

Recipes & Healthy Ideas for Tribal Communities



UNITED TRIBES
TECHNICAL COLLEGE
LAND GRANT EXTENSION

Connecting Mother Earth To Health ,Through the Kitchen Table

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Foodways are the eating habits and cultural practices of a people, region or a historical period.

Historical Trauma Interrupted Native American Foodways

The Indigenous People of Turtle Island collectively experienced massive group trauma including: genocide, ethnocide, forced removal from their land base, sanctioning as political prisoners, being stripped of personal and tribal sovereignty, and children forcibly abducted and sent to military-style boarding schools. Historical trauma is recognized as the emotional and psychological wounding over one's life and across generations from experiencing massive group trauma.

Horrible events damage and traumatize people, families and communities. Trauma creates distance, distrust and disconnection between people. Healing is about reconnection, reconstruction and finding meaning. Healing must repair connections with others, self-image, values and beliefs. Healing comes in many forms. Individual counseling or therapy, spiritual help, and group or whole community gatherings are all important aspects of the healing process. With the right kinds of help, most people can become more psychologically and emotionally healthy. In a very real sense, all traditional healing approaches are forms of trauma treatment. They incorporate the very elements that are most important in helping people recover from traumatic experiences: a renewal of hope, positive self-image and spiritual beliefs, renewal of family connections, and reaffirming one's place in the human community.

*Swinomish Tribal Mental Health Project. (2002). A Gathering of Wisdoms: Tribal Mental Health: A Cultural Perspective. (2 Ed) Intergeneration Trauma in the Tribal Community (pp. 77-114). LaConner, Washington: Swinomish Tribal Mental Health.

LIFE SKILLS at a TRIBAL COLLEGE

Boarding school and reservation placement interrupted the long history of traditional matriarchal/village knowledge which supported and developed healthy mature persons. This generational trauma and trauma response continues to impact individuals, families and communities many years after the actual occurrences. This project intends to investigate "lessons learned around the kitchen table" as an effective method for college students to recover from historical trauma response with a renewal of hope, positive self-image and spiritual beliefs, renewal of family connections, and establishment of one's place as a contributing adult.

The college students will participate in a culturally appropriate series of classes that support individual values and strong families and communities. The curriculum is designed to meet Family and Consumer Sciences Education National Standards developed by National Association of State Administrators for Family and Consumer Sciences (NASAFACS).

The project evaluation is a collaborative effort with North Dakota State University College of Health, Nutrition and Exercise Science and United Tribes Technical College Land Grant Programs.

Who benefits from this project? We expect the college student participants to benefit as they walk their journey as mature, successful adults, contributing to their home and community.

What foods does your body need?

Each person has different needs based on gender, age and level of physical activity. Everyone needs food and beverages about 5 times each day, replenishing the body, mind, and spirit every 4 to 5 hours with small, balanced meals/snacks (every 2 hours for young children).

Some nutritional guidelines:

- ◆ Fill half of your plate with colorful fruits and vegetables
- ◆ Eat meals at the table as a family (no phones, TVs, computers, etc.)
- ◆ Make half of your grains whole grains
- ◆ Drink water, milk or 100% juice (save soda, sports drinks, or sugary drinks for special events, not every day)
- ◆ Choose a variety of lean protein sources (poultry, fish, eggs, dried beans and peas, low-fat cheese, soy foods or meat)

Check out www.ChooseMyPlate.gov for more details.



The UTTC Nutrition and Foodservice shield is based on USDA's MyPlate®. This cultural food guide includes water, the original soft drink. Water is placed on the left side, recognizing that water from thunderstorms come from the West and establishes the planting and growing season that is critical for healthy food choices throughout the year.



Good food provides nutrients to the body and nourishes the body and soul with pleasurable experiences. Research confirms that families who spend time together at meals eat more healthfully. Children who share in family meals are more likely to do well in school. They are more likely to avoid risky behavior such as smoking, drinking alcohol or using drugs.

The First Family Meal

All babies deserve their mother's milk at birth—the first family meal should be species-specific milk from mom, which gives baby all the nutrition and health properties necessary. Research proves breastfeeding provides lifelong health benefits which can lead to: less colic, less risk of developing Type 2 diabetes, fewer ear infections, and less likelihood of having allergies and food intolerances. Breastfeeding is much cheaper than formula feeding – it's FREE. And it's always readily available, no need for a bottle.

UTTC is an “Infant Friendly Facility” which means breastfeeding is supported and promoted, for up to and beyond 12 months of age. A mother can breastfeed her child anywhere she chooses, but there are private rooms across campus that are designated for nursing and/or pumping.



Food Sovereignty

Food Sovereignty is your right to hunt, gather, grow, harvest or purchase foods you wish to consume.



When you shop at grocery stores, chain stores, a local store or farmer's market, you are practicing food sovereignty. You are deciding where to shop and what to buy. But what if your budget limits your ability to buy good quality fruits and vegetables, lean meats and milk? What if you prefer to purchase organic, chemical-free products, but the store does not stock these items? Now, your ability to purchase what you want is controlled by outside forces, such as the economy, which determines the cost of goods, or the grocery store owner who chooses not to provide organic products. Transportation costs add to the cost of goods and services and limit your choices.

Gardening at home or in a community garden and buying locally grown or gathered food is the way to gain control over what you eat. You decide what to grow, how to grow it, and how you preserve your harvest. You are then proclaiming food sovereignty through your personal choices. For many of us, food sovereignty will be a combination of grocery store shopping, gardening, hunting, fishing and bartering for goods others make. These actions become "Food Sovereignty in Action," which is food security for you, your family and your community. Food sovereignty = Tribal sovereignty.



Grow Food, Eat Well, and Empower Community!

Gardening Is Food Sovereignty in Action

As the seasons unfold, gardening helps us understand how Mother Earth interconnects with soil, water, wind, day, night, moon, sun, insects, birds, animals and humans. This circle of life provides food security for all our relations—from worms feeding in your garden soil, birds feeding on worms, and you feeding on the produce you have grown and harvested.

- ◆ Gardens provide food for the body and soul.
- ◆ Gardens produce plants with medicinal purposes.
- ◆ Gardening; working in the soil, watching the plants mature, smelling and tasting the fruit of your labor is therapeutic.
- ◆ Gardening together with family, neighbors and friends develops relationships in healthy ways by sharing experiences, ideas, knowledge, stories, food and laughter.
- ◆ Landscaping and gardening with trees, shrubs and flowers, brings beauty to your environment and feeds the birds and insects (pollinators).
- ◆ Sustainable gardening practices are good for the environment and produces food with fewer chemicals.



Indigenous Local Foodways

Each tribal community has distinct foodways, eating habits, and cultural practices. There are over 500 recognized tribes in the United States. The educational materials discussed on this and the next four pages offer a glimpse at three regional foodways. Please forgive us for any oversight, food memories are personal and do not reflect groups, but only families. Please reach out into your tribal community and develop a similar foodway to tell the story of how people in your community gathered, prepared and enjoyed food.

Quotes from Inez Bill of the Tulalip tribe* might best express cultural practices that are evident throughout Indian Country.

- *“Taking and gathering only what you need so Mother Nature can regenerate her gifts to us.”*
- *“Sharing what you gather with family, friends and elders that are not able to go out and gather, whenever possible.”*
- *“Including prayer and giving thanks when gathering.”*
- *“Providing nourishment for our people and their spirits, but also the spirit of our ancestors.”*
- *“We will strive to continue this Way of Life.”*

*Feeding the People, Feeding the Spirit: Revitalizing Northwest Coastal Indian Food. Elise Krohn and Valerie Segrest. 2010. Northwest Indian College, Bellingham, Washington.

Woodlands People include Anishinaabe (Anishinaabeg) also known as Ojibwa or Chippewa and the Iroquois. The many bands continue to live on their ancestral lands around the Great Lakes in north central United States and southern Canada. They enjoy subsistence hunting, gathering of native foods and medicines, collecting maple syrup and spear fishing.

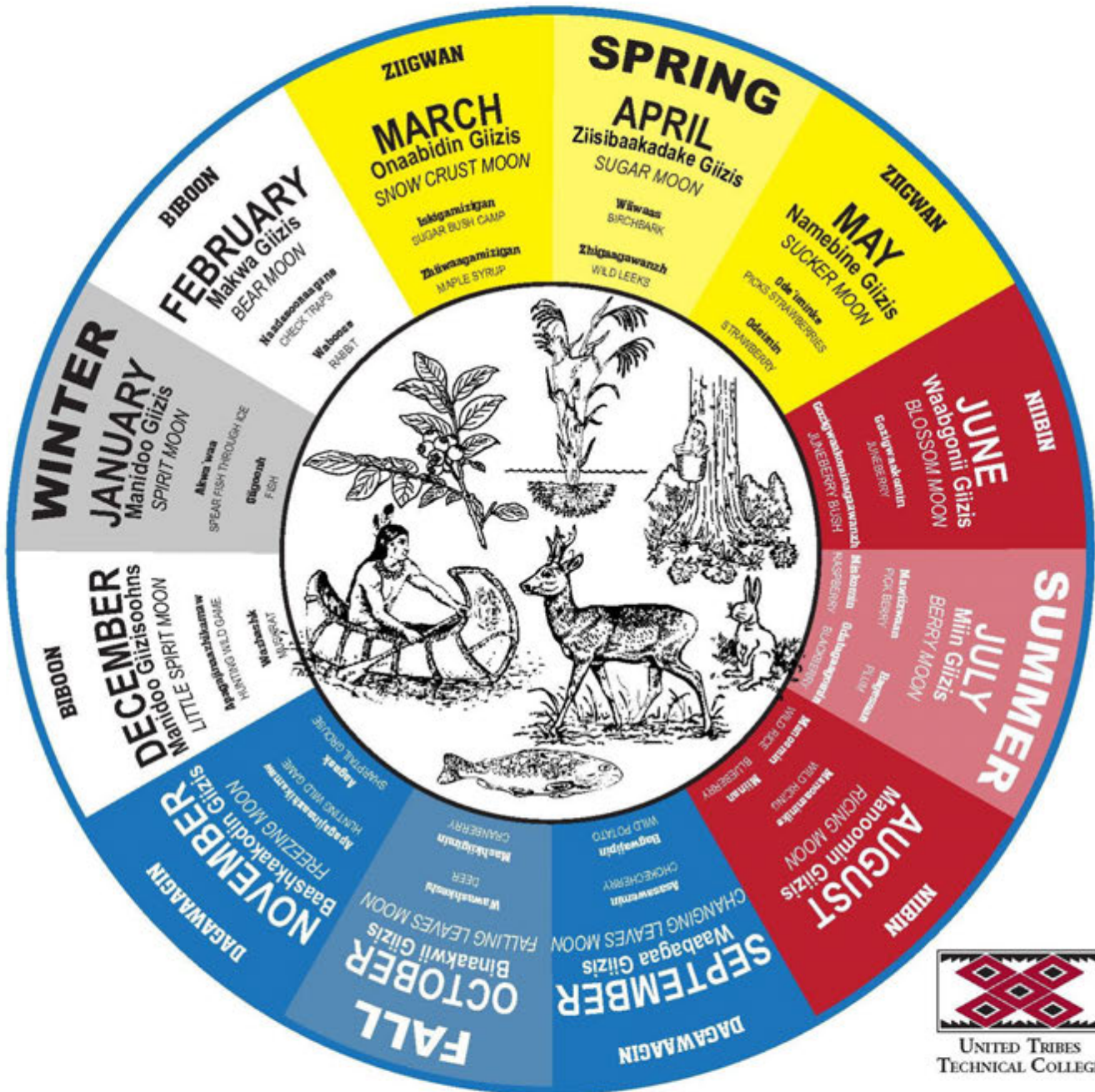
Agricultural or Farming People include the Sahnish (Arikara), Hidatsa and Mandan also known as the Three Affiliated Tribes. Historically they lived in earth lodges located along the Missouri River where they grew tremendous gardens with corn, beans, squash, pumpkin, sunflowers, watermelon and Indian tobacco. Their spiritual ceremonies revolved around the corn. During the fall and winter, they hunted the buffalo, rabbits, birds and other small game animals. They traded their produce with other tribes, settlers and explorers for meat, hides, shells, rice, etc.

Plains Indians are typically described as nomadic with strong ties to the horse culture and the buffalo or bison. The Lakota, Nakota and Dakota are also known as the Sioux Tribes. These nomadic people of the Great Plains lived in tepees and moved from summer to winter camps. They have a strong spiritual connection to Mother Earth and the buffalo. Gathering edible plants, roots and berries, along with their hunting skills contributed to healthy lifestyles.

Education regarding indigenous local food systems is included in the Community Health and Culinary Arts/Foodservice AAS degrees offered through the United Tribes Technical College Nutrition and Foodservice Department. Each semester students come from 60 to 75 different tribes and sharing foodway stories connects each to the other and to Mother Earth. www.uttc.edu/landgrant

ANISHINAABE

Woodlands

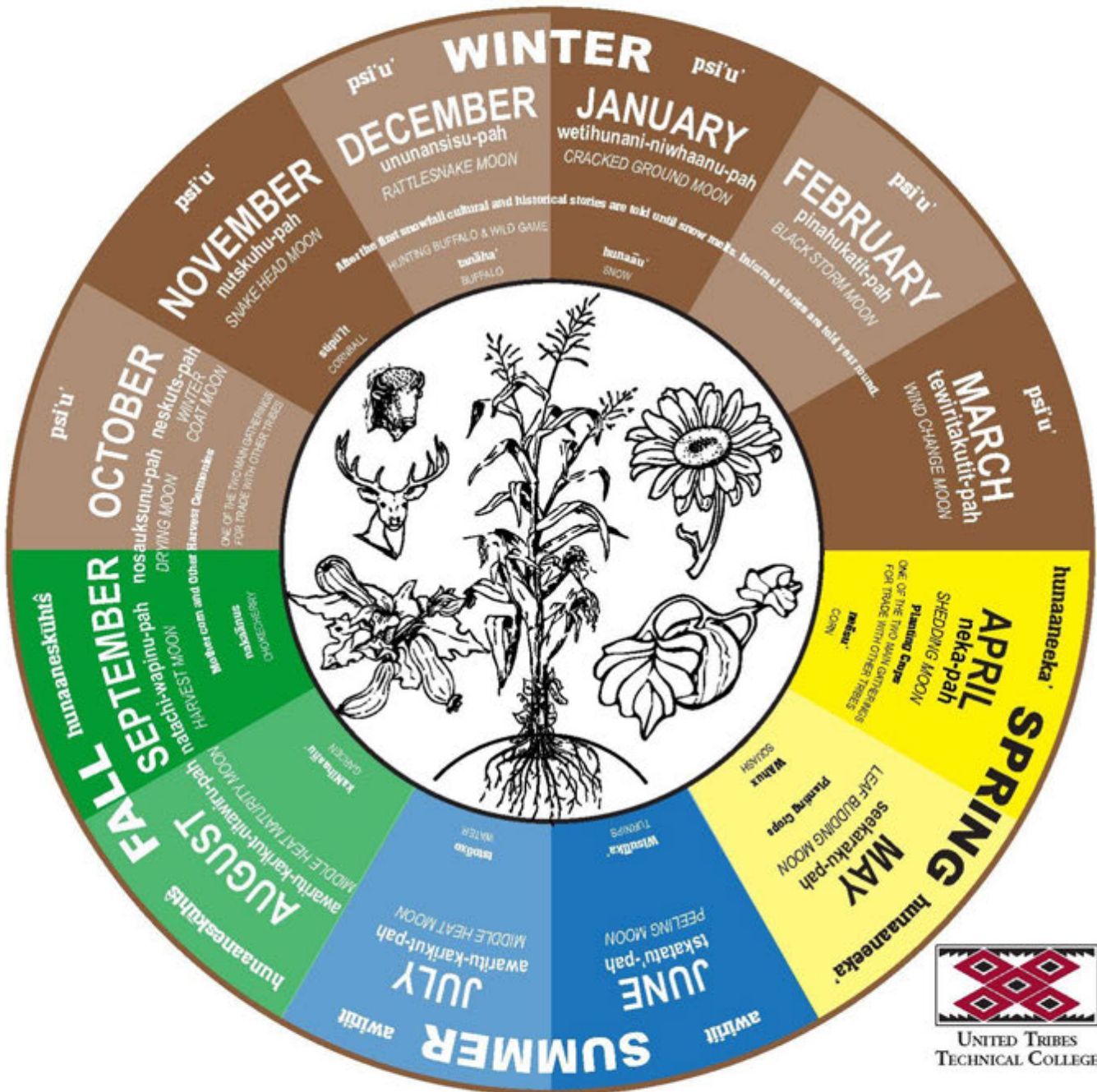


"In 1994 the US Congress passed legislation establishing the Tribal College Land Grant program with funds available through the US Department of Agriculture (USDA) National Institute of Food and Agriculture (NIFA). Land Grant program resources support food and agriculture teaching, research and extension programs. United Tribes Technical College offers programs and facilities to all persons regardless of race, color, national origin, religion, sex, disability, age Vietnam era veteran status, or sexual orientation; and are an equal opportunity employer."

"Food System Circles are designed for educational discussion. Design is based on individual sharing of memories, practices, and traditions. UTTC Land Grant appreciates that sharing and recognizes the Circles are not reflective of food systems or words for all tribes, families, or time periods."

SAHNISH (ARIKARA)

Agricultural

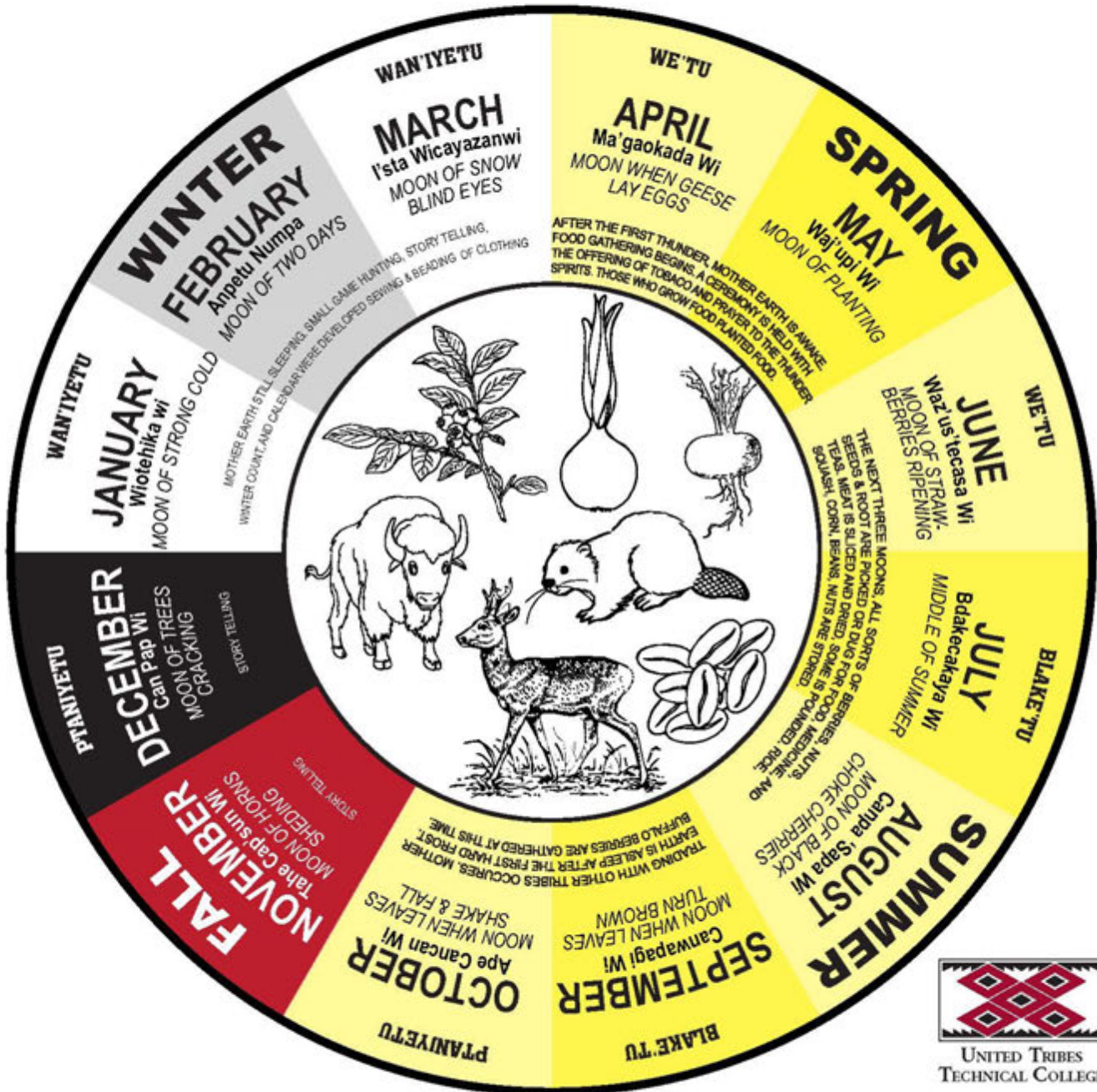


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LAKOTA

Nomadic

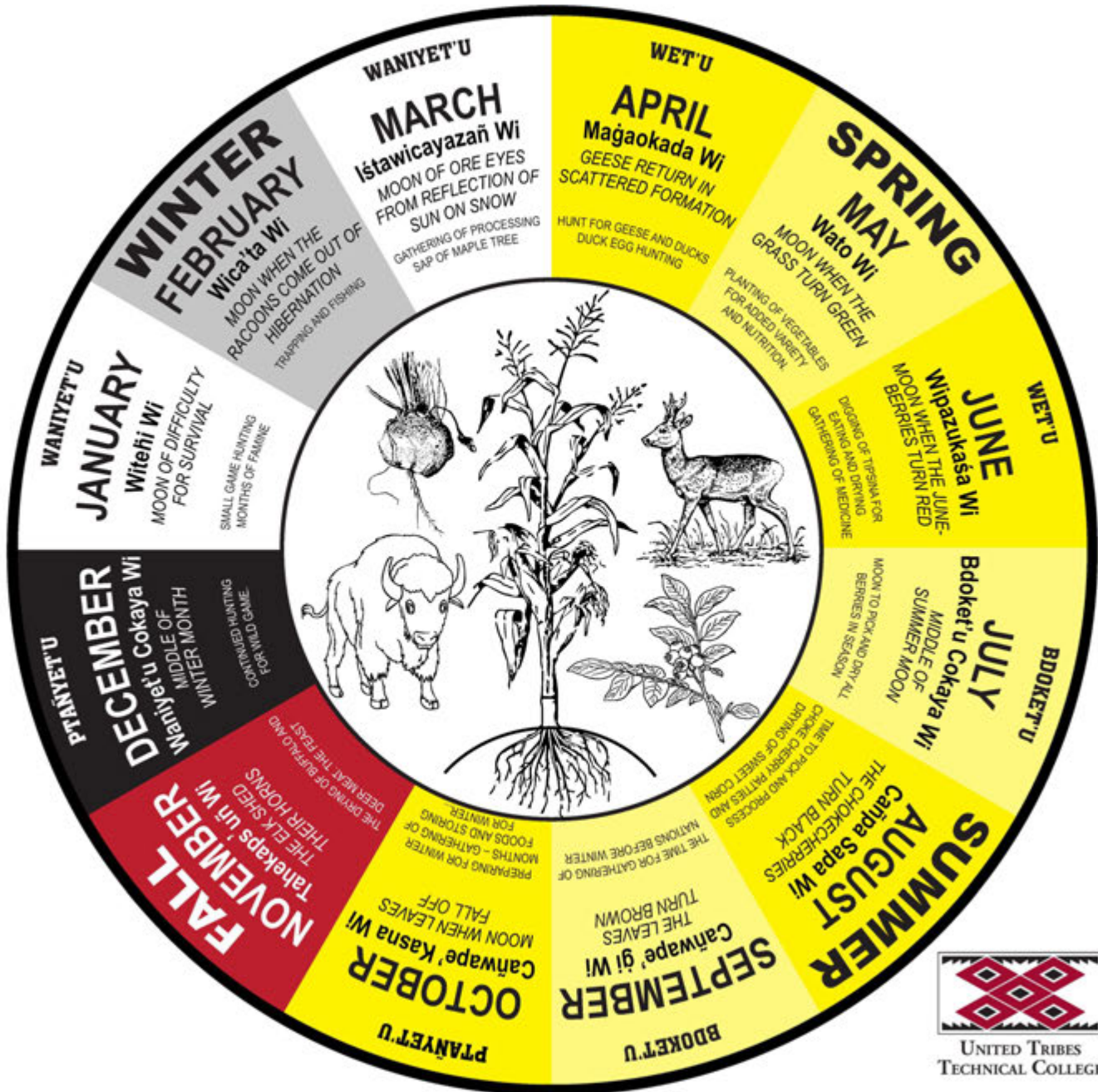


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DAKOTA

Nomadic



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Sharing Food Safely

Sharing food with family and friends is a tradition that strengthens our relationships, sustains our bodies, and enriches our minds. As we share food, follow these four simple steps to keep your family and friends safe from food poisoning.

Clean

Wash hands the right way—for 20 seconds with soap and warm running water.
Wash surfaces and utensils after each use.
Wash fruits and veggies—but not meat, fish, poultry, or eggs!

Separate

Use separate cutting boards and plates for produce and for meat, poultry, seafood, and eggs.
Use one cutting board for fresh produce, and one for raw meat, poultry, or seafood.
Use separate plates and utensils for cooked and raw foods.

Before using them again, thoroughly wash plates, utensils, and cutting boards that have held raw meat, poultry, seafood, or eggs.

Once a cutting board gets excessively worn or develops hard-to-clean grooves, consider replacing it.

Keep meat, poultry, seafood, and eggs separate from all other foods.

Cook

Use a food thermometer.
Check a temperature chart so you know the food is cooked to a safe temperature.

Reheat or microwave foods thoroughly (to 165°F).

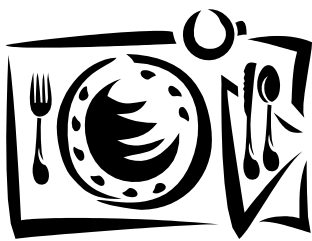
Keep hot foods hot (at 140°F or above).

Chill

Refrigerate perishable foods within two hours.
Thaw and marinate foods in the refrigerator, not on the counter.
Keep cold foods cold (at 40° or below).

If in doubt, throw it out!

www.foodsafety.gov



How to Set the Table

- ◇ Plate in the center
- ◇ Fork on the left
- ◇ Knife on the right with the blade turned to the plate
- ◇ Spoon on the right
- ◇ Napkin folded, and placed under the flatware
- ◇ Beverage glass and or cup on the right side above the knife and spoon

Table Setting

A nice-looking table setting, good table manners, pleasant conversation and good food make even the simplest family meal a good memory for young and old.

- ◆ Clear the table, take off papers, toys and other items that seem to end up on the dining table.
- ◆ Tablecloths or placemats are nice, but not required.
- ◆ Set the table with the tools needed for the meal, such as a fork and soup spoon, but no knife.
- ◆ Family style service means bowls and plates of food are passed from person to person at the table. Include tools for picking up the food item (serving spoons, forks, or tongs).
- ◆ Passing the food is a thoughtful gesture and teach children to say “please” and “thank you.”

Family Meals—Support

1. **Traditions:** Tradition can be as simple as serving the same menu for a celebration, memorial meal, or having the children make special placemats for the table. Tomorrow will look like what is practiced today.
2. **Teaching & Storytelling:** The stories told, the teaching that is heard while sharing food, becomes your family history and memories.
3. **History:** Take a family picture in the same place at the same time each year. It will be a record of how your children have grown.
4. **Manners:** Teach children to politely ask for food: “Please pass the bread” and remember “thank you.” Children can be taught to think “Elders first,” by being at the table and quietly waiting for Elders to offer thanks or begin conversation.



Roasted Chicken Breast and Potatoes

6 chicken breasts, skin removed, 3-4 ounces each
1 pound red potatoes, cut into 1-2 inch chunks
1/3 cup salad dressing (low-cal Miracle Whip or mayonnaise)
3 tablespoons Dijon mustard (or can use regular)
1/2 teaspoon ground black pepper
2 cloves garlic, crushed, or use garlic powder

1. Heat oven to 350°F.
2. Grease a pan about 15x10x1 inches (jellyroll pan) and line with foil for easy cleanup.
3. Place chicken breast halves and potato pieces in the pan.
4. In a small bowl, mix the salad dressing, mustard, pepper and garlic.
5. Brush the salad dressing mixture over the chicken and potatoes.
6. Bake uncovered 30-35 minutes or until the potatoes are tender and the juice of the chicken is no longer pink when the centers of the thickest pieces are cut. If you have an instant read thermometer, the chicken is done at 165°F.

If you are making a smaller recipe, the baking time is the same.

Nutrition Note: This recipe makes 6 servings. Each serving has 270 calories, 60 calories from fat, 6g fat, 19g carbohydrates, 33g protein, 1g fiber, 380mg sodium.

MENU 1

Roasted Chicken & Potatoes

Glazed Carrots

Whole Grain Roll

Frozen Strawberry Extra

Beverage: Milk, Water, Tea



Glazed Carrots

4 carrots, peeled and cut into slices
2 teaspoons margarine
1 tablespoon brown sugar

1. In a medium-size kettle, cook carrots in a small amount of boiling water until tender. Drain water off carrots.
2. Add the margarine and brown sugar. The heat of the carrots will melt the margarine and brown sugar.
3. Cook for 2 minutes over low heat, stirring so each carrot is glazed.

Nutrition Note: This recipe makes four ½ cup servings. Each serving has 60 calories, 15 calories from fat, 2g fat, 10g carbohydrates, 1g protein, 2g fiber, 80mg sodium.



Frozen Strawberry Extra

2 cups light or low-fat sour cream
1/2 cup sugar
1 package (10 oz) frozen strawberries (thaw but do not drain)
1 can (8 oz.) crushed pineapple, drained
2 tablespoons lemon juice

1. In a mixing bowl, stir sour cream with sugar until sugar dissolves.
2. Fold strawberries, pineapple and lemon juice into the sour cream.
3. Scoop mixture into lined muffin cups and freeze.

Thaw slightly before serving. Add a colorful garnish such as a whole strawberry or sprinkles.

Nutrition Note: This recipe makes twelve servings. Each serving has 110 calories, 30 calories from fat, 3.5g fat, 16g carbohydrates, 3g protein, 1g fiber, 25mg sodium.

Family Meals — Table Blessing

Teach everyone to give thanks to the food for giving its life for us to live. Include in your thanks the person who hunted/gathered the food and say thanks for the hands that prepared the food.

“Before eating, always take time to thank the foods.”
-Arapahoe

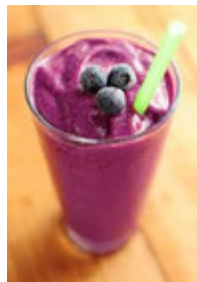
Northern Plains Table Blessing

“We thank the Great Spirit for the resources that made this food possible; we thank the Earth Mother for producing, and we thank all those who labored to bring it to us. May the wholesomeness of the food before us, bring out the wholeness of the Spirit within us.”

by Reverend White Eagle

Anti-Aging Smoothie

1/2 cup low-fat vanilla or plain yogurt
1/2 cup orange juice
1 cup canned pineapple
1/2 cup blueberries
1/2 cup ice cubes



1. Fruit can be fresh or frozen. If fresh, add extra ice.
2. Put yogurt into a blender. Add orange juice and blend. Add fruit and ice cubes.
3. Blend on high speed until smooth. Serve immediately.

Nutrition Note: This recipe makes 2 glasses. Each glass has 220 calories, 25 calories from fat, 2.5g fat, 46g carbohydrates, 6g protein, 3g fiber, 30mg sodium.

MENU 2

Very Veggie Turkey Chili

Whole Grain Crackers

Anti-Aging Smoothie

Milk, Water, Tea



Very Veggie Turkey Chili

2 Tablespoons vegetable oil
1 lb. ground turkey or 2 cups diced cooked/canned turkey
2 cups chopped carrots
1 cup chopped celery
1 cup chopped onions
1/2 cup chopped red or green pepper
2 Tablespoons chili powder
1 teaspoon cumin
2 Tablespoons vegetable oil
2 cans tomatoes (diced)
2 cans kidney beans (rinsed)
Pepper to taste

1. Heat oil in a soup kettle.
2. Add ground turkey. Stir to break into smaller pieces. Cook until pink. (If using precooked turkey, skip this step).
3. Add chopped vegetables. Sauté about 5 minutes or until softened.
4. Add canned tomatoes, kidney beans (and precooked turkey, if used).
5. Add chili powder and cumin. Mix well.
6. Simmer over low heat for 20 minutes.

Nutrition Note: This recipe makes 6 servings. Each serving has 320 calories, 60 calories from fat, 7g fat, 35g carbohydrates, 29g protein, 10g fiber, 650mg sodium.

Family Meals

While eating, talk about different jobs a child might do when they grow up. For example, a baker might bake bread, make cookies and frost a cake. Or compare jobs of men and women in the past to today.

A child's job is to play.

Is your child employed?

Gallett

Recipe provided by Donald Cain
Turtle Mountain Ojibwa

- 3 cups all-purpose flour, sifted
- 3 level teaspoons baking powder
- 1 teaspoon salt
- 1 teaspoon dry yeast could be added for a lighter product
- 1 rounded Tablespoon shortening
- 1 cup milk

1. Preheat oven to 350°F.
2. Mix flour, baking powder and salt.
3. Combine milk and shortening. Heat until the shortening begins to melt.
4. Add liquids to the dry ingredients. Mix thoroughly.
5. Knead dough in the bowl about 10-15 times, until dough no longer sticks to your hands.
6. Grease an 11x13 baking pan. Place dough in pan center. Pat into wheel about 1 inch thick.
7. Bake about 30 minutes or until well brown.

Nutrition Note: This recipe makes 8 servings. Each serving has 200 calories, 20 calories from fat, 2.5g fat, 37g carbohydrates, 6g protein, 1g fiber, 780mg sodium.

This Gallett has been around since we were first introduced to flour in the 1700's. When yeast became available it was sometimes added so the Gallett became lighter.

MENU 3

Microwave Meatball Stew

Gallett (bread)

Fresh Fruit in Season

Milk, Water, Tea



Microwave Meatball Stew

- 1 lb. lean ground beef
 - 1 egg, beaten
 - 1/2 cup dry breadcrumbs
 - 1/2 cup chopped onion
 - 2 Tablespoons dry onion soup mix
 - 1 can (16 ounces) whole potatoes, drained and quartered
 - 1¼ cups sliced frozen carrots
 - 1¼ cups frozen peas (or 2½ cups frozen peas and carrots)
 - 1 can (10¾ ounces) condensed cream of mushroom soup, undiluted
 - 1 can (10¾ ounces) condensed beef broth, undiluted
 - 2 Tablespoons cornstarch
 - 2 Tablespoons water
 - Optional – ¼ teaspoon browning sauce
1. Combine beef, egg, crumbs and onion soup mix; mix well.
 2. Shape into 1½-inch balls (golf-ball size). Place in a microwave-safe baking dish.
 3. Cover and microwave on high for 5 minutes.
 4. Turn meatballs and microwave for 5 more minutes; drain.
 5. Combine potatoes, carrots, peas, mushroom soup, beef broth. Spoon over the meatballs and stir once.
 6. Cover and microwave on high for 5 minutes.
 7. Combine cornstarch, water and browning sauce (if using); stir into stew.
 8. Microwave for 3-5 minutes or until thick and bubbly OR place in a 350°F oven in a casserole dish and bake for 35 minutes.

Nutrition Note: This recipe makes 8 serving. Each serving has 210 calories, 60 calories from fat, 6g fat, 21g carbohydrates, 16g protein, 3g fiber, 810mg sodium.

Family Meals—NOW & THEN

Wild rice Mah-NO-min in Anishnaabemowin. The –min part of the word rhymes with “bit:.” It means seed. The first part of the word is a contraction of Manido, spirit-giver of this traditionally important and sacred food grain.

Typically the end of August or early September in northern Minnesota: ManoominikeGiizis, the moon (month) is harvest time, a time of fun, but hard work, too, especially when gathering and processing the grain. It is still hard to gather good food, even with the modern help of aluminum boats instead of birch bark canoes.

What is your favorite “rice” dish?

Baked Apples

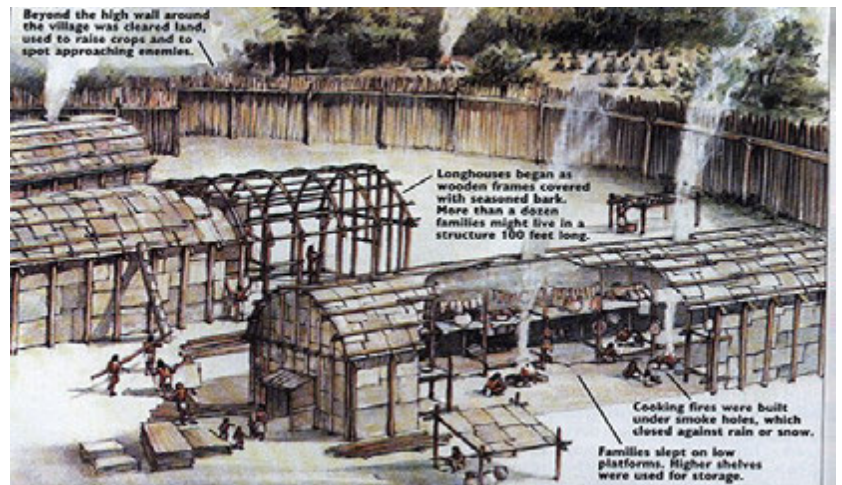
An easy, tasty addition to this meal. Almost any locally grown apple will be a harvest treat, or buy baking apples.

4 apples
4 teaspoons brown sugar
1 teaspoon cinnamon
2 Tablespoons chopped nuts (optional)
2 Tablespoons raisins (optional)
3/4 cup water

1. Wash apples, cut in half and core.
2. Arrange apples in a baking dish with cut side up.
3. Mix sugar, cinnamon, nuts and raisins.
4. Place about 1 tablespoon of mixture on each apple half.
5. Add 3/4 to 1 cup water to the baking dish.
6. Cover tightly with lid or aluminum foil.
7. Bake in a 375°F oven about 40 minutes or until apples are tender.
8. Serve warm or cold. Refrigerate leftovers.

Nutrition Note: Makes 8 servings. Each serving has 90 calories, 10 calories from fat, 1g fat, 22g carbohydrates, 1g protein, 3g fiber, 0mg sodium. (Made with nuts and raisins.)

Longhouses provided shelter for indigenous peoples of the Pacific Northwest Coast and the Iroquois in the northeast. The longhouse provided shelter for several related families.



MENU 4

Wild Rice Casserole
Carrot Sticks or Broccoli Trees
Baked Apples
Milk, Water, Tea

Wild Rice Casserole

1 cup wild rice
1 lb. ground beef, chicken, or sausage
1 cup diced celery
1 large onion, minced
1 can cream of mushroom soup
1 cup water

1. Cover rice with boiling water and let set 1 hour.
2. Brown ground meat, drain off fat.
3. Add celery, onion, soup and water, mix.
4. Drain wild rice and place in a 2-quart greased casserole.
5. Stir in other ingredients.
6. Cover casserole with tight-fitting lid or foil.
7. Bake at 375°F for 1 hour.

Nutrition Note: Makes 4 servings. Each serving has 370 calories, 90 calories from fat, 10g fat, 40g carbohydrates, 30g protein, 4g fiber, 690mg sodium. (Made with extra lean beef.)



Family Meals

Slowly make changes in the foods you cook and serve to family members. This menu includes whole grain rice because it is high in fiber and fills us up better than white rice. Try it in a variety of rice dishes. The family might not like it the first time or two but eventually they will learn to appreciate the added flavor and texture.

Chicken Stir-Fry

Marinade:

- 1½ Tablespoons garlic powder
 - 1 teaspoon ginger
 - 1/2 teaspoon turmeric (optional)
 - 1½ Tablespoons honey
 - 2 Tablespoons low-sodium soy sauce
 - 1 lb. skinless chicken breasts, sliced into thin strips
1. Combine garlic powder, ginger, honey, soy sauce.
 2. Add chicken and marinade for 30 minutes.

Stir-Fry:

- 2 Tablespoons water
 - 1 large onion, sliced
 - 1½ cups chopped celery
 - 2 pounds frozen or fresh stir-fry vegetables
 - 1½ Tablespoons garlic
 - 1 teaspoon ginger
 - 1/2 teaspoon turmeric (optional)
 - 2 Tablespoons soy sauce (low-sodium)
 - 1 cup water
 - 2 Tablespoons cornstarch
1. While the chicken is marinating, slice and chop the other vegetables and measure out the remaining ingredients.
 2. Sauté onion and celery in 2 tablespoons of water for 2 minutes.
 3. Add chicken and cook over medium-high heat, stirring constantly, for a few minutes until chicken is done (no pink).
 4. Add stir-fry vegetables, garlic powder, ginger and soy sauce.
 5. Cook until vegetables are done, about 2-3 minutes.
 6. In a separate bowl, combine water and cornstarch.
 7. Add to chicken/vegetable mixture and cook until slightly thickened, stirring constantly to desired consistency.

Nutrition Note: This recipe makes 6 servings. Each serving has 220 calories, 25 calories from fat, 3g fat, 18g carbohydrates, 27g protein, 3g fiber, 980mg sodium.

MENU 5

Chicken Stir-Fry Brown Whole Grain Rice Blueberry-Lemon Parfait Milk, Water, Tea

Instant Brown Whole Grain Rice is a fast and easy way to add rice to a meal. Follow the package instructions. Most take 10 minutes to cook.

Is instant whole grain brown rice as nutritious as regular brown rice (that takes 40 minutes to cook)?

According to the Rice Council, instant brown rice has an equivalent or even lower glycemic index (raises blood sugar more slowly) than longer cooking rice. Lower glycemic index diets have been linked to a reduced risk of heart disease, diabetes, and age-related macular degeneration, the leading cause of blindness in Americans.



Blueberry Yogurt Parfait

- 2 cups fresh or thawed frozen blueberries
- 2 (8 ounce) cartons non-fat yogurt (vanilla, lemon, or other flavor)
- 1/2 cup of granola or sliced almonds

1. In each of four parfait glasses or a sauce dish put 1/2 cup blueberries.
2. Top with 1/2 cup yogurt.
3. Sprinkle with crushed granola or almonds.

Nutrition Note: This recipe makes 4 servings. (with almond instead of granola) Each serving has 200 calories, 80 calories from fat, 9g fat, 24g carbohydrates, 8g protein, 5g fiber, 60mg sodium.

Family Meals

Hide a familiar object inside a plastic container with a lid. Let everybody at the table shake the container and try to guess what the object is.



MENU 6

Easy Pot Pie

Cabbage Salad

(or Roasted Cabbage)

Fresh Fruit

Milk, Water, Tea

Cabbage Salad

- 1 medium head cabbage, shredded
- 1 teaspoon salt
- 1 cup cider vinegar
- 1/4 cup water plus 2 tablespoons
- 2 cups sugar
- 1 teaspoon celery seed
- 1 teaspoon whole mustard seed (optional)
- 1 medium carrot, shredded
- 1 green or red pepper, finely chopped

1. Mix shredded cabbage and salt, let stand one hour for salt to draw moisture out of cabbage. Then squeeze liquid out with your hands.
2. Meanwhile, mix vinegar, water, sugar, celery and mustard seed in a medium saucepan. Boil one minute and then cool.
3. Combine all ingredients. Mix thoroughly.
4. Refrigerate overnight for flavors to blend. Will keep a week, refrigerated.
5. Package and freeze this salad for later use, fills 3-4 pint containers.
6. Thaw, as needed, in the refrigerator about 6 hours.

Nutrition Note: Makes 14 1/2 cup servings. Each serving has 90 calories, 0 calories from fat, 0g fat, 25g carbohydrates, 1g protein, 2g fiber, 260mg sodium.

Roasted Cabbage

- Head of cabbage (or less)
- Olive Oil
- Salt, pepper, and desired seasonings



1. Preheat oven at 400°F.
2. Slice desired amount of cabbage into 1/4 to 1/2 inch planks
3. Drizzle a tablespoon or so of olive oil on a cookie sheet or baking pan.
4. Smear the cabbage plank in the oil.
5. Drizzle tops of cabbage with more olive oil.
6. Flip and smear cabbage in oil.
7. Sprinkle cabbage with desired seasonings
8. Bake for approximately 20-25 minutes. (The thinner the cabbage is sliced, the less time it will take to bake.)

Nutrition Note: Serving size, one slice. Each serving has 90 calories, 25 calories from fat, 2.5g fat, 10g carbohydrates, 2g protein, 4g fiber, 270mg sodium.

Easy Pot Pie

- 1 cup cut-up cooked turkey or chicken or 1 can or pouch of tuna, drained
- 1 (16 oz.) bag frozen vegetables, thawed
- 1 (10.75 oz.) can low-sodium cream of celery or chicken soup
- 1 teaspoon garlic powder
- 1 teaspoon onion powder

Cornmeal mix

- 2/3 cups yellow cornmeal
- 2/3 cups flour
- 1 Tablespoon sugar
- 1 Tablespoon baking powder
- 1/4 teaspoon salt
- 2/3 cups milk
- 2 Tablespoons vegetable oil
- 1 egg

Directions:

1. Heat oven to 400°F.
2. Place turkey, chicken or tuna in an ungreased 9x13" glass or metal bakeware.
3. Add thawed vegetables and soup, garlic and onion powder, and mix thoroughly.
4. In a separate large bowl, blend dry ingredients for cornmeal mix: cornmeal, flour, sugar, baking powder and salt.
5. In a medium bowl, mix liquid ingredients for cornmeal mix: milk, vegetable oil and eggs.
6. Add liquids to the dry cornmeal mix and blend.
7. Beat vigorously 1 minute.
8. Pour mix over the vegetables, chicken, turkey or tuna.
9. Bake uncovered about 30 minutes. Crust is golden brown, and internal temperature is 165°F.

Nutrition Note: This recipe makes 6 servings. Each serving has 290 calories, 90 calories from fat, 10g fat, 38g carbohydrates, 16g protein, 5g fiber, 80mg sodium.

Family Meals—Tex-Mex Style

Ranch hands, Mexican vaqueros (cowboys) of south and west Texas, began cooking skirt steak directly on a campfire or on a grill during the 1930s. The nickname “fajita” is a Mexican term for little meat (usually thin strips of beef or chicken). This flavorful meat is wrapped in a fresh tortilla with grilled vegetables, refried beans and seasoned rice.



Fajitas

Marinade

- 1 cup lime juice
- 1 1/2 Tablespoons olive oil
- 2 cloves garlic, crushed
- 1/2 teaspoon ground cumin
- 1/2 teaspoon chili powder
- 1/4 teaspoon salt
- 1/4 teaspoon red pepper flakes
- 5 skinless, boneless chicken breast halves/steak

8 Whole wheat tortillas

Toppings

- 1 Bell Pepper
- 1 Onion
- Shredded cheese
- Avocado
- Diced tomatoes
- Salsa
- Low-fat sour cream or plain Greek yogurt

Directions

1. Whisk together marinade ingredients; pour into a plastic bag.
2. Put the chicken breast/steak into the bag, coat with the marinade, squeeze out excess air, and seal the bag.
3. Marinate the chicken in the refrigerator overnight.
4. Preheat the oven to 375°F.
5. Remove the chicken from the marinade and shake off the excess.
6. Arrange chicken breasts in a baking dish about 35 minutes, until there is no longer pink in the center and the juices run clear.
7. Sauté onion and bell pepper and put to side with other toppings.
8. Shred chicken breasts with two forks to desired texture
9. Serve shredded chicken with the whole wheat tortilla and toppings .

Nutrition Note: Makes 8 tortillas. Each filled tortilla has 300 calories, 80 calories from fat, 9g fat, 25g carbohydrates, 26g protein, 2g fiber, 310mg sodium.

MENU 7

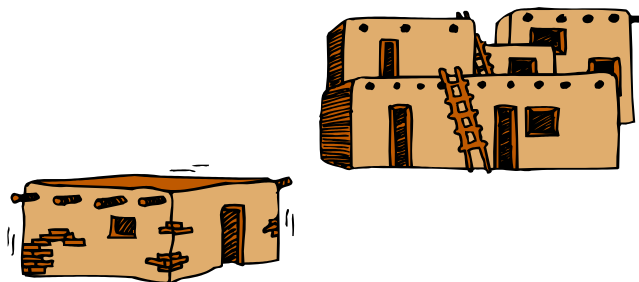
Fajitas

Refried Beans

Easy Salsa Rice

Fresh Fruit

Milk, Water, Tea



Easy Salsa Rice

- 1 Tablespoon olive or canola oil
 - 1 1/2 cups rice (white or instant brown rice)
 - 2 cups water
 - 2 teaspoons low-sodium bouillon
 - 4-6 green onions
 - 1 jar chunky salsa, 15 oz.
1. In oven-proof container, brown onion in oil.
 2. Add rice, when rice begins to brown, add water, bouillon and salsa.
 3. Stir and simmer for 20 minutes or cover and place in oven at 350°F for 30-45 minutes until rice is tender.

Nutrition Note: Makes 4 servings. Each serving has 200 calories, 40 calories from fat, 4.5g fat, 33g carbohydrates, 7g protein, 5g fiber, 1130mg sodium.



Family Meals—Food Containers

Mealtime is a good time to share family stories and talk about interesting items from the past. Look at this food storage containers. Plains Indians used buffalo and deer hides as well as stomach and intestines to hold water and food. They also gathered grasses and tree bark and made them into food baskets.



Homemade Hamburger Helper

- 1 lb. ground turkey, chicken, sausage or beef
- 1 Tablespoon cornstarch
- 2 teaspoons paprika
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 1 teaspoon salt
- 1 teaspoon sugar
- 1/4 teaspoon pepper
- 1 cup hot water
- 2 cups skim milk
- 1 1/2 cups whole wheat elbow macaroni (or other small pasta or noodles)
- 2 cups canned or frozen vegetables (green beans, corn, peas)
- 1 cup shredded cheese (sharp cheddar, Colby, etc.)

1. Brown ground meat in a large skillet or pot. Drain off fat and return meat to the pan.
2. In a medium bowl, mix cornstarch, paprika, onion and garlic powder, salt, sugar and pepper.
3. Add milk, mix thoroughly.
4. Add water, pasta and vegetables to the ground meat.
5. Add milk and spices. Stir to combine and bring to a boil.
6. Reduce heat, place lid on top, simmer for 10 minutes, or until pasta is done. Stir a couple of times during the cooking time.
7. Turn off the heat and stir in cheese until melted, let stand about 5 minutes or until sauce is thickened.

Nutrition Note: Makes 6 servings. Each serving has 300 calories, 110 calories from fat, 12g fat, 22g carbohydrates, 25g protein, 3g fiber, 610mg sodium. (Made with ground turkey.)

MENU 8

Homemade Hamburger Helper Peach Face Sugar-Free Fruity Cookies Milk, Water, Tea

PEACH FACE

Peach half, Raisins, Red cinnamon candy, Cottage cheese

1. Make individual plates placing a peach half in the center of a small plate.
2. Place raisins for eyes, cinnamon candies for the mouth, and cottage cheese for the hair.

Nutrition Note: Each Peach face has 70 calories, 10 calories from fat, 1.5g fat, 13g carbohydrates, 4g protein, 1g fiber, 100mg sodium.



Sugar-Free Fruity Cookies

- 3/4 cup oatmeal
- 1/4 cup dried fruit, chopped
- 1 banana, mashed
- 1 Tablespoon milk
- 1 Tablespoon sugar-free preserves
- 1/4 tsp salt
- 1/4 cup nuts, chopped

1. Pre-heat oven to 375°F.
2. Mash together all ingredients thoroughly. Add a bit more milk as needed.
3. Drop by spoonfuls onto a baking sheet. Bake for 10-12 minutes or until light golden brown.

Nutrition Note: This recipe makes 10 servings. Each serving has 70 calories, 25 calories from fat, 2.5g fat, 11g carbohydrates, 2g protein, 1g fiber, 65mg sodium.

Family Meals

Talk about fun things that happened during the day. Help kids speak up by giving lots of encouragement. Ask what each person likes best about themselves and who they played with in the past week. Get to know who they hang out with and all their companions and classmates.



Southern Stuffed Baked Potatoes

6 medium baking potatoes
1 lb. lean ground beef/ ground turkey/ shredded pork
1 cup chopped onion
1 chopped garlic clove or ½ teaspoon garlic powder
1 can (16 ounces) red kidney beans, (rinsed and drained)
1 cup barbecue sauce
Pepper to taste

Toppings:

8 Tablespoons plain yogurt
¾ cup chopped green onion
¾ cup chopped tomato



1. Bake potatoes at 400°F for 1 hour or until tender.
2. In a large skillet, brown ground beef with onion and garlic. Drain fat.
3. Add beans, barbeque sauce and pepper.
4. Simmer, stirring occasionally to prevent burning, about 40 minutes or until the mixture has thickened.
5. Cut a large "X" in the top of each potato. Spread the "X" opening apart and spoon beef mixture over the potato.
6. Top each potato with 1 tablespoon of yogurt, and 2 tablespoons each of chopped onion and tomato.

Nutrition Note: This makes 6 servings. Each serving has 430 calories, 45 calories from fat, 5g fat, 69g carbohydrates, 27g protein, 9g fiber, 670mg sodium.

MENU 9

Southern Stuffed Baked Potatoes Tossed Orange Salad Milk, Water, Tea



Tossed Orange Salad

- 1 head iceberg lettuce or a combination of any of your favorite lettuce greens
- 1 small cucumber, thinly sliced
- 1 avocado, peeled and sliced
- 1 small red onion, sliced and separated into rings
- 1 can (11 ounces) mandarin oranges, drained

Dressing:

- ½ teaspoon grated orange rind
- ¼ cup orange juice
- ¼ cup cooking oil
- 2 Tablespoons sugar
- 3 Tablespoons vinegar or red wine vinegar
- 1 Tablespoon lemon juice
- ¼ teaspoon salt

Chop lettuce. Add cucumber slices, avocado slices, onion rings and orange pieces on each plate on top of lettuce. Combine all ingredients for dressing. Drizzle salad with dressing just before serving.

Nutrition Note: Serves 8. Each serving has 150 calories, 90 calories from fat, 11 g fat, 14 g carbohydrates, 2g protein, 3g fiber, 90mg sodium.



Family Meals

Traditionally, children were all “home schooled.” Everyone in the village taught as they lived. Children today still learn by watching the examples of adults. Why not choose to model acts of kindness to brighten someone’s day. Over dinner, make a list of what each person present could do to help someone else.



Storytelling was “home-schooling”

Basic Meatloaf

1½ lb. lean ground beef/turkey
1 large onion, chopped
½ cup dry breadcrumbs
1 egg
4 Tablespoons ketchup; divided
1 teaspoon salt
¼ teaspoon pepper

1. Heat oven to 400°F.
2. Mix together all ingredients except last 2 Tablespoons of ketchup.
3. Shape into a loaf and put in bread loaf pan or casserole.
4. Bake for 1½ hours.
5. Halfway through baking, spread meatloaf with the remaining 2 Tablespoons ketchup.
6. Let set for 10-15 minutes before slicing.

Nutrition Note: This recipe makes 6 servings. Each serving has 190 calories, 50 calories from fat, 6g fat, 10g carbohydrates, 25g protein, 1g fiber, 600mg sodium.

MENU 10

Basic Meatloaf

Cheesy Potato & Carrot Casserole

Fruit—Fresh or Canned

Milk, Water, Tea

Cheesy Potato & Carrot Casserole

2 cups sliced carrots
2 cups diced potatoes
1 egg
¼ cup low-fat half and half
½ cup of skim milk
pinch of nutmeg
salt and pepper to taste
¼ cup (2 ounces) grated Swiss cheese

1. Cook potatoes and carrots together in boiling water until tender. Drain.
2. Preheat oven to 400°F. Grease a 1-quart baking dish.
3. Puree vegetables in a blender, food processor, food mill or ricer.
4. Add egg, half and half, milk and spices to pureed vegetables.
5. Place vegetables in greased baking dish and sprinkle with cheese.
6. Bake until heated through and cheese starts to brown, about 20 minutes.

Nutrition Note: This recipe makes 6 servings. Each serving has 110 calories, 30 calories from fat, 3.5g fat, 15g carbohydrates, 6g protein, 2g fiber, 210mg sodium.



Family Meals

PROTEIN (MEAT) SOURCES THEN What is your favorite meat source today?

The most important food source for the Lakota was Pte Oyate, which is the Lakota name for the Buffalo Nation. The Pte Hcaka is the true bison. There are at least 17 different Lakota words for various kinds of buffalo. Some of the names classify buffalo by age, such as Pte heste (a two-year-old) and Pte he yuktan (a four to six-year-old).

Other words refer to a buffalo's sex - Pte tabloka is a bull (male) and Pte winyela is a cow (female). Buffalo are also classified by special qualities. Pte wiyela Iyauhapi is the lead cow, which her herd follows. Knowledge of the lead cow was very important to hunters. The lead cow of a herd would be watched very intently by scouts prior to a hunt.



Although buffalo were a good food and protein source, the Lakota hunted other animals as well. Big game included Hehaka (elk), Mato (bear), Nigesan (antelope), and 2 types of deer - tahca sinte sapela (mule deer), and tahca sinte ska (white-tailed deer). Smaller game included such animals as mastin sapa (jack rabbit), Pahin (porcupine) and pispiza (prairie dog).

Purple Cow Shake



- 1 (11.5 oz) can frozen purple grape juice concentrate
- 2 cup skim milk
- 2 teaspoon vanilla
- 20 ice cubes

Directions

1. Combine all ingredients in a blender
2. Blend until smooth
3. Pour into glass and drink immediately

Nutrition Note: This recipe makes 3 servings. Each serving has 130 calories, 5 calories from fat, 0g fat, 24g carbohydrates, 6g protein, 0g fiber, 90mg sodium.

MENU 11

WOHANPI –Beef or Bison Stew

Whole Wheat Bun

Purple Cow Shake

Milk, Water, Tea

Wohanpi - Beef or Bison Stew

- 1 lb. beef/bison, chuck or round, cut into cubes
- 1/4 cup flour
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 1 teaspoon paprika
- 2 tablespoons vegetable oil
- 2 cups water
- 4 whole carrots, peeled and sliced into 1/4 inch rounds
- 4 medium potatoes, peeled and cut into 1/2 inch chunks
- 1 medium onion cut into large wedges



1. Cut meat into pieces approximately the same size, about 1 to 2 inches. Trim off big pieces of fat.
2. Heat oil in a heavy 3 quart pan over medium heat.
3. In a bowl or plastic bag combine flour, salt, pepper and paprika. Dredge (roll or shake) meat pieces in the dry mixture. Brown in the hot oil, turning as needed.
4. When meat is brown on all sides add water. Cover pan and heat to boiling.
5. Peel vegetables and cut into uniform sized chunks. Add to meat.
6. Cover pan. Reduce the heat to simmer or low and cook about 1 ½ hours to tenderize the meat and cook the vegetables.
7. Stir once or twice, add cornstarch mixture if stew is too runny, or a bit more water if the stew becomes too thick.

Alternate cooking method is to brown the meat, combine the ingredients in an oven proof dish with lid and bake in 350°F oven for 1 ½ hours

Nutrition Note: This recipe makes 6 servings. Each serving has 420 calories, 170 calories from fat, 19g fat, 34g carbohydrates, 26g protein, 4g fiber, 530mg sodium.

Food Distribution Programs on Indian Reservations (FDPIR)



Most people living in Tribal Nations are well aware of the FDPIR. But, likely by a different name—**Commodities**—or lovingly labeled **COMODS!** Many folks talk about their favorite commodity being a “block of gold,” “CHEESE.” The original program was designated to keep

people from starving. The foods were given as “rations” which included beef in quarters and other foods that were foreign to Native Americans. Family life was rapidly changing in the mid-1800s and food ways were always dramatically interpreted. It was when lard or “hog fat” was introduced into diets, creating the beginning of “fry bread.” Fried bread is not an indigenous food that was eaten by healthy hunter/gathering people living on this continent for thousands of years.

Foods issued by the FDPIR are very nutritious—low in salt, low in sugar and often high in fiber from the whole grains Mother Earth produces. Fresh fruits and veggies are plentiful in the current standard FDPIR food package. Families get to choose—SNAP (food stamps) or FDPIR. Kids can become good hunter/gatherers using these programs. Teach kids to plan menus, read food labels, choose foods and help cook the family meals.



MENU 12

Creamy Potato and Carrot Soup
Peanut Butter and Jelly
Whole Wheat Bread or Toast
Sliced Apples or Pears
Milk, Water, Tea

Creamy Potato and Carrot Soup

1¾ cups diced red potatoes
 1/2 cup chopped onion
 1/4 cup grated carrot
 1/2 cup diced celery
 1 can (14 ounces) chicken broth
 1/8 teaspoon pepper
 1 teaspoon salt or Mrs. Dash
 2 Tablespoons cornstarch
 1 can (12 ounces) evaporated milk
 1 cup (4 ounces) low-fat shredded cheddar cheese OR block cheese, cut into cubes—Velveeta and other American cheeses work, too.



1. In a large kettle, combine the diced potatoes, onion, carrots, celery, chicken broth, pepper and salt.
2. Bring to a boil and reduce heat. Cover and simmer for 15 minutes or until vegetables are tender.
3. In a small bowl or cup, combine cornstarch and ¼ cup evaporated milk. Stirring constantly, add to the potato mixture.
4. Add remaining evaporated milk and bring to a boil. Cook and stir occasionally until the mixture is thickened.
5. Remove kettle from heat and stir in cheese.

Lactose intolerant?

Don't add the evaporated milk or cheddar cheese.

Nutrition Note: This recipe makes 5 one-cup servings. Each serving has 220 calories, 60 calories from fat, 7g fat, 24g carbohydrates, 12g protein, 2g fiber, 1040mg sodium.

Family Meals

Fishing is a traditional in most Tribal Nations. Gill nets, fish wheels and other tools have long been used to gather fish from the nearby streams. Coastal tribes dig for clams, use gill nets for salmon and other seafood, and canes for harvesting whales. The Lummi people of western Washington consider the salmon a spiritual food much like the buffalo for the Lakota. Great Plains and Great Lakes Tribes fished for northerns, perch, bass, trout, sturgeon, and others.



Subsistence fishing and hunting rights are often protected throughout Alaska and most of the Pacific Northwest. As citizens of sovereign nations and enrolled members of a tribe, you may have a number of hunting and fishing rights that are not available to other

folks. Check out your rights. Fishing is a great activity for the entire family. The fish you catch are a great source of protein and are linked to heart health .



Salmon Cakes

- 1/4 cup finely chopped red bell pepper
- 1/4 cup fine chopped green onion
- 1/3 cup mayonnaise
- 1 Tablespoon lemon juice
- 1/2 teaspoon garlic powder
- 1/4 teaspoon seasoned salt
- Dash cayenne pepper
- 6 ounce can or pouch salmon (skinless & boneless)
- 1 medium egg, beaten
- 3/4 cup seasoned bread crumbs
- 3 Tablespoons olive oil or other vegetable oil
- 4 wheat buns

1. Combine first seven ingredients in bowl.
2. Stir in salmon, egg and 1/3 cup bread crumbs.
3. Form mixture into 4 balls.
4. Roll salmon balls in remaining bread crumbs, flatten into cakes about 1/2 inch thick.
5. In skillet, heat oil over medium heat, add salmon cakes.
6. Fry 3 to 4 minutes per side or until golden brown.
7. Serve on a whole wheat dinner roll, add lettuce, pickle, onion and tomato slice, and a small amount of mayonnaise.

Nutrition Note: This makes 4 salmon servings with 4 wheat buns, each servings has 450 calories, 220 calories from fat, 25g fat, 43g carbohydrates, 17g protein, 4g fiber, 820mg sodium.

MENU 13

- Salmon Cake Burgers**
- Marinated Vegetable Salad**
- Fresh Fruit**
- Milk, Water, Tea**



Marinated Vegetable Salad

- 4 cups fresh vegetables, cut up
- 3/4 cup Italian salad dressing (low-fat)

Use at least three kinds of vegetables. Choose what you like or what costs less at the store. Here are some ideas: broccoli, cauliflower, carrots, celery, cucumbers, radishes, olives, zucchini, cherry tomatoes.

Put cut veggies in a bowl. Pour salad dressing over the veggies and mix. Cover and refrigerate. If refrigerated, this salad will keep for three or four days.

Nutrition Note: Makes 8 servings. Each serving has 70 calories, 40 calories from fat, 4.5g fat, 7g carbohydrates, 1g protein, 2g fiber, 410mg sodium.



Family Meals

Sometimes having breakfast for supper is a good idea . It is easy and inexpensive. Sometimes

having supper food to “break the fast” in the morning meal is a good idea! Leftovers heated in the microwave or a quick peanut butter sandwich and a piece of fruit as you run out the door, helps families get to school and work on time.

Families have many responsibilities in their home, community, schools and jobs. Being on time is important. Plan ahead. Prioritize and organize. Before you go to bed, help everyone get ready for the next morning; clothes picked out, homework in the back-pack, lunch ready to take out of the refrigerator. Smile, you are on your way and on time!



Communication (words and example) was and still is how we teach and learn.



Whole Wheat Pancakes

- 1 cup milk
- 1 tbs vinegar* (white wine or apple cider)
- 1 cup whole wheat flour
- 2 tsp sugar
- 1/2 tsp baking powder
- 1/4 tsp baking soda
- 1/4 tsp salt
- 1 egg
- 2 Tablespoons melted butter

1. Combine the milk and vinegar and let the mixture curdle while you mix together the other ingredients.
2. In a big bowl, whisk to combine the whole wheat flour, sugar, baking powder, baking soda, and salt. Set aside.
3. In another bowl, whisk together the egg, melted butter, and the curdled milk, until it looks fairly homogenous and smooth. Whisk this wet mixture into the dry ingredients, and stir the two together until just barely mixed. You want any visible loose flour to be stirred in, but there should still be plenty of lumps. If you stir out the lumps, the pancakes will likely be tough.
4. Add small scoops of pancake batter to a sprayed/oiled hot griddle, or non-stick pan. Cook for a few minutes, until you start to see little bubbles forming on the surface. Peek underneath and see that the bottom is golden brown.



Other pancake Toppings:
 Yogurt
 Apple sauce
 Peanut butter
 Fruit

Nutrition Note: This recipe makes 6 servings. Each serving has 140 calories, 45 calories from fat, 5g fat, 20g carbohydrates, 5g protein, 2g fiber, 280mg sodium.

MENU 14

Whole Wheat Pancakes

Berry Wojapi or Homemade Syrup

Turkey Sausage Patties

Apple and Orange Slices

Milk, Water, Tea

Berry Wojapi (woshapi)

- 2 cups blueberries or juneberries
- 1 bag frozen strawberries
- 4 cups water
- 1 cup sugar
- 2 Tablespoons cornstarch
- 1/4 cup cold water

1. Put berries into a medium saucepan.
2. Add water and sugar, mix and bring to a complete boil, then lower the heat.
3. Mix cornstarch with cold water. Add to sweetened berries, blend well. Cook over low heat for about 4 minutes to thicken, stirring constantly, until consistency of thick sauce.
4. Set aside until cool enough to serve.

Nutrition Note: This recipe makes about 18 servings (1/4 cup). Each serving has 60 calories, 0 calories from fat, 0g fat, 16g carbohydrates, 0g protein, 1g fiber, 0mg sodium.

Homemade Syrup

- 1 cup white or brown sugar
- 1 cup water
- 1/4 teaspoon maple flavoring (optional)
- 1/2 cup light or dark corn syrup (optional, if you want thicker syrup)

1. Cook on medium high heat until it boils.
2. Boil three minutes, stirring constantly, remove from heat.
3. Serve warm.
4. Refrigerate leftovers to prevent sugar crystals from forming.

Nutrition Note: This recipe makes 8 servings. Each serving has 160 calories, 0 calories from fat, 0g fat, 42g carbohydrates, 0g protein, 0g fiber, 15mg sodium.

Eating Together

Talk about different kinds of lights, such as lamps, candles, nightlights and car lights. Some lights are bright, some aren't; some lights are easy to turn on, some aren't. A long time ago, electric light didn't exist, talk about what life may have been like for families during the winter without electric light.



Cornbread Hamburger Pie

1 lb. lean ground venison, elk, buffalo or beef
½ cup chopped onion
½ cup chopped green pepper
1 can (10-3/4 ounces) condensed tomato soup
¼ cup salsa
2 Tablespoons ketchup
1 Tablespoon steak sauce (optional)
1 can (15 ounces) green beans, drained
1 package (8-1/2 ounces) corn muffin mix
Egg and milk called for in corn muffin mix directions

1. Preheat oven to 400°F.
2. Spray a 2-quart casserole dish with nonstick spray. Cook the ground meat, onion and green pepper over medium heat until the meat is no longer pink.
3. Drain off fat.
4. Stir in the soup, salsa, ketchup and green beans.
5. Pour meat mixture into prepared casserole dish.
6. Prepare corn muffin mix in a bowl according to package directions; let stand for 2 minutes. Spoon over the beef mixture.
7. Bake 15-20 minutes or until lightly browned.

Nutrition Note: This recipe makes 6 servings. Each serving has 390 calories, 70 calories from fat, 7g fat, 55g carbohydrates, 26g protein, 7g fiber, 790 mg sodium. (Made with beef.)

MENU 15

Cornbread Hamburger Pie

Sautéed Brussels Sprouts

Fresh or Canned Fruit

Milk, Water, Tea

Sautéed Brussels Sprouts

1 lb. Brussels sprouts (frozen)
2 Tablespoons butter
1 garlic clove, minced
1 Tablespoon lemon juice
1/2 teaspoon salt
1/2 teaspoon black pepper

1. Microwave frozen Brussels sprouts about 5 minutes, follow package directions.
2. Melt butter in a large skillet.
3. Add garlic and stir.
4. Drain Brussels sprouts and add to skillet.
5. Heat about 2 minutes.
6. Add lemon juice, salt, pepper.
7. Toss and serve.

Nutrition Note: Makes 6 servings. Each serving has 70 calories, 35 calories from fat, 4g fat, 7g carbohydrates, 3g protein, 3g fiber, 420mg sodium.



Family Meals

Children who are read to, have an advantage in school.

Talk about your favorite childhood book. Who read the book to you? What are your book memories?



Simple Chicken Salad Sandwich

2 cups cooked shredded chicken, cold
1 cup chopped celery
1 Tablespoon lemon juice
Salt and pepper to taste
1/2 cup light mayo
2 hard boiled eggs
Optional Ingredients:
1/2 cup crushed walnuts
1/2 cup grapes, halved or 1/3 cup dried cranberries

1. Mix chicken, celery, lemon juice, salt and pepper.
2. Add mayonnaise, mix well.
3. Fold in chopped eggs, blending throughout.
4. Serve on whole wheat roll, hollowed out tomato, or on a bed of crisp lettuce leaves.
5. Add in optional ingredients, if desired .

Nutrition Note: This recipe makes 6 servings. Each serving has 170 calories, 90 calories from fat, 10g fat, 3g carbohydrates, 17 protein, 0g fiber, 310mg sodium. (nutrition without bun or optional ingredients).

Creamy Dill Cucumbers

1 cup low-fat or fat-free milk
1/2 cup Light Miracle Whip or light mayonnaise
1/2 cup fat-free sour cream
1 envelope ranch salad dressing mix
2 Tablespoons dill weed
1/8 teaspoon celery seed
1/8 teaspoon pepper
2 large cucumbers, peeled and sliced
2/3 cup sliced red onion

1. In a small bowl, combine the milk, Miracle Whip, sour cream, dressing mix, dill, celery seed and pepper.
2. Mix well.
3. Stir in the cucumbers and onion.
4. Serve. Refrigerate leftovers.

Nutrition Note: This recipe makes 6 servings. Each serving has 110 calories, 40 calories from fat, 4.5g fat, 13g carbohydrates, 4g protein, 1g fiber, 250mg sodium.

MENU 16

Low-Fat Turkey or Chicken or Salad

Whole Wheat Pita Pocket Bread

Creamy Dill Cucumbers

Low-Fat Key Lime Pie

Milk, Water, Tea



Low-Fat Key Lime Pie

16 graham crackers, crushed
4 Tablespoons stick margarine or butter, melted
1 box (3 oz.) sugar-free lime-flavored gelatin
1/4 cup boiling water
2 containers (6 oz. each) key lime flavored light yogurt
1 container (8 oz.) frozen fat-free whipped topping, thawed

1. Mix the crushed graham crackers and melted margarine in a medium bowl. Place the mixture in a 9-inch pie pan and press firmly into bottom and sides of pan.
2. Bake in preheated 350°F oven for 8 minutes. Let cool completely before filling with the key lime mixture.
3. In a large heat-resistant bowl, dissolve gelatin with the boiling water. Using a wire whisk, stir in yogurt.
4. With a wooden spoon, fold in whipped topping until mixed.
5. Transfer the mixture to the prepared cooled piecrust.
6. Refrigerate overnight or at least 2 hours. Cover and refrigerate unused portions.

Nutrition Note: This recipe makes 8 pieces. Each piece of pie has 190 calories, 120 calories from fat, 13g fat, 15g carbohydrates, 2g protein, 0g fiber, 140mg sodium.

Family Meals

Discuss the Indian Commandments as listed below, as printed in Larry Salway's book. Who do you know who tries to live these Lakota guides in their daily life?

1. Treat the earth with respect.
2. Remain close to the Great Spirit.
3. Show respect for our fellow beings.
4. Work together for the benefit of all mankind.
5. Give assistance and kindness wherever needed.
6. Do what you know to be right.
7. Look after the well-being of your mind and body.
8. Dedicate a share of your efforts to the greater good.
9. Be truthful and honest at all times.
10. Take full responsibility for your actions.

**"All plants are our brothers and sisters.
They talk to us and if we listen, we can hear them."
Arapahoe**

Fruit Salad in Seconds



- 1 cup strawberries
- 1 banana
- 2 cups green grapes
- 1 small container of low-fat strawberry or lemon yogurt

In a large bowl, toss together strawberries, grapes, bananas, and yogurt. Serve Immediately or refrigerate for later use.

*Feel free to substitute or add your favorite fruits! Blueberries, apples, peaches, oranges, blackberries, etc.

Nutrition Note: This recipe makes 6 servings. Each serving has 90 calories, 5 calories from fat, 0g fat, 21g carbohydrates, 2g protein, 2g fiber, 15mg sodium.

MENU 17

Tater Tot Casserole Fruit Salad in Seconds Milk, Water, Tea

Tater Tot Casserole



2 lb. ground beef/
turkey/chicken

1 large onion, chopped

2 cans cream soup low sodium (mushroom,
chicken, or celery)

2 Tablespoons ketchup

2 Tablespoons Worcestershire sauce

2 cans green beans (drained)

2 lb. bag frozen Tater Tots

1. Cook beef and onion in large skillet over medium-high heat until beef is well browned, stirring to break up meat. Pour off fat.
2. Stir together cooked beef, soup, ketchup, and Worcestershire.
3. Add drained green beans.
4. Spoon mixture into 9x13 inch baking dish.
5. Top with frozen tater tots.
6. Bake at 425°F for 30-40 minutes or until potatoes are done.

Nutrition Note: This recipe makes 10 servings. Each serving has 320 calories, 120 calories from fat, 14g fat, 28g carbohydrates, 21g protein, 3g fiber, 810mg sodium.

FRUIT: The original Fast Food! Select It in Season There are a couple of very good reasons to buy fruits and vegetables in season. Two best reasons are health and money—highest nutrient content and lowest price for the year. Every week buy the least expensive one of each color. Fill your cart with the rainbow for variety, flavor, economics, and GOOD HEALTH!

There are 5 color groups of fruit and veggies—

RED GREEN WHITE/BROWN PURPLE/BLUE ORANGE/YELLOW

MORE INFORMATION:

www.cdc.gov/healthyweight/healthy_eating/fruits_vegetables.html

www.healthynnd.org/In_Season.html

Family Meals

Hidatsa women were farmers—very good farmers along the Knife and Heart Rivers near the Missouri River. One of the crops they grew was corn. Corn was an important crop that provided food throughout the year.

Hidatsa ceremony included prayer for a bountiful harvest. “..... The Medicine Maker took a bundle of sage and waved it toward the Four Winds and toward the door, as if to rid the lodge of evil spirits. The Singer brushed himself with sage, removed his cap and his necklace of corn ears, and then washed his face with water brought by the votary. His last song was this:

Kadhakowift; huft-- It is done; come--.

This song meant that the vow had been fulfilled and asked the Corn Spirit to answer the prayers for a bountiful harvest.”
<http://www.indians.org/welker>

Quick Vegetable Quiche

- 2 cups frozen broccoli
- 1/4 cup diced onion
- 1/2 cup diced green or red pepper
- 3/4 cup shredded cheese
- 3 eggs
- 1/2 cup baking mix
- 1 cup skim milk
- 1/2 teaspoon salt
- 1/4 teaspoon pepper



1. Preheat oven to 375° F.
2. Slightly cook broccoli; drain.
3. In 9-inch pie plate, layer broccoli, onion, green pepper and cheese.
4. Put eggs, baking mix, milk, salt and pepper into a blender. Blend for 10 seconds.
5. Pour over vegetables.
6. Bake for 25-30 minutes or until knife inserted in center comes out clean.

Nutrition Note: This recipe makes 6 servings. Each serving has 170 calories, 80 calories from fat, 9g fat, 14g carbohydrates, 11g protein, 2g fiber, 470mg sodium.

MENU 18

Quick Vegetable Quiche

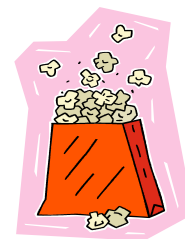
Fruit and Popcorn Balls

Fresh or Canned Fruit

Milk, Water, Tea

Fruit and Popcorn Balls

- 9 cups popped popcorn (remove unopened kernels)
- 2 cups (total) dried, cut-up dried fruit (raisins, apples, apricots, craisins)
- 1/4 cup peanuts (optional)
- 3/4 cup packed brown sugar
- 1/4 cup apple juice
- 3 Tablespoons margarine
- 2 Tablespoons light corn syrup
- 1/4 teaspoon salt



1. Spray a large bowl with nonstick spray or wipe with butter. Add popcorn, dried fruit and peanuts.
2. Combine brown sugar, apple juice, margarine, corn syrup and salt in a 2-3 quart saucepan. Boil over medium heat, 6-7 minutes, or until mixture is slightly thickened (or reaches 250°F on a candy thermometer).
3. Immediately drizzle hot sugar mixture over the popcorn and fruit, stirring quickly with a wooden spoon.
4. With greased hands, quickly press mixture into balls 4 inches in diameter, or for bars press into a 9x13-inch pan sprayed with nonstick spray.
5. Cool. Wrap the balls or bars with cellophane and tie with ribbon or twist ties. Makes 10 balls or 15 bars.

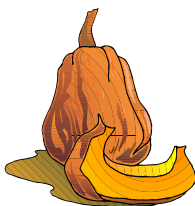
Nutrition Note: This recipe makes 15 servings. Each serving has 150 calories, 20 calories from fat, 2.5g fat, 32g carbohydrates, 1g protein, 2g fiber, 95mg sodium. (Made with air popped popcorn and without nuts.:/



Family Meals

Indigenous Tribal people from what is now North Dakota, practiced agriculture thousands of years ago. The Mandan, Hidatsa, and Sahnish people were unique and had their own culture and traditions.

The Tribes did have some similarities—they were farmers practicing advanced agricultural systems, they ate buffalo, but also used deer or prairie chickens as food. Other things these tribes had in common was the way their homes were constructed. They lived in Earth Lodges. Food was stored inside the home in various ways to make sure they stayed dry and safe from freezing in places called “Cache Pits.”



Barbecued Chicken

- 1 whole chicken, cut into pieces
- 1 Tablespoon cooking oil
- 1 jar (10 ounces) peach or apricot preserves
- ½ cup barbecue sauce
- ½ cup chopped onion
- 2 Tablespoons soy sauce
- 1 green pepper, cut into strips

1. Remove skin from chicken pieces.
2. In a large frying pan, brown chicken in cooking oil.
3. In a separate bowl combine preserves, barbecue sauce, onion and soy sauce.
4. Add sauce to chicken; cover and simmer on low for 40-50 minutes.
5. Add green pepper in the last 10 minutes.

Nutrition Note: This recipe makes 6 servings. Each serving has 360 calories, 60 calories from fat, 7g fat, 41g carbohydrates, 34g protein, 1g fiber, 760mg sodium.

MENU 19

Barbecued Chicken

Baked Squash with Sunflower Seeds

Apple Salad

Milk, Water, Tea

Baked Squash with Sunflower Seeds

- 1 or 2 acorn or butternut squash
- 1 1/2 teaspoons butter or margarine (approximate)
- 1/2 teaspoon salt (approximate)
- 1/2 teaspoon pepper (approximate)
- 3/4 cup sunflower seeds (shelled)

1. Wash squash, cut into wedges, remove seeds.
2. Place in a 9x13 inch cake pan, skin side up. Add about 1 inch water. Cover pan with foil. Bake in a 375°F oven for 45-60 minutes. Use a fork to test for doneness.
3. Remove from oven, turn squash over, dot with butter. Sprinkle with salt, pepper, sun-seeds.

Nutrition Note: Serves 6. Each serving has 170 calories, 90 calories from fat, 10g fat, 14g carbohydrates, 5g protein, 3g fiber, 290mg sodium.

Apple Salad

- 2 large red apples
- 2/3 cup crushed pineapple (drain and save juice)
- 1/3 cup diced celery
- 2 Tablespoon raisins
- 3 Tablespoon low-fat yogurt
- 2 teaspoons mayonnaise
- 1 Tablespoon pineapple juice
- 1/8 teaspoon cinnamon



1. Core and chop apples, do not peel.
2. In a bowl, combine apples, pineapple, celery and raisins.
3. In a separate bowl, prepare dressing by combining yogurt, mayonnaise, pineapple juice and cinnamon.
4. Toss fruits with dressing.

Nutrition Note: This recipe makes 6 servings. Each serving has 80 calories, 5 calories from fat, 0.5g fat, 19g carbohydrates, 0g protein, 2g fiber, 20mg sodium.

Family Meals

Family roles, responsibilities, and rights are interesting to discuss. Sometimes food gathering, preparation and serving is looked on as “women’s work!” In today’s world, working outside of the home, raising children, and food duties are often “everyone’s job.” Food traditions, the recipes and serving patterns, and child care are where culture is built and maintained—working together will make sure culture and traditions go on for both men and women.

Valentine Pizza

- 2 1/4 cups baking mix (baking mix, bisquick or jiffy)
- 2/3 cup water
- 4 Tablespoons vegetable oil
- Flour—Sprinkle in until “dough” consistency
- 1 can (8 oz pizza sauce)
- 1 cup shredded mozzarella cheese (4 oz)



Topping and sauce ideas:

Ham, sausage, pepperoni, Italian sausage, chicken, hamburger, tomato, basil, spinach, green pepper, mushroom, onion, broccoli, olives, jalapeno, pineapple barbeque, alfredo or buffalo sauce.

1. Preheat oven to 425°F.
2. In a bowl, combine baking mix, water, and oil.
3. Turn out on floured board, sprinkle in flour and knead 10 strokes.
4. Cut dough into 4 pieces.
5. Spread pizza sauce evenly onto hearts, about 1/4 cup sauce. Spread to within edges.
6. Top each pizza with toppings.
7. Spread shredded cheese over the top, about 3 Tablespoons of cheese.
8. Bake 9-15 minutes, or until crust edges are golden brown and cheese is melted.

Healthy Tips: Substitute lean meats such as turkey pepperoni, Canadian bacon, turkey Italian sausage or ground meat, use less cheese or reduced fat cheese, load up your pizza with veggies.

Nutrition Note: This recipe makes 4 personal pizzas. Each has 430 calories, 220 calories from fat, 25g fat, 45g carbohydrates, 14g protein, 1g fiber, 1130mg sodium.

MENU 20

Valentine Pizza

Side Salad

Rice Cereal Conversation Hearts

Milk, Water, Tea

Rice Cereal Conversation Hearts

- | | |
|--|-----------------------------------|
| 3 Tablespoons butter or margarine | 6 cups rice cereal |
| 1 package (10 oz., about 40) regular marshmallows OR 4 cups miniature marshmallows | Canned frosting or decorating gel |
| | Assorted candies or sprinkles |
| | Food coloring (optional) |

1. In large saucepan, melt butter over low heat. Add marshmallows and stir until completely melted. Stir in food coloring (if desired). Remove from heat.
2. Add rice cereal. Stir until well coated.
3. Using butter spatula or wax paper, evenly press mixture into 15 x 10 x 1-inch pan coated with cooking spray. Cool slightly. Using cookie cutters coated with cooking spray, cut into desired shapes. Decorate with frosting and/or candies. Best if served the same day

MICROWAVE DIRECTIONS

In microwave-safe bowl heat butter and marshmallows on HIGH for 3 minutes, stirring after 2 minutes. Stir until smooth. Follow steps 2 and 3 above. Microwave cooking times may vary.



Nutrition Information: This recipe makes 12 servings. Each serving has 150 calories, 25 calories from fat, 3g fat, 31g carbohydrates, 1g protein, 0g fiber, 150 mg sodium.



Eating Together

The Mandan people historically lived along the banks of the Missouri River and two of its tributaries—the Heart and Knife Rivers. The people developed a settled culture that was agricultural, in contrast to that of other more nomadic tribes in the Great Plains region.

Mandan were known for growing corn, beans, squash and other hardy produce. Some original seeds remain with seed keepers for sharing and growing produce today.

Corn, beans and squash are considered important foods and provide nutrients to people and to Mother Earth. They compliment each other and support each other as they grow. Many traditional stories are told about the “Three Sisters,” which is what the corn, beans and squash are often called.

Discuss your favorite dish using each of the “Three Sisters.”

Marinated Three-Bean Salad

2 cans (15 ounces each) dark red kidney beans, drained and rinsed

2 cans (15 ounces each) butter beans, drained and rinsed

3 cups fresh or frozen cut green beans

2 cups celery

1 large onion, sliced

1 medium green or red bell pepper, cut into 1-inch pieces

$\frac{3}{4}$ cup white vinegar

$\frac{3}{4}$ cup vegetable oil

$\frac{3}{4}$ cup granulated sugar

2 cloves garlic, minced

$\frac{1}{4}$ cup firmly packed, chopped fresh basil (optional)

2 teaspoons salt

1 teaspoon coarse ground pepper

1. In a large bowl, combine all vegetables.
2. In a 3-quart saucepan, combine vinegar and remaining ingredients. Bring to a boil.
3. Pour vinegar mixture over vegetables. Mix well.
4. Cover and chill overnight, stirring several times.
5. To serve, drain marinade or use a slotted spoon.
6. Salad can be stored in refrigerator up to 2 weeks.

Source: Heinz Successful Pickling Guide, 1993

Nutrition Note: This recipe makes 10 one-cup servings. Each serving has 410 calories, 150 calories from fat, 18g fat, 56g carbohydrates, 14g protein, 13g fiber, 960mg sodium.



MENU 21

Creamy Corn Chowder

Whole Wheat Crackers or Dinner Rolls

Marinated Three-Bean Salad

Apple Slices and Cheese

Water, Milk, Tea



Creamy Corn Chowder

8 slices bacon ($\frac{1}{2}$ pound), cut into $\frac{1}{2}$ -inch pieces

$\frac{1}{2}$ cup chopped onion

2 cups chopped potatoes, peeled if desired

1 cup water

1 teaspoon salt

$\frac{1}{8}$ teaspoon pepper

$\frac{1}{2}$ package (16 ounces) frozen corn

1 can (10 ounces) cream of chicken soup

1 cup fat-free sour cream

$1\frac{1}{2}$ cups 1% or skim milk

1. In a large saucepan with high sides, cook bacon until browned; drain fat.
2. Add onions and cook until tender, stirring frequently.
3. Add potatoes, water, salt and pepper. Cook potatoes until tender.
4. Add corn. Reduce heat to low.
5. Stir in cream of chicken soup, sour cream and milk.
6. Cook until heated through, stirring occasionally. Season to taste.

Nutrition Note: This recipe makes 8 one-cup servings. Each cup has 250 calories, 120 calories from fat, 14g fat, 23g carbohydrates, 8g protein, 2g fiber, 810mg sodium.

Eating Together

All Native Tribes were dependent on the earth for survival. Some tribes planted seeds annually and harvested the produce. Seeds were saved from year to year, so the gardens could continue. Each part of the planting, maintaining, harvesting, and preserving of the food provided by Mother Earth was celebrated. Gardening is one of the most important ways that people become a part of the great Circle of Life.



Baked Chicken Nuggets

2 chicken breasts, frozen, partially thawed
2 cups cornflakes, wheat or corn cereal
1 teaspoon paprika
1/2 teaspoon Italian herb seasoning
1/4 teaspoon garlic powder
1/4 teaspoon onion powder

1. Preheat oven to 400°F. Lightly grease a cookie sheet.
2. Cut chicken breasts into nugget size pieces.
3. Place cereal in a plastic bag. Use a rolling pin to crush the cereal.
4. Add remaining ingredients to the crushed cereal, mix.
5. Add a few chicken pieces at a time, shake to coat evenly.
6. Place chicken pieces on baking sheet so they are not touching.
7. Bake until golden brown, 12 to 14 minutes.

Nutrition Note: Makes 4 servings about 3 ounces each. Each serving has 120 calories, 15 calories from fat, 2g fat, 13g carbohydrates, 14g protein, 1g fiber, 180mg sodium.

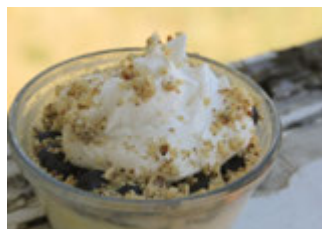
Single Serving Microwave Cheesecake

1/4 cup (2 oz) light cream cheese softened
2 Tablespoons fat-free sour cream
1 egg
1/4 teaspoon vanilla
2-4 Tablespoons sugar substitute

Mix all ingredients thoroughly in a microwave-safe bowl. Cook on high heat for 90 seconds, stirring every 30 seconds.

Refrigerate at least 60 minutes before serving.

Optional: Top with fresh fruit, whipped cream or chopped nuts.



Nutrition Note: This recipe makes 1 serving. Each serving has 210 calories, 120 calories from fat, 13g fat, 9g carbohydrates, 13g protein, 0g fiber, 360mg sodium.

MENU 22

Baked Chicken Nuggets

Roasted Vegetables

Microwave Cheesecake

Milk, Water, Tea

Roasted Vegetables

This is an easy way to cook and serve a variety of vegetables, especially those “in-season.” Root vegetables are great: potatoes, sweet potatoes, onion, beets, carrots, rutabaga, parsnips. In the spring, roast asparagus, summer fresh beans.

- About one pound of vegetables will serve 4.
- Cut all vegetables roughly the same size, so cooking time is the same.
- Choose a variety of colors and flavors.
- Add bell peppers and onions about half way through the roasting time.
- Roast in a single layer on a rimmed baking sheet.
- Use a metal pan, which will help the vegetables crisp up.
- Roast in a very hot oven, around 400° F.
- Keep the seasonings simple, a little salt and pepper is about all that is really needed. Sprinkle with parsley and lemon juice, add rosemary and garlic for flavor changes.
- Coat vegetables evenly with olive oil or vegetable oil.
- Roasting vegetables requires about 30 to 45 minutes.



Eating Together

Lakota Prayer: According to the Native People, The Sacred Space is the space between exhalation and inhalation. To Walk in Beauty is to have Heaven (spirituality) and Earth (physicality) in Harmony.

“Wakan Tanka, Great Mystery, teach me how to trust my heart, my mind, my intuition, my inner knowing, the senses of my body, the blessings of my spirit. Teach me to trust these things so that I may enter my Sacred Space and love beyond my fear, and thus Walk in Beauty with the passing of each glorious Sun.”

MENU 23

Cheesy Chicken and Pasta

Caesar Salad

Angel Food Cake Bars

Milk, Water, Tea



Caesar Salad

- 5 cups Romaine lettuce
- 1 cup croutons
- 1 cup cherry tomatoes, halved
- 1/2 cup Caesar salad dressing
- 1/4 cup Parmesan cheese

1. Tear Romaine lettuce into small chunks
2. Add the croutons and halved tomatoes and toss with the lettuce
3. Salad dressing can be tossed with salad mixture, or can be served on the side
4. Sprinkle Parmesan cheese over top of salad.

Nutrition Note: Makes 6 servings. Each serving has 170 calories, 130 calories from fat, 14g fat, 7g carbohydrates, 3g protein, 1g fiber, 380mg sodium.

Angel Food Cake Bars

- 1 (16 ounce) box angel food cake mix
- 1 (21 ounce) can lemon pie filling

1. Preheat oven to 350°F.
2. Combine dry angel food cake mix with the lemon pie filling. Blend until smooth.
3. Pour into an ungreased 10 X 15 inch jelly roll pan.
4. Bake in preheated oven until golden brown and top springs back when lightly touched, 20 to 25 minutes.
5. Cool in the pan, and cut into 3 x 3.5 inch squares.

Nutrition Note: Makes 12 servings. Each serving has 180 calories, 50 calories from fat, 5g fat, 18g carbohydrates, 14g protein, 2g fiber, 415mg sodium.

Cheesy Chicken and Pasta Casserole

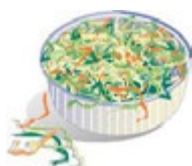
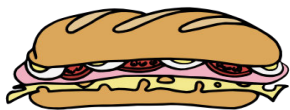
- 8 ounces medium pasta shells, uncooked
- 1 pound ground chicken
- 1/4 teaspoon garlic powder
- 3/4 cup chopped green bell pepper (one medium pepper)
- 1 can (14.5 ounce) diced tomatoes, undrained
- 1 can (15 ounce) tomato sauce
- 1 1/2 cups shredded Italian blend cheese, divided

1. Preheat oven to 375°F.
2. Cook pasta according to package directions, omitting salt.
3. Spray 8X8 inch baking dish with cooking spray; set aside.
4. Spray large skillet with cooking spray; heat over medium-high heat. Add chicken; sprinkle with garlic powder.
5. Cook 2-3 minutes; add bell pepper.
6. Cook until pepper is tender and chicken is no longer pink.
7. Stir in undrained tomatoes, tomato sauce, 3/4 cup cheese, and cooked pasta.
8. Transfer mixture to prepared dish. Sprinkle with remaining 3/4 cup cheese.
9. Bake 15 minutes or until cheese melts, mixture is bubbly.

Nutrition Note: Makes 10 servings, 260 calories each, 12 calories from fat, 2g fat, 58g carbohydrates, 4g protein, 0g fiber, 220mg sodium .

Family Meals

Because of the multiple benefits of eating meals together as a family, health professionals promote the importance of shared family meals. Increasing the frequency of family meals is a promising intervention for improving adolescent nutrition and health outcomes. Family meals are also a great way to promote and establish healthy eating habits that will last a lifetime.



Asian Coleslaw

- 12 ounce bag of shredded cabbage
- 1 medium cucumber, peeled & seeded, diced
- 1 medium bell pepper, thinly sliced
- 5 medium green onions, sliced
- 12 leaves of fresh basil

Dressing:

- 1/4 teaspoon red pepper flakes
- 1 clove minced garlic
- 4 Tablespoons white vinegar
- 1/2 teaspoon granulated sugar
- 2 Tablespoons low-sodium soy sauce
- 2 teaspoons extra virgin olive oil

Directions:

Combine vegetables in a bowl and toss. Whisk dressing ingredients together, pour over vegetables, toss to coat.

Nutrition Note: This recipe makes 6 servings. Each serving has 77 calories, 13.5 calories from fat, 1.5 g fat, 4.5 g carbohydrates, 0.5 g protein, 1.5 g fiber, 181 mg sodium.

MENU 24

Chicken Sandwich w/ Garlic-Basil Aioli Asian Coleslaw Milk, Water, Tea

Grilled Chicken Sandwiches with Garlic-Basil Aioli

- | | |
|--|--|
| For Aioli: | 12 slices of tomato |
| Zest from 2 lemons | 12 slices of fresh mozzarella |
| 3 bunches fresh basil (or 1 Tablespoon dried) | 12 thin slices of onion |
| 6 whole cloves garlic, finely chopped | Preparation: |
| 1 cup light mayonnaise | Begin with aioli dressing. Tear off basil leaves and mince together with the garlic in a food processor. Spoon into a bowl, add the mayonnaise, add lemon juice, lemon zest and vinegar. Add salt and pepper, to taste. Set aside. |
| Juice from 1 lemon | Combine marinade ingredients with chicken pieces. Let set for a few minutes, then sauté chicken until cooked through. |
| 1 Tablespoon red wine vinegar | Spread the aioli on the rolls, making sure each half is completely covered. Toast rolls in the oven at 400°F until browned. |
| Pinch of salt and pepper | When chicken is cooked, place a breast portion on the bottom half of the roll; layer each sandwich with two slices of each: tomato, mozzarella and onion. Drizzle a little vinegar over the toppings, to taste, then top with the other half of the roll. Serve and enjoy. |
| For Marinade: | |
| 1/4 cup extra virgin olive oil | |
| 1 Tablespoon red wine vinegar | |
| 2 Tablespoon Italian seasoning | |
| 2 teaspoon ground coriander | |
| Juice from 1 lemon | |
| Pinch of salt and pepper | |
| For Sandwiches: | |
| 3 whole skinless chicken breast fillets, sliced lengthwise | |
| 6 6-inch French rolls | |

Nutrition Note: Recipe makes 6 servings. Each serving has 484 calories, 162 calories from fat, 18g fat, 48g carbohydrates, 38g protein, 2 g fiber, 448 mg sodium.



**UNITED TRIBES
TECHNICAL COLLEGE**

United Tribes Technical College is owned by five tribal nations that are located in North and South Dakota.

- ◆ Mandan, Hidatsa, & Arikara Nations of Fort Berthold
- ◆ Sisseton-Wahpeton Oyate
- ◆ Spirit Lake Nation
- ◆ Turtle Mountain Band of Chippewa
- ◆ Standing Rock Sioux Tribe

Food Resources

FDPIR - Food Distribution Programs on Indian Reservations (formerly called commodities) is a USDA program offering monthly food packages. Participants are families living within Sovereign Nations. Foods include fresh vegetables and fruit, meat, poultry and fish, and staples like flour, cornmeal, sugar. Participating families are encouraged to learn more about good nutrition and the available foods during local cooking classes and youth activities.

SNAP - Supplemental Nutrition Assistance Program (formerly called food stamps) is a USDA program offering monthly food purchasing power through use of an EBT card. Choosing nutritious food is up to the individual shopper. These funds are a supplement to the individual's food budget so will not cover all food costs, careful shopping and food handling skills are needed so there is food for the entire month. Contact your local County Extension office or SNAP program office to find classes that will help you learn how to stretch those food dollars.

WIC - Supplemental Nutrition Program for Women, Infants, and Children—Pregnant and breastfeeding mothers and children up to their 5th birthday are offered specific foods containing nutrients needed for growth and health. Participants receive food vouchers or EBT cards for the purchase of foods at your local grocery store. Participants are encouraged to learn more about nutrition and health, and may be required to attend monthly classes taught by WIC or the local County Extension office.

School Lunch - Breakfast, noon and after-school snacks are offered through USDA. Some families pay full prices and some pay less, depending on the family and community income. The food choices include those recommended for healthy growing bodies, including calcium-rich milk choices, fruit and vegetables, and whole grain breads and cereals.

Emergency Food Banks - Most communities offer choices when families are in temporary need for food. Check your local phone book or community service list to find community options. Ask at a school or church, they usually have a list of local resources.

Native American, culturally specific educational resources are available from the UTTC Land Grant Programs. www.uttc.edu/landgrant/resources.

The Community Health & Culinary Arts/Foodservice degree plan can be found at www.uttc.edu/landgrant/education

Acknowledgements

North Dakota Women's Infant and Children (WIC) supplemental food program allowed us to use and reprint information and recipes that have been shared in their resources.

North Dakota State University Extension Service provides a variety of information and resources at: www.ndsu.edu/eatsmart

