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INTRODUCTION

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

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

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

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

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

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

Food Distribution Division
Food and Nutrition Service
USDA
Finding Your Way to a Healthier You: Based on the Dietary Guidelines for Americans

Feel better today. Stay healthy for tomorrow.

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

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

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

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

The sooner you start, the better for you, your family, and your future. Find more specific information at www.health.gov/dietaryguidelines.

Make smart choices from every food group.

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

A healthy eating plan is one that:

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

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

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

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

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

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

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

- **Make half your grains whole.** Eat at least 3 ounces of whole-grain cereals, breads, crackers, rice, or pasta every day. One ounce is about 1 slice of bread, 1 cup of breakfast cereal, or ½ cup of cooked rice or pasta. Look to see that grains such as wheat, rice, oats, or corn are referred to as "whole" in the list of ingredients.

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

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

---

**Find your balance between food and physical activity.**

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

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

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

**Get the most nutrition out of your calories.**

There is a right number of calories for you to eat each day. This number depends on your age, activity level, and whether you're trying to gain, maintain, or lose weight. You could use up the entire amount on a few high-calorie items, but chances are you won't get the full range of vitamins and nutrients your body needs to be healthy.
Choose the most nutritionally rich foods you can from each food group each day—those packed with vitamins, minerals, fiber, and other nutrients but lower in calories. Pick foods like fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products more often.

*2,000 calories is the value used as a general reference on the food label. But you can calculate your number at www.health.gov/dietaryguidelines.

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

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

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

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

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

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

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

Nutrition Facts
Serving Size 1 cup (228g)
Servings Per Container 2

Amount Per Serving
Calories 250
Calories from Fat 110

<table>
<thead>
<tr>
<th>nutrient</th>
<th>amount</th>
<th>% Daily Value*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>12g</td>
<td>18%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>3g</td>
<td>15%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>3g</td>
<td></td>
</tr>
<tr>
<td>Cholesterol</td>
<td>30mg</td>
<td>10%</td>
</tr>
<tr>
<td>Sodium</td>
<td>470mg</td>
<td>20%</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>31g</td>
<td>10%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Sugars</td>
<td>5g</td>
<td></td>
</tr>
<tr>
<td>Protein</td>
<td>5g</td>
<td></td>
</tr>
</tbody>
</table>

Vitamin A: 4%
Vitamin C: 2%
Calcium: 20%
Iron: 4%

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

Quick Guide to % DV
- 5% or less is Low
- 20% or more is High

Footnote

<table>
<thead>
<tr>
<th>nutrient</th>
<th>Calories: 2,000</th>
<th>Calories: 2,500</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>Less than 65g</td>
<td>Less than 80g</td>
</tr>
<tr>
<td>Sat Fat</td>
<td>Less than 20g</td>
<td>Less than 25g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>Less than 300mg</td>
<td>Less than 300mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>Less than 2,400mg</td>
<td>Less than 2,400mg</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>300g</td>
<td>375g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>25g</td>
<td>30g</td>
</tr>
</tbody>
</table>
Play it safe with food.
Know how to prepare, handle, and store food safely to keep you and your family safe:

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

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

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

These are the basic guidelines for eating a healthy diet and being physically active. For more information about the food groups and nutrition values, or to pick up some new ideas on physical activity, go to www.health.gov/dietaryguidelines.

This booklet, as well as Dietary Guidelines for Americans, 2005, 6th Edition, may be viewed and downloaded from the Internet at www.health.gov/dietaryguidelines.

To purchase printed copies of this booklet (Stock Number 001-000-04718-3), call the U.S. Government Printing Office toll-free at (866) 512-1800, or access the GPO Online Bookstore at http://bookstore.gpo.gov.

To purchase printed copies of the complete 80-page Dietary Guidelines for Americans, 2005 (Stock Number 001-000-04719-1), call the U.S. Government Printing Office at (866) 512-1800, or access the GPO Online Bookstore at http://bookstore.gpo.gov.

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## STORAGE AND SERVING GUIDE

<table>
<thead>
<tr>
<th>These foods:</th>
<th>Are NOT SAFE to eat if they are:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fresh Poultry</td>
<td>• Stored raw in the refrigerator for longer than 1-2 days (3-4 days when cooked).</td>
</tr>
<tr>
<td></td>
<td>• Left unrefrigerated for more than 2 hours either before or after cooking.</td>
</tr>
<tr>
<td></td>
<td>• Eaten without thorough cooking.</td>
</tr>
<tr>
<td>Fresh Meat</td>
<td>• Stored raw in the refrigerator for longer than 3-5 days (1-2 days for hamburger).</td>
</tr>
<tr>
<td></td>
<td>• Discolored, smelly, or slimy.</td>
</tr>
<tr>
<td></td>
<td>• Left unrefrigerated for more than 2 hours either before or after cooking.</td>
</tr>
<tr>
<td></td>
<td>• Eaten without thorough cooking.</td>
</tr>
<tr>
<td>Fresh Fish</td>
<td>• Stored for longer than 1-2 days in the refrigerator.</td>
</tr>
<tr>
<td></td>
<td>• Dried at edges; smelly.</td>
</tr>
<tr>
<td></td>
<td>• Left unrefrigerated for more than 2 hours either before or after cooking.</td>
</tr>
<tr>
<td></td>
<td>• Eaten without thorough cooking.</td>
</tr>
<tr>
<td>Milk and Cream</td>
<td>• Left unrefrigerated for more than 2 hours.</td>
</tr>
<tr>
<td>Cheese</td>
<td>• Refrigerated for longer than 6 months for unopened, hard cheeses</td>
</tr>
<tr>
<td></td>
<td>• Refrigerated for longer than 3 to 4 weeks for opened, hard cheeses</td>
</tr>
<tr>
<td></td>
<td>• Refrigerated for longer than 1 week for soft cheeses</td>
</tr>
<tr>
<td>Eggs</td>
<td>• Refrigerated for longer than 1 week if hardcooked</td>
</tr>
<tr>
<td></td>
<td>• Left unrefrigerated for more than 2 hours.</td>
</tr>
<tr>
<td></td>
<td>• Eaten without thorough cooking.</td>
</tr>
<tr>
<td>Frozen Meats,</td>
<td>• Thawed at room temperature.</td>
</tr>
<tr>
<td>Poultry, Fish,</td>
<td>• Thawed, refrozen and thawed again.</td>
</tr>
<tr>
<td>or Casseroles</td>
<td>• Eaten without thorough cooking.</td>
</tr>
<tr>
<td>Canned Foods</td>
<td>• Liquid spurts out when can is opened.</td>
</tr>
<tr>
<td></td>
<td>• Can is corroded, rusty, leaking, swollen (bulging) on top, side, or bottom, or badly dented.</td>
</tr>
<tr>
<td></td>
<td>• Contents have off-odors or a foamy or mushy texture.</td>
</tr>
<tr>
<td></td>
<td>• Stored anywhere other than a cool, dry place.</td>
</tr>
<tr>
<td></td>
<td>• Stored at hot temperatures or allowed to freeze and thaw.</td>
</tr>
<tr>
<td>Fresh Fruits or</td>
<td>• Unwashed, moldy, soft, or discolored.</td>
</tr>
<tr>
<td>Vegetables</td>
<td>Bread Products</td>
</tr>
<tr>
<td></td>
<td>• Moldy or infested with insects.</td>
</tr>
</tbody>
</table>

For additional information or questions about food safety of meat and poultry products, call the USDA Meat & Poultry Hotline at 1-888-MPHotline (1-888-674-6854) or send e-mail to mphotline.fsis@usda.gov. For all other non-meat/poultry food products, notify FDA at 1-888-SAFEFOOD (1-888-723-3366).
<table>
<thead>
<tr>
<th>If you don’t have…</th>
<th>Use this instead…</th>
</tr>
</thead>
<tbody>
<tr>
<td>Baking powder (1 teaspoon)</td>
<td>¼ teaspoon baking soda + ½ teaspoon cream of tartar</td>
</tr>
<tr>
<td>Broth, beef or chicken (1 cup)</td>
<td>1 bouillon cube dissolved in 1 cup boiling water <strong>or</strong> 1 teaspoon powdered broth base dissolved in 1 cup boiling water</td>
</tr>
<tr>
<td>Buttermilk (1 cup)</td>
<td>1 cup plain lowfat yogurt; or 1 tablespoon vinegar or lemon juice + enough milk to make 1 cup; or 1 cup milk + 1¼ teaspoons cream of tartar</td>
</tr>
<tr>
<td>Cornstarch (1 tablespoon)</td>
<td>2 tablespoons all purpose flour</td>
</tr>
<tr>
<td>Creamed soup (10 ounces)</td>
<td>1 cup evaporated milk + 1 tablespoon cornstarch + 1 teaspoon chicken or beef bouillon granules or 1 envelope of flavored soup mix (Combine all ingredients and heat until thick and bubbly)</td>
</tr>
<tr>
<td>Egg (1 large, fresh)</td>
<td>2 tablespoons dry egg mix + ¼ cup water</td>
</tr>
<tr>
<td>Fresh herbs (1 tablespoon)</td>
<td>1 teaspoon dried herbs</td>
</tr>
<tr>
<td>Lemon juice (1 teaspoon)</td>
<td>½ teaspoon white wine vinegar or cider vinegar</td>
</tr>
<tr>
<td>Light brown sugar (1 cup)</td>
<td>1 cup granulated sugar + 1 tablespoon molasses + ½ teaspoon baking soda; or ½ cup dark brown sugar + ½ cup granulated sugar</td>
</tr>
<tr>
<td>Milk (1 cup)</td>
<td>½ cup non-fat dry milk powder + 1 cup water</td>
</tr>
<tr>
<td>Milk, sweetened condensed (1 can or 1½ cup)</td>
<td>1 can evaporated milk + 2 cups sugar (heat until dissolved and refrigerate)</td>
</tr>
<tr>
<td>Tomato sauce (1 cup)</td>
<td>½ cup tomato paste + ½ cup water</td>
</tr>
<tr>
<td>Worcestershire sauce (1 teaspoon)</td>
<td>1 teaspoon bottled steak sauce</td>
</tr>
<tr>
<td>Blue cornmeal (1 cup)</td>
<td>Yellow cornmeal (1 cup)</td>
</tr>
</tbody>
</table>
Blue Corn Atole (Breakfast Drink)
Makes 1 serving

1/3 cup instant non-fat dry milk + 1 cup water (or 1 cup non-fat milk)
2 teaspoons sugar (or to taste)
4 teaspoons roasted blue or yellow cornmeal

cinnamon and/or other spices can be added to taste

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

Nutrition Information for each serving:

<table>
<thead>
<tr>
<th>Calories</th>
<th>160</th>
<th>Kcal</th>
<th>Cholesterol</th>
<th>&lt;5</th>
<th>mg</th>
<th>Sugar</th>
<th>19</th>
<th>g</th>
<th>Calcium</th>
<th>308</th>
<th>mg</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories from fat</td>
<td>10</td>
<td>Kcal</td>
<td>Sodium</td>
<td>130</td>
<td>mg</td>
<td>Protein</td>
<td>9</td>
<td>g</td>
<td>Iron</td>
<td>0</td>
<td>mg</td>
</tr>
<tr>
<td>Total fat</td>
<td>1</td>
<td>g</td>
<td>Total Carbohydrate</td>
<td>29</td>
<td>g</td>
<td>Vitamin A</td>
<td>6</td>
<td>RE</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Saturated fat</td>
<td>0.5</td>
<td>g</td>
<td>Dietary Fiber</td>
<td>1</td>
<td>g</td>
<td>Vitamin C</td>
<td>1</td>
<td>mg</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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

Café Mocha
Makes 2 servings

½ cup instant non-fat dry milk + 1 cup water (or 1 cup non-fat milk)
1 cup brewed coffee
4 tablespoons hot chocolate mix
0.5 cup non-fat whipped topping (optional)
cinnamon (optional)

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

Nutrition Information for each serving:

<table>
<thead>
<tr>
<th>Calories</th>
<th>120</th>
<th>Kcal</th>
<th>Cholesterol</th>
<th>0</th>
<th>mg</th>
<th>Sugar</th>
<th>16</th>
<th>g</th>
<th>Calcium</th>
<th>180</th>
<th>mg</th>
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<tbody>
<tr>
<td>Calories from fat</td>
<td>20</td>
<td>Kcal</td>
<td>Sodium</td>
<td>140</td>
<td>mg</td>
<td>Protein</td>
<td>5</td>
<td>g</td>
<td>Iron</td>
<td>1</td>
<td>mg</td>
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<tr>
<td>Total fat</td>
<td>2</td>
<td>g</td>
<td>Total Carbohydrate</td>
<td>18</td>
<td>g</td>
<td>Vitamin A</td>
<td>75</td>
<td>RE</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Saturated fat</td>
<td>0.5</td>
<td>g</td>
<td>Dietary Fiber</td>
<td>1</td>
<td>g</td>
<td>Vitamin C</td>
<td>1</td>
<td>mg</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Recipe provided by Got Milk?
This recipe has not been tested or standardized by the USDA.
Cocoa Mix
Makes about 24 cups

8 cups *instant non-fat dry milk*
¼ teaspoon salt
1 cup sugar
1 cup unsweetened cocoa

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

<table>
<thead>
<tr>
<th>Nutrition Information for each serving:</th>
<th>Calories</th>
<th>120</th>
<th>Kcal</th>
<th>Cholesterol</th>
<th>0</th>
<th>mg</th>
<th>Sugar</th>
<th>19</th>
<th>g</th>
<th>Calcium</th>
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<th>mg</th>
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<tr>
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<td>Protein</td>
<td>9</td>
<td>g</td>
<td>Iron</td>
<td>1</td>
<td>mg</td>
<td></td>
</tr>
<tr>
<td>Total fat</td>
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<td>g</td>
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Recipe provided by Nebraska Commodity Supplemental Food Program
This recipe has not been tested or standardized by the USDA.

Orange Delight Juice
Makes 4 servings

1 cup *orange juice*
½ banana
1 cup *apple juice*
1 teaspoon honey
1 dash cinnamon
1 cup crushed ice

Blend at high speed in blender until frothy.

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Recipe provided by Gwen Kjervestad, White Earth Band of Chippewa, Mahnomen, MN
This recipe has not been tested or standardized by the USDA.
Orange Geronimo
Makes 4 half-cup servings

1½ cups orange juice
4 – 6 ice cubes
¼ cup instant non-fat dry milk

1. Combine all ingredients in a blender or pint jar with lid.
2. Blend or shake well until foamy.

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Recipe provided by Darlene Mostrom, Fond du Lac Reservation, Cloquet, MN
This recipe has not been tested or standardized by the USDA.

Yogurt Whiz Juice
Makes 4 servings

1 cup plain non-fat yogurt
1 cup crushed ice
1 cup fresh strawberries
2 packets sugar substitute

Combine ingredients in blender and serve immediately.

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Recipe provided by Gwen Kjervestad, White Earth Band of Chippewa, Mahnomen, MN
This recipe has not been tested or standardized by the USDA.
Aggie’s Rolls

Makes about 1 dozen rolls

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

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

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

Applesauce Plum Bread

Makes 2 loaves

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

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

Nutrition Information for each serving:

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<td></td>
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</table>

Recipe provided by Agnes Rich Snyder, Nez Perce, Nezperce, ID
This recipe has not been tested or standardized by the USDA.
from pans. Cool completely before slicing.

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

Note: Can be frozen.

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

### Baking Mix

Makes 9 cups

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

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

Recipe provided by Denelle Martin and Nancy Patterson, Gila River Indian Community FDP, Sacaton, AZ
This recipe has not been tested or standardized by the USDA.
Biscuits
Makes 10 biscuits

2 cups baking mix (see page 15)  
2 tablespoons *vegetable oil*  
½ cup water  

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

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

Blue Corn Flapjacks
Makes 8 servings

2 eggs  
½ cup *instant non-fat dry milk* + 1½ cups water (or 1½ cups non-fat milk)  
1 tablespoon *vegetable oil*  
¾ cup *all-purpose flour*  
¾ cup roasted blue (or yellow) *cornmeal*  
1½ teaspoons baking soda  
2 tablespoons sugar  
1 teaspoon salt  

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

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<tr>
<td>Saturated fat</td>
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*Modified recipe has been provided by http://www.cookingpost.com  
This recipe has not been tested or standardized by the USDA.*
Blue Corn Hot Cakes or Waffles
Makes 8 servings

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

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

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

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

Blue Corn Muffins
Makes 12 servings

1 1/2 cups all-purpose flour
1 cup roasted blue cornmeal
3 teaspoons baking powder
1/2 teaspoon salt
1 teaspoon sweetener
1/2 cup instant non-fat dry milk + 1 1/2 cups water (or 1 1/2 cups non-fat milk)
1/4 cup egg mix + 1/2 cup water (or 2 eggs, well beaten)
1/3 cup vegetable oil

1. Preheat oven to 400°F.
2. Sift flour, cornmeal, baking powder, sugar, and salt together.
3. Add milk, oil, and eggs. Mix until smooth.

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<tr>
<td>Saturated fat</td>
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Recipe provided by http://www.cookingpost.com
This recipe has not been tested or standardized by the USDA.
Blue Corn Pan Bread
Makes 12 servings

3 cups water
2 cups blue cornmeal (yellow may be used)
1 cup yellow cornmeal
½ cup raisins
½ cup sprouted wheat*
1/3 cup brown sugar

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

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

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

Blue Corn Porridge
Makes 8 servings

3½ cups water
1 teaspoon salt
1¼ cups roasted blue (or yellow) cornmeal

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

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Recipe provided by http://www.cookingpost.com
This recipe has not been tested or standardized by the USDA.
Blue Corn Scones
Makes 8 servings

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

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

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

Cornbread
Makes 9 servings

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

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

Nutrition Information for each serving:

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Recipe provided by Denelle Martin and Nancy Patterson, Gila River Indian Community FDP, Sacaton, AZ
This recipe has not been tested or standardized by the USDA.
Muffins
Makes 12 muffins

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

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

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

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

Pancakes
Makes 12 pancakes

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

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

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Recipe provided by Denelle Martin and Nancy Patterson, Gila River Indian Community FDP, Sacaton, AZ
This recipe has not been tested or standardized by the USDA.
Pumpkin Muffins
Makes 12 muffins

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

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

Nutrition Information for each serving:

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

Whole Wheat Flour Tortillas
Makes 10 8” tortillas

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

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

Nutrition Information for each serving:

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Recipe provided by Gloria Goodwin, White Earth Band of Chippewa, Mahnomen, MN
This recipe has not been tested or standardized by the USDA.
Yeast Bread
Makes 8-10 servings

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

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

Nutrition Information for each serving:

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Recipe provided by Nez Perce Cookbook
This recipe has not been tested or standardized by the USDA.
“Any” Bean Soup
Makes 8-10 servings

1 ½ cups washed dry beans
7 cups water
1 medium onion, chopped
1 cup chopped turkey ham, pork ham, or ham bone
1 teaspoon salt

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

Nutrition Information for each serving:

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

Baked Scrambled Eggs Supreme
Makes 4 servings

1/2 cup green bell pepper, diced
2 green onions, sliced
1/2 pound sausage
1 cup water
1/2 cup instant non-fat dry milk + 1 cup water (or 1 cup non-fat milk)
3/4 cup egg mix + 1 1/2 cups water (or 6 eggs)
1/2 cup grated cheese

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

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

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

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

Nutrition Information for each serving:

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Recipe provided by Faye Roman, OK Band of Choctaws
This recipe has not been tested or standardized by the USDA.
Baked Spaghetti
Makes 4-6 servings

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

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

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

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

Nutrition Information for each serving:

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

This recipe has not been tested or standardized by the USDA
**B-B-Q Meatballs**

Makes 20 servings

**Meatballs:**
- 2 pounds *ground beef*
- ¾ cup rolled *oats*
- ½ cup *instant non-fat dry milk* + 1 cup water (or 1 cup non-fat milk)
- 3 teaspoons dried onion flakes
- 1 teaspoon salt
- ½ teaspoon pepper
- *all-purpose flour*

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

**Sauce:**
- 2 tablespoons sugar
- 2 tablespoons Worcestershire sauce
- 1 cup ketchup
- ½ cup water
- 3 tablespoons vinegar
- 6 tablespoons dried onion flakes

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*Recipe provided by Kelly Dicky, Osage Nation FDP Center, Pawhuska, OK
This recipe has not been tested or standardized by the USDA.*
Bean Tamale Pie
Makes 6 servings

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

**Cornmeal topping**
1 cup flour
1 cup **cornmeal**
1 tablespoon baking powder
2 tablespoons **egg mix** + ¼ cup water
(or 1 egg)
1 teaspoon salt
½ cup **vegetable oil**
1 tablespoon sugar

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

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

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

Bison Burger
Makes 4 servings

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

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

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Recipe provided by Rhoda Priesen, Westminster, CO
This recipe has not been tested or standardized by the USDA.
**Bison Chili**

Makes 4 servings

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

Optional toppings: grated cheese or diced jalapeño peppers

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

**Variation:**

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

---

**Nutrition Information for each serving:**

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Recipe provided by Rhoda Priesen, Westminster, CO
This recipe has not been tested or standardized by the USDA.

---

**Bison Stew**

Makes 10 servings

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

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

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

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

---

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Recipe provided by Rhoda Priesen, Westminster, CO
This recipe has not been tested or standardized by the USDA.
**Buffaloaf**
Makes 8-10 servings

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

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

**Nutrition Information for each serving:**

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*Recipe provided by Rhoda Priesen, Westminster, CO*
*This recipe has not been tested or standardized by the USDA.*

**Carne Adobado (Spiced Pork)**
Makes 12 servings

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

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

**Nutrition Information for each serving:**

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*Recipe provided by http://www.cookingpost.com*
*This recipe has not been tested or standardized by the USDA.*
Cheeseburger Pie
Makes 9 servings

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

1. Preheat oven to 350°F.
2. Brown meat and onion in pan; drain grease.
4. Stir remaining ingredients with a fork. Pour over meat mixture.
5. Bake uncovered about 30 minutes at 350°F.

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

Chicken & Noodles
Makes 4 servings

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

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

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Recipe provided by Kelly Dicky, Osage Nation FDP Center, Pawhuska, OK
This recipe has not been tested or standardized by the USDA.
Chicken Pot Pie
Makes 6 servings

Pastry for 9”-10” 2-crust pie (frozen or homemade)
5⅔ tablespoons margarine
⅛ cup all-purpose flour
½ teaspoon salt
¼ to ½ teaspoon pepper
1¾ cups chicken broth
¼ cup instant non-fat dry milk + ⅔ cup water (or ⅔ cup non-fat milk)
⅓ cup onion, chopped
1 (15.5 ounce) can peas, drained
1 (15.5 ounce) can carrots, drained
2 (12.5 ounce) cans chicken, (or 2½ to 3 cups), diced

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

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Recipe provided by Deanna Miller, Nez Perce, Craigmont, ID
This recipe has not been tested or standardized by the USDA.
Chicken Tacos
Makes 10 tacos

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

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

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

Commodity Cheese Pizza
Makes 8 pieces of pizza

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

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

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

Nutrition Information for each serving:

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Recipe provided by Lisa Wheelen, Inter-Tribal Council, Inc., Galena, KS
This recipe has not been tested or standardized by the USDA.
Commodity Stir-Fry
Makes 4 servings

1 tablespoon corn starch
1 tablespoon soy sauce
1 cup pineapple chunks, drained
   (reserve ⅓ cup juice)
2 tablespoons vegetable oil
1 cup fresh green beans
1 cup raw carrots, chopped
1 cup chicken (well drained, canned or cooked)
hot cooked rice

1. In a small bowl dissolve cornstarch in soy sauce and pineapple juice. Set aside.
3. Stir in cornstarch mixture and cook until thickened.
4. Serve immediately with hot cooked rice.

Nutrition Information for each serving:

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Recipe provided by Darlene Mostrom, Fond du Lac Reservation, Cloquet, MN
This recipe has not been tested or standardized by the USDA.

Cream of Potato Soup
Makes 4 servings

½ onion, chopped
2 slices of turkey ham, diced
2 tablespoons vegetable oil
1 cup instant non-fat dry milk +
   3 cups water (or 3 cups non-fat milk)
1 (15.5 ounce) can corn
¾ cup instant potato flakes

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

Nutrition Information for each serving:

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Modified recipe provided by Denelle Martin & Nancy Patterson, Gila River Indian Community FDP, Sacaton, AZ
This recipe has not been tested or standardized by the USDA.
Creamed Peanut Soup
Makes 12 servings

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

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

Nutrition Information for each serving:

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

Easy Meatball Stew
Makes 4 servings

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

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

Nutrition Information for each serving:

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Recipe provided by Lequitta McWhirter, Nez Perce, Orofino, ID
This recipe has not been tested or standardized by the USDA.
Garden Supper Casserole
Makes 4 servings

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

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

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

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Recipe provided by Winnie Day, Nez Perce, Reubens, ID
This recipe has not been tested or standardized by the USDA.
Gazpacho (Cold Tomato Soup)
Makes 4-6 servings

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

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

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Recipe provided by Colleen Vasquez, San Pasqual Band of Mission Indians (Southern California Tribal Chairmen’s Assoc., Inc.), Valley Center, CA
This recipe has not been tested or standardized by the USDA.

Green Chili Stew
Makes 8 servings

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

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

Nutrition Information for each serving:

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Recipe provided by http://www.cookingpost.com
This recipe has not been tested or standardized by the USDA
Hamburger Soup
Makes 10 servings

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

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

Nutrition Information for each serving:

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

Hash
Makes 6-8 servings

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

2. Brown chicken and onion in non-stick pan with cooking spray.
3. Add potatoes, carrots, and gravy. Heat thoroughly, stirring often to avoid sticking or burning. Season to taste.

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

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Recipe provided by Esther L. Roby, Nez Perce, Kamiah, ID
This recipe has not been tested or standardized by the USDA.
Hominy Soup
Makes 6 servings

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

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

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

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

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

Macaroni and Cheese
Makes 6-8 servings

1 (16 ounce) package macaroni
3 cups cheddar cheese, shredded or cubed
½ cup instant non-fat dry milk + 1 cup water (or 1 cup non-fat milk)
salt and pepper, to taste

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

### Nutrition Information for each serving:

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

This recipe has not been tested or standardized by the USDA.
Macaroni Beef Casserole
Makes 8 servings

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

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

Variations: Add 1 can sliced mushrooms and 1 can sliced olives.
To lower sodium content: use low-sodium canned soups and Low-sodium vegetables or fresh vegetables; use salt substitute instead of salt.

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

<table>
<thead>
<tr>
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<tr>
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<tr>
<td>Total fat</td>
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<tr>
<td>Saturated fat</td>
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</table>

Recipe provided by Deanna Miller, Nez Perce, Craigmont, ID
This recipe has not been tested or standardized by the USDA.
**Manhattan Chicken Chowder**

Makes 10 servings

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

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

<table>
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</table>

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

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**Meatloaf**

Makes 6 servings

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

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

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Recipe provided by Sheila Briceno-Hatley, USDA, FNS, Lapwai, ID  
This recipe has not been tested or standardized by the USDA.
### Misickqua’tash (Indian Succotash)

Makes 6 servings

- 1 cup lean **ground beef**
- 1 cup frozen lima beans, cooked and drained
- 1 (15.5 ounce) **can corn**, drained
- 1 (15.5 ounce) **can tomatoes**, broken up
- ¼ teaspoon salt
- ¼ teaspoon pepper
- ⅛ teaspoon nutmeg

1. Brown ground beef in pan.
2. Add remaining ingredients except nutmeg. Cover and simmer 5 minutes until thoroughly heated.
3. Sprinkle with nutmeg before serving.

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Recipe provided by Darlene Mostrom, Fond Du Lac Reservation, Cloquet, MN
This recipe has not been tested or standardized by the USDA.

### Northern Bean Soup

Makes 8 servings

- 8 cups water
- 1 pound dried **great northern or lima beans** (2 cups)
- ½ can (15.5 ounce) **can tomato sauce**
- 2 cups chopped **turkey ham**
- 1 large onion, chopped (about 1 cup)
- 1 tablespoon instant beef bouillon
- 1 teaspoon salt
- ½ teaspoon pepper
- 1 clove garlic, crushed
- 2 cups **mashed potatoes**
- 2 medium carrots, cut into ½ inch pieces
- 2 medium celery stalks cut into ½ inch pieces (1 cup)
- non-fat milk (optional)

1. Heat water and beans to boiling in large pot; boil 2 minutes.
2. Remove from heat, cover and let stand 1 hour.
3. Add tomato sauce, ham, onion, bouillon, salt, pepper, and garlic to beans.
4. Heat to boiling, reduce heat. Cover and simmer until beans are tender, about 2 hours. (Do not boil or beans will burst.)
5. Stir potatoes, carrots, and celery into soup.
6. Heat to boiling, reduce heat. Cover and simmer until vegetables are tender, about 45 minutes.
7. Stir in 1 to 2 cups milk or water for thinner consistency.

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Recipe provided by Brenda Oyloe, Trenton Indian Service Area, Trenton, ND
This recipe has not been tested or standardized by the USDA.
Old Fashioned Spaghetti
Makes 6 servings

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

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

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

Oven Fried Chicken
Makes 4 servings

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

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

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Recipe provided by Earlene Cooper, Nez Perce, Nezperce, ID
This recipe has not been tested or standardized by the USDA.
**Pork Stir Fry**
Makes 8 servings

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

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

**Nutrition Information for each serving:**

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

**Pueblo Posole**
Makes 8 servings

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

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

* Not **chili powder** as used for Texas Chili

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Recipe provided by [http://www.cookingpost.com](http://www.cookingpost.com)
This recipe has not been tested or standardized by the USDA.
Red Chile Stew
Makes 8 servings

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

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

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

Salmon (or Tuna) Loaf
Makes 8 servings

4 cups canned salmon or canned tuna, drained
2 tablespoons lemon juice
⅛ cup instant non-fat dry milk + 1 cup water (or 1 cup non-fat milk)
3 cups soft bread, chopped, or crushed crackers
¼ cup egg mix + ½ cup water (or 2 eggs, beaten)
¼ cup dried onion flakes
¼ teaspoon pepper
1 tablespoon dried parsley flakes

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

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Recipe provided by Gwen Kjervestad, White Earth Band of Chippewa, Mahnomen, MN
This recipe has not been tested or standardized by the USDA.
Shredded Chicken Enchiladas
Makes 36 enchiladas

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

To taste:
- onion powder
- garlic powder
- red pepper flakes
- paprika
- crushed minced garlic

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

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

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Recipe provided by Chrystal Daugherty, Choctaw Nation
This recipe has not been tested or standardized by the USDA.

Skillet-Helper Chilimac
Makes 6 servings

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

Skillet Helper Mix
- ¼ cup dried onion
- ¼ teaspoon pepper
- ¼ teaspoon garlic powder
- ¼ teaspoon chili powder
- ¼ teaspoon sugar

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

Nutrition Information for each serving:

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Recipe provided by Denelle Martin and Nancy Patterson, Gila River Indian Community FDP, Sacaton, AZ
This recipe has not been tested or standardized by the USDA.
**Squash Casserole**  
Makes 6 servings

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

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

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</table>

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

**Stewed Chicken**  
Makes 6-7 servings

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

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

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<tr>
<td>Total fat</td>
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<tr>
<td>Saturated fat</td>
</tr>
</tbody>
</table>

Recipe provided by Gloria Goodwin, White Earth Band of Chippewa, Mahnomen, MN  
*This recipe has not been tested or standardized by the USDA.*
**Stuffed Meat Loaf**
Makes 8-10 servings

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

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

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*Recipe provided by Marnetta Shrader, Nez Perce, Winchester, ID*

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

**Teriyaki Chicken**
Makes 4 servings

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

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

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

*This recipe has not been tested or standardized by the USDA.*
Texas Hash
Makes 4-6 servings

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

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

Nutrition Information for each serving:

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Recipe provided by Winnie Day, Nez Perce, Reubens, ID
This recipe has not been tested or standardized by the USDA.

Tuna Macaroni Salad
Makes 6 servings

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

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

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

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Recipe provided by Colleen Vasquez, San Pasqual Band of Mission Indians (Southern California Tribal Chairmen’s Assoc., Inc.), Valley Center, CA
This recipe has not been tested or standardized by the USDA.
Tuna Noodle Casserole
Makes 4 servings

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

1. Preheat oven to 350°F.
2. Mix all ingredients except crackers and put in pan or casserole dish.
3. Top with crushed crackers.

Nutrition Information for each serving:

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

Vegetable Beef Casserole
Makes 8-10 servings

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

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

Nutrition Information for each serving:

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Recipe provided by Alma Herzog, Nez Perce, Kamiah, ID
This recipe has not been tested or standardized by the USDA.
Zesty Cheeseburgers
Makes 5 servings

1 pound *ground beef*  
5 thin slices of cheese  
1/4 cup barbecue sauce  
1/8 teaspoon salt  
1/8 teaspoon pepper

1. Shape meat into 5 patties and cook on medium heat on stovetop or grill. While cooking, season burgers with barbecue sauce, salt, and pepper.

2. When burgers are done cooking (internal temperature should reach 160ºF), put a slice of cheese on each burger and cover with lid. Let steam melt cheese.

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

This recipe has not been tested or standardized by the USDA.
Baked Pumpkin
Makes 8 servings

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

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

Nutrition Information for each serving:

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

Baked Vegetarian Beans

Makes 6 to 8 servings

1 cup brown sugar
¼ cup prepared mustard
2 (15.5 ounce) cans vegetarian beans
⅛ cup all-purpose flour
1½ cups (1½ 12-ounce cans) evaporated milk

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

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

Nutrition Information for each serving:

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Recipe provided by Alma Herzog, Nez Perce, Kamiah, ID
This recipe has not been tested or standardized by the USDA
Bugs Bunny’s Favorite Snack

Makes 10-12 servings

10 carrots, washed and peeled
¾ cup raisins
½ cup mayonnaise

Grate carrots, mix with raisins and add mayonnaise.

Nutrition Information for each serving:

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

Calabacitas (Skillet Squash)

Makes 6 servings

1 large onion, diced
1 tablespoon vegetable oil
5 small summer squash, cubed
2 roasted, peeled green chiles (or about 1 small can diced green chiles)
¾ cup shredded cheese

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

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

Green Bean and Tomato Salad

Makes 4 servings

1 can green beans
1 can tomatoes, chopped
⅓ cup sliced onions
1 tablespoon spicy mustard
¼ teaspoon pepper
3 tablespoons vinegar
2 tablespoons vegetable oil
¼ teaspoon salt

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

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

Makes 10 servings

1 tablespoon **vegetable oil**

¾ cup onion, chopped

¼ teaspoon garlic powder

¾ cup green pepper, chopped

2 (15.5 ounce) **cans tomatoes**

2 (15.5 ounce) **cans tomato sauce**

2 bay leaves

1 teaspoon basil

¼ teaspoon pepper

¼ teaspoon thyme

1 pound **ground beef** or ground turkey

1. Heat oil in large saucepan over medium heat.

2. Add onion, garlic powder, and green pepper.

3. Mash tomatoes into small pieces. Add tomatoes and tomato sauce to pan.

4. Add spices to tomato mixture. Cover and bring to a boil. Reduce heat and simmer.

5. Brown ground meat in skillet. Place in colander or strainer and pour hot water over meat, catching water in sink or large bowl.

6. Add meat to tomato sauce mixture and continue to simmer another 20 minutes.

7. Remove bay leaves and serve over pasta or rice.

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

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

Spaghetti Seasoning Mix

Makes 13 teaspoons of seasoning

1 tablespoon dried minced onion

1 tablespoon parsley flakes

1 tablespoon cornstarch

¼ teaspoon garlic powder

1 teaspoon sugar

1 teaspoon oregano

1. Combine all ingredients and store in small air tight bag.

2. Label and store in cool dry place. Will stay fresh for 6 months. Add to cold food and then heat. (Try on pizza, lasagna, and cheeseburger pie!)

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

This recipe has not been tested or standardized by the USDA.
Spanish Rice
Makes 6 servings

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

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

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Recipe provided by Menominee Tribe of Wisconsin
This recipe has not been tested or standardized by the USDA.

Vegetable Salad
Makes 14 servings

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

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

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

Makes 6 to 8 servings

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

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

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

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Recipe provided by USDA, FNS, Boise, ID  
This recipe has not been tested or standardized by the USDA.

## Blueberries N’ Cheese Pie

Serves about 10

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

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

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Recipe provided by Gwen Kjervestad, White Earth Band of Chippewa, Mahnomen, MN  
This recipe has not been tested or standardized by the USDA.
Mixed Fruit Cake
Makes 16 servings

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

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

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

Grape Dumplings
Makes 18 Dumplings

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

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

Nutrition Information for each serving:

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Recipe provided by Martina Minthorn, Elgin, OK
This recipe has not been tested or standardized by the USDA.
Snacking Cake
Makes 6 servings

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

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

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

Pumpkin and Corn Dessert
Makes 6 servings

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

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

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Recipe provided by http://www.cookingpost.com
This recipe has not been tested or standardized by the USDA
Strawberry Jam (No Added Sugar)
Makes 1¾ cups

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

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

Strawberry Yogurt Tarts
Makes 6 servings

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

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

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

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Nutrition Information for each serving (1/8 cup):

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Recipe provided by Nez Perce Cookbook
This recipe has not been tested or standardized by the USDA.

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Recipe provided by Gwen Kjervestad, White Earth Band of Chippewa, Mahnomen, MN
This recipe has not been tested or standardized by the USDA.
Sugar-Free Pear Butter  
Makes 4 cups

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

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

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Recipe provided by Nez Perce cookbook
This recipe has not been tested or standardized by the USDA.

Upside-Down Cobbler  
Makes 8 servings

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

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

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