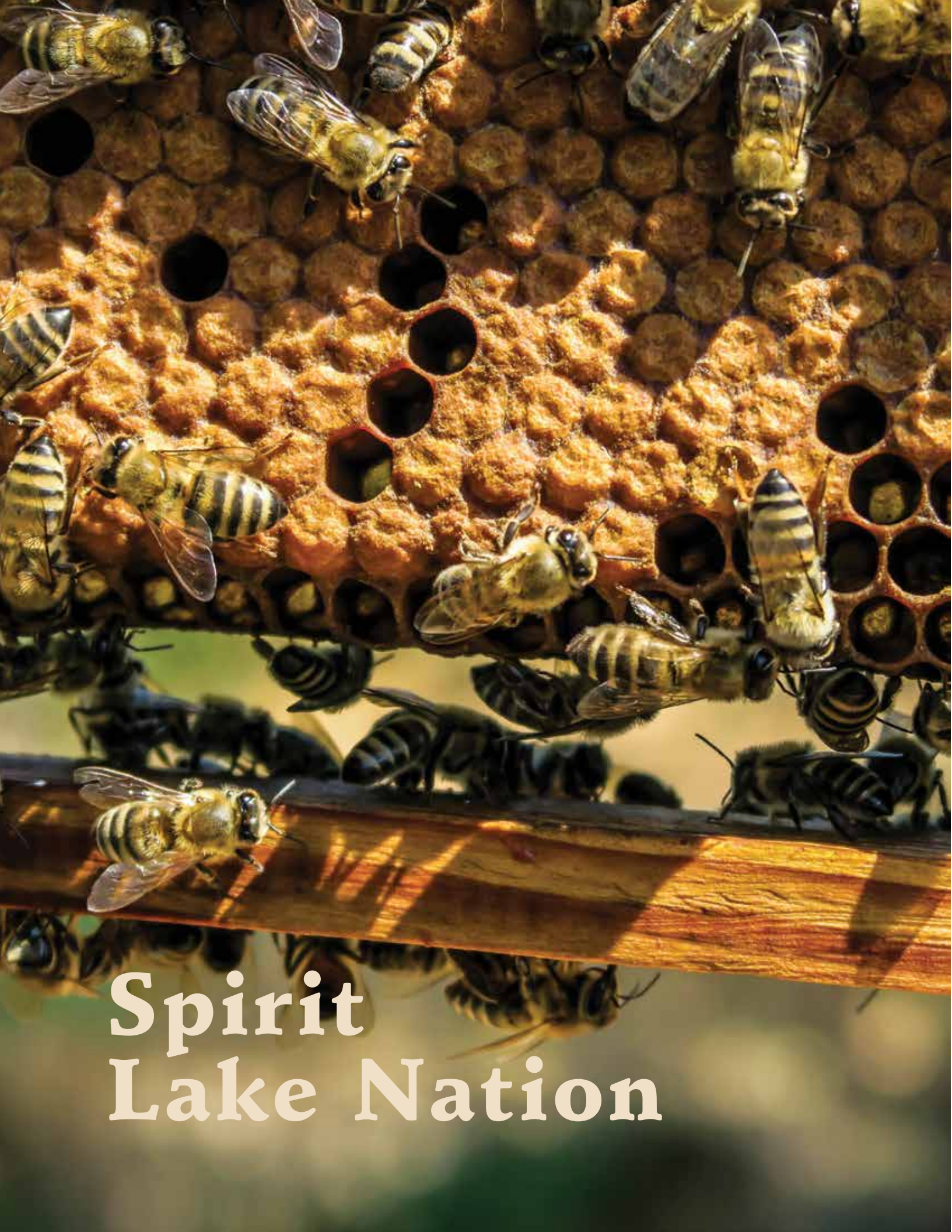
Great Plains

CHEYENNE AND ARAPAHO TRIBES
PONCA TRIBE OF OKLAHOMA
SPIRIT LAKE NATION



Spirit Lake Nation

Protein: Wasna (Pemmican) with Honey and Peanut Butter

INGREDIENTS

½ pound jerky, pulverized to a powder, or nearly to a powder
½ pound raisins
½ pound nuts (peanuts, pecans, etc.)
2 tablespoons honey
4 tablespoons peanut butter

PREPARATION

1. Warm the honey and mix with the peanut butter together until well blended.
2. Combine jerky, raisins, nuts, honey, peanut butter and store in a plastic bag in a cool, dry place.

Dairy: Three Sisters Quesadilla

INGREDIENTS

1 (15 ounce) can of beans (black or pinto), (drained and rinsed)
1 teaspoon chili powder
½ teaspoon ground cumin
2 tablespoons vegetable oil, (divided)
1/8 teaspoon salt
1 zucchini (or other summer squash), cut lengthwise into quarters and thinly sliced
Pinch of red pepper flakes
1 cup corn (canned or frozen)
8 whole-wheat flour tortillas
8 ounces cheese, (shredded and divided four ways)

PREPARATION

1. Toss beans with chili powder and cumin.
2. Heat one tablespoon of vegetable oil in a nonstick pan over medium-high heat.
3. Sauté the zucchini pieces and sprinkle with salt. Cook stirring until the pieces soften and start to turn golden. Sprinkle with the pepper flakes and cook until some edges become crispy and brown.
4. Add the corn to the pan and cook for an additional minute.
5. Remove the zucchini corn mixture from pan and wipe out the pan.
6. To assemble the quesadillas: Sprinkle one tortilla with cheese. Add veggie mixture. Sprinkle a small amount of cheese over the vegetables. Top with another tortilla.
7. Heat the remaining 1 tablespoon of vegetable oil in the same pan. Place one quesadilla in the pan and cook until the edges turn brown – about 1 minute. Carefully flip the quesadilla and cook until the underside is golden brown and edges are crispy, about another minute. Repeat with the other quesadillas.
8. Cut into wedges and serve with salsa, and plain yogurt or sour cream.

Family Meal: Perfect Scrambled Eggs

INGREDIENTS

1 cup dried egg mix
2 tablespoons dry milk
1/2 teaspoon salt
1 1/2 cup water
1 tablespoon cooking oil

PREPARATION

1. Place dried egg mix, dry milk, salt, and water into a bowl.
2. Beat mixture for 3 minutes or until completely dissolved and frothy.
3. Add 1 tablespoon cooking oil to a large skillet.
4. Over medium heat oil. Add the egg mixture to the hot oil.
5. Cook eggs using medium low heat, stirring continuously until dry and crumbly.

Extra: Easy Breakfast Burrito

1. Warm whole-wheat tortillas in microwave 20-30 seconds or until warm and flexible.
2. Add 1/3 – 1/2 cup Perfect Scrambled Eggs.
3. Add 1/3 - 1/2 cup other toppings like chopped bell peppers, cooked sausage, bacon, or ham, sautéed mushrooms or onions.
4. Sprinkle with shredded cheese.
5. Roll burrito-style.
6. Heat for another 20-30 seconds in the microwave until heated through. Serve with salsa

Vegetable: Summertime Hominy Sauté

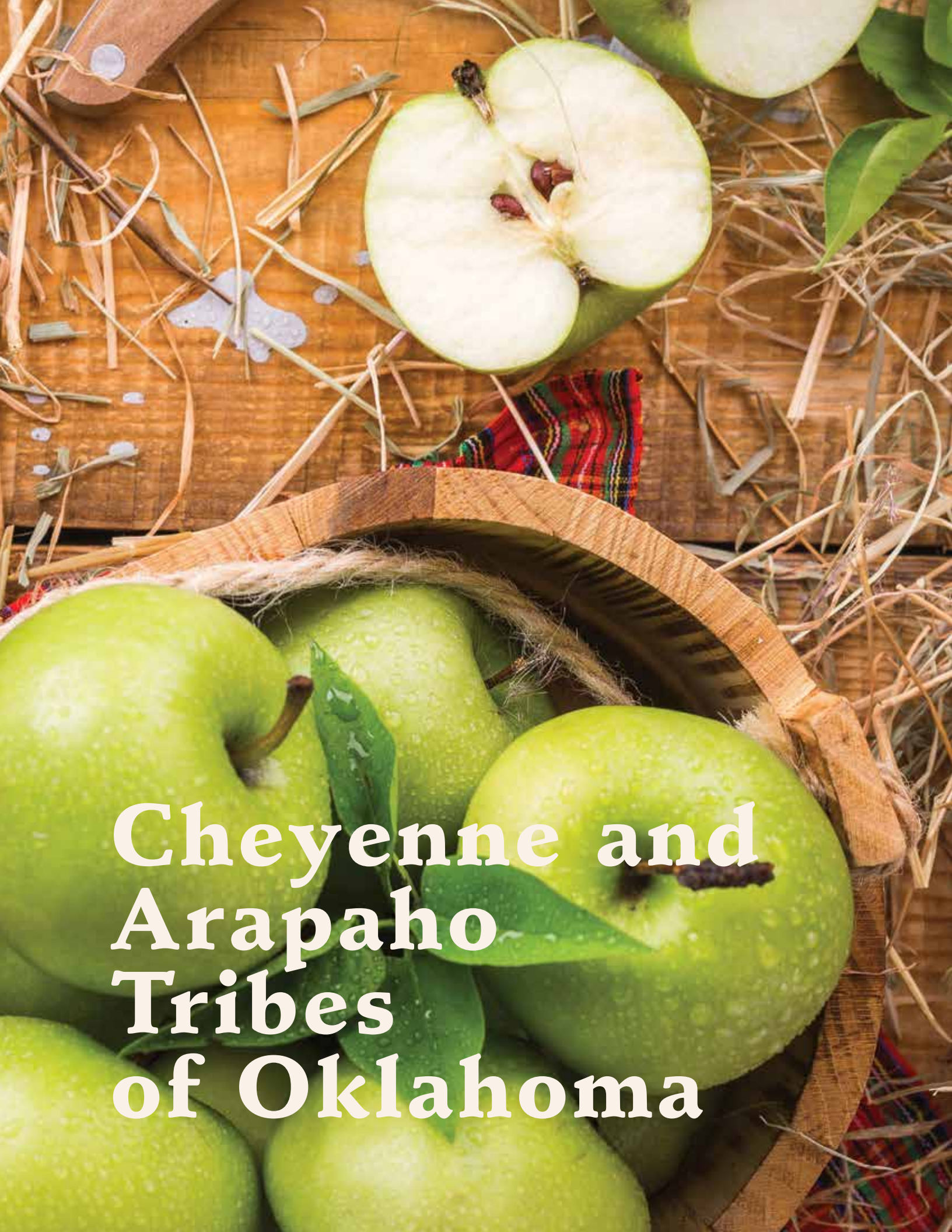
INGREDIENTS

1 tablespoon vegetable oil
1 bell pepper (any color), (chopped)
½ cup onion, (chopped)
2 garlic cloves, (chopped)
½ teaspoon cumin
½ teaspoon chili powder
½ teaspoon oregano
1 (14 ½ ounce) can hominy, (drained and rinsed)
1 (10 ounce) package of corn, frozen (or 15 ounce can of corn, drained and rinsed)
Salt and pepper to taste

PREPARATION

1. Heat vegetable oil in skillet over medium heat.
2. Add peppers and onion.
3. Cook 2–3 minutes until crisp tender.
4. Stir in the garlic, cumin, chili powder, and oregano.
5. Add in the hominy and corn.
6. Cover and cook until heated through, stirring occasionally.

Photo: Elizabeth Hoover



Cheyenne and Arapaho Tribes of Oklahoma

Baked Apple Crisps

INGREDIENTS

4 Granny Smith (green) apples, cored and sliced into very thin rounds/slices
2 tablespoons white sugar
1 tablespoon ground cinnamon

PREPARATION

Preheat oven to 250 degrees.
1. Line two baking sheets with parchment paper.
2. Whisk sugar and cinnamon together in a large bowl. Add apple slices and toss to coat. Arrange in a single layer on prepared baking sheets.
3. Bake until browned and crisped – about 2 hours.
4. Cool completely The longer they cool, the crisper they will be.

Hominy Dish

INGREDIENTS

2 – 15 ½ ounce cans of hominy (drained)
1 – 10 ½ ounce can mushroom soup
1 – 4 ounce chopped mild green chiles
1 ½ cup or more of grated cheese

PREPARATION

Preheat oven to 350 degrees
1. Mix together hominy, soup and chiles.
2. Place in 9 x 9 baking dish.
3. Layer cheese on top of hominy mixture.
4. Bake for 20 minutes.

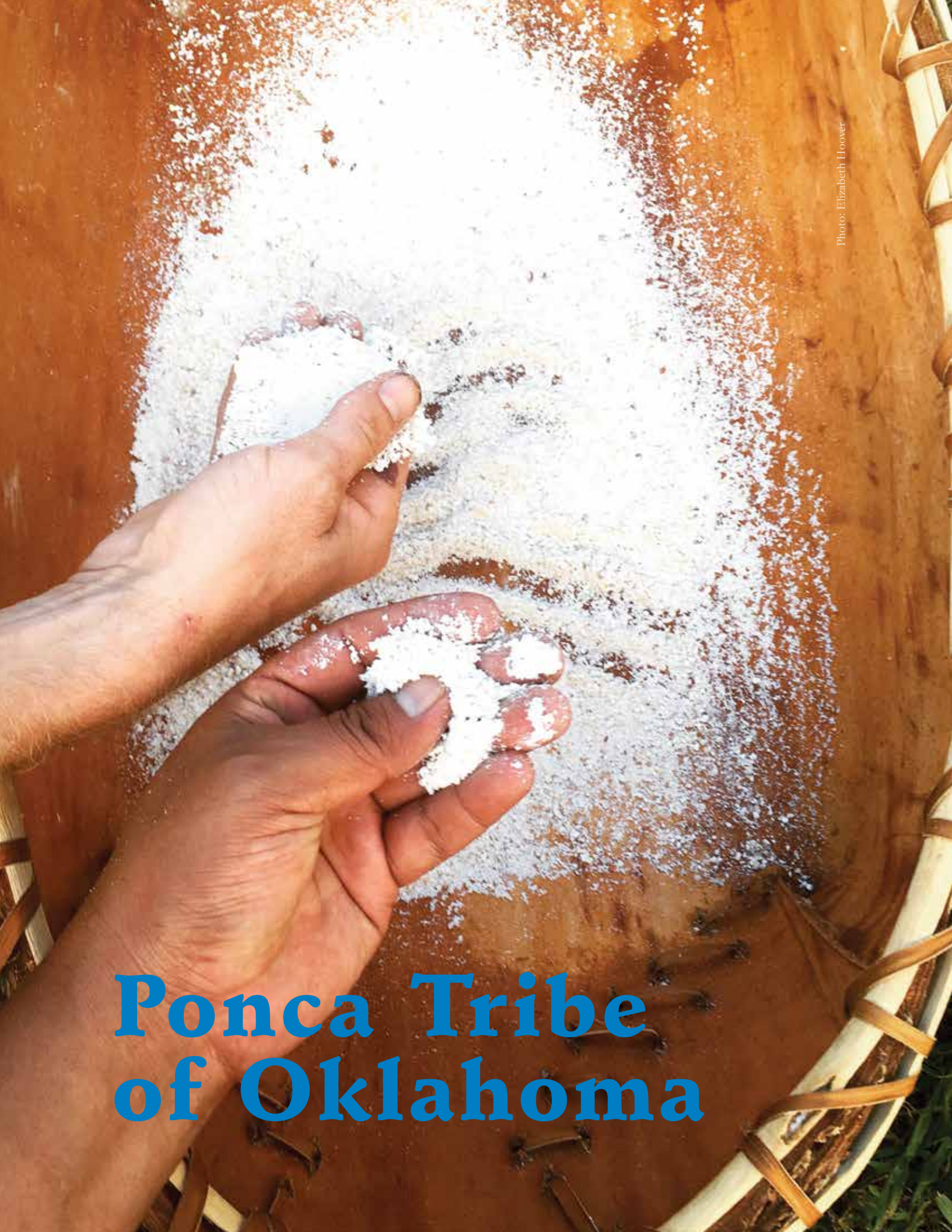


Photo: Elizabeth Hoover

Ponca Tribe of Oklahoma

Chicken Salad

INGREDIENTS

1 12 ounce can chicken (drained)
½ cup onion, (diced) OR 1 tablespoon onion powder
¼ cup celery, (diced) *optional*
½ cup apple, (diced)
¼ cup grapes, (sliced into small pieces) *optional*
¼ cup pecans OR walnuts, (chopped) *optional*
2 tablespoons mayo OR (to taste)
½ teaspoon black pepper OR (to taste) *optional*

PREPARATION

1. Combine chicken, onion, celery, apples, grapes, nuts, mayonnaise, and black pepper. Serve with lettuce leaves (lettuce wrap) OR on a whole grain bread or crackers.
NOTE: You can use the same recipe for tuna salad, just take out the fruit and add 1-2 diced boiled eggs.

Garden Veggie Cornbread

INGREDIENTS

Cooking oil or nonstick cooking spray
1 cup cornmeal
¾ cup whole wheat flour (or ½ white and ½ whole wheat)
2 ½ teaspoons baking powder
¾ teaspoon salt
2 eggs
1 cup milk
2 tablespoons honey (or sweetener)
¾ cup grated carrot
½ cup chopped red sweet pepper

PREPARATION

Preheat oven to 400 degrees
1. Lightly coat a 2 quart square baking dish with non stick cooking spray.
2. In a large bowl, stir cornmeal, flour, baking powder and salt.
3. In medium bowl, whisk together eggs, milk, and honey. Add egg mix to flour mixture and stir until moistened.
4. Fold in carrots and sweet pepper. Pour mixture into baking dish.
5. Bake 25-30 minutes or until toothpick inserted at center comes out clean. Cool in pan on wire rack for 20 minutes.

*One of the food staples particularly enjoyed by the Ojibwa and Menominee was wild rice, which is not a true rice but rather a cereal grass-Zizania aquatica- which grows in shallow lakes and streams. It ripens in late summer, usually from the middle of August to early September. Native people in the Great Lakes boiled rice and ate it with corn, beans, or squash. Meat, a small amount of grease, or maple sugar was often added for seasoning. As a treat, it was occasionally parched like popcorn. "*Wild Rice , Indian Country*" Milwaukee Public Museum.*

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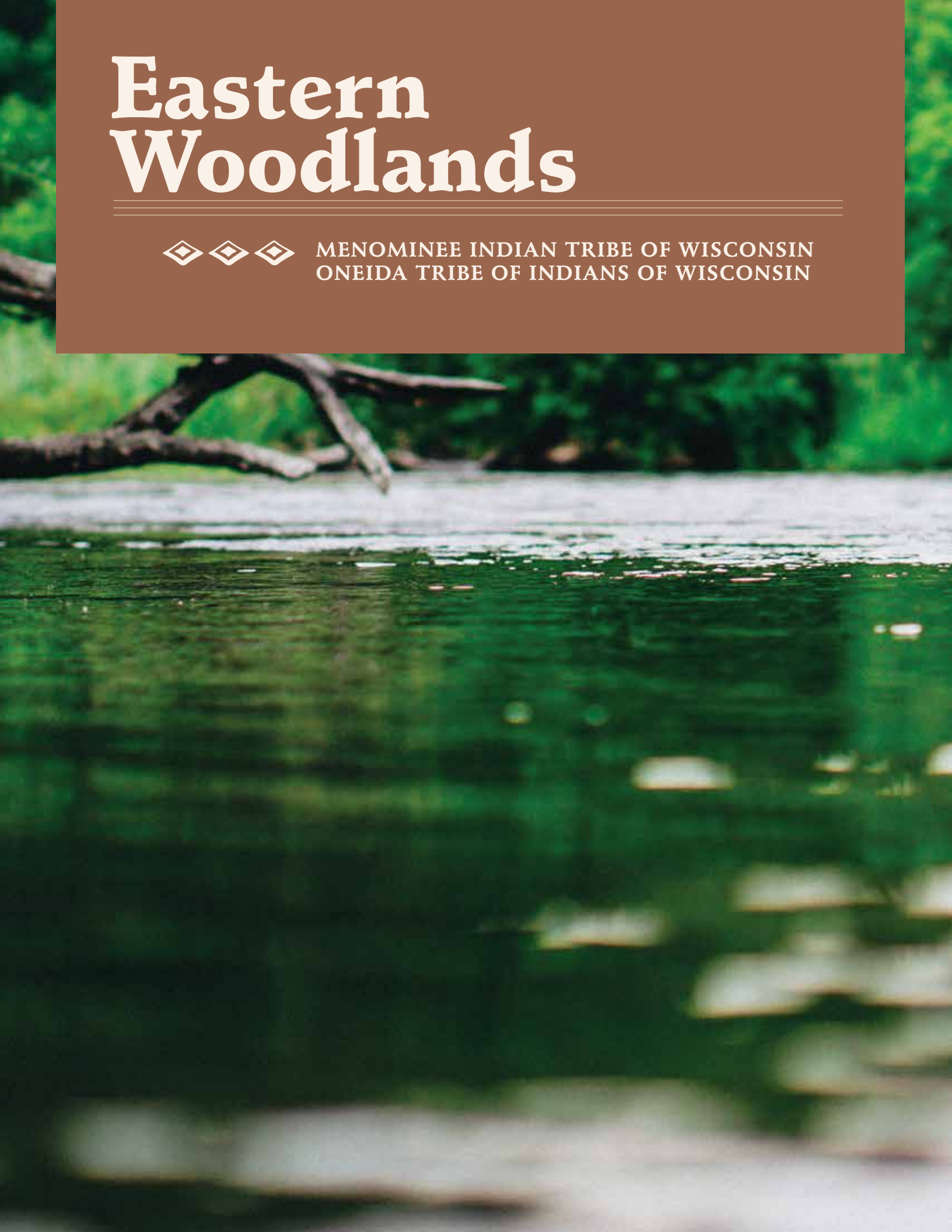
Eastern Woodlands

MENOMINEE INDIAN TRIBE OF WISCONSIN
ONEIDA TRIBE OF INDIANS OF WISCONSIN



Menominee Indian Tribe of Wisconsin

Blue Cornmeal Bread

INGREDIENTS

1 cup blue cornmeal
1 cup all-purpose flour
5 teaspoons baking powder
¼ cup of white sugar
Pinch of salt
2 eggs (beaten)
1 cup milk
½ cup butter

PREPARATION

Preheat oven to 350 degrees Fahrenheit
1. Grease a 9 x 9 inch baking dish.
2. Mix cornmeal, flour, baking powder, sugar and salt in a bowl.
3. Sift 3 times and stir in the eggs and milk into the cornmeal mixture.
4. Place the butter in the prepared baking dish and melt in the pre-heating oven.
5. Mix hot, melted butter into the cornmeal mixture. Transfer cornmeal mixture to the prepared baking dish.
6. Bake on center rack of the preheated oven for 30-35 minutes or until edges of the cornmeal pull away from the sides of the dish or until toothpick inserted into the center comes out clean.
7. Let cool for 10 minutes and enjoy.

Grilled Salmon

INGREDIENTS

Salmon fillets (skin on) about 6 ounces per person
Olive oil or canola oil
Butter
Thyme, dill or basil (if desired)
Fine sea salt
Fresh ground black pepper
Lemon wedges

PREPARATION

1. Heat the grill, charcoal or gas to medium to high. While the grill heats up, prepare the salmon fillets by rinsing them and patting them dry with a paper towel.
2. To add flavor, use a dry rub or sprinkle fillets with spices or herbs (thyme, dill, or basil work well)
3. Place fillets directly on a greased grill rack. If the fillets still have skin, remove it after grilling.
4. Place the fish on the grill rack directly over medium heat. Grill uncovered for about 4-6 minutes per ½ inch of thickness or until fish begins to flake when tested with a fork. Turn the fish once halfway through grilling (if you'd like) you can brush the salmon with olive oil or belted butter after turning to add flavor and keep moist.
5. Test the wellness by inserting a meat thermometer into the thickest part of the fillet and make sure it is 140 degrees F.

Ground Beef with Veggie Soup

INGREDIENTS

2 pounds ground beef
5 carrots (chopped)
2 small onions (diced)
2 14 1/2 ounce cans of diced tomatoes with liquid
1 small head of cabbage
1 15 ounce can green beans (drained)
2 quarts tomato juice
2 green peppers (diced)
5 stalks of celery (diced)
1 14 ounce can beef broth (low sodium)
4 beef bouillon cubes
Salt and pepper to taste
1 small turnip (diced)
1 small rutabaga (diced)

PREPARATION

1. Fry ground beef until meat browns.
2. Add onions and celery to mixture while frying. Drain the ground beef.
3. Pour cooked meat, fresh vegetables, tomatoes, green beans, tomato juice, broth and bouillon cubes into a soup kettle.
4. Cover and simmer on medium for about 2-3 hours until fresh vegetables are tender.
5. Serve and enjoy!

Monee's Famous Stuffed Pepper Soup

INGREDIENTS

2 pounds ground beef
2 green peppers (diced)
1 onion (diced)
4 16 ounce cans diced tomatoes or 6 cups of fresh tomatoes (diced)
1 large can tomato juice
1 ½ cups cooked rice
2 teaspoons Mrs. Dash tomato, basil and garlic seasoning
2 teaspoons black pepper
2 teaspoons Italian seasoning or basil and/or oregano
1 ½ teaspoons dry parsley flakes or fresh parsley
1 ¼ teaspoons garlic salt
Salt to taste

PREPARATION

1. Brown meat and add peppers and onions.
2. Add tomatoes, tomato juice, all the seasonings listed then add the cooked rice
3. Simmer on low for 3 hours.

Wild Rice Soup

INGREDIENTS

3 pounds chicken cubed
1 medium onion (chopped)
2 teaspoons salt
2–3 quarts water
½ pound wild rice (washed)
2 cups carrots (chopped)
2 cups celery (chopped)
2 cans chicken broth

PREPARATION

1. Fill soup pot with chicken, onion, salt and water.
   Boil until chicken is tender about 1 hour on medium to high heat.
2. Add wild rice, vegetables, and chicken broth.
3. Cook the mixture until meat, rice and vegetables are done, adding more water if necessary.
4. Serve and enjoy!

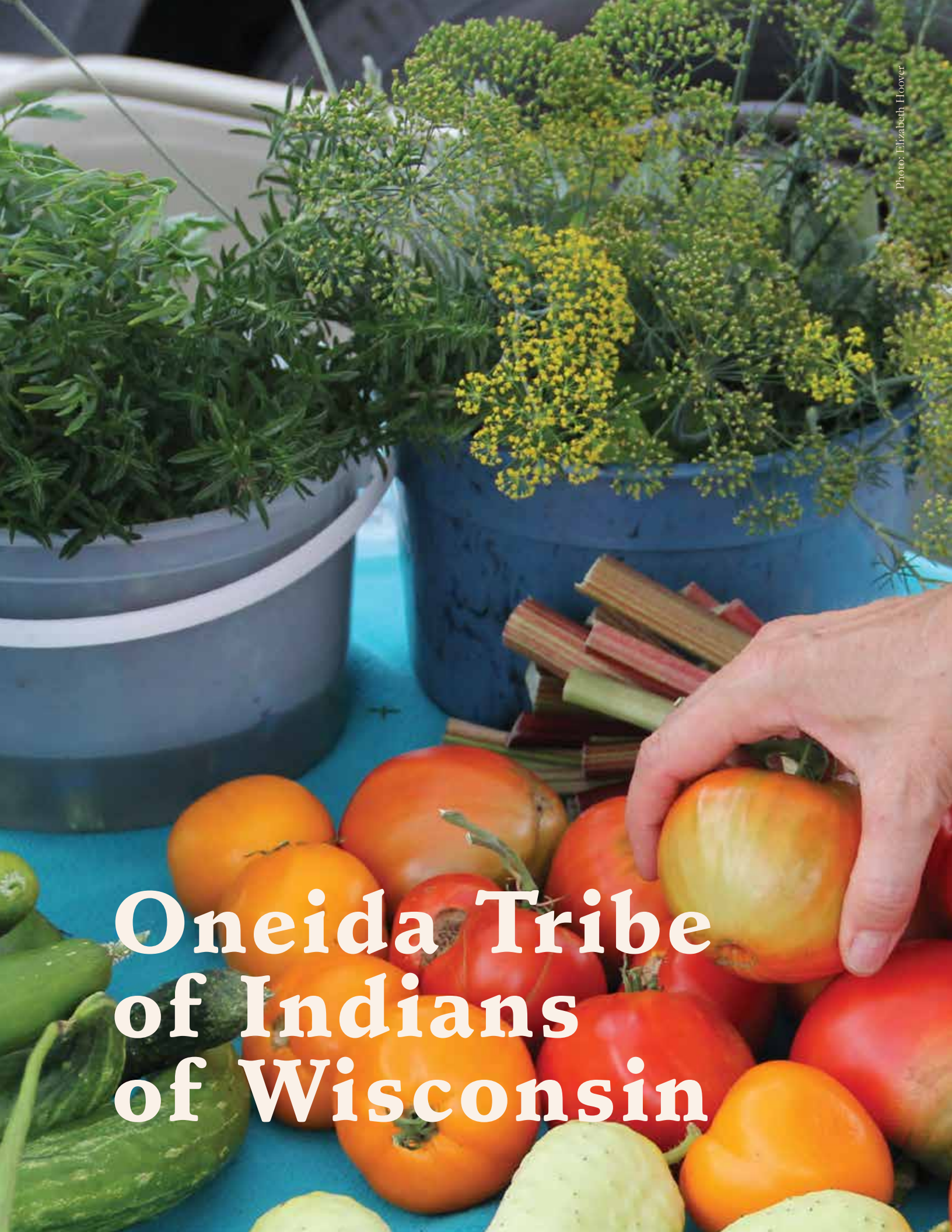


Photo: Elizabeth Hoover

Oneida Tribe of Indians of Wisconsin

Cocktail Rye Sandwiches

INGREDIENTS

1 8 ounce package of soft cream cheese
2 teaspoons miracle whip
½ package Italian dressing mix
1 cucumber cut into slices
1 cocktail rye bread

PREPARATION

1. Mix together cream cheese, miracle whip, Italian dressing mix and spread on cocktail rye bread.
2. Top each with thin slice of cucumber. Sprinkle with dill weed.
3. Cover and refrigerate overnight.

Vegetable Dip

INGREDIENTS

1 package of cream cheese (regular or fat free)
Chicken bouillon cubes

PREPARATION

1. Dissolve 1 chicken bouillon cube in 2–3 tablespoons boiling water.
2. Add cream cheese and stir well.
3. Eat with a variety of vegetables.

Apple Danish

PASTRY INGREDIENTS

3 cups all-purpose flour
1/2 teaspoon salt
1 cup shortening
1 egg yolk
1/2 cup milk

FILLING INGREDIENTS

6 cups sliced peeled apples
1 1/2 cups sugar
1/4 cup butter or margarine, melted
2 tablespoons all-purpose flour
1 teaspoon ground cinnamon

GLAZE INGREDIENTS

1 egg white, lightly beaten
1/2 cup confectioners' sugar
2–3 teaspoons water

PASTRY PREPARATION

1. In a mixing bowl, combine flour and salt; cut in shortening until mixture resembles coarse crumbs.
2. Combine egg yolk and milk; add to flour mixture. Stir just until dough clings together.
3. Divide dough in half. On a lightly floured surface, roll half of dough into a 15-inch x 10-inch rectangle; transfer to a greased 15-inch x 10-inch x 1-inch baking pan. Set aside.
4. In a bowl, toss together filling ingredients; spoon over pastry in pan.
5. Roll out remaining dough to another 15 inch x 10 inch rectangle. Place over filling. Brush with egg white.
6. Bake at 375 degrees for 40 minutes or until golden brown.
7. Cool on a wire rack.
8. Combine the confectioners' sugar and enough water to achieve a drizzling consistency. Drizzle over warm pastry. Cut into squares.
9. Serve warm or cold.

Chili

INGREDIENTS

2 ½ pounds ground beef
1 tablespoon olive oil
1 tablespoon vegetable oil
1 teaspoon salt
¼ teaspoon pepper
16 ounce package Kluski noodles
6-8 cups cold water
1 teaspoon salt
2 cups diced onion
½ cup diced celery
½ cup diced pepper
¼ cup ketchup
1 cup salsa
2 small cans tomato soup
1 small can Hormel chili
16 ounce can kidney beans
1 package McCormick seasoning
1 cup tomato juice

PREPARATION

1. Bring cold water and salt to a boil.
2. Add noodles to the water. Cook 10-15 minutes until noodles are tender. Drain and set aside.
3. In large kettle bring the oils to hot temperature. Add the celery, onions and peppers. Cook 10 minutes until vegetables are tender.
4. In separate pan, break up the ground beef in small pieces and cook until the meat is tender and well browned. Stir. Add seasoning salt and pepper. Stir often. Add the salsa, tomato soup, chili and tomato juice.
5. Empty cans and rinse with water. Add to the soup (you may add extra water if you like).
6. Bring to hot temperature and add noodles. You may want to add extra spicy seasonings. After completed you can add sour cream, onions or shredded cheese to serve.

Cornmeal Bread

INGREDIENTS

1 ¼ cup flour
¾ cup cornmeal
3 teaspoons baking powder
¼ cup sugar
¾ teaspoon salt
1 ¼ cups buttermilk
1 egg
3 tablespoons sour cream
¼ cup shortening-melted

PREPARATION

Preheat oven to 400 degrees.
1. Combine the flour, cornmeal, baking powder, sugar and salt in medium bowl.
2. Add the milk, shortening, sour cream and egg. Mix well.
3. Pour in greased pan-8" x 8" pan.
Bake 25 to 30 minutes until top is golden brown.

Kanuchi is considered to be a real delicacy. Hickory nuts are gathered in the fall and allowed to dry for a few weeks before the kanuchi making begins. While it is a straightforward process, it is labor-intensive. Begin by cracking, then shelling the hickory nuts by shaking the pieces through a loosely woven basket, or picking them out by hand. "Kanuchi." *Cherokee Nation. 2017*

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Southeast

CHEROKEE NATION
CHOCTAW NATION
SEMINOLE NATION OF OKLAHOMA

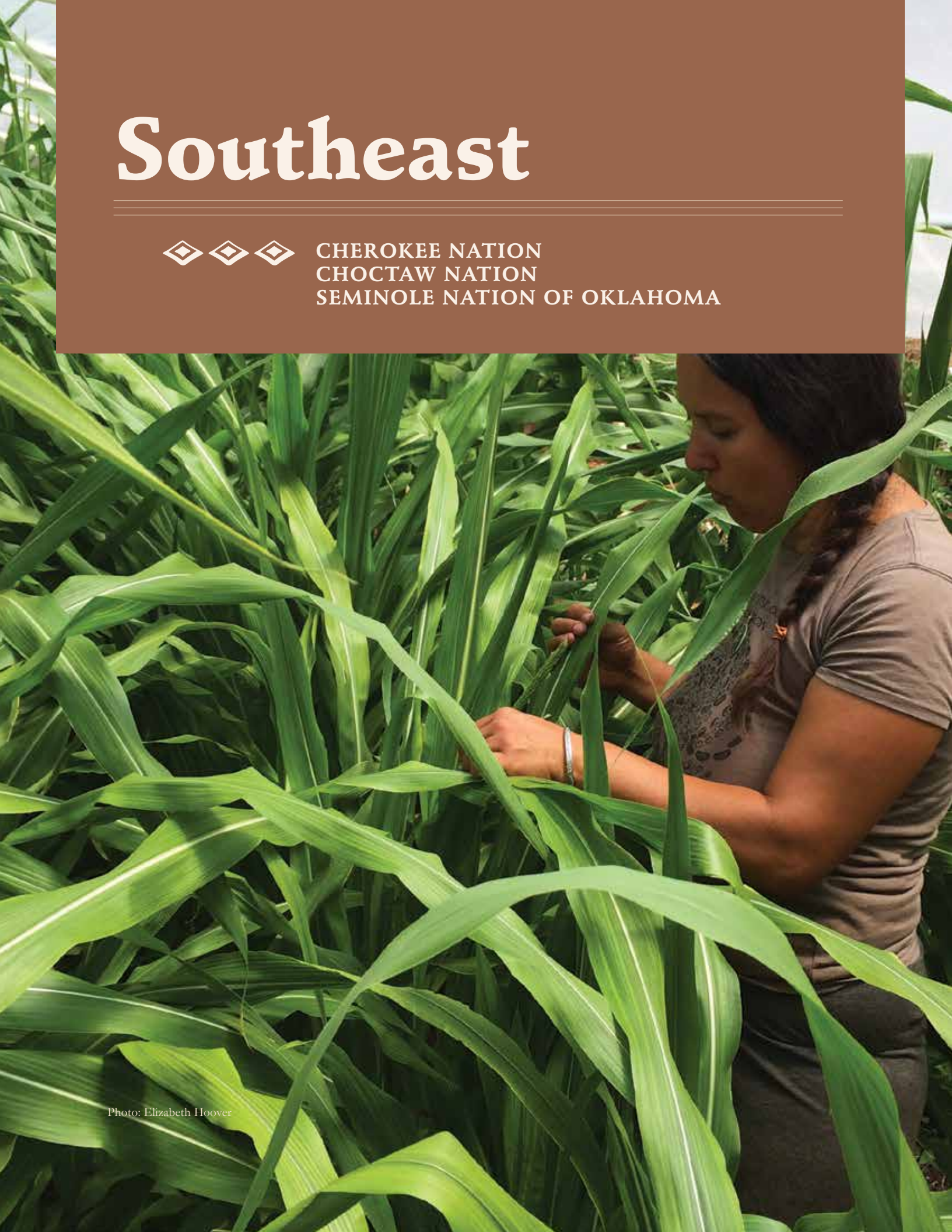


Photo: Elizabeth Hoover

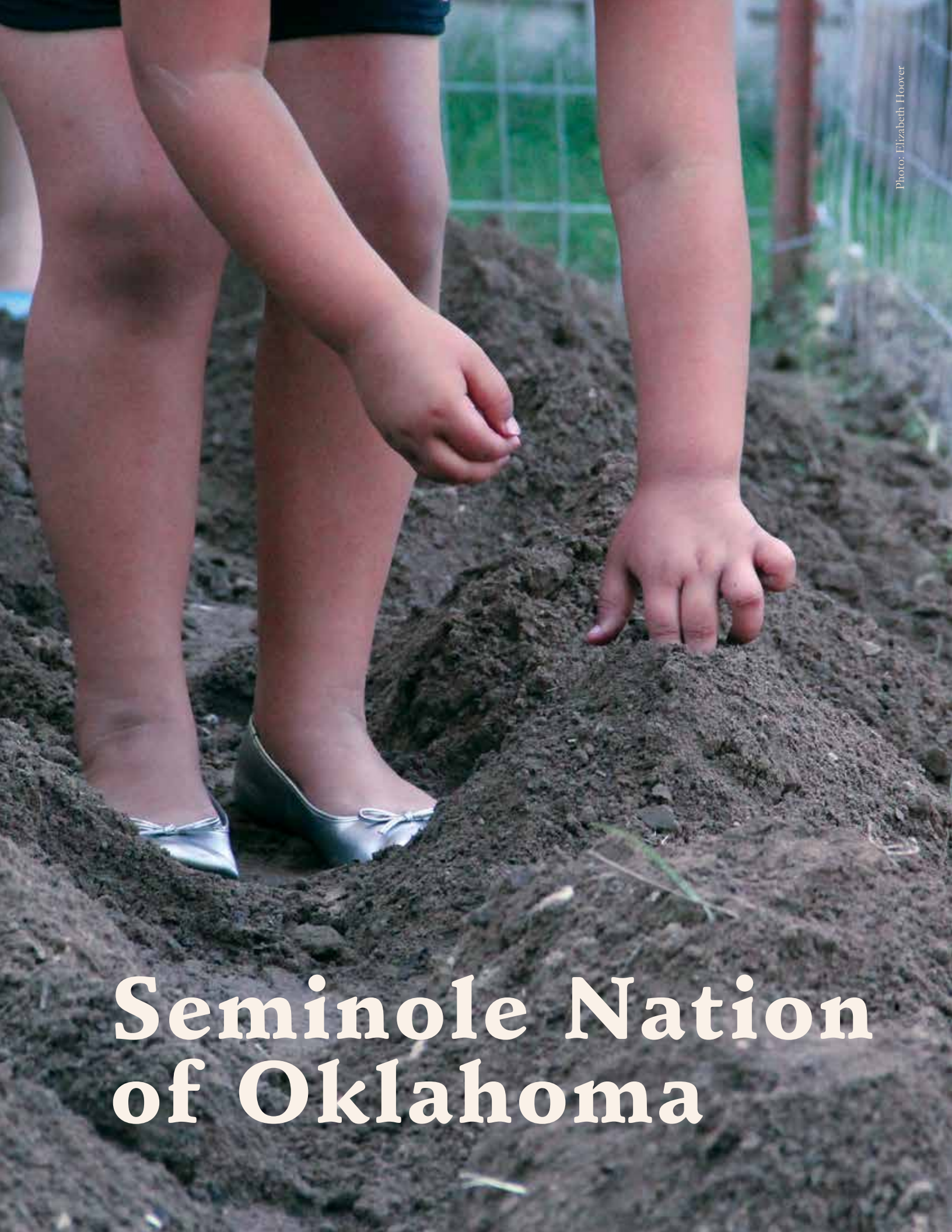


Photo: Elizabeth Hoover

Seminole Nation of Oklahoma

Baked Apples

INGREDIENTS

2 medium apples
¼ cup raisins
1 tablespoon oatmeal
1 tablespoon brown sugar
½ teaspoon cinnamon
¼ teaspoon nutmeg, ground (optional)
⅓ cup apple juice (or water)

PREPARATION

Preheat oven to 350 degrees F.
1. Remove core from apples and peel a strip from the top of each.
2. Place apples in cast iron skillet or casserole dish.
3. In a small bowl, combine raisins, oatmeal, sugar and spices. Spoon into center of apples.
4. Pour apple juice into skillet.
5. Bake for 40–45 minutes or until apples are tender.

Beef Taco Soup

INGREDIENTS

1 pound ground beef - lean
1 cup onion (diced)
1 cup bell pepper (diced)
1 15 1/2 ounce can pinto beans, drained and rinsed
1 15 1/2 ounce can hominy, drained and rinsed
1 14 3/4 ounce can cream corn
1 15 1/2 ounce can tomatoes, diced, drained and rinsed
1 4 1/2 ounce can green chiles, diced
1 teaspoon chili powder
1 teaspoon cumin powder
1/2 teaspoon red pepper flakes (optional)
2 1/2 teaspoons ranch dressing mix (optional)
2 cups water (divided)
Sour cream, low-fat or fat-free (optional)
Cheddar cheese, shredded, reduced-fat (optional)

PREPARATION

1. In a large skillet, brown ground beef. Drain excess fat and return to skillet.
2. Add onion, bell pepper, chili powder, cumin powder and ½ cup water. Cook until combined and onions are softened.
3. In a slow cooker, add the beef mixture, pinto beans, hominy, cream corn, tomatoes, green chiles and remaining water. If wanted, add red pepper flakes and ranch dressing mix. Stir together and cover.
4. Cook on high until soup simmers.
5. Keep warm on low setting. If wanted, serve with a dollop of sour cream and a sprinkle of cheese.

Chicken Quesadillas

INGREDIENTS

2 cups chicken breasts, cooked, rinsed and drained 2-10 ounce cans
1 15 ½ ounce can black beans, drained and rinsed
1 15 ½ ounce can tomatoes, diced, drained and rinsed
1 cup onion (diced)
1 cup bell pepper (diced)
2 cups cheddar cheese - shredded, reduced-fat
1 teaspoon chili powder (optional)
1 teaspoon cumin powder (optional)
½ teaspoon red pepper flakes (optional)
10 whole wheat tortillas (8 inch)
Cooking spray (optional)

PREPARATION

1. Heat cast iron skillet over medium-high heat.
2. In a large bowl, mix chicken, black beans, tomatoes, onion, bell pepper and cheese. If wanted, add chili powder, cumin powder and red pepper flakes.
3. Place ¾ cup of mixture on tortilla. Fold in half and if wanted, spray with cooking spray.
4. Toast each side in skillet until golden brown.
5. Cut into wedges and serve warm.

Citrus Salmon Fillets

INGREDIENTS

4 salmon fillets, blot dry
2 tablespoons olive oil
1 red onion (chopped)
1 cup baby carrots (or sweet potato)
¼ cup parsley (chopped)
1 cup orange juice (divided)
1 tablespoon honey
1 orange, cut into wedges (or lemon, optional)
Salt and pepper to taste

PREPARATION

Preheat oven to 400 degrees F.
1. In skillet, heat olive oil on medium high heat.
2. Add onion, carrots, parsley, and half of orange juice; cook 5-8 minutes.
3. In a small bowl, mix remaining orange juice and honey.
4. In center of skillet, add salmon fillets; season with salt and pepper.
5. Pour orange honey mixture over top.
6. Bake entire skillet in oven 16-18 minutes or until fish is flaky.

Fruit Quesadillas

INGREDIENTS

3 Granny Smith apples (cored and diced)
2 bananas, medium (peeled and diced)
1 cup fresh strawberries (diced)
2 teaspoons cinnamon (optional)
10 tablespoons peanut butter
10 whole wheat tortillas (8 inch)
Cooking spray (optional)

PREPARATION

1. Heat cast iron skillet over medium-high heat.
2. In large bowl, mix apple, banana, strawberries and cinnamon.
3. Spread 1 tablespoon peanut butter on half of tortilla.
4. Place ¾ cup of the fruit mixture on peanut butter.
Fold in half and if wanted, spray with cooking spray.
5. Toast each side in skillet until golden brown.
6. Cut into wedges and serve warm.

Mushroom-Black Bean Chili

INGREDIENTS

2 tablespoons vegetable oil
2 tablespoons chili powder
1½ teaspoons ground cumin
2 medium onions (chopped)
1 pound mushrooms (sliced)
2 15 ½ ounce cans black beans (drained and rinsed)
1 15 ½ ounce can diced tomatoes (drained and rinsed)
1 11 ounce can cream of mushroom soup (½ of a 22 ounce can)
2–3 cups water
1 ¼ cups Monterey jack or pepper jack cheese (or sour cream)

PREPARATION

1. Heat oil in a skillet on the stove top over high heat.
   Add chili powder and cumin.
2. When spices start to sizzle, add onions and mushrooms.
   Cook for 5 to 7 minutes until vegetables soften.
3. Place canned beans in slow cooker. Pour the hot veggies over the beans.
4. Add diced tomatoes, soup, and water. Cook 1 to 2 hours on high or 2 to 4 hours on low.
5. Serve chili topped with cheese or sour cream

Bison Burger

INGREDIENTS

2 pounds ground bison (buffalo)
2 tablespoons finely chopped fresh sage
1 ½ teaspoons salt
2 teaspoons black pepper
½ onion, finely chopped
2 tablespoons vegetable oil
Smoky barbecue sauce

PREPARATION

1. Sauté the onions in the olive oil over medium-high heat until translucent. Turn off the heat and let it cool.
2. When the onions are cool enough to touch, use your (clean) hands to gently mix them in with the bison burger meat, and sage, salt, black pepper and barbeque sauce. Do not overwork the meat, it will result in a tough burger. Just gently fold it until the onions, sage, salt and pepper are well mixed in.
3. Form patties with the meat, using about 1/4 to 1/3 of a pound of meat per patty. Here's a tip on making the patty: if you press a slight indentation in the center of each patty it will help keep the burgers in a nice disk shape when cooking. Otherwise the burger will start to get a little egg-shaped as the edges contract from cooking
4. Grill or fry the burgers on medium heat, about 6–7 minutes per side, less or more depending on the thickness of the burger and the heat of the pan/grill, or until the internal temperature is 140° For medium rare, or 160°F for well-done you'll want to cook the burgers until well done.

Don't press on your burgers while cooking, and keep the flipping to a minimum. Let the burgers rest about 5 minutes before serving.

Grilled Salmon with Honey-Soy Marinade

INGREDIENTS

1 tablespoon packed brown sugar
1 tablespoon butter or margarine, melted
1 tablespoon olive or vegetable oil
1 tablespoon honey
1 tablespoon soy sauce
1 clove garlic finely chopped
1 large salmon fillet (about 2 pounds), cut into 8 pieces

PREPARATION

1. In small bowl, mix brown sugar, butter, oil, honey, soy sauce, and garlic.
2. In a shallow glass or plastic dish, place salmon. Pour marinade over salmon.
3. Cover and refrigerate at least 30 minutes but no longer than I hour.
4. Heat coals or gas grill. Remove salmon from marinade; reserve marinade. Place salmon, skin side down on grill. Cover and grill over medium heat 10 to 20 minutes brush ing 2 or 3 times with marinade, until salmon makes easily with fork. Discard any remaining marinade.

Roasted Carrots

INGREDIENTS

1 ¾ cup of baby carrots
2 teaspoons olive oil
2 teaspoons balsamic vinegar
¼ teaspoon salt (optional)
¼ teaspoon pepper (optional)

PREPARATION

Preheat oven to 450 degrees F.
1. In a medium bowl, combine all ingredients and toss to coat.
2. Place carrots in cast iron skillet or sheet pan, roast for 7 minutes.
   Remove skillet from oven and toss.
3. Return to oven and cook for additional 5-7 minutes,
   until caramelized and slightly tender.

Slow-Cooker Round Roast

INGREDIENTS

2 pounds boneless round roast beef
¾ cup beef broth, low sodium
¼ cup balsamic vinegar
1 tablespoon Worcestershire sauce
1 tablespoon honey
½ teaspoon red pepper flakes (optional)
2 cloves garlic (chopped) (optional)

PREPARATION

1. Place roast in slow cooker.
2. In a measuring cup, mix together
   remaining ingredients.
3. Pour mixture over roast. Cover with lid.
4. Cook on high 3-4 hours.
5. Remove mixture from slow cooker, break
   apart with two forks.

Skillet Veggie Frittata

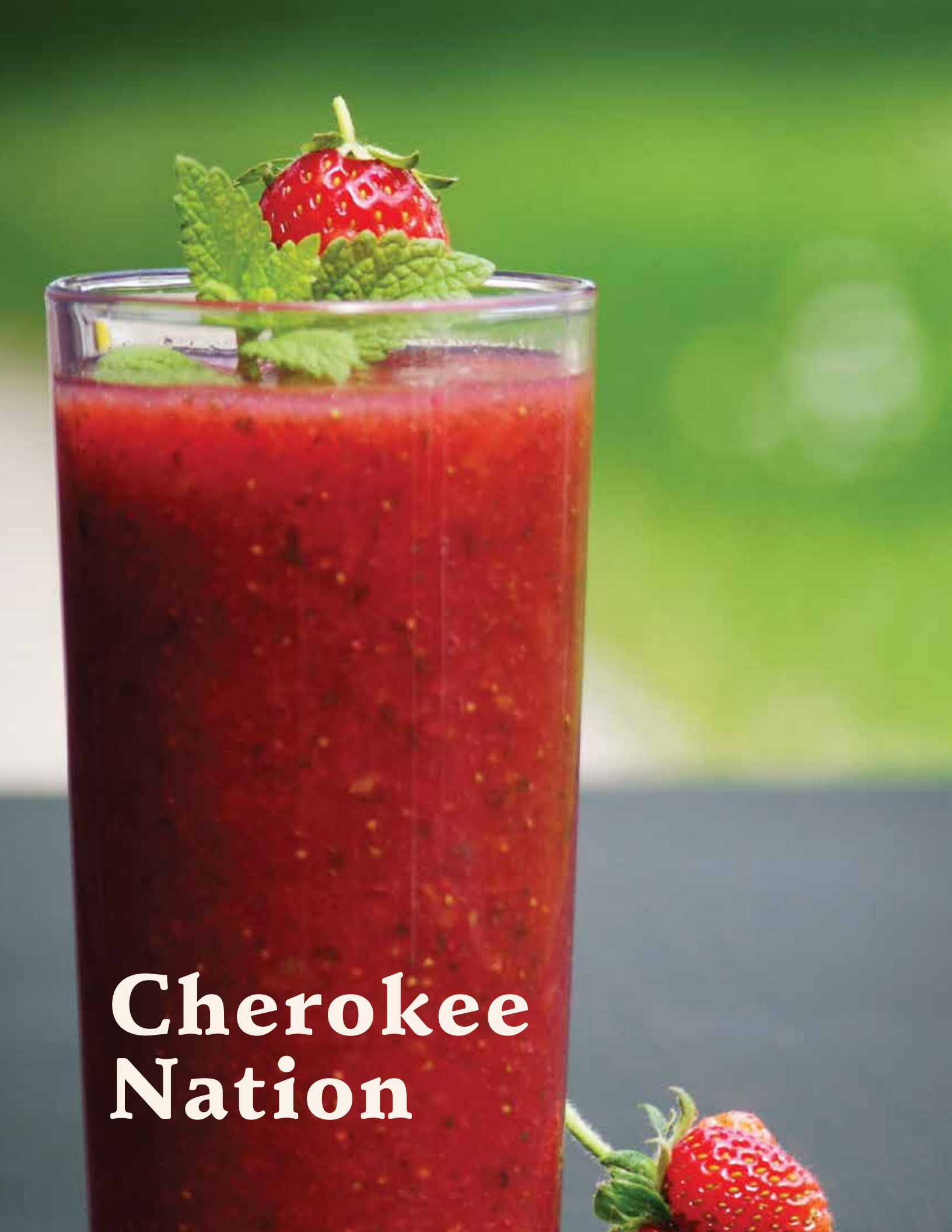
INGREDIENTS

12 eggs
¼ teaspoon salt
¼ teaspoon pepper
¼ cup grated Parmesan cheese
½ cup shredded cheddar or Monterey jack cheese
2 tablespoons vegetable oil
1 medium onion (chopped)
1 red bell pepper (chopped)
1 15 ½ ounce can of potatoes (drained and rinsed)
1 cup canned spinach, drained and rinsed (about ½ of a 15 ½ ounce can)

PREPARATION

1. Preheat oven to 375° F.
2. In a bowl, beat eggs. Add salt and pepper.
3. Stir cheese into eggs.
4. Heat oil in skillet over medium-high heat.
5. Add onions and bell pepper to skillet. Cook until soft.
6. Add potatoes and spinach to skillet. Cook until all veggies are warm.
7. Add eggs to skillet. Cook eggs on stove top for 30-45 seconds to set the edges.
8. Move skillet to oven. Cook in oven for 10-12 minutes. Cook until eggs are set but remove before they start to brown.
9. Cut into wedges to serve.

»SPITZENKLASSE«
GERMANY ROSTFREI INOX



Cherokee Nation

Tropical Delight Smoothie

INGREDIENTS

2 cups of ice
½ cup of tropical punch
1 cup of milk
1 frozen banana
1 cup fruit blend (pineapple, strawberries, and cherries)

PREPARATION

1. Add all ingredients in blender.
2. Blend until smooth

Apple Smoothie

INGREDIENTS

1 ½ cup of apples (cored and peeled)
½ cup of apple juice
1 cup of milk

PREPARATION

1. Peel and core apple.
2. Pour apple sauce, apple and milk into blender.
3. Blend until smooth.

Peach Smoothie

INGREDIENTS

2 cups of peaches or mixed fruit
¼ cup of orange juice or cherry apple juice
2 cups of milk
2 tablespoons of honey
2 cups of ice cubes

PREPARATION

1. In a blender, combine all ingredients.
2. Blend until smooth.

Elvis Smoothie

INGREDIENTS

2 tablespoons peanut butter
1 tablespoon honey
½ banana
¼ teaspoon cinnamon
1 cup of ice cubes
½ cup of milk
1 teaspoon cocoa powder

PREPARATION

1. In a blender, combine all ingredients.
2. Blend until smooth.

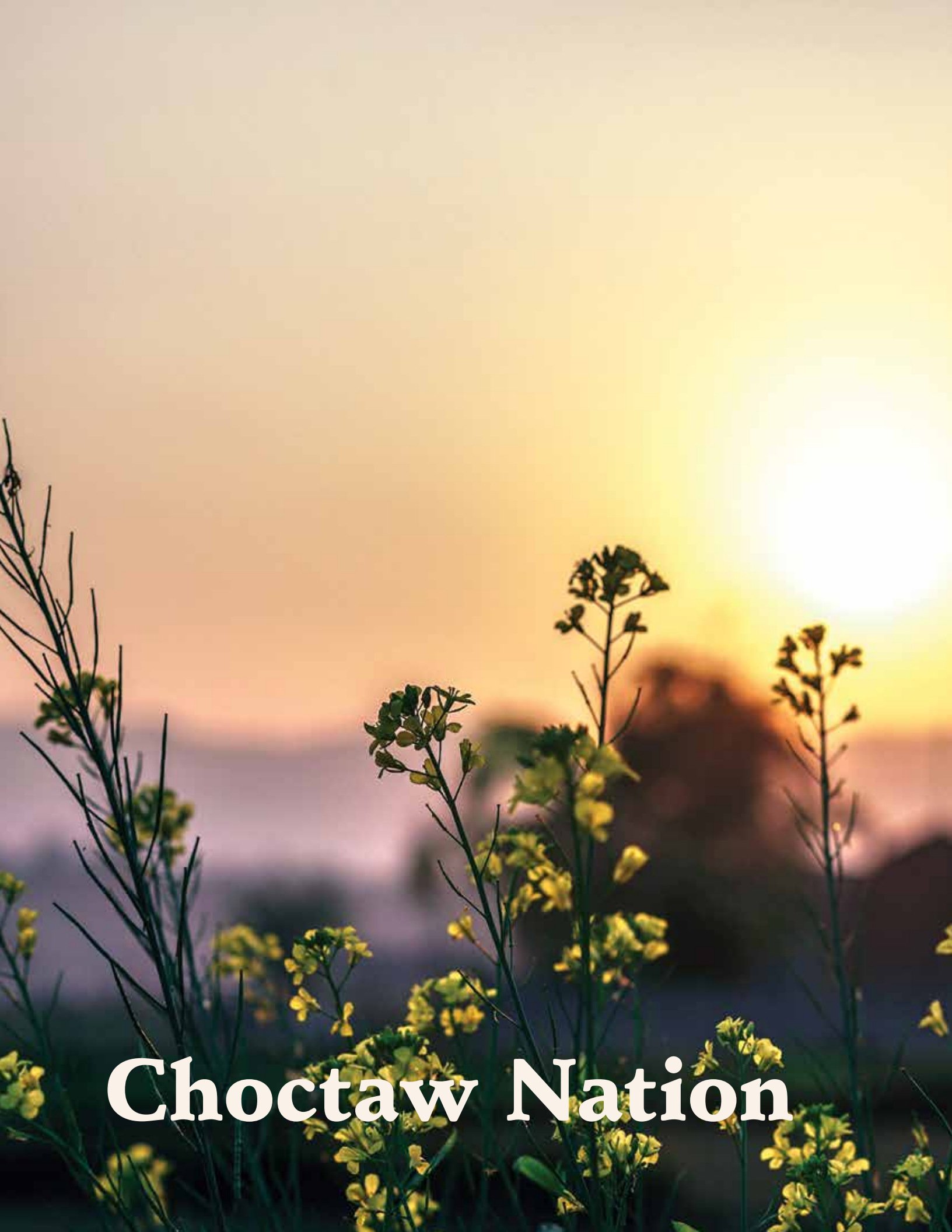
Banana Orange Swirly Goodness Smoothie

INGREDIENTS

2 frozen bananas (peeled)
1 orange (peeled and segmented)
1 8 ounce raspberry yogurt
1 ½ tablespoon honey
½ teaspoon nutmeg
1 cup of ice

PREPARATION

1. In a blender, combine the banana, orange, yogurt, honey and nutmeg until smooth.
2. Add ice and blend until smooth


Choctaw Nation

Southern-Style Collards

INGREDIENTS

1 large bunch of collards, washed and stem/mid-rib removed, cut into strips
Salt and crushed red pepper to taste
1 piece of bacon or salt pork
1 teaspoon baking soda
½ teaspoon sugar
½ teaspoon garlic, chopped

PREPARATION

1. Cover collards with water and bring to a boil, reduce heat and simmer.
2. Add salt and crushed red pepper to taste.
3. Add garlic, baking soda, sugar and bacon or salt pork (use less salt if using salt pork).
4. Cook until tender (about 45–60 minutes). Serve with hot, buttered cornbread.

Collard, Lentil and Summer Squash Pie

INGREDIENTS

1 cup chopped collard greens (stems removed)
 cup lentils, rinsed and picked through
1 9 inch frozen pie crust (may use whole wheat)
1 1/2 cups fresh summer squash (zucchini or yellow)
2 tablespoons olive oil
1 cup chopped onion
1 tablespoon chopped garlic
1/2 cup crumbled feta cheese
3 large eggs
1/2 cup nonfat milk
Salt and pepper to taste

PREPARATION

Preheat oven to 375 degrees.

1. Combine lentils, pinch of salt, and two cups water in sauce pan. Bring to a boil, reduce heat and simmer until tender, but not mushy (about 15-20 minutes). Drain and cool.
2. Sauté onion in olive oil on medium low heat until tender, add garlic and cook for about 2 minutes.
3. Stir in chopped collards and squash, cook until collards are wilted. Drain and cool.
4. Whisk eggs, milk, salt and pepper.
5. Layer collards/squash mix and lentils into pie crust. Sprinkle with feta cheese.
6. Pour egg mixture over vegetable mixture in pie shell. Bake until crust is brown and middle is just set (about 40 minutes). Cool ten minutes and serve.

Toasted Basil Sandwiches

INGREDIENTS

1 loaf crusty French or Italian bread, sliced ¾-1 inch thick
1/3 – 1/2 cup basil pesto
2–3 large tomatoes
1/2 red onion
1–2 tablespoons olive oil
1–2 tablespoons balsamic vinegar

PREPARATION

Heat oven to 375 degrees.
1. Place bread slices on cookie sheet.
2. Spread pesto on the slices and toast the bread. Meanwhile, thinly slice tomatoes and onions and marinate in equal amounts of olive oil and balsamic vinegar.
3. When bread is toasted and pesto is warm, remove from oven. Top with drained tomato/onion mixture.

Sautéed Kale

INGREDIENTS

1 ½ pounds young kale, stems and leaves coarsely chopped
3 tablespoons olive oil
2 cloves garlic, finely sliced
½ cup vegetable stock or water
Salt and pepper
2 tablespoons red wine vinegar

PREPARATION

1. Heat olive oil in a large saucepan over medium-high heat.
2. Add the garlic and cook until soft, but not colored.
3. Raise heat to high, add the stock and kale and toss to combine. Cover and cook for 5 minutes.
4. Remove cover and continue to cook, stirring until all the liquid has evaporated.
5. Season with salt and pepper to taste and add vinegar.

Crock-Pot Stuffed Peppers

INGREDIENTS

2 pounds ground pork (or a combination of pork and beef)
4 large green peppers
1 large onion
2 carrots
4 cloves of garlic
½ head of cauliflower
6 ounce can of tomato paste
1 tablespoon oregano
1 tablespoon tarragon
Salt and pepper to taste

PREPARATION

1. Cut the tops of the peppers and clean the seeds out.
2. Arrange peppers in the Crock-Pot standing up and make sure they fit securely.
3. Grate onion, carrots, garlic, and cauliflower in the food processor. (You can also just chop them into small pieces with a knife if you don't have a food processor.)
4. In a big bowl, combine ground pork, shredded vegetables, seasonings, and tomato paste. Add salt and pepper to taste.
5. Stuff the peppers with the mixture and arrange leftover meat between the peppers.
6. Add half a cup of water, cover and cook on low for 8-10 hours.
   If you don't have a slow-cooker, the dish can be cooked in the oven, covered, for 1-2 hours.

Fruit Smoothie (Kid Friendly)

INGREDIENTS

8–10 ounces of liquid (water, coconut water, almond milk, etc)
A handful of greens (fresh or frozen) – baby kale or spinach
1–2 cups of fruit (fresh or frozen) – blueberries, bananas, strawberries, etc.
1 tablespoon – honey, agave, stevia, etc
Ice: 1–2 cups to fit your tastes

PREPARATION

Add the ingredients in the order above, blend in a quality blender and serve cold.

Spinach Roll-Ups (Kid Friendly)

INGREDIENTS AND PREPARATION

Fresh whole spinach leaves
Stuffing: peanut butter, cheese, meats, etc.
Roll the stuffing(s) up in the spinach leaves.

Double-Wrapped Tacos (Kid Friendly)

INGREDIENTS

Large flour tortillas
Hot refried beans
Hard taco shells
Cooked chicken, pork, ground beef, or black beans
Romaine lettuce (shredded)
Green onions (chopped)
Tomato-berries or regular tomatoes (chopped)
Green peppers (chopped)
Zucchini (chopped)
Shredded cheese
Sliced black olives
Sour cream
Mild salsa

PREPARATION

1. Heat a tortilla briefly in a hot skillet or on the grill.
2. Spread refried beans over it (don't spread beans all the way to the edges).
3. Place a taco shell in middle of tortilla and fold up tortilla around the shell (the beans are the "glue").
4. Fill the taco shell with your choice of any of the remaining ingredients. Enjoy!

Cheesy Spinach (Kid Friendly)

INGREDIENTS

3 eggs
1 ½ teaspoons lemon juice
1 cup brown rice (cooked)
1 ½ teaspoons dried parsley
2 tablespoons grated Parmesan cheese (optional)
Salt and pepper to taste

Mix Separately:
1 large bunch of spinach, chopped and stemmed
1 cup cottage cheese
1 cup grated cheddar cheese
4 eggs
Salt and pepper to taste
A pinch of cayenne pepper (optional)

PREPARATION

Preheat oven to 350 degrees.
1. Mix lemon juice, rice, parsley, Parmesan, salt and pepper and add to the bottom of a greased casserole
2. Mix spinach, cottage cheese, cheddar cheese, eggs, cayenne pepper, salt and pepper and add to the casserole
3. Bake for 45-60 minutes until firm.

Eggs with Pesto and Tomato-Berries

INGREDIENTS

1 teaspoon olive oil
6 tomato-berries (quartered)
½ small sweet onion (finely chopped)
2 tablespoons basil pesto
4 eggs
Salt and pepper to taste

PREPARATION

1. Heat oil in medium-size nonstick pan over medium-high flame.
2. Add tomatoes and onion and cook them quickly, stirring often until tomatoes give off juice and begin to thicken slightly, about 5 minutes.
3. Reduce heat to a medium and stir in pesto. Push mixture to sides of pan, creating a "ring" of sauce.
4. Carefully break eggs into center of pan, cover, and cook until eggs are set, 4-6 minutes.

Season with salt and pepper and serve immediately.

Basil Pesto

INGREDIENTS

3 cups packed basil
4 cloves garlic
¾ cup grated Parmesan cheese
½ cup olive oil
¼ cup pine nuts
½ cup chopped fresh parsley (optional)

PREPARATION

1. Mix all ingredients in a food processor. If you add parsley, sprinkle on top after blending.

Marinated Cucumber Tomato Salad

INGREDIENTS

2 cucumbers (peeled and sliced into rounds)
4 large tomatoes (sliced into rounds)
½ cup thinly sliced red onion
½ cup extra-virgin olive oil
¼ cup red wine vinegar
1 tablespoon sugar
Salt and pepper to taste
1 tablespoon slivered fresh basil strips
1 tablespoon chopped parsley

PREPARATION

1. Arrange cucumbers, tomatoes, and onions in a shallow serving dish.
2. Mix oil, vinegar, and sugar in a small bowl and pour over vegetables. Season well with salt and pepper.
3. Cover and let marinate for at least 1 hour and up to 4 hours. Sprinkle with herbs just before serving.

(The leftover marinade makes a good dressing for salad greens.) Remove cover and continue to cook, stirring until all the liquid has evaporated. Season with salt and pepper to taste and add vinegar.

Spicy Cucumber Salad

INGREDIENTS

2 cucumbers
1 tablespoon white vinegar or rice wine vinegar
2 tablespoons sesame oil
½ teaspoon salt
1 teaspoon soy sauce
1 tablespoon sugar
1 Thai hot pepper (or red pepper flakes
or hot pepper sauce)

PREPARATION

1. Peel the cucumbers, cut lengthwise in two, and scrape out the seeds.
Cut cucumbers crosswise into half-moons.
2. Whisk the remaining ingredients together and toss with the cucumbers to coat them.
You can control how hot the dish becomes by removing the seeds and pulp of the pepper, or you can use just a slice or two of the hot pepper.

Bok Choy Fried Rice

INGREDIENTS

1 cup diced bok choy
2 teaspoons peanut oil (divided)
2 teaspoons sesame oil (divided)
¼ cup diced carrots
1 ½ cups leftover cooked rice (chilled or at room temperature)
½ cup leftover cooked cubed beef, pork, lamb, or poultry
½ teaspoon minced ginger
3 tablespoons chopped green onion
1 egg
Bottled chili garlic paste (optional)
1 ½ tablespoons soy sauce

PREPARATION

1. Heat a wok or cast-iron skillet over medium-high flame a few minutes.
2. Add 1 teaspoon each of the peanut and sesame oils; swirl to coat bottom of pan.
3. Add carrots; stir-fry 2 minutes.
4. Add bok choy; stir-fry 2 minutes.
5. Push vegetables to outer edges of pan, add remaining peanut oil, and swirl to coat exposed surface.
6. Add rice, meat, and ginger; stir-fry 2-3 minutes. Stir in the green onion. Push the mixture to the outside edges of the pan, add the remaining sesame oil to the center of the pan, and swirl to coat exposed surface. 7. Crack eggs into the hot oil and scramble it. Cook until egg is set, then break up egg into pieces and toss it with the rest of the mixture in the pan.
8. Add a little chili garlic paste, if desired, and stir in the soy sauce. Continue to stir-fry another moment or two, scraping all bits from the bottom of the pan.

Serve hot. Cook, stirring until all the liquid has evaporated.
Season with salt and pepper to taste and add vinegar.

Sautéed Bok Choy with Mushrooms

INGREDIENTS

1 pound bok choy
1 tablespoon vegetable oil
1 green onion (chopped)
½ cup sliced, fresh mushrooms
1 clove garlic (crushed)
½ teaspoon crushed red pepper flakes
Salt and pepper to taste
1 ½ tablespoon coconut milk or vegetable broth

PREPARATION

1. Cut off the base of the bok choy stalks; discard. Separate the stalks and leaves. If the stems of the bok choy leaves are large, chop finely. Wash the leaves and stalks; drain in a colander.
2. Heat the oil in a large skillet or saucepan over medium-low heat.
3. Stir in the green onions, mushrooms, garlic, crushed red pepper, salt and black pepper; cook, stirring often, 5 minutes.
4. Stir in the bok choy and coconut milk; cook, stirring until the leaves are tender and stalks are still crunchy, 3–6 minutes

Honey-Glazed Carrots with Fresh Mint

INGREDIENTS

1 pound carrots
2 tablespoons butter
1 ½ tablespoons honey
Salt and pepper to taste
1-2 tablespoons chopped fresh mint
½ cup water

PREPARATION

1. Peel carrots and cut into evenly sized rounds or sticks.
2. Combine carrots, butter, honey, and ½ cup water in large skillet over medium-high flame. Bring to simmer and cook until carrots are tender and most of the liquid has reduced to a glaze, 10–15 minutes.
3. Season to taste with salt and pepper. Sprinkle mint on the carrots, toss well, and serve.

Carrots with Spiced Pecans

INGREDIENTS

1 ½ pounds carrots (peeled and sliced)
1 cup pecan halves
4 teaspoons canola oil
2 tablespoons sugar
½ teaspoon salt
½ teaspoon ground cinnamon
¼ teaspoon allspice
¼ teaspoon powdered ginger
¼ teaspoon dry mustard

PREPARATION

Heat oven to 325 degrees.
1. Place nuts in single layer on baking sheet and roast 7 minutes.
2. Meanwhile, mix oil, sugar, salt, and spices.
3. Toss partially roasted nuts in spice mix and roast another 7 minutes.
4. Steam carrots over boiling water until crisp-tender, about 7 minutes.
5. Toss with spiced nuts and serve immediately.

Zucchini Potato Fritters

INGREDIENTS

2 medium zucchini (grated using the large hole)
¼ cup carrot (grated large)
1 small potato (boiled and mashed)
¼ cup whole wheat pastry flour
¼ teaspoon baking powder
¼ teaspoon thyme (optional)
Salt and pepper to taste

PREPARATION

1. Grate the zucchini using large hole. This should yield 2 packed cups of grated zucchini. Place in a colander, add 1 teaspoon salt, and toss to combine and set aside for at least 30 minutes.
2. Squeeze the water out of the zucchini using your hands or a cheesecloth.
3. Mix the zucchini, thyme, potatoes, and carrots in a bowl. Taste and add salt and pepper if desired.
4. In a separate bowl, mix the flour and baking powder until combined.
5. Add it to the vegetable mixture, and mix until well-combined.
6. Make small, lime-sized balls and then press into patties. Refrigerate for 20-30 minutes to help them hold ogether while frying (optional).
7. Add 1–2 tablespoons of oil to a cast iron pan, or less oil to a non-stick skillet. When hot, add the patties. Cook until golden reddish brown on each side (about 5 minutes on each side). Serve with chili sauce, salsa or sour cream.

Zucchini Fries

INGREDIENTS

2 medium zucchini, quartered and cut to 3 inch pieces
Salt and pepper to taste (or try any seasoning you like!)

PREPARATION

Preheat oven to 425 degrees.
1. Line a baking tray with baking paper and a light layer of olive oil.
2. Place your zucchini pieces into a bowl or bag, lightly cover with olive oil and salt/pepper (or seasoning of your choice).
3. Place seasoned pieces on baking tray, and roast for 20 minutes, tossing them once about halfway through cooking.
4. Roast until golden and slightly browned on the edges.

Simple Spinach Salad with Steak and Raspberry Vinaigrette

SALAD INGREDIENTS

3 cups baby spinach
A few slices of red onion
Small handful walnuts
Small handful pecans
4 ounces grilled steak (or other protein)

DRESSING INGREDIENTS

¼ to ½ cup raspberry vinegar
½ cup olive oil
1 tablespoon Dijon mustard
1 teaspoon minced garlic
½ teaspoon salt
½ teaspoon pepper

PREPARATION

1. Thoroughly wash and dry the spinach. Put spinach in a bowl and mix with nuts and onions.
2. Mix together dressing ingredients. Add dressing to taste. Lay thinly sliced steak on top, either cold or warmed up. Enjoy!

Sesame-Braised Bok Choy

INGREDIENTS

1 head bok choy
2 tablespoons peanut oil
1 tablespoon grated ginger
1 tablespoon minced garlic
½ cup chicken stock
1 tablespoon toasted sesame oil
2 tablespoons soy sauce
2 teaspoons rice vinegar
1 teaspoon sugar
Salt and pepper
2 tablespoons sesame seeds

PREPARATION

1. Trim the root end off of the bok choy head. Slice the leafy portions of the plant from the stalks. Cut both the leaves and the stalks into large matchstick-size pieces ("julienne"), keeping the two piles separate.
2. Heat very large, heavy skillet or wok until it looks hazy over the surface, 2–4 minutes.
3. Add peanut oil and swirl it to coat the pan.
4. Add bok choy stems; stir-fry about 5 minutes.
5. Add ginger and garlic and stir-fry briefly.
6. Add bok choy greens, chicken stock, sesame oil, soy sauce, rice vinegar, sugar, and salt and pepper to taste.
7. Cover, reduce heat to medium-low, and cook until bok choy is tender and glazed with sauce, 5-8 minutes.
8. Remove cover, sprinkle with sesame seeds, increase heat to medium-high, and cook until excess liquid evaporates, 2–3 minutes. Adjust seasonings to taste.

Green Beans with Tomatoes and Herbs

INGREDIENTS

1 pound green beans, ends clipped, beans cut in half
2 tablespoons extra-virgin olive oil
1 clove garlic (minced)
¼ teaspoon red pepper flakes
½ cup sliced onions
2 teaspoons dried oregano
½ teaspoon dried ground thyme
1 sprig rosemary, leaves torn off the stem
2 medium tomatoes, cut into wedges (peeling optional)
Salt to taste, or 2 tablespoons salted butter

PREPARATION

1. Heat olive oil in deep pan over medium heat.
2. Add garlic and pepper flakes; sauté until fragrant.
3. Add onions; sauté until translucent, 3-5 minutes. A
4. Add ¼ cup water, the dried spices, and green beans. Stir, cover, and steam-cook beams until nearly done, 10–15 minutes.
5. Stir in the rosemary and tomatoes.
6. Cook very briefly, until tomatoes are warmed through and beans are done. Season with salt, or, if you prefer, melt salted butter over the beans before serving.

Green Beans with Carmelized Onions

INGREDIENTS

1 pound green beans, stem ends snipped off
1 tablespoon butter
1 medium onion, sliced as thinly as possible
½ cup chicken stock
1 ½ teaspoons sugar
1 ½ teaspoons red wine vinegar
Salt and pepper to taste

PREPARATION

1. Cook beans in boiling salted water until crisp-tender, 2–4 minutes. Drain; immerse in ice water. Drain again and let stand to dry.
2. Melt butter in skillet over medium flame.
3. Stir in onions and cook them slowly until very wilted and deepened in color, about 15 minutes.
4. Boil stock in a saucepan until reduced to ¼ cup; stir in sugar and vinegar.
5. Stir in onions. Simmer until slightly reduced. Combine onions and green beans; heat through. Season with salt and pepper.

Eggplant Basil Sandwiches

INGREDIENTS

1 firm, slim medium eggplant, peeled and cut crosswise into ¼-inch-thick slices (about 4 cups or 20–24 slices)
Kosher salt
1 package (8 ounces) light cream cheese, softened
½ cup fresh basil (minced)
¾ cup soft bread crumbs
¾ teaspoon salt
¼ teaspoon cayenne pepper
2 large eggs
Vegetable oil (for cooking eggplant)

PREPARATION

1. Lightly salt eggplant slices with kosher salt; place in colander and weight the slices with a heavy pot. Let stand in sink at least 30 minutes. Rinse with cold water and pat dry with paper towels.
2. Mix cream cheese and basil in small bowl until smooth.
3. Combine bread crumbs, ¾ teaspoon salt, and cayenne pepper on sheet of waxed paper.
4. Crack eggs into a pie plate or shallow dish; froth with a fork.
5. Spread eggplant slices with herbed cheese, using about 2 teaspoons on smaller slices and slightly more on larger ones.
6. Make sandwiches with the slices. Dip sandwiches first in beaten eggs, then in crumbs until well coated.
7. Heat oil to 1/8-inch depth in large, nonstick skillet over medium minutes per side. Serve warm (not hot). Sandwiches can be kept warm in preheated 225-degrees oven while remaining sandwiches are cooked. These are nice with a thick tomato sauce.

Caprese Skewers

INGREDIENTS

15 small fresh mozzarella balls
1 pint tomato-berries (or cherry tomatoes)
3 tablespoons basil-flavored olive oil
Salt and pepper
1 bunch of basil
30 short bamboo skewers or toothpicks

PREPARATION

1. Halve the mozzarella balls and the tomatoes.
2. Toss with basil oil; add salt and pepper to taste.
3. Tear the basil into bite-size leaves.
4. Skewer a piece of mozzarella, a piece of basil, and a tomato half onto a skewer or toothpick; repeat with remaining ingredients and skewers.
5. Arrange skewers on a platter.

Cheesy Baked Eggplant

INGREDIENTS

1 eggplant, peeled and cut into inch slices
Mayonnaise
Lemon pepper
Parmesan cheese, freshly grated

PREPARATION

1. Coat each side of eggplant with mayonnaise and dust with lemon pepper and Parmesan cheese.
2. Place on Teflon coated pan and bake at 450 degrees for 8 to 10 minutes.
3. Serve immediately.

Fried Green Tomatoes

INGREDIENTS

2 large green tomatoes
1 egg
¼ cup milk
½ cup all-purpose flour
¼ cup cornmeal
¼ cup breadcrumbs
1 teaspoon coarse kosher salt
1 pinch of black pepper
2 cups vegetable oil for frying
Parmesan cheese, freshly grated (optional)
Comeback sauce (optional)

PREPARATION

1. Slice tomatoes ½ inch thick and discard the ends.
2. Whisk egg and milk together in medium-sized bowl. Scoop flour onto a plate.
3. Mix cornmeal, bread crumbs and salt and pepper on another plate.
4. Dip tomatoes into flour to coat. Then dip the tomatoes into milk and egg mixture. Dredge in breadcrumbs to completely coat.
5. In a large skillet, pour vegetable oil (enough so that there is ½ inch of oil in the pan) and heat over a medium heat.
6. Place tomatoes into the frying pan in batches of 4 to 5, depending on the size of your skillet. Do not crowd the tomatoes, they should not touch each other.
7. When tomatoes are browned, flip and fry them on the other side.
8. Drain them on a paper towel. Sprinkle with Parmesan cheese and use Comeback sauce as a dip (optional). Serve hot.

Tomato Soup

INGREDIENTS

1 tablespoon butter
2 cloves garlic, minced
2 carrots, chopped
2 stalks celery, chopped
2 quarts fresh tomatoes with water (or canned tomatoes)
Pinch of sugar
½ cup fresh basil
Salt and pepper to taste
Parmesan cheese, freshly grated

PREPARATION

1. Heat butter in skillet; sauté garlic, carrots, and celery.
2. Add tomatoes and simmer 20 minutes. Add sugar, basil, salt, and pepper; simmer 5–10 minutes longer.
3. Top with Parmesan. Gradually add herbs, garlic, and carrots.
4. Slowly cook the mixture in a deep skillet (cast iron is best).

When sauce has reduced about halfway to the texture you want, add salt and pepper. Add several tablespoons of olive oil before reheating for serving. Makes any quantity.

Basic Blender Tomato Sauce

INGREDIENTS

Lots of tomatoes
Small amount of fresh basil and parsley (or dried)
Large amount of oregano
Garlic cloves, minced
1 or 2 carrots, finely chopped
Salt and pepper to taste
Olive oil

PREPARATION

No real Italians use a recipe to make tomato sauce, so use your imagination for quantities. A few guidelines: do not underestimate the amount of garlic; when in doubt, put in lots. Also, carrots are often the sweetener in Italian tomato sauce.

1. Blend or process the tomatoes to an almost pureed texture.
2. Gradually add herbs, garlic, and carrots.
3. Slowly cook the mixture in a deep skillet (cast iron is best).
4. When sauce has reduced about halfway to the texture you want, add salt and pepper. Add several tablespoons of olive oil before reheating for serving.

Garden Fresh Tomato Salsa

INGREDIENTS

1 ¾ pounds fresh tomatoes (peeled and rinsed)
1 small onion
½ green pepper
Small bunch cilantro
3 cloves garlic (minced)
Chile pepper to taste
1 tablespoon honey
Salt to taste

PREPARATION

1. Process onion, pepper, cilantro, garlic, pepper, honey and salt in a food processor.
2. Add peeled tomatoes. Process again, and it's ready to eat. Will keep in refrigerator for 1 week. Does not freeze well.

Sweet Corn Risotto

INGREDIENTS

4 ears sweet corn
2 tablespoons olive oil
¼ cup diced onion
¼ cup diced red bell pepper
2 teaspoons minced garlic
½ Arborio or Carnaroli rice
1/3 cup grated Parmesan cheese
Salt and pepper to taste

PREPARATION

1. Cut kernels off corn cobs. Place cobs in a heavy saucepan with 6 cups water; bring to simmer and cook cobs 20–25 minutes. Strain; return water to pan.
2. Add corn kernels; return to simmer. After 2 minutes, remove half the kernels and set them aside.
3. Continue cooking remaining kernels until tender, about 10 minutes.
4. Puree water-corn mixture in a blender, then strain it through a fine-meshed sieve.
5. Heat oil in the same pan. Add onion, sweet pepper, garlic, and rice; sauté 1 minute. Reduce heat to low.
6. Add pureed mixture 1 cup at a time, stirring constantly, until absorbed. Continue to add pureed mixture only until rice is barely tender – you may or may not need to add all of it.
7. Add reserved corn, Parmesan, and salt and pepper to taste, stirring until cheese melts. Serve immediately.

Grilled Corn in Husk

INGREDIENTS

4 ears sweet corn
Kosher salt
1 stick unsalted butter
¼ cup chopped fresh herbs (basil, chives, tarragon)
Freshly ground black pepper

PREPARATION

1. Heat the grill to medium. Pull the outer husks down the ear to the base. Strip away the silk from each ear of corn by hand. Fold husks back into place, and place the ears of corn in a large bowl of cold water with 1 tablespoon of salt for 10-15 minutes.
2. Remove corn from water and shake off excess. Place the corn on the grill, close the cover and grill for 15 to 20 minutes, turning every 5 minutes, or until kernels are tender when pierced with a paring knife.
3. Remove the husks and eat on the cob or remove the kernels.
4. To prepare herb butter, melt 1 stick unsalted butter. Mix with fresh chopped herbs, salt and pepper to taste. Spread over the corn while hot.

Grilled Vegetable Sandwich

INGREDIENTS

1 medium eggplant (peeled and thinly sliced lengthwise)
1 medium zucchini (thinly sliced lengthwise)
1 small onion, cut into ½ inch slices
¼ cup prepared Italian salad dressing
1 loaf ciabatta bread (14 ounces) (split) (or bread of your choice)
2 tablespoons olive oil
¼ cup reduced-fat mayonnaise
1 tablespoon lemon juice
2 teaspoons grated lemon peel
1 teaspoon minced garlic
½ cup crumbled feta cheese

PREPARATION

1. In a large resealable plastic bag, combine the zucchini, pepper, onion, and salad dress ing. Seal bag and turn to coat; refrigerate for at least 1 hour. Drain and discard marinade.
2. Brush cut sides of bread with oil; set aside.
3. Place vegetables on grill rack. Grill, covered, over medium heat for 4-5 minutes on each side or until crisp-tender. Remove and keep warm.
4. Grill bread, oil side down, over medium heat for 30-60 seconds or until toasted.
5. In a small bowl, combine the mayonnaise, lemon juice, grated lemon peel, and garlic. Spread over bread bottom; sprinkle with cheese. Top with vegetables and remaining bread. Cut into four slices.

Shrimp, Sausage and Squash Casserole

INGREDIENTS

1 tablespoon butter
2 cloves garlic (minced)
2 carrots (chopped)
2 stalks celery (chopped)
2 quarts fresh tomatoes with water (or canned tomatoes)
Pinch of sugar
½ cup fresh basil
Salt and pepper to taste
Parmesan cheese (grated)

PREPARATION

Preheat oven to 350 degrees.

1. Optional seasonings: salt, pepper, Cajun seasoning or hot sauce, Parmesan cheese
   Cook the bacon and sausage together in a large soup pot or other deep pot. When fat begins to render, add the onion. Sauté until bacon is slightly crispy, sausage is crumbled and cooked and onion is soft.
2. Add the sliced squash (it may be easiest to add it in several batches) and stir to coat with meat and rendered fat. Turn the heat to high. This is necessary to quickly cook off any moisture the squash releases so that the squash can brown and caramelize, rather than "boil" in its own water. If the sausage and bacon have not rendered enough fat to cook the squash, then add some butter to the pot. The squash is done once it is slightly browned and there is no liquid sitting in the pot. By this time, the squash will have reduced by about half.
3. Season with your choice of salt, pepper, Cajun seasoning and/or hot sauce.
4. Remove the pot from the stove and let it cool slightly. Beat the eggs in a small bowl and pour over the squash mixture.
5. Add the raw shrimp and 1-2 handfuls of grated Parmesan cheese (optional).
6. Stir to combine all ingredients then pour into a casserole dish. If you like, top the dish with a few pats of butter or sprinkle with Parmesan cheese.
7. Bake until hot and bubbly, approximately 30 minutes.

(It is important to not cook the shrimp prior to baking the casserole. The shrimp will get overcooked and rubbery if you do.)

Grilled Vegetable Platter

INGREDIENTS

¼ cup olive oil
2 tablespoons honey
4 teaspoons balsamic vinegar
1 teaspoon dried oregano
½ teaspoon garlic powder
1/8 teaspoon pepper
Dash of salt
1 pound fresh green beans (trimmed) (or asparagus)
3 small carrots (cut in half lengthwise)
1 large sweet red pepper (cut into 1-inch strips)
1 medium yellow summer squash (cut into ½-inch slices)
1 medium onion (cut into wedges)
1 medium zucchini (cut into ½ inch slices)

PREPARATION

1. In a small bowl, whisk th olive oil, honey, vinegar, oregano, garlic powder, pepper, and salt.
2. Place 3 tablespoons marinade in a large resealable plastic bag. Add vegetables; seal bag and turn to coat. 3. Marinate 1 ½ hours at room temperature. Transfer vegetables to a grilling grid; place grid on grill rack.
4. Grill vegetables, covered, over medium heat 8–12 minutes or until crisp-tender, turning occasionally. Place vegetables on a large serving plate. Drizzle with remaining marinade.

Orzo with Spinach and Tomatoes

INGREDIENTS

1 pound spinach (washed, dried, stems removed)
1 pint tomato-berries (halved) (or regular cherry or plum tomatoes)
2 lemons (zested)
1 ½ cups orzo, cooked to al dente
1 tablespoon extra-virgin olive oil
24 basil leaves (torn or thinly sliced)
Salt and pepper to taste

PREPARATION

1. Pile spinach leaves in stacks 1 on top of the other. Thinly slice stacks of leaves to make spinach confetti. Pile shredded spinach into the bottom of a medium sized mixing bowl.
2. Add tomato berries.
3. Add the zest of 2 lemons to the bowl (you can save the lemons in the refrigerator to juice for another recipe).
4. Add hot cooked and drained orzo pasta to the mixing bowl. The heat of the pasta will wilt the spinach and warm the tomatoes at the bottom of the bowl and get the juices flowing from veggies. The heat of the pasta will also release the flavor and oils in the lemon zest.
5. Drizzle 1 tablespoon extra-virgin olive oil over the pasta and toss to combine the veggies and orzo.
6. Add basil and salt and pepper and toss to combine. Taste your orzo to adjust seasonings and serve.

Tequila-Braised Corn Salsa

INGREDIENTS

Kernals cut from 2 ears of corn
3 tablespoons tequila
1–2 tablespoons finely minced jalapeño
2 tablespoons finely minced green onion
1 finely diced plum tomato
1 tablespoon minced cilantro
Salt and pepper to taste

PREPARATION

1. Heat a dry skillet over high heat, add corn kernels, and pan-roast them until they brown in spots, about 2–3 minutes.
2. Stir in tequila, scrape up browned bits in bottom of pan, and boil until liquid evaporates.
3. Remove from heat and stir in remaining ingredients.

Serve as a snack with chips or as a topping for grilled meats or fish.

Stir-Fry with Chicken or Smoked Sausage and Fresh Veggies

INGREDIENTS

1 pound chicken or smoked sausage
¼ cup olive oil
3 tomatoes (diced)
3 squash (diced)
3 zucchini (diced)
1 onion (diced)
Garlic salt
Onion powder
Cayenne pepper (optional)
2 cups of cooked rice

PREPARATION

1. Put ¼ cup olive oil in a heavy skillet and heat on medium heat.
2. Brown 1 lb. chicken or smoked sausage.
3. Add tomatoes, squash, zucchini and onion and stir fry until tender.
4. Season with garlic salt, onion powder and cayenne pepper (optional) Cook rice until tender. Serve over cooked rice.

Fresh Veggie Omelet

INGREDIENTS

4 eggs
1 cup of chopped kale, stems removed
1 cup of fresh tomatoes (diced)
¼ cup onions (diced)
¼ cup , sliced (optional)
2 teaspoons olive oil for each omelet
½ cup of shredded cheese (cheddar or feta)

PREPARATION

1. Add olive oil and heat skillet on medium heat.
2. Add kale, tomatoes, onions and (optional).
3. Sauté until tender.
4. Beat the eggs separately in a bowl. When vegetables are tender, pour eggs into the skillet to cover the vegetables. When egg sets turn over once.
5. Add shredded cheese and fold in half.

Grilled Bacon-Wrapped Veggies

INGREDIENTS

3 zucchini
3 squash
12 slices of bacon halved
Seasoned salt

PREPARATION

1. Slice zucchini and squash long ways (at least 4 from each).
2. Sprinkle with season salt and wrap each vegetable slice with a piece of bacon. Put on grill, turning until bacon is done.

ABOUT THE DESIGNER

April Lemly of The Ponderosa Group is a designer, a farmer-florist and an all around nature lover. She is passionate about small business and using design "for good." When she is away from the computer she can be found on her small organic flower farm, Kamama Flowers, in Port Angeles, Washington.

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