



Anishinaabek
COOKING RESOURCES

Healthy Cooking

THE ANISHINAABEK WAY



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INTRODUCTION

Included within the pages of this beautifully designed cookbook lie a collaborative collection of recipes and links to cooking videos created and produced through the Inter-Tribal Council of Michigan's Tribal Food Access Coalition and Walmart Healthy Native Foods Project.

This cooperative approach resulted in the launch of Anishinaabek Cooking Resources (ACR) dedicated to improved health through the increased consumption of wholesome traditional foods in tribal communities and through the Food Distribution Program on Indian Reservations (FDPIR).

To accomplish planned in-person nutrition education activities, virtual adaptations became necessary, resulting in the creation of video cooking demonstrations along with accompanying educational resources. These Anishinaabek Cooking Resources (ACR) include healthy recipes, YouTube Cooking Videos, cultural tips sheets, and nutrition education handouts. Please see page 54 for ACR web links and QR codes.

We hope that you enjoy our ACR Cookbook and the delicious health-giving recipes within.

MICHIGAN MAPLE SALMON

INGREDIENTS*

- 4 **salmon** fillets, thawed
- Salt and pepper
- ¼ cup maple syrup
- 2 Tablespoons low-sodium soy sauce
- 2 cloves garlic, finely minced OR ¼ teaspoon garlic powder

INSTRUCTIONS

1. Wash your hands before preparing food.
2. Line a rimmed baking pan with foil.
3. Place thawed salmon, skin side down on foil lined baking pan. Wash your hands after handling raw fish.
4. Sprinkle each fillet with salt and pepper
5. Mix maple syrup, soy sauce and garlic or garlic powder together in a small bowl and pour over salmon. Place in refrigerator for 30 minutes to marinate, turning once at 15 minutes. Start preheating oven to 400° F halfway through marinating.
6. Remove pan from refrigerator, turn fish skin side down and place in preheated oven. Wash your hands after handling salmon.
7. Bake uncovered for 15 to 20 minutes; salmon is done when it flakes easily with a fork.

NOTES AND IDEAS:

- Salmon will need to be thawed before baking. Thaw in the refrigerator, OR in cold water, OR according to package directions.
- Use real maple syrup for this recipe.
- ¼ cup maple sugar may be substituted for maple syrup.
- Make this a complete meal by adding a potato or grain and a vegetable.

Source: LTBB Odawak FDPIR and Community Health programs

*Ingredients in **bold** are available through the Tribal FDPIR program in your community.



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THREE BEAN CHILI

MASTERING 1-POT MEALS

INGREDIENTS

(Serves 6 to 8 people)

- 1 Tablespoon **vegetable oil**
- 1 medium to large-sized **onion**, diced
- 1 **green** or **red bell pepper**, diced
- 2 **carrots**, finely chopped or shredded
- 2 teaspoons ground cumin
- 2 Tablespoons chili powder
- 1 pound **ground beef**, thawed
- 2 - 15.5-oz. cans **diced tomatoes**
- 2 cups water OR **tomato juice**
- 1/2 teaspoon dried oregano OR Mexican oregano
- 1 - 15.5-ounce can **pinto beans**, drained and rinsed
- 1 - 15.5-ounce can **black beans**, drained and rinsed
- 1 - 15.5-ounce can light **red kidney beans**, drained and rinsed
- Salt and black pepper

INSTRUCTIONS

1. Wash your hands before preparing food.
2. Heat the vegetable oil in large pot or Dutch oven over medium heat. Add onions, bell pepper and carrots, cover and cook, stirring occasionally until the vegetables are soft, about 8 to 10 minutes. Add the cumin and chili powder and cook, stirring, for 1 more minute.
3. Add the ground beef; raise the heat to high and cook, stirring and breaking up the meat with a spoon, until the meat is no longer pink. This will take about 10 minutes.
4. Stir in the tomatoes, water OR tomato juice, and oregano. Bring the chili to a boil and then reduce heat to gently simmer for 30 minutes. Leave the pot partially covered, and stir about every 10 minutes.
5. Add the beans and simmer, partially covered, 20 minutes longer. Season to taste with salt and pepper.
6. Serve with shredded cheese, sour cream, chopped onions or other toppings as desired.

NOTES AND IDEAS:

- Add a can of drained **green beans** for color and another vegetable.
- A can of **tomato sauce** or **low-sodium condensed tomato soup** may be added to thicken the chili.
- A can of drained **hominy** or **whole kernel corn** would be a tasty addition to this chili.



1-pot meals are great for fast weeknight dinners. They contain a variety of foods, need little preparation and cleanup, and won't break your budget.

Here, you'll learn basic preparation methods for a popular 1-pot meal: chili. Once you learn the basic 1-pot cooking method, mix and match your favorite ingredients to make other meals. Refer to recipes for exact amounts of ingredients and cooking times.

EQUIPMENT

- Cutting board
- Knife
- Measuring cups and spoons
- Large pot with lid
- Wooden spoon

HOW TO MAKE CHILI

1. Wash your hands before preparing food.
2. Heat 1 tablespoon of cooking oil in a large pot over medium-high heat.
3. Add ½ cup chopped onions and 3 minced garlic cloves and cook for several minutes until fragrant. You can also add chopped peppers at this point.
4. Add lean ground beef, chicken, or turkey to the pot. Cook about 5 minutes, stirring to crumble.
5. Stir in water, beans, tomatoes or other vegetables, and dried herbs and spices like cilantro, chili powder, cayenne pepper, cumin, and cinnamon. Bring to a boil.
6. Turn the heat to low and simmer, stirring occasionally. Cooking time can vary, depending on the recipe, from 30 minutes to 1 hour.

Source: LTBB Odawak FDPIR and Community Health programs

*Ingredients in **bold** are available through the Tribal FDPIR program in your community.



HOMINY CORN SOUP

INGREDIENTS*

- 1 to 1½ pounds **pork loin chops**, cubed
- 4 - 15.5 oz. cans **hominy**, drained and rinsed
- 5 or 6 medium-sized **potatoes**, peeled and diced
- 2 or 3 - 15.5 oz. cans **kidney beans**, drained and rinsed
- Salt and pepper

INSTRUCTIONS

1. Wash your hands before preparing food.
2. Place pork pieces in large pot with 1 ½ quarts of water. Add ½ teaspoon salt and simmer for about 1 hour.
3. Add the drained and rinsed hominy to pot. Continue to boil together gently for another hour.
4. In the meantime, boil the potatoes separately in a pan of salted water until just tender. Drain, and discard water. Cool potatoes to prevent from further cooking.
5. After 2 hours, add the potatoes and drained and rinsed kidney beans to cooking pot. Add additional 1 quart of water, or more to desired consistency. Reheat to boiling and serve with salt and pepper.

NOTES AND IDEAS:

- You may add more cans of hominy, if you prefer.
- If you use a fattier cut of pork, you may decide to remove and discard any excess fat from the meat and also skim the fat from the cooking water, before adding the hominy.

Source: LTBB Odawak FDPIR and Community Health programs

*Ingredients in **bold** are available through the Tribal FDPIR program in your community.



HOMINY BLACK BEAN BOWL

INGREDIENTS*

- 1 to 2 cups **romaine** leaves, washed and broken into bite-sized pieces
- ½ to ¾ cup **hominy**, drained and rinsed
- ¼ to ½ cup **black beans**, drained and rinsed
- ¼ **green pepper**, washed and chopped into pieces or thin slices
- ¼ cup canned **diced tomatoes**, drained, OR fresh tomatoes, washed and diced
- ¼ cup **cheese**, grated
- 1 to 2 Tablespoons Ranch dressing OR sour cream OR plain yogurt
- 2 Tablespoons salsa, red or green
- 2 Tablespoons pumpkin OR sunflower seeds

INSTRUCTIONS

1. Wash your hands before preparing food.
2. In a large bowl, or on a plate, layer or place all ingredients in order listed, finishing with seeds sprinkled on top.

NOTES AND IDEAS:

- Avocado slices or guacamole make tasty additions.
- **Whole kernel corn** – canned, frozen, grilled or fresh – can be added to this bowl.
- **Roasted squash** pieces would make this a Three Sisters bowl.
- Leftover taco meat, or shredded **canned chicken**, leftover steak pieces, or browned **ground beef** or **bison**, or **canned ground beef**, drained, would be delicious added to the bowl.



MORE TOOLS TO CONSIDER

Many items listed below are kitchen essentials (you can't serve soup without a ladle or spoon or handle a hot pan without oven mitts or a pot holder!), while some are "nice-to-haves" (like an immersion blender to puree soups right in the pot).

Unless you have storage space to spare, think twice before buying items that you'll seldom use.

- Baking dish (9 inch by 13 inch)
- Blender
- Can opener
- Cooling racks
- Electric hand mixer or stand mixer
- Food processor
- Food scale
- Ice cube trays
- Immersion blender
- Jars and storage containers with lids
- Kitchen shears
- Kitchen timer
- Kitchen towels
- Ladle

BASIC KITCHEN TOOLS AND EQUIPMENT

PART 1

You don't need every kitchen tool on the market to be a capable cook. Start with the basics suggested here and build your collection as you develop your own cooking style and preferences.

Measuring cups and spoons. You'll need 2 types of measuring cups and 1 set of measuring spoons. It is best to have the following:

- **A liquid measuring cup** for ingredients like water, oil, and honey. They come in various sizes, but a 2-cup measure will suit most cooking tasks.
- **Dry measuring cups** for ingredients like grains, flour, and sugar. A basic set comes with 1-cup, ½-cup, ⅓-cup, ¼-cup, and ⅛-cup measures.)
- **Measuring spoons.** A basic set includes spoons for 1 tablespoon, 1 teaspoon, ½ teaspoon, ¼ teaspoon, and ⅛ teaspoon.

Knives. You can perform most cutting tasks with 3 knives:

- An 8-inch **chef's knife** for chopping, slicing, and mincing.
- A small (2-inch to 4-inch blade) **paring knife** to trim and core fruits and vegetables.
- A **serrated knife** to cut bread and ripe tomatoes.

Pots and pans. You can buy pots and pans individually or in sets. They come in a variety of materials and price ranges. Some basics to start with are a 10-inch or 12-inch skillet or sauté pan, a 2-quart saucepan, and an 8-quart stockpot.

Cutting board. Cutting boards come in a variety of sizes, shapes, and materials, such as wood, plastic, and bamboo. For food safety, choose 2 boards: 1 for raw meat, poultry, and seafood and 1 for ready-to-eat foods, such as bread, cheese, fruits, and vegetables.

Source: LTBB Odawak FDPIR and Community Health programs

*Ingredients in **bold** are available through the Tribal FDPIR program in your community.



ACORN SQUASH WITH WILD RICE

INGREDIENTS*

- ½ cup **wild rice**
- 2 squash for stuffing – acorn, carnival, or sweet dumpling squash will also work well
- **Vegetable oil**
- Salt and pepper
- ½ pound **ground bison**
- 1 small **onion**, chopped
- 1-2 ribs **celery**, chopped
- ½ teaspoon rubbed sage OR 4 fresh sage leaves, minced
- ½ teaspoon garlic powder OR 2-4 cloves fresh garlic, minced
- ½ teaspoon oregano OR Italian seasoning
- ¼ teaspoon salt
- ¼ teaspoon pepper
- 1 - 4 oz. can mushrooms, drained (optional, but delicious)
- ½ cup **dried fruit and nut mix** OR ¼ cup **dried cherries** and ¼ cup mixed nuts

INSTRUCTIONS

1. Wash your hands before preparing food.
2. Prepare the wild rice: rinse wild rice in water, drain and add to 3 cups water in medium-sized pan. Bring to a boil, and reduce heat to maintain a gentle simmer. Cover and cook until rice is tender, about 30-45 minutes. Drain excess liquid.
3. While rice is cooking, prepare the squash: preheat oven to 375°F. Wash the outside of the squash, and slice in half. Scoop out seeds and discard.
4. Brush cut sides of squash with vegetable oil and sprinkle with salt and pepper. Place squash in baking dish cut side up, and cover loosely with aluminum foil. Roast squash until tender when poked with a fork or paring knife, about 30 to 50 minutes, remove from oven.
5. While the squash is roasting, prepare filling by sautéing ground bison with chopped onion, celery and spices until meat is cooked through and vegetables are soft. Add mushrooms, cooked wild rice, and dried fruit and nut mix. Stir gently until well mixed. Taste and adjust for spices.
6. Divide the filling between the squash halves, use a spoon to fill the squash bowls and mound the filling on top.
7. Cover the pan with the foil and return to oven until hot through, about 15-20 minutes. If you have a food thermometer, 165°F is perfect.
8. Serve immediately and offer salt and pepper.

NOTES AND IDEAS:

- Squash may be stuffed with a variety of meats, legumes, grains, vegetables, nuts and spices.
- For a hint of sweet, try drizzling a bit of maple syrup over the top before serving.

Source: LTBB OdawaK FDPIR and Community Health programs

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Illustration © 2021, Jessie Boulard

HOW YA' BEAN? SOUP

INGREDIENTS*

(Serves 6 to 8 people)

- 1-pound **dry Great Northern beans**
- 2 Tablespoons **vegetable oil**
- 1 cup **celery**, chopped
- 1 cup **onion**, chopped
- 1 ½ cups **carrots**, sliced
- 8 cups water
- 1 teaspoon dried oregano
- 1 bay leaf
- 1 teaspoon garlic powder
OR 2 cloves of garlic, minced
- ½ to 1 teaspoon salt

INSTRUCTIONS

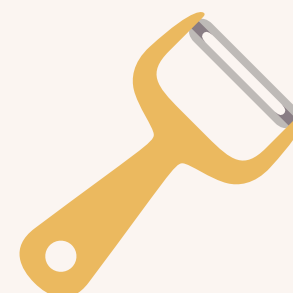
1. Wash your hands before preparing food.
2. Sort and remove broken beans and dirt clumps and rinse dried beans. Cover beans with water and soak overnight or for at least 8 hours. Drain and rinse well with cool water. Place in large saucepan.
3. Sauté the onions and celery in the oil until soft. Add to beans.
4. Add carrots, water and spices to beans. Cover and bring to a boil.
5. Reduce heat and simmer for 1 ½ - 2 hours or until beans are tender. Stir once in a while during cooking. Add additional water if needed.
6. Taste and adjust seasonings, adding additional salt and pepper, if desired.

NOTES AND IDEAS:

- This soup is delicious with pieces of chopped ham, sausage or chicken added.
- A can of drained **hominy** may also be added.
- If a can of **diced tomatoes** is added; add after the beans have softened and cooked to this soup. Drain and rinse before adding.

BASIC KITCHEN TOOLS AND EQUIPMENT

PART 2



- **Mixing bowls.** Made of glass, metal, or plastic, mixing bowls often come in sets with multiple-size bowls. Some mixing bowls come with lids for easy food storage.
- **Sheet pan.** A rimmed, rectangular, half-sheet pan (usually 18 inches by 13 inches) is a multitasker you can use to roast vegetables, chicken, or fish; bake cookies and rolls; toast nuts and seeds; and much more.
- **Tongs.** Tongs are handy for grabbing and turning food. Use them to pick up cooked corn on the cob or baked potatoes, to turn meat in a pan or on a grill, or to toss a salad. Be sure to use different utensils for raw meats and ready-to-eat foods.
- **Peeler.** Two popular styles of peelers are the swivel style with a vertical blade and the Y peeler with a horizontal blade. Both types are inexpensive and can help you quickly and easily prepare fruits and vegetables. They're also handy for shaving hard cheeses and chocolate into strips.
- **Colander.** Colanders separate liquids from solids. Use a colander to drain cooked pasta or canned vegetables or to rinse raw fruits and vegetables with water.
- **Cooking thermometer.** A thermometer is essential to use to ensure that meat, poultry, seafood, egg dishes, and casseroles are cooked to safe temperatures and proper doneness.
- **Microplane.** Use a microplane (also called a rasp) to grate foods like hard cheese, chocolate, fresh ginger, and whole dry spices like nutmeg. Also use it to zest the peels of citrus fruits like lemons, limes, and oranges, which add delicious flavor to recipes.
- **Citrus squeezer or reamer.** Get the most juice from lemons, limes, oranges, and grapefruit with 1 of these low-cost tools. Add citrus juice to salads, fish, beverages, dips, sauces, and marinades.

Source: LTBB Odawak FDPIR and Community Health programs

*Ingredients in **bold** are available through the Tribal FDPIR program in your community.



WALLEYE CHOWDER

by Joe VanAlstine, LTBB of Odawak

INGREDIENTS*

- 5 slices bacon, cooked and cut into small pieces
- ½ cup **celery**, chopped
- 1 large yellow **onion**, chopped
- 3 Tablespoons **vegetable oil**
- ¼ cup **all-purpose flour**
- 1 (32 oz.) carton **1% milk** OR 3 - 12 oz. cans **evaporated skimmed milk**
- 2 cups cubed red **potatoes** (2 large or 4 medium potatoes), leave the skin on
- 2 (8 oz.) **walleye fillets**, thawed and cut into chunks
- Freshly ground salt and pepper to taste
- 2 Tablespoons chopped fresh parsley OR green onion (optional but delicious)

INSTRUCTIONS

1. Wash your hands before preparing food.
2. Prepare the bacon, celery, onion, potatoes and walleye.
3. Heat the vegetable oil in a large cast iron pan over medium-high heat. Add the chopped celery and onions, sauté until softened.
4. Sprinkle flour into cooked vegetables and stir until flour is well coated with oil and there are no large clumps of flour. Slowly whisk in the milk. Turn heat to low.
5. Add the cubed potatoes and bacon pieces and stir gently. Reduce heat and simmer for 30 minutes, or until potatoes are cooked through. Stir often to prevent sticking.
6. Add fish chunks, cover and cook for an additional 6-8 minutes, or until fish is cooked through.
7. Season to taste with salt and pepper. Garnish with parsley or green onions and serve.

NOTES AND IDEAS:

- The walleye chunks may be placed on top of the potatoes; cover the pan with a glass lid to see when fish is done, then mix it in.
- Per Joe, "I personally like to add a cup of traditional hominy or scorched corn".

Source: LTBB Odawak FDPIR and Community Health programs

*Ingredients in **bold** are available through the Tribal FDPIR program in your community.



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BLUEBERRY PANCAKES

INGREDIENTS*

(Serves 4 people)

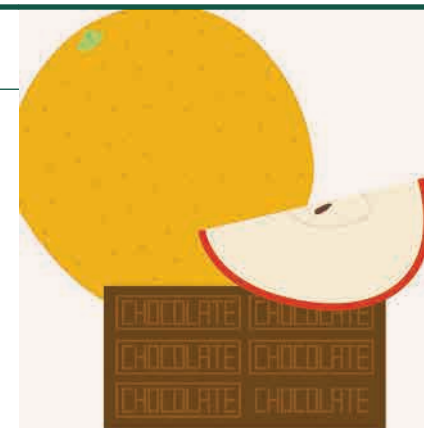
- 2 cups **whole wheat** OR **whole grain white** OR **all-purpose flour**
- 2 teaspoons baking powder
- 2 Tablespoons maple sugar OR brown sugar OR white sugar
- ½ teaspoon salt
- 2 **eggs**, lightly beaten
- 2 cups **1% milk** OR 1 can **evaporated milk** + ½ cup water
- 2 Tablespoons **vegetable oil**
- ½ teaspoon vanilla extract (optional – may use ground cinnamon or grated orange rind)
- ¾ to 1 ½ cups frozen **blueberries**

INSTRUCTIONS

1. Wash your hands before preparing food.
2. Mix or sift flour, baking powder, sugar and salt together in medium-size bowl.
3. Blend eggs, milk, vegetable oil and vanilla extract together in small bowl.
4. Add egg mixture to flour mixture. Stir until dry ingredients are moistened (batter may be lumpy). Add blueberries to batter OR sprinkle a few on each pancake when cooking.
5. Preheat griddle or frying pan with small amount of oil. Pan is hot enough for pancake batter when water sizzles when sprinkled on hot pan.
6. Cook pancakes until they are bubbly, and edges start to dry. Flip and cook other side until lightly browned.
7. Serve with **unsweetened applesauce**, **canned peaches**, or **butter** and maple syrup or honey.

NOTES AND IDEAS:

- Add a side of scrambled **eggs** OR cottage cheese to make this a complete meal.
- These may be served for any meal. Enjoy them with a variety of toppings!



COMMON FOODS AND DRINKS WITH ADDED SUGARS

- Candy
- Cookies and cakes
- Pies and other pastries
- Regular soda and soft drinks
- Energy or sport drinks
- Coffee and tea drinks
- Fruit drinks
- Alcoholic mixers

SUGAR AND HEART HEALTH

Sugar-sweetened foods and drinks can contribute to excess weight. These foods are also linked to other heart disease risk factors, such as high triglycerides (a form of fat in your blood). Being overweight also increases your risk for high blood pressure.

You don't need to stop eating all sources of sugars, but cutting back on added sugars may improve your heart health. Read on for tips that can help!

ADDED VERSUS NATURAL SUGARS

Americans eat and drink more sugar than ever before. Some of this sugar is natural and found in healthy foods. For example, fruits, some vegetables, and milk all naturally contain sugars, along with other essential nutrients. However, most of the sugar we eat and drink is added to foods and beverages. Added sugars provide extra calories without providing healthy nutrients like vitamins, minerals, or dietary fiber.

The goal is not to cut out all sugar. A healthy approach is to simply reduce the amount of added sugars you eat and drink to less than 10% of your daily calories.

TIPS FOR LIMITING ADDED SUGARS

Scan the ingredient list. To find out if a food has added sugars, check the ingredient list for sugar, syrup, honey, or ingredients that end in the letters "ose" (such as "sucrose" or "fructose"). If sugar appears as the first or second ingredient, or if several sugars are listed, the food or drink is likely to be high in added sugars. See the box for different names for added sugars.

Check the Nutrition Facts label. Food manufacturers will be required to include Added Sugars in g per serving and as % Daily Value (based on less than 50 g per day in a 2,000 calorie diet, or no more than 10% of daily calories). Look for foods that contain 5% Daily Value or less for added sugars; foods with 20% or more would be considered high in added sugars. Total Sugars on the label includes both naturally occurring sugars (from fruit and milk) and added sugars.

Source: LTBB Odawak FDPIR and Community Health programs

*Ingredients in **bold** are available through the Tribal FDPIR program in your community.



JOE'S BLUE CORNMEAL MUSH by Joe VanAlstine, LTBB of Odawak

INGREDIENTS*

- 1-2 soft-boiled **eggs** per serving
- 1 ½ cups water
- 1 cup blue **cornmeal**
- ¾ to 1 cup **1% milk**
- ¼ teaspoon salt, or more as needed to taste
- 1 Tablespoon **butter**
- ¼ cup maple sugar
- Walnuts and pecans

INSTRUCTIONS

SOFT-BOILED EGG:

1. Wash your hands before preparing food.
2. Bring about 2 inches of water to a boil in a small saucepan.
3. Gently place eggs into boiling water and boil for 6 ½ minutes.
4. Rinse eggs under cold water until able to handle easily with bare hands.
5. Peel eggs and set aside.

MUSH:

1. In a large, heavy bottomed saucepan, bring 1 ½ cups water to a boil.
2. Mix milk and salt in a small bowl, slowly stir in the cornmeal until smooth.
3. Slowly pour the cornmeal/milk mixture into the boiling water, stirring constantly.
4. Bring mixture to a boil again, then reduce heat and stir almost constantly to avoid scorching for about 15 minutes, or until the mixture is thickened to the consistency that you like.
5. Stir in butter and maple sugar. Divide into bowls and top each with nuts and soft-boiled egg(s).

NOTES AND IDEAS:

- Try adding **dried cherries**, or **dried plums** or **applesauce** and a sprinkle of cinnamon.
- Try the **dried fruit and nut mix** in place of pecans and walnuts.
- An additional drizzle of maple syrup might be tasty.
- A delicious addition would be 1 teaspoon of cedar ash.

Source: LTBB Odawak FDPIR and Community Health programs

*Ingredients in **bold** are available through the Tribal FDPIR program in your community.



Illustration © 2021, Jessie Boulard

BLUE CORNMEAL TAMALE CASSEROLE

ADVANCE-PREP COOKING PART 1

INGREDIENTS*

(Serves 6-8 people)

- **Vegetable oil**
- 3 cups water
- 1 cup blue **cornmeal**
- 1 cup **1% milk** OR 1 cup reconstituted **instant nonfat dry milk** OR water
- ¼ teaspoon salt
- 2 ½ teaspoons chili powder – divided
- ½ teaspoon garlic powder – divided
- 2 cups of grated **American cheese** – divided ½ cup and 1 ½ cups
- 1 medium **onion**, diced small
- ½ large OR 1 small **green pepper**, chopped small
- 1 15.5 oz. can **refried beans**, mild or spicy
- 1 15.5 oz. can **black beans** OR **kidney beans**, drained and rinsed
- 1 15.5 oz can whole kernel **corn**, drained OR 1 cup of frozen corn
- 1 15.5 oz. can diced **tomatoes**
- 1 12.5 oz can **chicken**, drained (save broth for another use), chopped into ½" pieces
- 1 teaspoon ground cumin and ½ teaspoon oregano (both optional, but delicious)

Source: LTBB Odawak FDPIR and Community Health programs

*Ingredients in **bold** are available through the Tribal FDPIR program in your community.

INSTRUCTIONS

1. Wash your hands before preparing food.
2. Spread 1 teaspoon of vegetable oil generously on bottom and sides of a 9" x 13" dish.
3. In a large saucepan, bring the water to a boil.
4. In a small bowl, mix together the cornmeal, milk and salt. Slowly pour the cornmeal/milk mixture into the boiling water, stirring constantly.
5. Bring mixture to a boil again, then reduce heat and stir almost constantly to avoid scorching. Add ½ teaspoon of chili powder and ¼ teaspoon garlic powder. Cook for about 10 minutes.
6. Spread the hot cornmeal on the bottom of the greased 9"x13" dish. Sprinkle with ½ cup of grated cheese. Preheat oven to 350°F.
7. Sauté onions and green pepper in 1 Tablespoon vegetable oil until soft. Add all other ingredients, and remaining chili and garlic powders, cumin and oregano. Heat until hot.
8. Spread the mixture over the cheese and cornmeal in the baking dish. Sprinkle remaining 1 ½ cups of cheese over the casserole. Bake for 30 minutes, or until bubbling and cheese is melted.

NOTES AND IDEAS:

- Cooked ground beef, or leftover chicken pieces may be used in place of the canned chicken.
- This would be delicious served with a crunchy salad or vegetable sticks.
- Try adding some salsa or avocado before serving.



ELECTRIC HELPERS

A **slow cooker** is a countertop appliance that cooks foods with low, steady, moist heat over several hours. That means you can start dinner in the morning and it will be ready by dinnertime with little or no attention needed. Slow cookers do a great job of tenderizing tougher cuts of meat and turn out delicious soups, stews, and chili. Slow cookers come in multiple sizes, from 1 quart for preparing an appetizer to 10 quarts for preparing a meal for 4 to 6 people.

An **electric pressure cooker** builds up steam inside to cook foods quickly at a high temperature. Pressure cooking works well with tougher cuts of meat, soups, stews, and chili. Use it to cook dry beans as well. Non-electric stovetop pressure cookers are also available.

It can be a challenge to make a meal after a busy day, but it's a lot easier when you do some advance planning and preparation. Cooking at home may be more economical and lower in added sugars, solid fats, and salt than ordering in or eating out.

STEPS TO MEAL PREPPING

Meal prepping is the process of using a dedicated block of time to prepare some or all of your ingredients or meals in advance. Get started with the tips below.

Pick what to prep. Write down the meals and/or snacks you want to prepare for the week and gather any needed recipes. If you're new to meal prepping, choose one meal or side dish to prep—maybe breakfast or brown-bag lunches—rather than tackling all of your meals and snacks.

Take stock of ingredients. Check your refrigerator, freezer, and pantry for needed ingredients and add missing items to your shopping list. If you plan to use frozen meat, poultry, or seafood, place it in the fridge with enough time before your prep session to defrost safely. Make sure you have enough storage containers and lids, too.

Have a written plan. Jot down the meals you plan to make and sketch out the required tasks for each. Be efficient! If you're going to cook a roast for 1 hour, start that first so you can continue with other tasks while the roast is in the oven. If you need chopped onions and minced garlic for 2 or more dishes, chop them all at once.

Also, write down which day you'll serve each meal and any last-minute steps needed to complete it. Use more perishable ingredients (like salad greens) earlier in the week and other ingredients (like hardboiled eggs) later in the week.



SALMON ALFREDO WITH VEGETABLES

INGREDIENTS*

(Serves 4-6 people)

- 4 frozen **salmon fillets**
- 2 teaspoons lemon juice, optional
- Salt and pepper
- 2 Tablespoons **vegetable oil**
- 8 oz. **whole grain rotini**
- 3 - 4 cups **cauliflower** (~ ½ of a head of cauliflower), trimmed, washed and cut into flowerets
- 1 Tablespoon **butter**
- 2 garlic cloves, minced OR ¼ teaspoon garlic powder
- 1 Tablespoon **all-purpose flour**
- 1 ½ cup **1% low-fat milk**
- 1 ¼ cup Parmesan cheese, grated and divided 1 cup + ¼ cup (or part **American cheese**)
- 2 Tablespoons 1/3-less-fat cream cheese (Neufchatel)
- ¼ teaspoon salt
- 1 cup **frozen peas**, thawed
- 1 - 2 Tablespoons fresh flat-leaf parsley, chopped OR 1 - 2 teaspoons dried parsley

Source: LTBB OdawaK FDPiR and Community Health programs

*Ingredients in **bold** are available through the Tribal FDPiR program in your community.

INSTRUCTIONS

1. Wash your hands before preparing food.
2. Rinse salmon in cool water to remove ice glaze and pat dry with paper towel. Drizzle teaspoon lemon juice over top of each fillet. Sprinkle each fillet with salt and pepper. Drizzle vegetable oil in skillet, heat to medium high and place fillets in with skin side up. Wash your hands again. Cook fillet for 4 minutes and flip with a turner; cook an additional 4 minutes. Fish is done when the flesh is opaque and flakes easily.
3. Cook pasta according to package directions to al dente (still firm when bitten); do not overcook. Add cauliflower pieces for last 3-4 minutes of cooking. Drain.
4. While salmon and pasta/cauliflower cook, melt butter in a saucepan over medium heat. Add garlic and cook for 1 minute, stirring. Reduce heat, sprinkle in flour, coat with melted butter.
5. Gradually add milk, stirring with a whisk. Cook over low to medium heat until mixture thickens, stirring constantly (about 5 minutes). Add 1 cup cheese, cream cheese and salt, until melted.
6. Toss sauce with pasta and cauliflower and add peas. Sprinkle with remaining ¼ cup cheese and chopped parsley. Garnish with black pepper, if desired. Place salmon fillet on top, serve.

NOTES AND IDEAS:

- Salmon can be flaked or broken into large pieces and mixed together with pasta and sauce.
- Cajun spices are delicious on the salmon in place of the salt and pepper.
- Any type of fish or chicken may be used instead of the salmon.
- Many different combinations of vegetables may be used in this dish.



Illustration © 2021, Jessie Boulard

CARROTS WITH GARLIC AND BASIL

INGREDIENTS*

- 1 pound of fresh **whole carrots** OR **baby carrots**
- ½ cup water
- 2-3 teaspoons **vegetable oil**
- 2-3 cloves garlic, crushed and minced, OR ¼ teaspoon garlic powder
- ½ teaspoon dried basil
- Salt and pepper

INSTRUCTIONS

1. Wash your hands before preparing food.
2. Wash carrots, peel if desired, cut off stems and tips of whole carrots. Slice thinner ends ½ inch thick and thicker ends ¼ inch thick. If using baby carrots, cut in half lengthwise.
3. Place water, vegetable oil, and carrots in large saucepan / skillet with a cover. Bring to a boil, turn to medium and boil gently for 2-3 minutes.
4. Remove cover and add garlic and dried basil. Leave cover off, and continue to cook for 3-5 minutes allowing all of the water to evaporate. Stir every few minutes, to prevent sticking.
5. When carrots are desired tenderness, remove from stove and sprinkle with salt and pepper.
6. This makes a great side dish with meat and potatoes or other starch.

NOTES AND IDEAS:

- The vegetable oil helps your body absorb the vitamin A compounds in the carrots.
- You may use 2-3 Tablespoons of fresh basil that has been shredded in place of dried basil; sprinkle it on at the end of cooking.
- You may also use jarred pesto in place of the oil, garlic and basil – use about 1 Tablespoon of pesto.
- Fresh green beans are really good mixed with the carrots in this recipe OR canned green beans may be added at the end of cooking.

Adapted from: *Recipes Wrapped with Love*, 2011, The Chickasaw Nation Food Distribution Program

*Ingredients in **bold** are available through the Tribal FDPIR program in your community.

ADVANCE-PREP COOKING PART 2

ELECTRIC HELPERS

A **multicooker** is a countertop appliance that performs like several devices, such as a pressure cooker, slow cooker, rice cooker, yogurt maker, steamer, and warmer. Multicookers also have a sauté function for browning or sautéing ingredients before you slow cook or pressure cook them. Versatile multicookers are a space saver since you won't need multiple single-use appliances.

A **sous vide [SUE-VEED] machine** cooks vacuum-sealed bags of food to a precise temperature in a water bath. You can then store these foods in the refrigerator to use later in the week or freeze for future meals. The sous-vide method works well with protein foods such as beef, pork, chicken, and fish but can also be used for eggs, vegetables, and more.



- **Block out a few uninterrupted hours.** Weekends are a popular time to meal prep, but if a weekday or evening works for you, go for it! Meal prep can also be done in shorter blocks of time during the week if you prefer.
- **Get prepping!** It's time to execute your plan. Make it fun by listening to music or a favorite podcast. Or enlist your partner, roommate, or kids to help out. See the **Electric Helpers** sidebar for appliances that can streamline food preparation.

MORE MAKE-AHEAD TIPS

- Consider component cooking. Not enough time to meal prep? Instead, make 1 or 2 component foods to use in meals during the week. For instance, bake boneless, skinless chicken breasts to top a salad one night and to shred for taco filling another night. In general, try to use leftover cooked foods within 3 to 4 days.
- Buy into batch cooking. Double recipes so you can eat 1 meal now and freeze another meal for later. Soups, stews, and chili freeze well, as do meal components like cooked whole grains.



SPINACH SALAD WITH STRAWBERRY VINAIGRETTE

INGREDIENTS*

- 1 cup frozen **strawberries**
- 2 Tablespoons honey OR maple syrup
- 2 Tablespoons apple cider vinegar
- 2 Tablespoons **vegetable oil**
- ¼ teaspoon salt
- ¼ teaspoon ground black pepper
- 8 cups fresh **baby spinach**, rinsed and drained
- 1 cup **dried fruit and nut mix**
- ½ -¾ cup feta crumbles OR goat cheese pieces OR **American cheese**, cubed small

INSTRUCTIONS

1. Wash your hands before preparing food.
2. Blend strawberries, honey (or maple syrup), apple cider vinegar, vegetable oil, salt, and black pepper together in a blender until smooth.
3. After washing your hands again, divide the spinach between four plates. Sprinkle dried fruit and nut mix and cheese pieces on top of the spinach on each plate.
4. Top with vinaigrette.

NOTES AND IDEAS:

- This vinaigrette may also be made with **frozen blueberries**.
- The extra dressing will keep for one week in the refrigerator.
- ¼ teaspoon, or more, of poppy seeds may be added to the dressing.
- This salad may be made with any type of lettuce or salad greens.
- Make this salad a complete meal by adding grilled chicken and a serving of cooked whole grains (like **wild rice**, quinoa, brown rice) or a whole wheat dinner roll.

Source: LTBB Odawak FDPIR and Community Health programs

*Ingredients in **bold** are available through the Tribal FDPIR program in your community.



STRAWBERRY OATMEAL BREAKFAST BOWLS

INGREDIENTS*

(Serves 4-6 people)

- 1 - 32 oz carton **1% milk**
OR 1 1/3 cups **instant nonfat dry milk** mixed with
3 3/4 cups water
- 4 cups **frozen strawberries**,
thawed overnight and divided
- 2 cups **rolled, quick cooking oats**
- 1/4 teaspoon salt
- 1 Tablespoon vanilla
- 2-4 Tablespoons maple syrup
- Optional Toppings: peanut butter, peanuts, dried fruit and nut mix, dried plums, toasted pumpkin seeds, coconut flakes, chia or hemp seeds, walnuts, pecans or almonds

INSTRUCTIONS

1. Wash your hands before preparing food.
2. Measure 2 cups of milk and 2 cups of strawberries into a blender or food processor. Blend the milk and berries until smooth. If you do not have a blender, mash the 2 cups of strawberries with a potato masher.
3. Coarsely mash or slice the remaining 2 cups of berries and set aside.
4. In a large pan, mix the strawberry milk mixture, the remaining 2 cups of milk, oats and the salt.
5. Bring to a boil and reduce heat to medium-low and cook for 3-4 minutes. The more that you stir, the creamier it will get! Stir in vanilla.
6. Place a scoop of oatmeal in each serving bowl, top with strawberries and drizzle with maple syrup. Top with optional toppings as desired. Any leftovers will keep in the refrigerator for 2-3 days.

NOTES AND IDEAS:

- This recipe may also be made with fresh strawberries.
- Frozen blueberries would work well in this recipe.
- This breakfast bowl supplies a whole grain, and is a great source of Vitamin C and fiber.

PLANNING FOR A HEALTHY BREAKFAST



OVERNIGHT OATMEAL WITH BERRIES

(Serves 1 person)

Mix and refrigerate overnight to enjoy the next morning.

INGREDIENTS

- 1/2 cup low-fat milk (or less for thicker oatmeal)
- 1/4 cup Greek yogurt
- 2 teaspoons honey
- 1/4 teaspoon cinnamon or nutmeg
- 1/4 teaspoon vanilla extract
- 1/2 cup uncooked rolled oats
- 1/4 cup raspberries, blueberries, or strawberries, fresh or frozen

DIRECTIONS

1. Combine milk, Greek yogurt, honey, cinnamon, and vanilla extract in a bowl or a jar with a lid.
2. Add oats and mix well.
3. Gently fold in berries.
4. Cover and refrigerate 8 hours to overnight.
5. Enjoy cold or heat as desired.

Adapted from: *USDA Center for Nutrition Policy and Promotion*

With a little planning, you can wake up to a quick, tasty, and nutritious breakfast. Find out how below.

SHOP SMART FOR MORNING MEALS

- At the supermarket, stock up on your favorite nutritious breakfast options. Some ideas are: oatmeal and whole-grain versions of ready-to-eat cereal (such as shredded wheat); whole-grain choices for bread, bagels, and toaster waffles; eggs; peanut butter or other nut butters; low-fat or fat-free yogurt; cottage cheese and milk; fresh and dried fruit; canned fruit in 100% juice; and 100% fruit juice.
- Pick up ingredients for any recipes you plan to make.

GET SET THE NIGHT BEFORE

- In the evening, set the table and put out needed appliances, such as the toaster, and non-perishable foods, such as cereal boxes, peanut butter, bread for toast, and whole and dried fruit. Put perishable items like milk and yogurt toward the front of the fridge so that they're easy to grab.
- If you're taking your breakfast to go, add non-perishables, such as instant oatmeal cups and raisins, to your bag the night before. Pop in perishable foods like yogurt or a hard-cooked egg right before you dash out the door (add an ice pack to keep them cold and safe to eat).
- Assess your leftovers. You might find a ready-made breakfast that can be quickly reheated, such as a slice of leftover pizza or a cup of soup. Leftover meat or vegetables can be added to scrambled eggs or an omelet or used to make a breakfast sandwich.

Source: LTBB Odawak FDPIR and Community Health programs

*Ingredients in **bold** are available through the Tribal FDPIR program in your community.



BLACKENED CATFISH

INGREDIENTS*

HOMEMADE BLACKENING SEASONING BLEND

- 2 Tablespoons paprika, use part smoked paprika if available
- 1 Tablespoon onion powder
- 1 Tablespoon garlic powder
- 1 teaspoon ground black pepper
- 1 teaspoon kosher OR 1 teaspoon sea salt OR ½ teaspoon table salt
- 1 teaspoon dried basil
- 1 teaspoon dried oregano
- 1 teaspoon dried thyme
- 1 to 3 teaspoons cayenne powder (use more for a spicier blend)

BLACKENED CATFISH

- ¼ cup of homemade blackening seasoning
- 4 frozen **catfish fillets**
- 1 Tablespoon **butter**
- 2 Tablespoons **vegetable oil**
- Lemon wedges OR lemon juice

Source: LTBB Odawak FDPIR and Community Health programs

*Ingredients in **bold** are available through the Tribal FDPIR program in your community.

INSTRUCTIONS

HOMEMADE BLACKENING SEASONING BLEND

1. Wash your hands before preparing food.
2. Make your own blackening seasoning for fish, chicken, beef, or even vegetables to provide a charcoal grilled flavor without the grill. Use this as a base recipe and adjust the amounts of cayenne powder for the hotness that is right for you.
3. Mix all ingredients together in a small dish with a cover. This seasoning blend will keep for up to 3 months in a cool, dry place.

BLACKENED CATFISH

1. Wash your hands before preparing food.
2. Thaw catfish by placing in resealable bag submerging package in cold water, changing the water every 30 minutes to be sure it stays cold. Fillets should thaw in about an hour.
3. Preheat oven to 400° F. Prepare baking sheet by lining with parchment paper or aluminum foil.
4. Melt butter and mix with vegetable oil. Brush both sides of fish fillets with oil mixture.
5. Place homemade blackening seasoning on a dinner plate or in a pie pan. Press fish into seasoning and coat both sides.
6. Place fish on prepared baking pan and bake in hot oven for 15-17 minutes or until fish flakes easily and is nice and brown.
7. Serve with lemon wedges or lemon juice.



Illustration © 2021, Jessie Boulard

CORNMEAL PANCAKES WITH BLUEBERRY SAUCE

INGREDIENTS*

BLUEBERRY SAUCE

- 2 cups **frozen blueberries**, OR fresh blueberries
- $\frac{1}{3}$ cup water
- $\frac{1}{4}$ cup white sugar OR maple sugar OR 2 Tablespoons maple syrup
- 2 Tablespoons lemon juice OR **orange juice**
- 1 $\frac{1}{2}$ Tablespoons cornstarch mixed with 2 Tablespoons cool water
- $\frac{1}{2}$ teaspoon vanilla (optional)

PANCAKE INGREDIENTS

- 1 cup **yellow cornmeal**
- 1 cup **all-purpose flour**
- 3 Tablespoons sugar OR maple sugar
- 1 Tablespoon baking powder
- $\frac{1}{2}$ teaspoon salt
- 2 large **eggs**
- 1 cup **1% milk**
- 1 Tablespoon lemon juice OR **orange juice** OR vinegar
- $\frac{1}{4}$ cup **vegetable oil** + more for greasing the griddle

INSTRUCTIONS

1. Wash your hands before preparing food.
2. Combine blueberries, water, sugar or syrup, and juice in a small saucepan over medium-high heat. Bring to a boil; lower heat and gently simmer.
3. Stir the cornstarch mixed with the water until dissolved and smooth, and then stir into the blueberry mixture. Continue to simmer and stir occasionally until sauce begins to thicken. Remove from heat and stir in vanilla if using.
4. While sauce is cooking, whisk cornmeal, flour, sugar, baking powder, and salt together in a medium mixing bowl. In a small bowl, mix eggs, milk, juice, or vinegar and $\frac{1}{4}$ cup vegetable oil. Add liquid ingredients to dry ingredients and blend together until all ingredients are wet, there may be some small lumps.
5. Lightly oil griddle and heat over medium-high heat. Griddle is ready when a few drops of water sprinkled on hot griddle sizzle and jump across the top.
6. Pour about $\frac{1}{4}$ cup batter onto hot griddle. Flip pancakes when bubbles appear all over the surface of the pancake and begin to pop. The pancake should begin to look almost dry. Flip and cook another 1 to 1 $\frac{1}{2}$ minutes.
7. To keep warm, place cooked pancakes on a baking sheet OR a cooling rack placed on top of baking sheet and place in oven preheated to 200° F.
8. Serve pancakes with butter and blueberry sauce.

Source: LTBB Odawak FDPIR and Community Health programs

*Ingredients in **bold** are available through the Tribal FDPIR program in your community.

FOOD SAFETY: PREPARATION PART 1



KEEP A CLEAN CUTTING BOARD

Most types of cutting boards can be washed and put in the dishwasher, but wooden and bamboo boards cannot. (Check the manufacturer's directions for your board.)

Follow these 4 steps to clean your cutting board by hand:

1. Use a clean sponge or dish cloth to wash the cutting board in hot, soapy water.
2. Rinse the board well with clean, hot water.
3. Sanitize the board: Mix 1 tablespoon of bleach with 1 gallon water. Cover the surfaces of the cutting board with the bleach-water mixture and let it sit for several minutes. Rinse the board with clean water.
4. Dry the board in a dish drainer or with a paper towel before using or storing it. Don't dry with a dish towel because it can spread bacteria to the clean cutting board.

To reduce the risk of food poisoning while preparing food, follow the simple steps below.

WASH YOUR HANDS OFTEN

Wash your hands before, during, and after food preparation, and after using the bathroom, changing diapers, and handling pets and pet waste.

- Wash hands in warm, soapy water for at least 20 seconds, lathering the backs of hands, between fingers, and under fingernails. Rinse hands well under running water and dry them with a clean towel or air dry them.
- Wash your hands after you handle raw eggs, meat, poultry, or fish.

KEEP READY-TO-EAT FOODS SEPARATE FROM RAW MEAT, POULTRY, SEAFOOD, AND EGGS

Cross-contamination occurs when juices from raw meats or bacteria from unclean objects accidentally touch cooked or ready-to-eat foods. Here's how to prevent it:

- Keep raw meat, poultry, seafood, and eggs separate from ready-to-eat foods such as fruits and salads.
- Use 2 cuttings boards: 1 only for raw meat, poultry, and seafood and 1 for ready-to-eat foods such as bread, cheese, fruits, and vegetables. To keep track, buy different color boards for different types of foods.
- Thoroughly wash cutting boards between uses. Refer to **Keep a Clean Cutting Board** for step-by-step tips.
- Don't use the same utensils, appliances, dishware, or cutting boards to prepare raw meat, poultry, seafood, and eggs and cooked or ready-to-eat foods unless you thoroughly wash these items in hot, soapy water first.



BISON AND WILD RICE MEATLOAF

INGREDIENTS*

MEAT LOAF

- ½ cup **wild rice** OR 1 ¾ to 2 cups of cooked **wild rice**
- 2 Tablespoons **vegetable oil**
- 1 **onion**, finely chopped
- 3 cloves garlic, minced OR ¾ teaspoon garlic powder
- ¼ cup **cornmeal**
- 2 **eggs**, beaten
- ¾ cup **tomato juice**
- 1 teaspoon each salt and black pepper
- 1 teaspoon oregano OR Italian herb blend
- 2 pounds **ground bison** OR 1 pound **ground bison** + 1 pound **ground beef**, thawed

BETTER THAN KETCHUP SAUCE

- 1 (15.5 ounce) can **tomato sauce**
- ¼ cup apple cider vinegar
- ¼ cup maple OR brown sugar
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- ½ teaspoon ground allspice
- ¼ teaspoon salt
- 1 Tablespoon molasses (optional, but delicious)

Source: LTBB Odawak FDPIR and Community Health programs

*Ingredients in **bold** are available through the Tribal FDPIR program in your community.

INSTRUCTIONS

1. Wash your hands before preparing food.
2. If using uncooked wild rice, rinse the rice under cool water and place in a small saucepan; add 1 ½ cups of water. Bring to a boil and then reduce heat to simmer; cover and cook rice for 30 to 45 minutes or until tender. If using rice that is already cooked, measure out amount needed, and place into large bowl.
3. Preheat oven to 350°F. Chop onions and garlic.
4. In a heavy skillet, heat oil over medium heat and add the chopped onion and minced garlic. Cook and stir until onion is soft, about 5 minutes.
5. Place cooked onions and garlic into a large bowl and add the cooked wild rice, cornmeal, beaten eggs, tomato juice, salt, pepper and oregano. Mix thoroughly.
6. Add the ground bison, and beef, if using. Gently mix until well combined, do not overwork the meat mixture. Form into a loaf and place back into skillet, or another pan (see Notes). A thinner loaf or large patty will cook faster. Wash your hands after handling raw meat.
7. Bake for 30 minutes. In the meantime, make the sauce: in a small bowl, combine the tomato sauce, vinegar, sugar and spices; simmer gently for 10 minutes.
8. After 30 minutes of baking, spread ¼ to ½ of the sauce over the top of the meatloaf. Bake for an additional 30 minutes or until the internal temperature reaches 160° F. Let the meatloaf sit, covered with foil, for 10 -15 minutes before slicing. Serve with extra sauce.

NOTES AND IDEAS:

- Avoid overworking the meat mixture to keep the meatloaf from turning into a paste.
- Using the skillet to bake the meatloaf saves cleanup time.
- If you use two loaf pans or a broiler pan, first spray with nonstick cooking spray OR cover with parchment paper OR foil, and set aside.

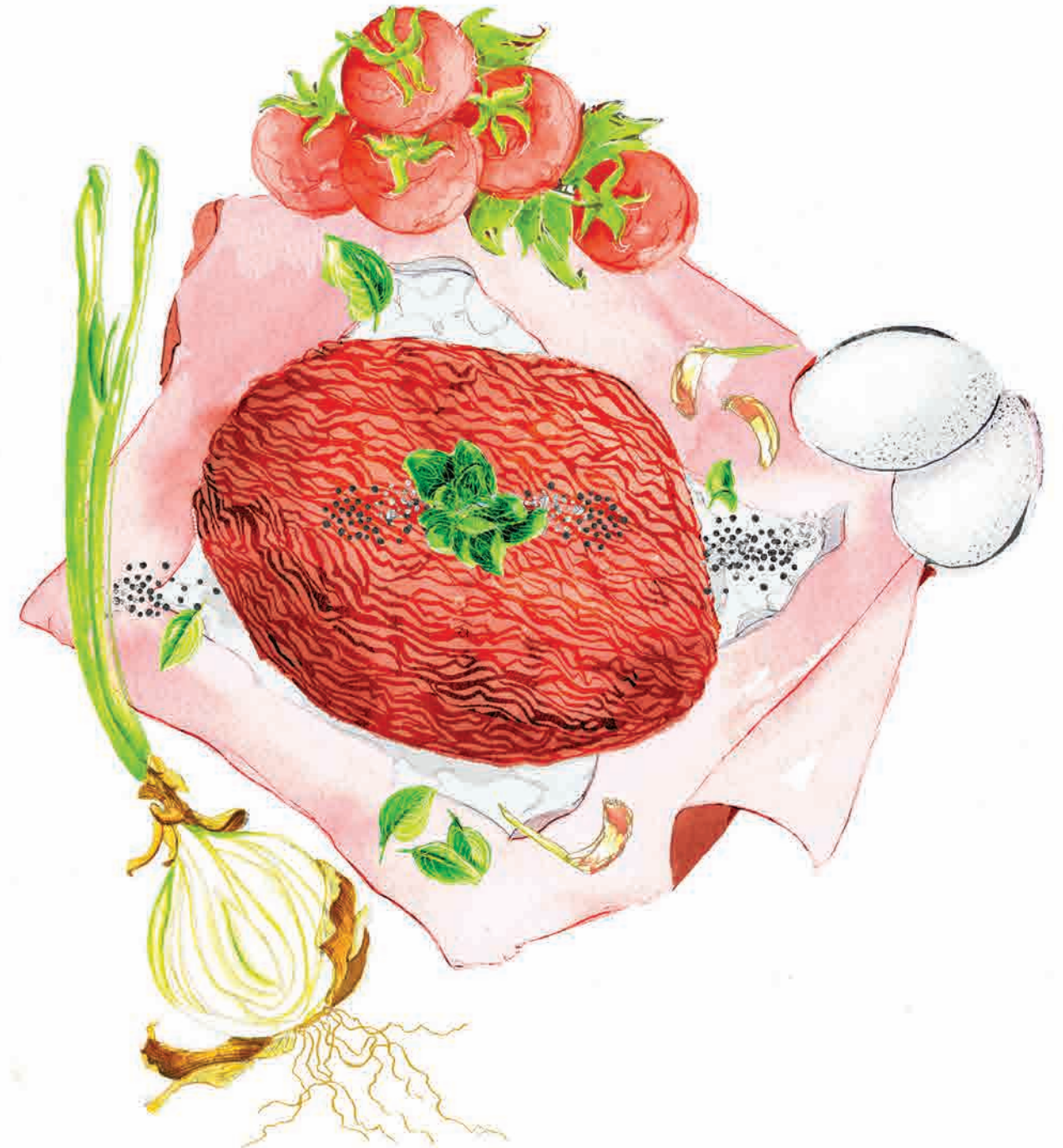


Illustration © 2021, Jessie Boulard

SUMMER SQUASH SCRAMBLE

FOOD SAFETY: PREPARATION PART 2

INGREDIENTS*

(Serves 2)

- 1/2 **onion**
- 2 small zucchini OR yellow summer squash OR use one of each
- 1 Tablespoon **vegetable oil**
- 1 dash salt
- 1 dash black pepper

INSTRUCTIONS

1. Wash your hands before preparing food.
2. Peel and dice onion into small cubes.
3. Wash zucchini and summer squash and dice into cubes.
4. Add vegetable oil to skillet and then add diced onions and squash. Cover and cook over medium heat until onion becomes translucent. This should about 3-5 minutes.
5. Sprinkle with salt and black pepper. Mix and serve.

NOTES AND IDEAS:

- This makes a great side dish with a protein food and a side of rice or pasta.
- You can add diced **green pepper**, fresh or canned mushrooms, canned and drained **hominy** or **corn** to this dish along with the zucchini and onion. This will increase cooking time.
- Add 1-2 eggs and mix into vegetables after Step 3. Cover and cook about two more minutes until eggs are thoroughly cooked.

Source: LTBB Odawak FDPIR and Community Health programs

*Ingredients in **bold** are available through the Tribal FDPIR program in your community.

TEMPERATURE MATTERS

Use a dial or digital food thermometer to make sure foods reach safe internal temperatures. Here's how:

1. Toward the end of the expected cooking time, place the bottom 2 inches of the food thermometer in the thickest part of the food. Don't let the thermometer touch bone, fat, or gristle in meat or poultry.
2. Allow the temperature to register on the thermometer. Wait for the arrow on a dial thermometer to stop moving before you read the temperature.
3. Make sure the food has reached a safe internal temperature (see below).
4. If the food is not at or above the minimum internal temperature, let it cook longer.
5. Recheck with the thermometer until the food reaches a safe temperature.
6. Wash thermometers with hot, soapy water before and after each use.

FOOD	MINIMUM INTERNAL TEMP.
Ground beef, pork, lamb, or veal	160°F
Roasts, steaks, chops (beef, pork, veal, or lamb)	145°F
Poultry (whole, pieces, or ground)	165°F
Fresh ham (not precooked)	145°F
Precooked ham (to reheat)	140°F
Stuffing and stuffed meats	165°F
Fish	145°F
Egg dishes	160°F
Leftovers	165°F

COOK TO PROPER TEMPERATURES

Cook fish, seafood, meat, poultry, and egg dishes to the recommended safe minimum internal temperature to destroy any potentially harmful bacteria.

- Always use a food thermometer to check the doneness of meat, poultry, seafood, and dishes containing eggs. Refer to the **Temperature Matters** sidebar for tips on using a food thermometer and a list of safe internal temperatures for a variety of foods.
- If a marinade was used on raw meat, boil it for several minutes if you plan to reuse it as a sauce. Or consider reserving some of the marinade before using it on the meat to serve with the finished dish.
- To reduce the risk of food-borne illness, older adults and pregnant women should heat all deli-style meats before eating.

KEEP FOODS OUT OF THE TEMPERATURE DANGER ZONE

Do not allow raw or cooked foods to stay in the "danger zone" of 40°F to 140°F for more than 2 hours. This is the temperature range at which bacteria can multiply quickly.

- Thaw frozen foods like meat, poultry, or seafood in the refrigerator, not on the counter.
- Keep hot foods piping hot until serving and keep cold foods very cold. Don't let foods get lukewarm.
- To help prevent bacteria from growing, refrigerate perishable leftovers within 2 hours. Refrigerate leftovers within 1 hour if they have been sitting out at a temperature of 90°F or warmer, such as at picnics or cookouts.



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CEDAR-BRAISED BEANS

INGREDIENTS*

(Yields 2½ to 3 cups)

- 1 cup **dried beans** (any kind)
- 3 cups cold water
- One 5- to 6-inch branch of cedar
- Salt and freshly ground juniper and leek powder to taste

INSTRUCTIONS

1. Wash your hands before preparing food.
2. Sort the beans and remove broken beans and clumps of dirt or stones. Put the beans in a large pot or bowl, and cover with water by 3 inches. Allow the beans to soak for at least 6 hours or overnight.
3. Drain the beans and transfer them to a medium saucepan or soup pot. Add 3 cups of cold water to the pot and lay the cedar over the beans.
4. Set the pot over high heat and bring it to a boil.
5. Cover the pot, reduce heat and let simmer until the beans are very soft. Begin tasting the beans after about 25 minutes of simmering. Remove and discard the cedar.
6. Drain and reserve the cooking liquid for soups and stews. Season to taste with salt, ground juniper and leek powder.
7. Serve the beans or store in a covered container in the refrigerator for up to 4 days or freeze.

NOTES AND IDEAS:

- For Maple Beans: stir in 1 to 2 Tablespoons of maple syrup OR maple sugar into the pot before removing the beans from the stove.
- For Mashed Beans: put the beans and a little of the cooking liquid into a large bowl. Using an immersion blender, food processor fitted with a steel blade, a blender, or a potato masher, purée the beans to make a thick paste. Season the mashed beans with salt, leek powder and ground juniper.
- If you do not have juniper, use some ground rosemary and black pepper instead.
- Just a small branch of cedar adds flavor to these beans and helps to stimulate digestion and strengthen the immune system. We make up a big batch of these beans each week, then work them into a variety of dishes—appetizers, soups, and entrées. The first step is to soak the beans before cooking; it cuts the time in half. (This recipe is easily doubled or tripled.)
- “We like to use a mix of heirloom beans for a variety of colors, textures, and flavors. Because of the varied cooking times, we cook them separately and then combine them in a soup, hot dish, or salad before finishing the dish. Be sure to save the bean cooking water for a stock to use in soups and stews.” —Sean Sherman with Beth Dooley in their 2018 Beard Award-winning cookbook, *The Sioux Chef’s Indigenous Kitchen*.

From *The Sioux Chef’s Indigenous Kitchen* by Sean Sherman with Beth Dooley (University of Minnesota Press, 2017). Copyright 2017 Ghost Dancer, LLC. All rights reserved. Used by permission of the University of Minnesota Press.

Source: LTBB Odawak FDPIR and Community Health programs

*Ingredients in **bold** are available through the Tribal FDPIR program in your community.



TOMATO CORN SOUP

HOW TO MEASURE INGREDIENTS PART 1

INGREDIENTS*

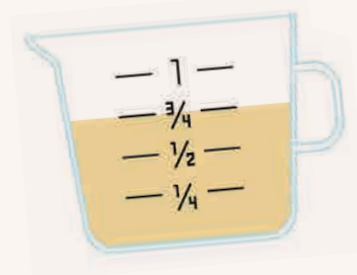
- 2 Tablespoons **vegetable oil**
- 1 **celery** rib, chopped
- 1 small **onion**, chopped
- ¼ cup chopped **green pepper**
- 2 - 15.5 oz. cans **diced tomatoes**
- 1 - 12.5 oz. **canned chicken**, chopped into ½ inch pieces
- 2 - 15.5 oz cans **whole kernel corn** OR **cream style corn**
- ¼ to ½ teaspoon salt
- Dash of black pepper
- 1 teaspoon cumin (optional, but gives soup a Southwestern flavor)
- 1 Tablespoon dried parsley OR 2 Tablespoons fresh parsley, minced
- 1 green onion, finely chopped (optional, but tasty)

INSTRUCTIONS

1. Wash your hands before preparing food.
2. Add vegetable oil to a large saucepan or kettle, sauté the celery, onion and green pepper until tender.
3. Stir in tomatoes, chicken and corn. Bring to a boil. Reduce heat; cover and simmer for 20 minutes. Add additional water if needed.
4. Add salt, black pepper, cumin and parsley (if using). Bring to a boil. Reduce heat; simmer, uncovered, for 5 additional minutes. Garnish with green onion and serve.

NOTES AND IDEAS:

- This soup is good with the chicken or without it.
- Smoked fish is a nice addition to this soup, and may be added right before serving.
- One 15.5 oz. can of **black, light red kidney** or **pinto beans** may be added to this soup. Drain and rinse before adding.



Knowing how to correctly measure dry and liquid ingredients is a key skill for recipe success. The questions and answers below can help you to master your skills.

WHICH MEASUREMENTS DO RECIPES USE FOR DRY AND LIQUID INGREDIENTS?

Recipes may call for ingredients by volume, by weight, or by both volume and weight.

- **Dry ingredients** (like flour, sugar, rice, and oatmeal) are measured by volume in teaspoons, tablespoons, cups, and fractions of cups. Dry ingredients are sometimes measured by weight on a food scale.
- **Liquid ingredients** (like oil, milk, stock, or water) are measured by volume in teaspoons, tablespoons, cups, pints, quarts, gallons, fluid ounces, milliliters, and liters.

WHICH MEASURING TOOLS ARE USED FOR DRY AND LIQUID INGREDIENTS?

Measuring cups. There are separate types of measuring cups for liquid and dry ingredients:

- **Liquid measuring cups** are usually glass or plastic with a small spout for pouring. They're marked with graduated lines showing fractions of cups, ounces, and/ or milliliters. Common sizes are 1, 2, and 4 cups.
- **Dry measuring cups** are usually metal or plastic and often come in sets of 1 cup, ½ cup, ⅓ cup, ¼ cup, and ⅛ cup. Measuring spoons. The same measuring spoons are used for dry ingredients (like baking powder or salt) and liquid ingredients (like oil or vanilla).

Measuring spoons are usually metal or plastic and come in sets with these spoon sizes: 1 tablespoon, 1 teaspoon, ½ teaspoon, ¼ teaspoon, and ⅛ teaspoon.

Source: LTBB Odawak FDPIR and Community Health programs

*Ingredients in **bold** are available through the Tribal FDPIR program in your community.



APPLE SALAD

INGREDIENTS*

- 2-3 large, tart **apples**, washed
- 1 Tablespoon lemon juice
- 2 ribs **celery**, washed
- ½-¾ cup walnuts or pecans
- ½ cup **dried cranberries** OR **raisins** OR **dried cherries** OR mix them all together
- ½ cup plain Greek yogurt
- ½ teaspoon cinnamon
- 2 - 4 Tablespoons maple syrup OR maple sugar

INSTRUCTIONS

1. Wash your hands before preparing food.
2. Wash apples. Core and dice apples into bite-sized pieces and place in a bowl. Sprinkle with the lemon juice and toss gently to coat all pieces with lemon juice.
3. Wash celery and slice thin. Chop nuts into small pieces.
4. Add celery, nuts and dried fruit to bowl with apples, and mix well.
5. Mix the yogurt with cinnamon and maple syrup or sugar in a small bowl. Pour over apple mixture and toss together gently.
6. Let mixture sit in refrigerator for about 30 minutes before serving.

NOTES AND IDEAS:

- A mix of apples works well in this salad – Granny Smith are delicious.
- This dish is best eaten on the day it was made.
- Vanilla yogurt can be used in place of plain.
- Dried fruit and nut mix can be used for dried fruit and nuts.

Source: LTBB Odawak FDPIR and Community Health programs

*Ingredients in **bold** are available through the Tribal FDPIR program in your community.



CHICKEN AND WILD RICE SOUP

INGREDIENTS*

(Serves 6-8 people)

- 1 cup uncooked **wild rice**, rinsed and drained
- 3 cups water
- 1-pound boneless skinless **chicken breasts**
- 4 cups water
- 2 Tablespoons **vegetable oil**
- 2 Tablespoons **butter**
- 1 small **onion**, peeled and diced
- 2 medium **carrots**, washed and sliced thin
- 2 **celery** ribs, washed and sliced
- ¼ cup **all-purpose flour**
- 6 cups (1½ quarts) chicken broth, homemade or low-sodium OR water
- ½ teaspoon dried rosemary OR a small sprig of fresh rosemary
- 2 Tablespoons finely-chopped fresh parsley OR 1 Tablespoon dried parsley
- 2 cups **1% milk** (this can be omitted to make a clear broth soup)
- Salt and black pepper

INSTRUCTIONS

1. Wash your hands before preparing food.
2. In a medium saucepan, combine rinsed wild rice and water. Bring to a boil, reduce heat to simmer, cover the pan and cook for 30 minutes.
3. Place chicken breasts in 4 cups of water in large kettle. Boil gently for about 15 minutes if thawed, or about 25 minutes if still frozen. After the chicken is cooked, use tongs or a cooking fork to remove the chicken from the cooking water and carefully cut into bite-sized pieces. Save the cooking water to use as broth for the soup.
4. In the meantime, heat vegetable oil and butter in a large stockpot over medium-high heat. Add onion and sauté for 5 minutes, stirring occasionally. Add carrots and celery and sauté for 3 more minutes, stirring occasionally. Add in the flour and stir continuously to make sure there are no large clumps and that all flour is coated with fat.
5. Add chicken broth or water (this is a good place to use the cooking water from the chicken), stirring constantly. Add the rosemary, chicken breast pieces and wild rice. Cook and stir over medium heat for about 10 to 15 minutes or until the soup is slightly thickened and the rice is tender.
6. Add the parsley and milk (if using) and heat until piping hot but not boiling.
7. Taste and season the soup with salt and black pepper as needed. Serve hot.

Source: LTBB Odawak FDPIR and Community Health programs

*Ingredients in **bold** are available through the Tribal FDPIR program in your community.

HOW TO MEASURE INGREDIENTS PART 2

MEASUREMENT MATH

Keep these common measurement conversions handy whenever you make a recipe.

WEIGHT MEASUREMENTS

1 ounce =	28.35 grams
1 gram =	0.035 ounces
1 pound =	16 ounces or 454 grams

VOLUME MEASUREMENTS

1 teaspoon =	1/3 tablespoon
1 tablespoon =	3 teaspoons or ½ fluid ounce
1/8 cup =	2 tablespoons or 1 fluid ounce
¼ cup =	4 tablespoons or 2 fluid ounces
1/3 cup =	5 tablespoons + 1 teaspoon
½ cup =	8 tablespoons or 4 fluid ounces
¾ cup =	12 tablespoons or 6 fluid ounces
1 cup =	16 tablespoons or ½ pint or 8 fluid ounces
1 pint =	2 cups or 16 fluid ounces
1 quart =	4 cups or 2 pints or 32 fluid ounces
1 gallon =	4 quarts or 8 pints or 16 cups or 128 fluid ounces

Food scales. When a recipe calls for ounces, pounds, or grams of a dry ingredient like flour, meat, tofu, or uncooked pasta, a food scale provides an accurate weight. Recipes for baked goods like cakes and muffins may rely on exact measurements, so it's especially important to weigh these ingredients if the directions call for it. Types of scales include digital scales, which require batteries, or mechanical spring scales, which display weights on a dial.

TIP: Choose a scale with a tare or zero function. This allows you to reset the displayed weight back to zero (0) so you can measure multiple ingredients in succession in the same container.

HOW DO YOU MEASURE DRY AND LIQUID INGREDIENTS?

To measure dry ingredients: Fill a dry measuring cup to the top and level it off with the back of a knife. Use the same technique to measure dry ingredients in tablespoons and teaspoons.

To measure liquid ingredients: Place a liquid measuring cup on a flat surface and pour liquid to the desired line. Check at eye level to make sure the bottom of the liquid curve (the meniscus) is at the measuring line (not below the line).

ARE OUNCES AND FLUID OUNCES THE SAME?

No. Ounces are a measure of weight generally used with dry ingredients. Fluid ounces are a measure of volume used with liquid ingredients. Read recipes carefully to know how to measure correctly.



POZOLE

INGREDIENTS*

SOUP

- 8 cloves garlic
- 3 to 4 dried guajillo, 5 to 6 ancho and 6 arbol chile pods (see Notes)
- **Vegetable oil**
- 3 pounds **pork chops**
- Salt
- 4 - 15.5-ounce cans white **hominy**, drained and rinsed
- 3 bay leaves
- 2 teaspoons ground cumin
- 2 Tablespoons Mexican oregano (see Notes)

GARNISHES

Prepare desired garnishes while the pozole is cooking.

- One bunch cilantro, chopped
- ½ **onion**, chopped
- 2 avocados, chopped
- 2 limes, cut into 8 wedges each
- Red **radishes**, sliced into thin strips

Source: LTBB Odawak FDPIR and Community Health programs

*Ingredients in **bold** are available through the Tribal FDPIR program in your community.

INSTRUCTIONS

1. Wash your hands before preparing food. Rinse off the tops of the hominy cans.
2. Peel garlic and chop 4 cloves, leave 4 cloves whole, but remove stems and ends.
3. Fill a large pot with 5 quarts of water and a medium pot with 3 cups of water. Set both pots on stove and bring to a boil.
4. Remove and discard stems, most of the seeds and hard veins from the chilies; this will keep the pozole from being too spicy and bitter. Remember: DO NOT touch your eyes after peeling chilies, wear gloves if desired.
5. Heat a cast iron pan on medium high and use tongs to turn and lightly roast the chile pods for a couple minutes, until they begin to soften. Do NOT let them burn. Use the stove fan to avoid breathing any smoke and oils released from the chilies. Once the chilies are soft, add them to the medium pot of boiling water, turn off the heat and cover. Let the chilies soak in the hot water for about 20 to 30 minutes.
6. Cut the pork into 1 to 1 ½ inch pieces. Heat 1-2 Tablespoons of vegetable oil (enough to coat the bottom of the pan) in a large skillet on medium high heat. Pat the pork pieces dry with paper towels. Sprinkle pork with salt. Sear the pork cubes on all sides; stirring until brown. Pour off extra liquid to help with browning. When the pork is browned, add the 4 cloves of chopped garlic and cook for about a minute.
7. Once the meat and garlic have cooked together, move this to the large pot of boiling water. Scrape up any browned bits of meat and garlic at the bottom of the pan, and add those to the water. Add the drained and rinsed hominy.
8. Add bay leaves, cumin, and 1 Tablespoon salt. Add oregano, rubbing between your hands to break it down. Bring to a simmer, reduce heat, cook for 15 minutes.
9. Red chile sauce: Use tongs to place chilies into the blender; save the soaking water. Add ½ cup of soaking water, 1 teaspoon of salt and the 4 whole cloves of garlic to the blender. Pulse 8 to 10 times. Add 1 cup of soaking water and blend. Add a second cup of soaking water and blend on high for about 30 seconds.
10. After the sauce is blended, pour/press it through a sieve to remove tough pieces.
11. Add the red chile sauce to the pot with the pork, hominy and spices. Add 1-2 more teaspoons of salt. Return to a simmer, lower the heat to maintain a simmer while partially covered.
12. Simmer for 2 ½ to 3 hours until the pork is completely tender; the final product should be very soupy to eat with the garnishes. Add additional soaking water to make it soupier. Serve with garnishes.

NOTES AND IDEAS:

- Chilies – use a mixture of mild and medium heat chilies – Arbol, Ancho, and Guajillo.
- You may use regular oregano in place of Mexican oregano.



Illustration © 2021, Jessie Bouliard

ROASTED ROOT-ROOT VEGETABLES

INGREDIENTS*

(Serves 6 to 8 people)

- An assortment of root vegetables like 4 **carrots**, 2 sweet potatoes, 2 beets and 1 rutabaga OR any other root vegetables like kohlrabi, parsnips, turnips or radishes OR combination of root vegetables
- 1 small **onion**
- ¼ cup **vegetable oil** OR olive oil
- 1 teaspoon kosher salt OR ½ teaspoon table salt
- ¼ teaspoon ground black pepper
- 2 tablespoons coarsely chopped fresh rosemary OR thyme OR oregano leaves OR 2 teaspoons dried rosemary OR thyme OR oregano leaves

INSTRUCTIONS

1. Wash your hands before preparing food.
2. Place rack in the middle of the oven and heat the oven to 400°F.
3. Scrub root vegetables to remove all dirt. Pat dry. Peel if desired, then cut into 1" chunks.
4. Peel and chop onion into 1-inch pieces.
5. Place root vegetables and onion on a rimmed baking sheet. Drizzle with oil, sprinkle with salt and black pepper. Toss to evenly coat pieces with oil and spread on pan in a single layer. Roast for 30 minutes.
6. In the meantime, wash, chop and measure herbs.
7. After 30 minutes, remove the baking sheet from the oven, sprinkle vegetables with the herbs, and toss to combine. Spread in an even layer. Continue to roast until the vegetables are tender and caramelized, 10 to 15 minutes more.

NOTES AND IDEAS:

- Leftovers may be reheated in a skillet or microwave.
- Leftovers should be used within 3 days.



10 COOKING TERMS TO KNOW

- **Bake:** to cook surrounded by dry air in the oven (food may be covered or uncovered)
- **Boil:** to cook in rapidly boiling liquid
- **Broil:** to cook with direct heat under a heating element in the oven or a broiler
- **Grill or barbecue:** to cook with direct heat over hot coals or another heat source
- **Poach:** to cook directly in liquid, usually just below boiling
- **Roast:** to cook uncovered with dry heat in the oven
- **Sauté:** to cook in a small amount of fat, stirring so the food browns evenly
- **Simmer:** to cook gently in liquid, just below boiling
- **Steam:** to cook over boiling or simmering water on a rack or in a steamer basket in a covered pot
- **Stir-fry:** to quickly cook small pieces of food in a small amount of oil over high heat while stirring constantly

COOKING METHODS TO MASTER

Mastering basic cooking methods is the foundation of solid kitchen skills. Read on for information and tips about some common cooking methods that use your oven and stovetop. With practice, these methods will help you create delicious, healthy meals.

BROILING

Broiling is used to cook foods such as thinner cuts of meat (like steak), chicken, and fatty fish (like tuna steaks or salmon) and to finish cooking dishes with crispy or browned toppings.

The broiling time and the food's proximity to the heat source will vary. To brown the topping on a casserole, place the pan close to the heat for just a few minutes. A thick piece of fish or chicken takes longer to broil, so place them farther from the heat source so the top doesn't burn.

ROASTING

Roasting is used for larger cuts of meat, fish, and poultry, and it can be used for fruits and vegetables.

Roast meat, fish, and poultry on a rack or sheet pan. Using a rack allows fat to drip away from the food. To keep the meat, fish, or poultry moist, brush it from time to time as it roasts with a low-fat sauce or marinade that has not come in contact with raw meat.

To roast potatoes, peppers, carrots, and other vegetables, brush them first with a thin layer of olive or vegetable oil and spread in a single layer on a sheet pan. Roasting brings out their natural flavor. Fruits, such as apples, pears, stone fruits, and pineapple, can be roasted for use in mixed dishes or desserts.

SAUTÉING

Sautéing is used to cook smaller pieces of meat, fish, poultry, and vegetables. To keep food from sticking, add a small amount of oil to a shallow pan or spray the pan with nonstick cooking spray or an oil spritzer. When the pan is hot, add the food and turn occasionally. Add broth, a splash of wine, herbs, or spices while sautéing to bring out flavor without adding more fat.

STIR-FRYING

Stir-frying is also used to cook smaller pieces of meat, seafood, poultry, and vegetables. But stir-frying is done over high heat so that foods cook in just a few minutes. It's a good idea to have all your ingredients measured and prepped before you begin.













Add a small amount of oil, such as canola or soybean oil, to a wok or nonstick frying pan. Heat over high heat. When the oil is hot, add foods and stir frequently until the foods are cooked.

Source: LTBB Odawak FDPIR and Community Health programs

*Ingredients in **bold** are available through the Tribal FDPIR program in your community.

COOKING VIDEO LINKS

Select cooking videos for the following recipes available at www.itcmi.org/anishinaabek-cooking-resources/ or simply scan the following code(s) on your smartphone using your camera or QR Reader app.

RECIPE	PAGE	CODE	RECIPE	PAGE	CODE
Michigan Maple Salmon	6		Spinach Salad	30	
Hominy Corn Soup	10		Blackened Catfish	34	
Acorn Squash with Rice Stuffing	14		Bison and Wild Rice Meatloaf	38	
Walleye Chowder	18		Cedar-Braised Beans	42	
Joe's Blue Cornmeal Mush	22		Apple Salad	46	
Salmon Alfredo with Vegetables	26		Pozole	50	

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– Cathy Edgerly, Inter-Tribal Council of MI

