INTRODUCTION

The FDPIR Participant Nutritional Education Project and this book specifically, was a collaboration between the First Nations Development Institute and the Oneida Community Integrated Food System (OCIFS) Members. The project was designed to address the nutritional health issues on the Oneida Reservation by increasing consumption of local fruits and vegetables by the Oneida community members while also increasing the number of meals prepared at home.

The OCIFS members worked closely with Oneida Community Elders and local nutritionists to demonstrate to the community at various workshops how to cook with traditional, local foods in the cultural tradition. We then provided a traditional social time afterward where the participants could share in the food that was created for these workshops. Part of our Oneida Nation Culture is having and sharing social time around meals.

Oneida Nation Vision: A Nation of strong families built on Tsi?NiyukwalihoT' and a strong economy.

OCIFS Mission: Creating healthy food choices by growing, educating, and reaching out to community members.

The OCIFS group is tirelessly working to improve the Nation's quality of food, educating them of certain health risks, increasing employment and youth opportunities, and assisting in bringing our people closer together.

OCIFS strives to set an example of what separate programs can do when they put aside their own interests and work toward the good of the many. That has not always been an easy task, and the members of OCIFS will readily admit that, but they will also admit that it has been well worth the effort. The group has been instrumental in starting:

- Oneida Falling Leaves 4-H club
- Oneida Farmers Market (with weekly educational demonstrations)
- Youth Day on the Farm
• OCIFS Activity Book to be used as a learning tool at area elementary schools

• Food film library to educate the community and youth about health and nutrition

• Farm to School program (developed a Food Buyers group utilizing the 4-H club)

• Growing Gardeners workshops

• Youth Summer Entrepreneur Initiative

• Collaboration with other organizations on Farm to School and Farmers’ Market grants

A special thank you goes to the Oneida elders who contributed their time, recipes, and stories to make this project a reality.
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CORN MEAL BREAD
BY ROSELLA MOSS

INGREDIENTS:
1/4 cup All-purpose flour
1/2 cup Corn meal
3 tsp Baking powder
1/4 cup Sugar
3/4 tsp Salt
1/4 cup Buttermilk
1 Egg
3 Tbsp Sour cream
1/4 cup Vegetable shortening melted

ADDITIONAL INFORMATION:
• Preparation time: 20 minutes
• Cooking time: 30 minutes
• Makes 16 – 1 slice servings

DIRECTIONS:
1 Preheat oven to 400°F.
2 Combine flour, corn meal, baking powder, and salt in a medium mixing bowl.
3 Mix in milk, shortening, sour cream and egg.
4 Pour into a greased 8”x8” baking pan.
5 Bake for 25 to 30 minutes or until top is golden brown.
6 Serve at room temperature.

NUTRITIONAL INFORMATION PER SERVING:
Calories 129
Protein 3 g
Carbohydrates 23 g
Dietary fiber 1 g
Total fat 2 g
Cholesterol 6 mg
Sodium 254 mg
PUMPKIN BRAN MUFFINS

INGREDIENTS:
1 ½ cups All-purpose flour
1 Tbsp Baking powder
1 tsp Cinnamon
2 cups Bran flakes cereal
½ cup Skim milk
4 Tbsp Canola oil
½ cup Sugar
¼ tsp Salt
½ tsp Nutmeg
1 cup Canned pumpkin
1 Egg
½ cup Raisins

ADDITIONAL INFORMATION:
• Preparation time: 30 minutes
• Cooking time: 20 minutes
• Makes: 12 Muffins

DIRECTIONS:
1. Preheat oven to 400°F.
2. Combine flour, sugar, baking powder, salt & spices in a bowl.
3. Combine bran cereal, pumpkin and in a separate bowl. Let stand 2 minutes.
4. Add egg and oil, mix until smooth.
5. Add flour mixture. Stir till combined.
6. Place in nonstick spray coated muffin pans, bake for 20 minutes or until lightly browned. Cool and serve.

NUTRITIONAL INFORMATION PER SERVING:
Calories 165
Protein 2.5 g
Carbohydrates 31 g
Dietary fiber 2.5 g
Total fat 4 g
Cholesterol 38 mg
Sodium 325 mg
SWEET POTATO ORANGE MUFFINS

INGREDIENTS:
1 cup All-purpose flour
1 cup Whole-wheat flour
2 tsp Baking powder
2 tsp Baking soda
1 tsp Cinnamon
½ tsp Nutmeg
½ tsp Allspice
1 lb Sweet potatoes
½ cup Brown sugar
2 Eggs
1 cup Orange juice
1 Carrot, shredded
1 tsp Vanilla

DIRECTIONS:
1. Preheat oven to 400°F.
2. Combine flours, baking powder, baking soda, cinnamon, nutmeg and all spice, stir till smooth.
3. Combine mashed sweet potatoes, brown sugar, eggs, orange juice, carrots and Vanilla in a large mixing bowl.
4. Combine with flour mixture.
5. Spray a muffin tin with non stick-spray; fill each cup ¾ full with batter.
6. Bake 15-20 minutes or until lightly browned, cool and remove from pan.

ADDITIONAL INFORMATION:
• Preparation time: 20 minutes
• Cooking time: 20 minutes
• Makes: 16-18 Muffins

NUTRITIONAL INFORMATION PER SERVING:
Calories 137
Protein 4 g
Carbohydrates 29 g
Dietary fiber 1 g
Total fat 1 g
Cholesterol 30 mg
Sodium 179 mg

FDPIR Participant Nutritional Education Project
SWEET POTATO PANCAKES

INGREDIENTS:
1 Tbsp Canola oil
½ cup Mashed sweet potatoes
1 Egg
½ cup Flour
½ tsp Baking powder
½ cup Skim milk
Sugar free syrup

DIRECTIONS:
1 Combine pumpkin and egg in a mixing bowl.
2 Stir in flour and baking powder.
3 Add milk and oil stir well, mixture should be lumpy.
4 Spray a pan with nonstick spray and cook over a medium heat.
5 Serve hot with syrup on the side.

ADDITIONAL INFORMATION:
• Preparation time: 10 minutes
• Cooking time: 14 minutes
• Makes: 12 Servings

NUTRITIONAL INFORMATION PER SERVING:
Calories 110
Protein 3 g
Carbohydrates 18 g
Dietary fiber 1 g
Total fat 30 g
Cholesterol 53 mg
Sodium 240 mg
CHICKEN CURRY CASSEROLE

INGREDIENTS:
1 cup Brown rice
1 Tbsp Canola oil
¼ cup Chicken broth
¼ cup Celery
1 cup Fresh onion, diced
1 ¼ cups Fresh carrots, shredded
1 ½ tsp Curry powder
1 tsp Garlic powder
½ tsp Pepper
¾ tsp Salt
½ cup Plain yogurt
2 cups Cooked Fajita chicken strips, diced

DIRECTIONS:
1. Combine pumpkin and egg in a mixing bowl.
2. Stir in flour and baking powder.
3. Add milk and oil stir well, mixture should be lumpy.
4. Spray a pan with nonstick spray and cook over a medium heat.
5. Serve hot with syrup on the side.

NUTRITIONAL INFORMATION PER SERVING:
- Calories 220
- Protein 14 g
- Carbohydrates 26 g
- Dietary fiber 3 g
- Total fat 6 g
- Cholesterol 51 mg
- Sodium 564 mg

ADDITIONAL INFORMATION:
- Preparation time: 15 minutes
- Cooking time: 1 hour 5 minutes
- Makes: 6 Servings – 1 cup
CHICKEN PENNE

INGREDIENTS:
3 cups Whole wheat penne pasta
1 tsp Granulated or minced garlic
2 cups Fresh Broccoli florets
1 cup Cooked chicken diced
1 ½ cups Fat free half & half
1 Tbsp Whole wheat flour
¼ cup Low-sodium chicken broth
1 tsp Salt
½ tsp Black pepper
½ cup Low fat cheddar cheese, shredded
½ cup Low fat Mozzarella cheese, shredded

NUTRITIONAL INFORMATION PER SERVING:
Calories 300
Protein 19 g
Carbohydrates 44 g
Dietary fiber 6 g
Total fat 6 g
Cholesterol 26 mg
Sodium 418 mg

DIRECTIONS:
1 Preheat oven to 350°F.
2 In a large pot bring 2 quarts water to boil, add pasta and cook for 8-10 minutes take off stove and toss with ½ of the garlic.
3 In a small pot bring water to boil and add broccoli, cook for 5 minutes, drain and sprinkle with remaining garlic.
4 Mix together well pasta, broccoli and chicken. Add the mixture to a coated medium casserole dish.
5 In a small bowl mix ½ of the half & half with ½ of the flour. Whisk till smooth.
6 Heat chicken broth in a medium skillet; add salt, pepper and half & half mixture. Stir and bring to a boil. Reduce heat and continue stirring for 5 minutes.
7 Add cheese and stir until melted.
8 Pour over chicken and broccoli mix.
9 Cover and bake at 350°F for 8 minutes. Remove from oven and serve.

ADDITIONAL INFORMATION:
• Preparation time: 20 minutes
• Cooking time: 20 minutes
• Makes: 6 Servings – 1 ½ cup
EAGLE PIZZA

INGREDIENTS:
½ cup Fresh spinach, shoestring strips
½ cup Fresh romaine lettuce, shoestring strips
1 ¼ tsp Chili lime seasoning
1 ¾ cups Canned refried beans
¾ cups Fresh green bell pepper, diced
¾ cups Fresh onions, diced
1 ¼ cups Canned corn, drained
6 Whole-wheat tostada shells
6 Tbsp Mexican cheese blend, shredded
1 cup Fresh carrots, shredded
½ cup Mild salsa
½ cup Fat-free sour cream

DIRECTIONS:
1. Preheat oven to 350°F.
2. Combine spinach and lettuce in a bowl and set aside.
3. Combine seasoning mix and refried beans in a bowl and set aside.
4. In a skillet coated with nonstick spray, combine green peppers, onions, and corn, cook for 3-4 minutes, set aside.
5. Place ½ cup bean mix on a tostada shell, top with vegetables and cheese.
6. Place on baking pan cook until cheese melts.
7. Top each shell with spinach/lettuce mixture, carrots, salsa, and sour cream.
8. Serve immediately.

ADDITIONAL INFORMATION:
• Preparation time: 25 minutes
• Cooking time: 10 minutes
• Makes: 6 Servings

NUTRITIONAL INFORMATION PER SERVING:
Calories 206
Protein 9 g
Carbohydrates 32 g
Dietary fiber 6 g
Total fat 6 g
Cholesterol 7 mg
Sodium 290 mg
INDIAN TACO
BY ANONYMOUS ONEIDA ELDER

INGREDIENTS:
1 cup Dry pinto beans or kidney beans
½ lbs. Ground turkey
Enough water to cover beans
½ cup Chopped onion
1 Tbsp Chili powder
1 tsp Garlic powder
2 tsp Cumin
¼ tsp Salt
1 ¼ cup Grated cheese (5 oz.)
1 ¼ cup Chopped lettuce
1 ¼ cup Chopped tomatoes
½ cup Green chilies, chopped (optional)
5 pieces of Fry bread, 5” diameter

DIRECTIONS:
1 Wash beans and place in a large pot. Cover with water and soak overnight.
2 Cover beans with water and simmer, with the lid on, for 2-3 hours or until the beans are tender. Stir and add more water as needed, to prevent sticking.
3 While the beans are cooking, prepare the fry bread.
4 Spray large fry pan with non-stick vegetable spray. Brown the ground turkey lightly over low heat. When the beans are tender, drain and add to the ground turkey, chopped onion, chili powder, cumin, and salt. Mix turkey and beans well. Continue to cook for approximately 15 minutes.
5 Place a piece of fry bread on a plate and top it with ¾ cup turkey/bean mixture, ¼ chip cheese, ¼ cup lettuce, ¼ cup tomatoes, and 2 Tbsp chopped green chilies, if desired.

NUTRITIONAL INFORMATION PER SERVING:
Calories 1011
Protein 35 g
Carbohydrates 130 g
Dietary fiber 17 g
Total fat 110 g
Cholesterol 65 mg
Sodium 710 mg

ADDITIONAL INFORMATION:
• Preparation time: 15 minutes
• Cooking time: 3 hours 15 minutes
• Makes: 5 Tacos
POACHED FISH
BY ANONYMOUS ONEIDA ELDER

INGREDIENTS:
Any fresh or frozen fish (whole or fillets) Poaching is an excellent, easy method of preparation for fish. Broiling, baking or microwaving seasoned fish fillets without adding fat are other good cooking methods for preparing low fat fish entrée.

ADDITIONAL INFORMATION:
- Preparation time: 15 minutes
- Cooking time: 30 minutes
- Makes 3 ounces poached fish

DIRECTIONS:
1. Place a small amount of water in a pan large enough to hold fish. Flavor with herbs or an onion if you prefer. Heat the water long enough to reduce the liquid to bring out the seasonings.
2. Add the fish, cover, and cook on VERY low heat. Make sure it doesn’t boil. Cook until it flakes with a fork. The liquid can be boiled down further, if desired, and pour over the fish.

NUTRITIONAL INFORMATION PER SERVING:
Calories 69
Protein 5 g
Carbohydrates 0 g
Dietary fiber 0 g
Total fat .6 g
Cholesterol 36 mg
Sodium 45 mg
PORCUPINE SLIDERS

INGREDIENTS:
½ cup Brown rice
1 tsp Canola Oil
1 ½ Tbsp Fresh onion, diced
¼ cup Fresh celery, diced
1 ½ tsp Fresh garlic, minced
1lb Ground turkey
1 Egg beaten
5 Tbsp Dried cranberries, chopped
¾ cup Fresh baby spinach, chopped
1 tsp Worcestershire sauce
½ tsp Salt
½ tsp Black pepper
1 dash White pepper
1 package Whole wheat dinner rolls

DIRECTIONS:
1 Preheat oven to 350°F.
2 Combine brown rice and ½ cup of water in a small pot and bring to a boil. Turn heat down to low. Cover and cook until water is absorbed, about 30-40 minutes. Fluff, cover and refrigerate until cool.
4 In a mixing bowl, combine turkey, egg, cranberries, spinach, Worcestershire sauce, salt, pepper, brown rice and sautéed vegetables. Mix well & shape into patties.
5 Apply non-stick cooking spray to a large baking sheet, place patties, evenly spaced, on the baking sheet.
6 Bake uncovered for 20-25 minutes at 350°F. until done. Do not overcook.
7 Serve on whole wheat rolls.

NUTRITIONAL INFORMATION PER SERVING:
Calories 247
Protein 16 g
Carbohydrates 26 g
Dietary fiber 3 g
Total fat 9 g
Cholesterol 85 mg
Sodium 366 mg

ADDITIONAL INFORMATION:
• Preparation time: 30 minutes
• Cooking time: 1 hour 20 minutes
• Makes: 6 Sliders

FDPIR Participant Nutritional Education Project
SQUISH SQUASH LASAGNA

**INGREDIENTS:**
- ¼ tsp Canola oil
- ¾ cup Fresh Onions, Diced
- 2 tsp Fresh garlic, minced
- 1 ½ cups diced tomatoes
- ¼ tsp Dried oregano
- ¼ tsp Dried thyme
- ¼ tsp Dried Basil
- 8 no-cook Whole-wheat lasagna sheets
- 1 ¼ cups Fresh spinach, cut into ¼" shoestrings
- 22 slices Fresh butternut squash, sliced ¼"
- ¾ cup Mozzarella cheese, shredded

**ADDITIONAL INFORMATION:**
- Preparation time: 30 minutes
- Cooking time: 1 hour 35 minutes
- Makes: 6 Services

**NUTRITIONAL INFORMATION PER SERVING:**
- Calories 175
- Protein 8 g
- Carbohydrates 29 g
- Dietary fiber 5 g
- Total fat 4 g
- Cholesterol 8 mg
- Sodium 83 mg

**DIRECTIONS:**
1. Preheat oven to 350°F.
2. Heat onions and garlic in canola oil until tender, 2-3 minutes. Add tomatoes, ½ cup of water, oregano, thyme, and Basil. Reduce heat and simmer for 30 minutes stirring occasionally.
3. Divide sauce into 3 parts and set it aside.
4. Place lasagna noodles in a bowl of hot water for 5 minutes; remove sheets as needed to build lasagna.
5. Place lasagna noodles in a pan with nonstick spray; cover the bottom of the pan.
6. Cover evenly with the ¾ cups of the tomato sauce.
7. Place 11 slices of squash on top of spinach; repeat.
8. Cover top with remaining ¾ cup of tomato sauce.
9. Cover with aluminum foil and bake for 50 minutes or until squash is tender. Serve hot.
STIR-FRY CHICKEN, SQUASH, AND CORN

INGREDIENTS:
- 1 ¾ cups Brown rice
- 1 ½ tsp Salt-free chili-lime seasoning blend
- ¼ tsp Granulated garlic
- 1 Tbsp Fresh cilantro, chopped
- 2 Tbsp Canola oil
- 1 cup Fresh onions, diced
- 4 cups Cooked chick strips
- 3 ½ cups Fresh butternut squash, diced ¼"
- ½ cup Fresh red pepper, diced
- 1 cup Frozen sweet corn, thawed
- ½ cup Diced green chilies (canned)
- ½ cup Tomatoes, diced
- ½ tsp Black pepper
- ¾ tsp Cumin
- ¼ tsp Garlic powder

ADDITIONAL INFORMATION:
- Preparation time: 30 minutes
- Cooking time: 1 hour
- Makes: 6 Servings – ¾ cup of stir fry and ½ cups of rice servings

DIRECTIONS:
1. Combine rice with 4 ½ cups of water, bring to a boil, reduce heat and simmer until water is absorbed 30-40 minutes. Sprinkle with ½ seasoning blend, granulated garlic and cilantro. Keep warm.
2. Heat canola oil in a pan, cook onions for 2 minutes.
3. Add chicken, squash, and remaining seasoning blend. Fry for 10 minutes or until squash is tender.
4. Add red peppers, corn, green chilies, tomatoes, black pepper, cumin, and garlic powder. Fry over medium heat for 1 ½ to 2 minutes only. Reduce heat to low and simmer 2 minutes. Serve hot.

NUTRITIONAL INFORMATION PER SERVING:
- Calories 396
- Protein 20 g
- Carbohydrates 59 g
- Dietary fiber 7 g
- Total fat 10 g
- Cholesterol 62 mg
- Sodium 574 mg

FDPIR Participant Nutritional Education Project
WILD RICE CASSEROLE
BY ANONYMOUS ONEIDA ELDER

INGREDIENTS:
½ cup Chopped celery
¾ cup Uncooked wild rice
1 Chopped medium onion
1 Chopped green onion
3 Tbsp Shortening
2 cups Diced lunch meat
1 Small can mushrooms
½ tsp Worcestershire sauce
¼ tsp Salt
½ tsp Pepper
2 Chicken/beef bouillon cubes dissolved in 2 cups boiling water

DIRECTIONS:
1. Brown onion, celery and peppers in shortening for 5 minutes.
2. Add meat and brown for 5 minutes.
3. Add water, cubes, Worcestershire, rice, salt and pepper.
4. Mix well and bring to a boil.
5. Pour into a buttered casserole dish, cover.
6. Bake 40 minutes in 375°F oven.
7. Remove from oven—add mushrooms.
8. Return to oven for 10 minutes.

NUTRITIONAL INFORMATION PER SERVING:
Calories 105
Protein 1 g
Carbohydrates 12 g
Dietary fiber 20 g
Total fat 14 g
Cholesterol 9 mg
Sodium 103 mg

ADDITIONAL INFORMATION:
• Preparation time: 30 minutes
• Cooking time: 1 hour 30 minutes
• Makes: 10 Servings
BOK CHOY WRAPPERS

INGREDIENTS:
1 ½ cups Brown rice
1 ¾ cups Fresh Bok Choy, sliced ¼"
1 ¾ cups Canned pineapple tidbits in juice
3 cups Cooked chicken strips
¾ cup Sweet and sour sauce
1 tsp Soy sauce
12 leaves Fresh Romaine lettuce

ADDITIONAL INFORMATION:
• Preparation time: 15 minutes
• Cooking time: 1 hour and 15 minutes
• Makes: 12 Wraps

DIRECTIONS:
1. Preheat oven to 350°F.
2. Combine brown rice and 3 ½ cups water, bring to boil. Reduce heat and simmer until water is absorbed.
3. Combine rice, bok choy, pineapple, chicken, sweet and sour sauce, and soy sauce in a bowl.
4. Transfer mix to a baking pan with nonstick spray. Bake at 350°F for 30 minutes.
5. Place two lettuce leaves on a plate, top each with ¾ cup of the filling, roll up like a burrito. Serve warm.

NUTRITIONAL INFORMATION PER SERVING:
Calories 376
Protein 13 g
Carbohydrates 56 g
Dietary fiber 5 g
Total fat 11 g
Cholesterol 23 mg
Sodium 377 mg
COCKTAIL RYE SANDWICHES
BY ROSELLA MOSS

INGREDIENTS:
8 ounces Soft cream cheese
2 tsp Miracle whip
½ package Italian dressing mix
1 whole cucumber sliced
1 loaf Cocktail rye bread
1 tsp Dill weed

ADDITIONAL INFORMATION:
• Preparation time: 10 minutes
• Cooking time: 0 minutes
• Makes: 12 – 2 Slice Servings

DIRECTIONS:
1 In a small bowl combine cream cheese, miracle whip and Italian dressing mix.
2 Spread on rye slices.
3 Top with cucumber slice.
4 Sprinkle with dill.
5 Refrigerate over night.
6 Serve cool.

NUTRITIONAL INFORMATION PER SERVING:
Calories 62
Protein .25 g
Carbohydrates .25 g
Dietary fiber 0 g
Total fat 50 g
Cholesterol 1.5 mg
Sodium 30 mg
CRUNCHY HAWAIIAN CHICKEN WRAPS

INGREDIENTS:
- ¼ cup Lite mayonnaise
- ¼ cup White vinegar
- ¼ cup Sugar
- 1 tsp Poppy seeds
- 1 ½ tsp Garlic powder
- 1 ½ tsp Onion powder
- 1 ½ tsp Chili powder
- 2 cups Fresh broccoli, shredded
- 1 ½ cups carrots, shredded
- ¼ cup Crushed pineapple, drained
- 1 cup Fresh baby spinach, chopped
- 3 cups cooked chicken, cut ½" pieces
- 6 Whole-wheat tortillas 10"

DIRECTIONS:
1. Combine mayonnaise, vinegar, sugar, poppy seeds, onion powder, and chili powder. Mix well and refrigerate.
2. Combine broccoli, carrots, pineapple, and spinach. Stir in dressing and chicken. Mix well and serve or refrigerate covered.
3. For serving, place ⅔ cups of filling in the bottom half of the tortilla and roll up. Place seam side down and slice diagonally immediately.

NUTRITIONAL INFORMATION PER SERVING:
- Calories 308
- Protein 24 g
- Carbohydrates 42 g
- Dietary fiber 5 g
- Total fat 6 g
- Cholesterol 35 mg
- Sodium 408 mg
PURPLE POWER BEAN WRAP

INGREDIENTS:
1 tsp Lemon zest
2 Tbsp Fresh lemon juice
2 cups Canned great northern beans, drained
½ cup Fresh avocado, pureed
1 Tbsp Fresh garlic, minced
2 ¼ tsp Extra virgin olive oil
½ tsp Chili powder
½ tsp Salt
1 ½ cups Fresh purple cabbage, shredded
6 whole-wheat tortillas
3 cups Fresh romaine lettuce

DIRECTIONS:
1 Grate lemon rind to make zest. Juice lemons. Set aside.
2 Purée beans in until smooth. Put into a large mixing bowl and set aside.
3 Purée avocado, lemon juice, lemon zest, garlic, olive oil, chili powder, and salt until smooth. Mix into pureed beans. Add shredded cabbage. Mix well.
4 Cover and refrigerate for no more than 2 hours to avoid browning of avocado.
5 For each wrap, place ½ cup of bean filling on the bottom half of tortilla. Top with ½ cup of lettuce. Roll in the form of a burrito. Cut diagonally. Serve immediately.

NUTRITIONAL INFORMATION PER SERVING:
Calories 274
Protein 8 g
Carbohydrates 38 g
Dietary fiber 8 g
Total fat 10 g
Cholesterol 0 mg
Sodium 424 mg

ADDITIONAL INFORMATION:
• Preparation time: 20 minutes
• Cooking time: 20 minutes
• Makes: 6 Wraps
ROASTED FISH CRISPY SLAW WRAP

INGREDIENTS:
2 ½ cups Fresh red cabbage
2 cups Fresh green cabbage
1 ½ cups Fresh carrots, shredded
1 cup Fresh bok choy, cut ⅛" shoestrings
2 Tbsp Fresh cilantro, chopped
¾ cup Balsamic vinaigrette dressing
1 Tbsp Salt free chili-lime seasoning mix
1 Tbsp Extra virgin olive oil
6 Tilapia (or other fish) fillets raw
1 ½ cups Fresh Romaine lettuce, cut ⅛" shoestrings
6 Whole-wheat tortillas 8"
6 slices Fresh avocado
6 quarters Fresh lime

DIRECTIONS:
1. Preheat oven to 375°F.
2. Combine cabbages, carrots, bok choy, cilantro, and balsamic dressing in a bowl. Refrigerate at least one hour.
3. Place fish on a baking sheet with non-stick spray. Brush with olive oil and sprinkle with salt. Roast at 350°F for 12 to 15 minutes. Remove fish from oven.
4. Place ¼ cup lettuce on tortilla, cut fish in half and place both pieces on top of the lettuce. Add cabbage slaw, a slice of avocado, and a squeeze of lime, roll into a burrito, serve immediately.

NUTRITIONAL INFORMATION PER SERVING:
Calories 342
Protein 29 g
Carbohydrates 37 g
Dietary fiber 6 g
Total fat 10 g
Cholesterol 50 mg
Sodium 541 mg
VEGETABLE DIP
BY ROSELLA MOSS

INGREDIENTS:
16 oz. Cream Cheese
1 Chicken bouillon cube
2-3 Tbsp Water

DIRECTIONS:
1. Dissolve bouillon cube in water.
2. Combine with Cream Cheese, mix well.
3. Cool and serve with vegetable.

ADDITIONAL INFORMATION:
• Preparation time: 5 minutes
• Cooking time: 0 minutes
• Makes: 12 Servings

NUTRITIONAL INFORMATION PER SERVING:
Calories 23
Protein .5 g
Carbohydrates 1 g
Dietary fiber 0 g
Total fat 5 g
Cholesterol 5 mg
Sodium 18 mg
CENTRAL VALLEY HARVEST BAKE

**INGREDIENTS:**
3 cups Fresh butternut squash, cubed  
2 tsp Extra virgin olive oil  
½ cup Fresh red onions, diced  
2 ½ tsp Fresh Jalapeño pepper, diced  
¼ cup Fresh red bell pepper, diced  
1 Tbsp Red quinoa  
¼ cup Black beans, drained  
3 ½ tsp Fresh oregano, chopped  
2 ½ Tbsp Sweetened applesauce  
¼ tsp Salt  
2 Tbsp Fresh lime juice  
¾ cup Low fat granola w/out fruit

**NUTRITIONAL INFORMATION PER SERVING:**
- Calories 197  
- Protein 2 g  
- Carbohydrates 20 g  
- Dietary fiber 4 g  
- Total fat 2 g  
- Cholesterol 0 mg  
- Sodium 115 mg

**DIRECTIONS:**
1. Preheat oven to 350°F.  
2. In a large bowl toss squash in olive oil. Spread on large baking sheet with nonstick spray. Roast in oven for 30 minutes or until tender. Remove and keep warm.  
3. Toss onions, jalapeño peppers, and red peppers in olive oil. Spread on baking sheet with nonstick spray and roast in over for 15 minutes. Remove and keep warm.  
4. Combine quinoa and ½ cup of water, cover and bring to a boil. Turn heat down and simmer until water is absorbed.  
5. In a large bowl combine vegetables, applesauce, salt, lime juice with quinoa and oregano.  
6. Pour on Baking pan with nonstick spray. Bake for 30 minutes at 350°F.  
7. Serve over browned granola.

**ADDITIONAL INFORMATION:**
- Preparation time: 45 minutes  
- Cooking time: 1 hour and 30 minutes  
- Makes: 6 Servings – ½ cup
HARVEST DELIGHT

INGREDIENTS:
1 ⅓ cups Fresh green apples, peeled, cored, diced ½"
½ cup Fresh carrots, peeled, sliced ¼"
1 cup Fresh sweet potatoes, peeled, cubed 1"
1 cup Fresh butternut squash, peeled, seeded, cubed ½"
½ cup Fresh red onions, peeled, diced
2 Tbsp extra virgin olive oil
¼ tsp Sea salt
1 tsp each Fresh thyme, oregano, sage & rosemary chopped, garlic, minced
¾ Tbsp maple syrup
1 cup Fresh baby spinach, chopped
⅛ cup Dried cranberries, finely chopped

ADDITIONAL INFORMATION:
• Preparation time: 40 minutes
• Cooking time: 1 hour
• Makes: 6 Servings – ½ cup

NUTRITIONAL INFORMATION PER SERVING:
Calories 93
Protein 1 g
Carbohydrates 16 g
Dietary fiber 3 g
Total fat 2 g
Cholesterol 0 mg
Sodium 103 mg

DIRECTIONS:
1. Preheat oven to 425°F.
2. Place diced apples in a bowl of water with a lemon juice, drain when ready to use.
3. Steam carrots 10 minutes or until soft.
4. Toss potatoes, squash, carrots, red onions, olive oil and salt in bowl.
5. Nonstick spray on baking pan, spread vegetables evenly. Roast vegetables in oven at 425 °F for 25 minutes or until tender and slightly browned. Turn once midway through.
6. Combine apples, thyme, oregano, sage, rosemary, and garlic.
7. Remove vegetables from oven, lower heat to 400°F. Add apple mixture to vegetables. Spread evenly. Return to the oven and roast for 15 minutes or until slightly tender.
8. Remove from oven. Drizzle with maple syrup and mix well. Roast for an additional 8 minutes until vegetables are fork-tender.
LENTILS OF THE SOUTHWEST

INGREDIENTS:
½ cup Lentils
1 tsp Extra virgin olive oil
2 Tbsp Fresh onions, diced
1 tsp Fresh garlic, minced
1 tsp Ground cumin
1 tsp Ground red pepper
½ tsp Chili powder
½ cup Canned diced tomatoes
½ tsp Salt
2 Tbsp Fresh cilantro

ADDITIONAL INFORMATION:
• Preparation time: 15 minutes
• Cooking time: 50 minutes
• Makes: 6 Servings – ¼ cup

DIRECTIONS:
1 In a small pot, combine lentils and 1 ¼ cups of water, bring to boil, lower heat and simmer until lentils are tender.
2 Heat olive oil in a skillet, add onions and garlic. Cook 3-5 minutes till tender. Stir in cumin, red peppers and chili powder. Reduce heat and simmer for two minutes.
3 Add garlic and onion mixture to lentils, add ¼ cup plus 2 Tbsp water, stir in tomatoes and salt, bring to a boil, reduce heat and simmer uncovered for 20 minutes.
4 Stir in cilantro and serve

NUTRITIONAL INFORMATION PER SERVING:
Calories 69
Protein 5 g
Carbohydrates 11 g
Dietary fiber 4 g
Total fat 0 g
Cholesterol 0 mg
Sodium 142 mg
OVEN ROASTED HONEY GARLIC BRUSSELS SPROUTS

BY MIKE METOXEN

INGREDIENTS:
1 ½ lbs. Brussels Sprouts
3 Tbsp Olive oil
4 Tbsp Honey
4 Cloves of garlic, chopped
¾ tsp Kosher salt
½ tsp Ground black pepper

ADDITIONAL INFORMATION:
• Preparation time: 5 minutes
• Cooking time: 35-40 minutes
• Makes: 4 Servings

DIRECTIONS:
1. Preheat oven to 400°F.
2. Trim the stem ends of the Brussels sprouts.
3. Toss them in a large bowl with oil, garlic, salt, and pepper.
4. Transfer to a baking sheet and drizzle honey over sprouts and roast for 35-40 minutes until deep golden brown.
RAINBOW WILD RICE

INGREDIENTS:
½ cup Brown rice
3 Tbsp Wild rice
6 Tbsp Barley
2 tsp Chicken base
2 Tbsp Quinoa
3 Tbsp Bulgur wheat
1 cup Fresh carrots, diced
1 cup Red bell peppers, diced
1 tsp Extra-virgin olive oil
¼ tsp Kosher salt
3 ½ cups Cooked chicken, diced
1 ½ cups Fresh baby spinach, chopped

DIRECTIONS:
1 Preheat oven to 350°F.
2 In a medium pot combine brown rice, wild rice, barley, 1 tsp of chicken base and 1 ¼ cups of water.
3 Rinse quinoa, in a small pot combine with bulgur wheat, 1 tsp of chicken base and ¾ cups of water.
4 Stirring occasionally bring both pots to a boil, turn heat down and simmer until waters is absorbed and grains are soft 30-40 minutes.
5 In a large bowl combine carrots, red peppers drizzle with olive oil and sprinkle salt. Mix. Pour into a small baking pan and bake in the oven at 350°F until tender.
6 Combine all cooked grains, chicken, spinach and roasted vegetables. Mix well and put in the oven at 350°F for 15 minutes or until hot and serve.

NUTRITIONAL INFORMATION PER SERVING:
Calories 232
Protein 22 g
Carbohydrates 28 g
Dietary fiber 5 g
Total fat 4 g
Cholesterol 55 mg
Sodium 159 mg

ADDITIONAL INFORMATION:
• Preparation time: 15 minutes
• Cooking time: 1 hour
• Makes: 6 Servings – 1 cup
WILD RICE STUFFING
BY ANONYMOUS ONEIDA ELDER

INGREDIENTS:
½ cup Wild rice
½ cup Long grain white rice
2 ½ cups Seasoned croutons
½ cup Chicken broth
½ cup Diced apple
½ cup Diced mushrooms
1 Tbsp Nutmeg
1-2 tsp Sage

ADDITIONAL INFORMATION:
• Preparation time: 2 hours 30 minutes
• Cooking time: 1 hour
• Makes: 10 – ½ cup

NUTRITIONAL INFORMATION PER SERVING:
Calories 115
Protein 4.5 g
Carbohydrates 28 g
Dietary fiber 2 g
Total fat 2 g
Cholesterol 1 mg
Sodium 168 mg

DIRECTIONS:
1 Preheat oven to 350°F.
2 Rinse wild rice in strainer under running water to clean. Place wild rice in bowl. Cover with water and soak at room temperature for about 2 hours. Drain.
3 Place drained wild rice in medium saucepan; cover with 2 cups water. Cook over medium heat for 20 minutes. Add white rice and cook 15 minutes longer until water is absorbed.
4 Lightly coat a small fry pan with non-stick vegetable spray. Place apples and mushrooms in prepared fry pan and cook over low heat until mushrooms are tender. Add seasoning and adjust to taste.
5 Mix rice with equal amounts of seasoned croutons. Add mushroom mixture and broth.
6 Use as poultry or fish stuffing or bake at 350°F. in a 13” x 9” pan for 20 minutes.
AZTEC GRAIN SALAD

INGREDIENTS:
1 ½ cups Dry Quinoa
1 ¾ cups Granny Smith apples, cubed ½”
1 ¾ cups Fresh butternut squash, cubed ½”
1 Tbsp Canola oil
¼ tsp Ground ginger
¼ tsp Ground cinnamon
¼ cup Frozen orange juice concentrate
1 ½ Tbsp Extra-virgin olive oil
1 tsp Honey
½ tsp Mustard
2 Tbsp Red wine vinegar
¼ tsp Salt
1 dash Black pepper
1 dash White pepper
½ tsp Fresh Cilantro, chopped

ADDITIONAL INFORMATION:
• Preparation time: 15 minutes
• Cooking time: 30 minutes
• Makes: 6 Servings – 1 cup

DIRECTIONS:
1 Preheat oven to 400°F
2 Rinse quinoa and combine with 3 cups of water in a small pot. Boil until water is absorbed and cover and refrigerate.
3 Combine apples and squash cubes in a medium bowl, add canola oil, ½ tsp ginger, ¼ tsp cinnamon, toss till coated.
4 Pour mixture onto a large baking sheet place in oven at 400°F for 15 minutes. Remove and cool.
5 In a medium bowl combine orange juice, olive oil, honey, mustard, red wine vinegar, salt, peppers, cilantro and remaining ginger and cinnamon, whisk until smooth. Serve over quinoa and fruit mixture.

NUTRITIONAL INFORMATION PER SERVING:
Calories 298
Protein 6 g
Carbohydrates 54 g
Dietary fiber 6 g
Total fat 8 g
Cholesterol 0 mg
Sodium 58 mg
BUFFALO CHILI

BY GERALDINE HALLAM

INGREDIENTS:
2 ½ lbs Buffalo hamburger
1 Tbsp Olive oil
1 Tbsp Vegetable oil
1 tsp Salt
¼ tsp Pepper
16 oz. pkg Kluski noodles
6-8 cups Cold water
1 tsp Salt
2 cups Diced onion
½ cup Diced celery
½ cup Diced pepper
¼ cup Ketchup
1 cup Salsa
2 small cans Tomato soup
1 small can Hormel chili
16 oz. can Kidney beans
1 pkg McCormick seasoning
1 cup Tomato juice

NUTRITIONAL INFORMATION PER SERVING:
Calories 254
Protein 31 g
Carbohydrates 29.3 g
Dietary fiber 9 g
Total fat 1.16 g
Cholesterol 11.5 mg
Sodium 222.4 mg

DIRECTIONS:
1. Bring cold water and 1 tsp salt to a boil.
2. Add the 16 oz. package of noodles to the water. Cook 10-15 minutes until noodles are tender. Drain and set aside.
3. In large kettle bring the oils to hot temperature. Add the celery, onions and peppers. Cook 10 minutes until vegetables are tender.
4. In separate pan, break the hamburger up in small pieces and cook until the meat is tender & well browned. Stir often.
5. Add the seasoning salt and pepper. Stir often and add the salsa, tomato soup, Hormel chili and tomato juice.
6. Empty cans and rinse with water and add to the soup (you may add extra water if you like).
7. Bring to hot temperature and add the noodles. You may want to add extra spicy seasonings. After completed you may want to add sour cream, onions or shredded cheese when you dish it up.

ADDITIONAL INFORMATION:
• Preparation time: 10 minutes
• Cooking time: 1 hour 30 minutes
• Makes: 10 Servings

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BUTTERNUT SQUASH SOUP
BY ANONYMOUS ONEIDA ELDER

INGREDIENTS:
1 ½ cups Carrots, chopped
¼ cup Onion, chopped
½ cup frozen Butternut squash, thawed
1 cup Water
½ cup Flour
2 Cloves garlic, minced
3 cups Reduced-sodium chicken broth
½ cup Frozen corn kernels
1Tbsp Fresh dill, snipped

DIRECTIONS:
1 In a large stockpot over medium-high heat, sauté the carrots, onion and garlic in oil for 2-3 minutes.
2 Add the broth, corn and squash
3 Increase heat to high; boil for 4-5 minutes stirring often.
4 In a small mixing bowl, whisk together water and flour.
5 Whisk flour mixture into soup and cook over high heat for 3-4 minutes.
6 Reduce heat, stir in dill and simmer another minute.

ADDITIONAL INFORMATION:
• Preparation time: 25 minutes
• Cooking time: 35 minutes
• Makes: 6 Servings

NUTRITIONAL INFORMATION PER SERVING:
Calories 100
Protein 3 g
Carbohydrates 23 g
Dietary fiber 2 g
Total fat 1.5 g
Cholesterol .5 mg
Sodium 504 mg
CHILI PULP
BY ANONYMOUS ONEIDA ELDER

INGREDIENTS:
12 red chili pods
Water and season to taste

ADDITIONAL INFORMATION:
• Preparation time: 15 minutes
• Cooking time: 1 hour 30 minutes
• Makes: 1 cup

DIRECTIONS:
1. Put 12 red chili pods in cold water and bring to boil. Simmer for 1 hour, stirring gently.
2. Cool, then press small end of pod; seed and pulp will slip out the cut stem end. Rub through a sieve to remove any remaining seeds.
3. Boil this pulp for 15 minutes in the water in which the pods were boiled. Salt to taste.

NUTRITIONAL INFORMATION
PER SERVING:
Calories 324
Protein 10 g
Carbohydrates 48 g
Dietary fiber 8 g
Total fat 4 g
Cholesterol 0 mg
Sodium 48 mg
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CONFETTI SOUP

INGREDIENTS:
1 ¾ tsp Canola oil
¾ cup Fresh onions, diced
¾ cup Fresh celery, diced
¾ cup Fresh carrots, diced
½ tsp Salt
½ tsp Black pepper
¼ tsp Whole fennel seed
1 ½ cups black-eyed peas
3 ½ cups Water
1 cup Turkey ham, diced ¼"
½ cup Fresh kale, chopped
1 ½ Tbsp Fresh parsley, chopped

DIRECTIONS:
1 In a large pot, over a medium heat, cook the onions and celery until tender; add carrots, salt, pepper, and fennel seed. 2-3 minutes.
2 Add black-eyed peas and water, cook until peas are tender 25-30 minutes.
3 Add turkey ham and kale, cook until kale is tender.
4 Add parsley and serve hot.

NUTRITIONAL INFORMATION
PER SERVING:
Calories 94
Protein 8 g
Carbohydrates 10 g
Dietary fiber 3 g
Total fat 3 g
Cholesterol 18 mg
Sodium 488 mg

ADDITIONAL INFORMATION:
• Preparation time: 20 minutes
• Cooking time: 40-50 minutes
• Makes: 6 Servings – 1 cup
HARVEST STEW

INGREDIENTS:
¾ Tbsp Vegetable oil
¾ cup Fresh onions, diced
½ cup Fresh carrots, diced
½ cup Fresh celery, diced
1 Tbsp All-purpose flour
½ cup Chicken base
1 ¼ cups Water
½ tsp Salt free seasoning
½ tsp Garlic powder
1 cup Canned diced tomatoes
1 cup Fresh sweet potatoes, cubed 1”
½ cup Fresh red potato, cubed 1”
1 cup Diced chicken, ½” pieces
2 cups Canned great northern beans, drained
½ cup Fresh baby spinach, chopped

DIRECTIONS:
1. Heat vegetable on medium to high heat in a pot, combine vegetable oil, onions, carrots, and celery for 5 minutes.
2. Sprinkle on flour, stir well, add chicken base and water, stir and bring to a boil.
3. Reduce heat to medium, stir in seasoning mix and garlic powder, cook for 2 minutes.
4. Add tomatoes, sweet potatoes, and red potato, simmer until potatoes are tender.
5. Add chicken, bean, and spinach, simmer and stir for 10 minutes. Serve hot.

ADDITIONAL INFORMATION:
• Preparation time: 40 minutes
• Cooking time: 30-40 minutes
• Makes: 6 Servings – ¾ cup

NUTRITIONAL INFORMATION PER SERVING:
Calories 124
Protein 8 g
Carbohydrates 18 g
Dietary fiber 5 g
Total fat 2 g
Cholesterol 13 mg
Sodium 57 mg
HOMINY SOUP
BY ANONYMOUS ONEIDA ELDER

INGREDIENTS:
3 cups Dried Indian corn
1 lbs. Lean cut beef
3 Tbsp Baking soda
8 cups Water
Season to taste

ADDITIONAL INFORMATION:
• Preparation time: 15 minutes
• Cooking time: 2 hours
• Makes: 10 Servings

DIRECTIONS:
1. Trim fat from beef and cut into cubes. Put in large pot with 8 cups of water and simmer for about 1 ½ hours.
2. Prepare hominy by boiling dried Indian corn with baking soda for 20 minutes. Drain and rinse in cold water. Work with hands to remove hulls. Rinse as needed.
3. Put hominy into pot with meat and simmer 20 minutes or more.

NUTRITIONAL INFORMATION PER SERVING:
Calories 227
Protein 9 g
Carbohydrates 20 g
Dietary fiber 14 g
Total fat 34 g
Cholesterol 26 mg
Sodium 29 mg
QUINOA SALAD

INGREDIENTS:
1 cup Dry quinoa
2 cups Chicken broth
2 Tbsp Lemon juice
2 Tbsp Red wine vinegar
1 tsp Fresh garlic, minced
1 ½ Tbsp Extra-virgin olive oil
½ tsp Salt
½ tsp White pepper
¼ cup Fresh bell peppers, diced
2 Tbsp Fresh green onions, diced
2 Tbsp Red onions, diced
½ cup Cherry tomatoes, halved
2 Tbsp Black olives, sliced
2 Tbsp Feta cheese, crumbled
1 Tbsp Fresh parsley, chopped

NUTRITIONAL INFORMATION PER SERVING:
Calories 166
Protein 7 g
Carbohydrates 23 g
Dietary fiber 3 g
Total fat 6 g
Cholesterol 3 mg
Sodium 278 mg

DIRECTIONS:
1 Rinse quinoa; combine with chicken broth in a small pot. Bring to a boil. Reduce heat and simmer until broth is absorbed, about 10-15 minutes. Refrigerate until cool.
2 Dressing, in a small mixing bowl, combine lemon juice, vinegar, garlic, olive oil, salt and pepper. Mix well.
3 Combine red peppers, green onions, red onions, tomatoes, and olives in a mixing bowl and mix well.
4 Add dressing to vegetable mixture and add quinoa. Mix in Feta cheese and parsley.
5 Cover and refrigerate for 2 hours and serve cold.

ADDITIONAL INFORMATION:
• Preparation time: 60 minutes
• Cooking time: 10-15 minutes
• Makes: 6 Servings – ¾ cup
SMOKIN’ POWERHOUSE CHILI

INGREDIENTS:

- ⅔ cup Quinoa
- 1 cup Fresh onion, diced
- 2 tsp Fresh garlic, minced
- ¾ cup Vegetable stock
- 1 ¼ Fresh carrots, diced ½”
- ½ cup Fresh red bell pepper, diced
- ½ tsp Ground chipotle pepper
- 1 cup Fresh sweet potatoes, dice ½”
- 1 ¾ cups Canned diced tomatoes
- 1 cup Canned tomato sauce
- ¼ cup Fresh cilantro, chopped
- 2 ½ tsp Chili powder
- 2 ½ tsp Ground cumin
- ¼ tsp Salt
- 2 cups Canned black beans, drained
- ½ cup Frozen corn, thawed

DIRECTIONS:

1. Combine quinoa with 1 ½ cups of water in a small pot. Bring to a boil, reduce heat and simmer until water is absorbed.
2. In a large pot coated with a nonstick spray, cook onions, and garlic over a medium heat for 2 minutes, add half the vegetables and bring to a boil.
3. Add carrots, red bell peppers, and chipotle pepper. Cook over medium heat for 10 minutes.
4. Steam sweet potatoes until tender.
5. Add remaining vegetable stock to a pot along with diced tomatoes, tomato sauce, cilantro, chili powder, cumin, and salt. Cook over medium heat to blend flavors, about 15 minutes.
6. Add black beans, corn, and steam sweet potatoes, cover and continue cooking over low heat for 10-15 minutes. Serve hot.

ADDITIONAL INFORMATION:

- Preparation time: 30 minutes
- Cooking time: 1 hour 25 minutes
- Makes: 6 Servings – 1 cup of chili and ¼ cup of quinoa

NUTRITIONAL INFORMATION PER SERVING:

Calories 184
Protein 7 g
Carbohydrates 38 g
Dietary fiber 8 g
Total fat 12 g
Cholesterol 0 mg
Sodium 256 mg

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SPANISH CHICKPEA STEW

INGREDIENTS:
3 Tbsp Extra virgin olive oil
2 tsp Fresh garlic, minced
2 cups Fresh onions, diced
2 tsp Sweet paprika
½ tsp Ground cumin
3 cups Frozen spinach, chopped
2 cups Canned garbanzo beans, drained
¾ cup Golden raisins
1 cup Canned diced tomatoes
1 ½ cups Chicken stock
1 Tbsp Red wine vinegar
¼ tsp Salt
¼ tsp Ground black pepper
1 cup Diced tomatoes

DIRECTIONS:
1. Heat olive oil in a large pot, add garlic and cook for 1 minute, add onion and cook for 2-3 more minutes.
2. Mix in paprika and cumin
3. Add spinach and cook for 7 minutes
4. Add garbanzo beans, raisins, tomatoes, and chicken stock, bring to a boil, reduce heat and simmer uncovered for 7-10 minutes.
5. Add vinegar, salt, and pepper, mix well and serve hot.

NUTRITIONAL INFORMATION PER SERVING:
Calories 241
Protein 8 g
Carbohydrates 38 g
Dietary fiber 6 g
Total fat 8 g
Cholesterol 0 mg
Sodium 156 mg

ADDITIONAL INFORMATION:
• Preparation time: 15 minutes
• Cooking time: 25 minutes
• Makes: 6 Servings
SQUASH, GREEN BEAN AND CORN SOUP
BY ANONYMOUS ONEIDA ELDER

INGREDIENTS:
½ lbs. Lean pork or beef
10 oz. Box frozen corn, or fresh equivalent
10 oz. Box frozen bean, or fresh equivalent
4 cups Diced squash anything except acorn
8 cups Water
Season to taste

DIRECTIONS:
1 Trim all visible fat from meat and cut into cubes about ½ square.
2 Cover meat with water. Add seasonings and simmer about 30 minutes.
3 Add squash and corn; cook about 15-20 minutes longer. If using zucchini or summer squash, cook only about 10 minutes.

ADDITIONAL INFORMATION:
• Preparation time: 15 minutes
• Cooking time: 1 hour
• Makes: 8 Servings 1 cup

NUTRITIONAL INFORMATION PER SERVING:
Calories 116
Protein 9 g
Carbohydrates 38 g
Dietary fiber 21 g
Total fat 3 g
Cholesterol 8 mg
Sodium 56 mg
SWEET POTATO AND BLACK BEAN STEW

INGREDIENTS:
2 Tbsp Vegetable oil
½ small Chili pepper
1 ¼ cups Fresh onions, diced
1 tsp Ground cumin
1 ½ cups Fresh sweet potatoes, cubed ½”
6 cups Canned black beans, drained
¾ cup Orange juice
1 cup Low-sodium chicken stock
1 Tbsp Red wine vinegar
¼ tsp Salt
¼ tsp Black pepper
4 cups Fresh Swiss chard, chopped

DIRECTIONS:
1 Put vegetable oil, chili pepper, and onions in a pot, cook for 1-2 minutes.
2 Add cumin cook or 2 minutes.
3 Add sweet potatoes, black beans, orange juice, and chicken stock, bring to a boil and then simmer 20 minutes until potatoes are tender.
4 Remove chili pepper.
5 Add Swiss chard, cover cook until chard is tender. Serve hot.

ADDITIONAL INFORMATION:
• Preparation time: 20 minutes
• Cooking time: 40 minutes
• Makes: 6 Servings – 1 cup

NUTRITIONAL INFORMATION PER SERVING:
Calories 326
Protein 15 g
Carbohydrates 51 g
Dietary fiber 14 g
Total fat 7 g
Cholesterol 0 mg
Sodium 186 mg
TUSCAN SMOKED TURKEY AND BEAN SOUP

INGREDIENTS:
½ cup Fresh onions, diced
½ cup Fresh celery, diced
½ cup Fresh carrots, diced
1 ½ cups Fresh Kale, chopped, no stems.
2 ¼ tsp Canned tomato paste
1 Tbsp Fresh garlic, minced
4 ¼ cups Low-sodium chicken stock
1 ¾ cups Canned Navy beans, drained
½ tsp Salt
¼ tsp Black pepper
1 cup Smoked turkey breast, ¼” pieces
2 tsp Fresh thyme, chopped
2 tsp Fresh basil, chopped
2 tsp Fresh parsley, chopped

DIRECTIONS:
1. Place onions, celery, carrots, kale, tomato paste, and garlic in a large pot coated with nonstick spray. Cook over medium heat until vegetables are soft, stirring frequently.
2. Add chicken stock, beans, salt and pepper, reduce heat, cover, and simmer for 20 minutes, stirring occasionally.
3. Add turkey, thyme, basil, and parsley, simmer 10-15 minutes. Serve hot.

NUTRITIONAL INFORMATION PER SERVING:
Calories 135
Protein 15 g
Carbohydrates 14 g
Dietary fiber 4 g
Total fat 3 g
Cholesterol 21 mg
Sodium 525 mg

ADDITIONAL INFORMATION:
• Preparation time: 30 minutes
• Cooking time: 50 minutes
• Makes: 6 Servings – 1 cup
VEGETABLE CHILI BOAT

**INGREDIENTS:**
- 1 ½ tsp Canola oil
- ½ cup Fresh one, diced
- ½ cup Canned pinto beans, drained
- ½ cup Canned kidney beans, drained
- 1 cup Canned black beans, drained
- 1 ½ Tbsp Chili powder
- 1 1/3 cups Canned diced tomatoes
- 1 cup Chicken stock
- 1 dash Hot sauce
- ¼ cup Tomato paste
- 18 Tortilla chips
- ¼ cup Cheddar cheese, shredded
- ¼ cup Mozzarella cheese, shredded

**DIRECTIONS:**
1. Heat canola oil in a large pot over high heat; add onions and green peppers, for 2-3 minutes, or until tender. Add beans, stir to coat, added chili powder, cook for 1 minute.
2. Add tomatoes, chicken stock, and hot sauce, simmer for 10 minutes.
3. Add tomato paste and mix well cook for 10 minutes more. Bring to a boil for 15 seconds. Reduce heat to low level.
4. Combine cheeses to make a garnish.
5. Place ¾ cup chili in a bowl, top with chips and sprinkle with cheese. Serve hot.

**ADDITIONAL INFORMATION:**
- Preparation time: 20 minutes
- Cooking time: 25 minutes
- Makes: 6 Servings – ¾ cup

**NUTRITIONAL INFORMATION PER SERVING:**
- Calories 141
- Protein 7 g
- Carbohydrates 21 g
- Dietary fiber 5 g
- Total fat 4 g
- Cholesterol 4 mg
- Sodium 159 mg
WHITE CORN SOUP
BY ANONYMOUS ONEIDA ELDER

INGREDIENTS:
1 ½ lbs. Lean pork loin roast or turkey
1 lbs. Dehydrated white corn
¼ tsp Pepper
2-15oz. Cans kidney beans, drained & rinsed

ADDITIONAL INFORMATION:
• Preparation time: 15 minutes
• Cooking time: 8 hour
• Makes: 16 Servings – 2 cup

DIRECTIONS:
1. In a 3-quart slow cooker, cook pork loin roast on high for 5-6 hours: shred.
2. In an 8-quart stockpot, cover corn with 2 inches water. Bring to a boil, and then simmer for 1 hour.
3. Add beans, shredded pork and pepper. Simmer 1 more hour.

NUTRITIONAL INFORMATION PER SERVING:
Calories 311
Protein 101 g
Carbohydrates 40 g
Dietary fiber 26 g
Total fat 5 g
Cholesterol 33 mg
Sodium 411 mg
HERBS & SPICES

DRIED VS. FRESH
While dried herbs are convenient, they don’t generally have the same purity of flavor as fresh herbs. Ensure dried herbs are still fresh by checking if they are green and not faded. Crush a few leaves to see if the aroma is still strong. Always store them in an air-tight container away from light and heat.

BASIL
Sweet, warm flavor with an aromatic odor. Use whole or ground. Good with lamb, fish, roast, stews, beef, vegetables, dressing and omelets.

BAY LEAVES
Pungent flavor. Use whole leaf but remove before serving. Good in vegetable dishes, seafood, stews and pickles.

CARAWAY
Spicy taste and aromatic smell. Use in cakes, breads, soups, cheese and sauerkraut.

CELERY SEED
Strong taste which resembles the vegetable. Can be used sparingly in pickles and chutney, meat and fish dishes, salads, bread, marinades, dressings and dips.

CHIVES
Sweet, mild flavor like that of an onion. Excellent in salads, fish, soups and potatoes.

CILANTRO
Use fresh. Excellent in salads, fish, chicken, rice, beans and Mexican dishes.

CINNAMON
Sweet, pungent flavor. Widely used in many sweet baked goods, chocolate dishes, cheesecakes, pickles, chutneys and hot drinks.

CORIANDER
Mild, sweet, orangy flavor and available whole or ground. Common in curry powders and pickling spice and also used in chutney, meat dishes, casseroles, Greek-style dishes, apple pies and baked goods.

CURRY POWDER
Spices are combined to proper proportions to give a distinct flavor to meat, poultry, fish and vegetables.

DILL
Both seeds and leaves are flavorful. Leaves may be used as a garnish or cooked with fish, soup, dressings, potatoes and beans. Leaves or the whole plants may be used to flavor pickles.

FENNEL
Sweet, hot flavor. Both seeds and leaves are used. Use in small quantities in pies and baked goods. Leaves can be boiled with fish.
GINGER
A pungent root, this aromatic spice is sold fresh, dried or ground. Use in pickles, preserves, cakes, cookies, soups and meat dishes.

MARJORAM
May be used both dried or green. Use to flavor fish, poultry, omelets, lamb, stew, stuffing and tomato juice.

MINT
Aromatic with a cool flavor. Excellent in beverages, fish, lamb, cheese, soup, peas, carrots and fruit desserts.

NUTMEG
Whole or ground. Used in chicken and cream soups, cheese dishes, fish cakes, and with chicken and veal. Excellent in custards, milk puddings, pies and cakes.

OREGANO
Strong, aromatic odor. Use whole or ground in tomato juice, fish, eggs, pizza, omelets, chili, stew, gravy, poultry and vegetables.

PAPRIKA
A bright red pepper, this spice is used in meat, vegetables and soups or as a garnish for potatoes, salads or eggs.

PARSLEY
Best when used fresh, but can be used dried as a garnish or as a seasoning. Try in fish, omelets, soup, meat, stuffing and mixed greens.

ROSEMARY
Very aromatic. Can be used fresh or dried. Season fish, stuffing, beef, lamb, poultry, onions, eggs, bread and potatoes. Great in dressings.

SAFFRON
Aromatic, slightly bitter taste. Only a pinch needed to flavor and color dishes such as bouillabaisse, chicken soup, rice, paella, fish sauces, buns and cakes. Very expensive, so where a touch of color is needed, use turmeric instead, but the flavor will not be the same.

SAGE
Use fresh or dried. The flowers are sometimes used in salads. May be used in tomato juice, fish, omelets, beef, poultry, stuffing, cheese spreads and breads.

TARRAGON
Leaves have a pungent, hot taste. Use to flavor sauces, salads, fish, poultry, tomatoes, eggs, green beans, carrots and dressings.
THYME
Sprinkle leaves on fish or poultry before broiling or baking. Throw a few sprigs directly on coals shortly before meat is finished grilling.

TURMERIC
Aromatic, slightly bitter flavor. Should be used sparingly in curry powder and relishes and to color cakes and rice dishes.

Use 3 times more fresh herbs if substituting fresh for dried.
VEGETABLES & FRUITS

BUYING FRESH VEGETABLES

ARTICHOKE
Look for compact, tightly closed heads with green, clean-looking leaves. Avoid those with leaves that are brown or separated.

ASPARAGUS
Stalks should be tender and firm; tips should be close and compact. Choose the stalks with very little white; they are more tender. Use asparagus soon because it toughens quickly.

BEANS, SNAP
Those with small seeds inside the pods are best. Avoid beans with dry-looking pods.

BROCCOLI, BRUSSELS SPROUTS AND CAULIFLOWER
Flower clusters on broccoli and cauliflower should be tight and close together. Brussels sprouts should be firm and compact. Smudgy, dirty spots may indicate pests or disease.

CABBAGE AND HEAD LETTUCE
Choose heads that are heavy for their size. Avoid cabbage with worm holes and lettuce with discoloration or soft rot.

CUCUMBERS
Choose long, slender cucumbers for best quality. May be dark or medium green, but yellow ones are undesirable.

MUSHROOMS
Caps should be closed around the stems. Avoid black or brown gills.

PEAS AND LIMA BEANS
Select pods that are well-filled but not bulging. Avoid dried, spotted, yellow or limp pods.

BUYING FRESH FRUITS

BANANAS
Skin should be free of bruises and black or brown spots. Purchase them slightly green and allow them to ripen at room temperature.

BERRIES
Select plump, solid berries with good color. Avoid stained containers which indicate wet or leaky berries. Berries with clinging caps, such as blackberries and raspberries, may be unripe. Strawberries without caps may be overripe.
MELONS

In cantaloupes, thick, close netting on the rind indicates best quality. Cantaloupes are ripe when the stem scar is smooth and the space between the netting is yellow or yellow-green. They are best when fully ripe with fruity odor.

Honeydews are ripe when rind has creamy to yellowish color and velvety texture. Immature honeydews are whitish-green.

Ripe watermelons have some yellow color on one side. If melons are white or pale green on one side, they are not ripe.

ORANGES, GRAPEFRUIT AND LEMONS

Choose those heavy for their size. Smoother, thinner skins usually indicate more juice. Most skin markings do not affect quality. Oranges with a slight greenish tinge may be just as ripe as fully colored ones. Light or greenish-yellow lemons are more tart than deep yellow ones. Avoid citrus fruits showing withered, sunken or soft areas.
QUICK FIXES

PRACTICALLY EVERYONE has experienced that dreadful moment in the kitchen when a recipe failed and dinner guests have arrived. Perhaps a failed timer, distraction or a missing or mis-measured ingredient is to blame. These handy tips can save the day!

ACIDIC FOODS
Sometimes a tomato-based sauce will become too acidic. Add baking soda, one teaspoon at a time, to the sauce. Use sugar as a sweeter alternative.

BURNT FOOD ON POTS AND PANS
Allow the pan to cool on its own. Remove as much of the food as possible. Fill with hot water and add a capful of liquid fabric softener to the pot; let it stand for a few hours. You’ll have an easier time removing the burnt food.

CHOCOLATE SEIZES
Chocolate can seize (turn coarse and grainy) when it comes into contact with water. Place seized chocolate in a metal bowl over a large saucepan with an inch of simmering water in it. Over medium heat, slowly whisk in warm heavy cream. Use ¼ cup cream to 4 ounces of chocolate. The chocolate will melt and become smooth.

FORGOT TO THAW WHIPPED TOPPING
Thaw in microwave for 1 minute on the defrost setting. Stir to blend well. Do not over thaw!

HANDS SMELL LIKE GARLIC OR ONION
Rinse hands under cold water while rubbing them with a large stainless steel spoon.

HARD BROWN SUGAR
Place in a paper bag and microwave for a few seconds, or place hard chunks in a food processor.

JELL-O TOO HARD
Heat on a low microwave power setting for a very short time.

LUMPY GRAVY OR SAUCE
Use a blender, food processor or simply strain.

NO TOMATO JUICE
Mix ½ cup ketchup with ½ cup water.

OUT OF HONEY
Substitute 1 ¼ cups sugar dissolved in 1 cup water.
OVERCOOKED SWEET POTATOES OR CARROTS
Softened sweet potatoes and carrots make a wonderful soufflé with the addition of eggs and sugar. Consult your favorite cookbook for a good soufflé recipe. Overcooked sweet potatoes can also be used as pie filling.

SANDWICH BREAD IS STALE
Toast or microwave bread briefly. Otherwise, turn it into bread crumbs. Bread exposed to light and heat will hasten its demise, so consider using a bread box. If the bread will not be eaten within a few days, store half in the freezer.

SOUP, SAUCE, GRAVY TOO THIN
Add 1 Tbsp of flour to hot soup, sauce or gravy. Whisk well (to avoid lumps) while the mixture is boiling. Repeat if necessary.

STICKY RICE
Rinse rice with warm water.

STEW OR SOUP IS GREASY
Refrigerate and remove grease once it congeals. Another trick is to lay cold lettuce leaves over the hot stew for about 10 seconds and then remove. Repeat as necessary.

TOO SALTY
Add a little sugar and vinegar. For soups or sauces, add a raw peeled potato.

TOO SWEET
Add a little vinegar or lemon juice.

UNDERCOOKED CAKES AND COOKIES
Serve over vanilla ice cream. You can also layer pieces of cake or cookies with whipped cream and fresh fruit to form a dessert parfait. Crumbled cookies also make an excellent ice cream or cream pie topping.
# COOKING TIME TABLE

<table>
<thead>
<tr>
<th>Vegetable</th>
<th>Cooking Method</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Artichokes</td>
<td>boiled</td>
<td>40 min.</td>
</tr>
<tr>
<td></td>
<td>steamed</td>
<td>45-60 min.</td>
</tr>
<tr>
<td>Asparagus Tips</td>
<td>boiled</td>
<td>10-15 min.</td>
</tr>
<tr>
<td>Beans, Lima</td>
<td>boiled</td>
<td>20-40 min.</td>
</tr>
<tr>
<td></td>
<td>steamed</td>
<td>60 min.</td>
</tr>
<tr>
<td>Beans, String</td>
<td>boiled</td>
<td>15-35 min.</td>
</tr>
<tr>
<td></td>
<td>steamed</td>
<td>60 min.</td>
</tr>
<tr>
<td>Beets, Old</td>
<td>boiled or steamed</td>
<td>1-2 hours</td>
</tr>
<tr>
<td>Beets, Young with Skin</td>
<td>boiled</td>
<td>30 min.</td>
</tr>
<tr>
<td></td>
<td>steamed</td>
<td>60 min.</td>
</tr>
<tr>
<td></td>
<td>baked</td>
<td>70-90 min.</td>
</tr>
<tr>
<td>Broccoli, Flowerets</td>
<td>boiled</td>
<td>5-10 min.</td>
</tr>
<tr>
<td>Broccoli, Stems</td>
<td>boiled</td>
<td>20-30 min.</td>
</tr>
<tr>
<td>Brussels Sprouts</td>
<td>boiled</td>
<td>20-30 min.</td>
</tr>
<tr>
<td>Cabbage, Chopped</td>
<td>boiled</td>
<td>10-20 min.</td>
</tr>
<tr>
<td>Carrots, Cut Across</td>
<td>boiled</td>
<td>8-10 min.</td>
</tr>
<tr>
<td></td>
<td>steamed</td>
<td>40 min.</td>
</tr>
<tr>
<td>Cauliflower, Flowerets</td>
<td>boiled</td>
<td>8-10 min.</td>
</tr>
<tr>
<td>Cauliflower, Stem Down</td>
<td>boiled</td>
<td>20-30 min.</td>
</tr>
<tr>
<td>Corn, Green, Tender</td>
<td>boiled</td>
<td>5-10 min.</td>
</tr>
<tr>
<td></td>
<td>steamed</td>
<td>15 min.</td>
</tr>
<tr>
<td></td>
<td>baked</td>
<td>20 min.</td>
</tr>
<tr>
<td>Eggplant, Whole</td>
<td>boiled</td>
<td>30 min.</td>
</tr>
<tr>
<td></td>
<td>steamed</td>
<td>40 min.</td>
</tr>
<tr>
<td></td>
<td>baked</td>
<td>45 min.</td>
</tr>
<tr>
<td>Parsnips</td>
<td>boiled</td>
<td>25-40 min.</td>
</tr>
<tr>
<td></td>
<td>steamed</td>
<td>60 min.</td>
</tr>
<tr>
<td></td>
<td>baked</td>
<td>60-75 min.</td>
</tr>
<tr>
<td>Peas, Green</td>
<td>boiled or steamed</td>
<td>5-15 min.</td>
</tr>
<tr>
<td>Potatoes</td>
<td>boiled</td>
<td>20-40 min.</td>
</tr>
<tr>
<td></td>
<td>steamed</td>
<td>60 min.</td>
</tr>
<tr>
<td></td>
<td>baked</td>
<td>45-60 min.</td>
</tr>
<tr>
<td>Pumpkin or Squash</td>
<td>boiled</td>
<td>20-40 min.</td>
</tr>
<tr>
<td></td>
<td>steamed</td>
<td>45 min.</td>
</tr>
<tr>
<td></td>
<td>baked</td>
<td>60 min.</td>
</tr>
<tr>
<td>Tomatoes</td>
<td>boiled</td>
<td>5-15 min.</td>
</tr>
<tr>
<td>Turnips</td>
<td>boiled</td>
<td>25-40 min.</td>
</tr>
<tr>
<td></td>
<td>boiled</td>
<td>8-10 min.</td>
</tr>
</tbody>
</table>

FDPIR Participant Nutritional Education Project
## DRYING TIME TABLE

<table>
<thead>
<tr>
<th>Fruit</th>
<th>Sugar or Honey</th>
<th>Cooking Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apricots</td>
<td>¼ cup for each cup of fruit</td>
<td>about 40 min.</td>
</tr>
<tr>
<td>Figs</td>
<td>1 Tbsp for each cup of fruit</td>
<td>about 30 min.</td>
</tr>
<tr>
<td>Peaches</td>
<td>¼ cup for each cup of fruit</td>
<td>about 45 min.</td>
</tr>
<tr>
<td>Prunes</td>
<td>2 Tbsp for each cup of fruit</td>
<td>about 45 min.</td>
</tr>
</tbody>
</table>
MEASUREMENTS & SUBSTITUTIONS

MEASUREMENTS

- a pinch: 1/8 teaspoon or less
- 3 teaspoons: 1 tablespoon
- 4 tablespoons: 1/4 cup
- 8 tablespoons: 1/2 cup
- 12 tablespoons: 3/4 cup
- 16 tablespoons: 1 cup
- 2 cups: 1 pint
- 4 cups: 1 quart
- 4 quarts: 1 gallon
- 8 quarts: 1 peck
- 4 pecks: 1 bushel
- 16 ounces: 1 pound
- 32 ounces: 1 quart
- 1 ounce liquid: 2 tablespoons
- 8 ounces liquid: 1 cup

Use standard measuring spoons and cups. All measurements are level.

C° TO F° CONVERSION

- 120° C – 250° F
- 140° C – 275° F
- 150° C – 300° F
- 160° C – 325° F
- 180° C – 350° F
- 190° C – 375° F
- 200° C – 400° F
- 220° C – 425° F
- 230° C – 450° F

Temperature conversions are estimates.
### SUBSTITUTIONS

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
<th>Substitute</th>
</tr>
</thead>
<tbody>
<tr>
<td>Baking Powder</td>
<td>1 tsp</td>
<td>¼ tsp baking soda plus ½ tsp. cream of tartar</td>
</tr>
<tr>
<td>Chocolate</td>
<td>1 square (1 oz.)</td>
<td>3 or 4 Tbsp Cocoa plus 1 Tbsp butter</td>
</tr>
<tr>
<td>Cornstarch</td>
<td>1 Tbsp</td>
<td>2 Tbsp flour or 2 tsp. quick-cooking tapioca</td>
</tr>
<tr>
<td>Cracker Crumbs</td>
<td>¾ cup</td>
<td>1 cup bread crumbs</td>
</tr>
<tr>
<td>Dates</td>
<td>1 lb.</td>
<td>1 ½ cup dates, pitted and cut</td>
</tr>
<tr>
<td>Dry Mustard</td>
<td>1 tsp</td>
<td>1 Tbsp prepared mustard</td>
</tr>
<tr>
<td>Flour, Self-rising</td>
<td>1 cup</td>
<td>1 cup all-purpose flour, ½ tsp salt, and 1 tsp baking powder</td>
</tr>
<tr>
<td>Herbs, Fresh</td>
<td>1 Tbsp</td>
<td>1 tsp dried herbs</td>
</tr>
<tr>
<td>Ketchup or Chili Sauce</td>
<td>1 cup</td>
<td>1 cup tomato sauce plus ½ cup sugar and 2 Tbsp vinegar (for use in cooking)</td>
</tr>
<tr>
<td>Milk, Sour</td>
<td>1 cup</td>
<td>1 Tbsp lemon juice or vinegar plus sweet milk to make 1 cup (let stand 5 minutes)</td>
</tr>
<tr>
<td>Whole Milk</td>
<td>1 cup</td>
<td>½ cup evaporated milk plus ½ cup water</td>
</tr>
<tr>
<td>Mini Marshmallows</td>
<td>10</td>
<td>1 Regular marshmallow</td>
</tr>
<tr>
<td>Onion, Fresh</td>
<td>1 small</td>
<td>1 Tbsp instant minced onion, rehydrate</td>
</tr>
<tr>
<td>Sugar, Brown</td>
<td>½ cup</td>
<td>2 Tbsp molasses in ½ cup granulated sugar</td>
</tr>
<tr>
<td>Sugar, Powdered</td>
<td>1 cup</td>
<td>1 cup granulated sugar plus 1 tsp. Cornstarch</td>
</tr>
<tr>
<td>Tomato Juice</td>
<td>1 cup</td>
<td>½ cup tomato sauce plus ½ cup water</td>
</tr>
</tbody>
</table>

When substituting cocoa for chocolate in cakes, the amount of flour must be reduced. Brown and white sugars usually can be interchanged.
# COUNTING CALORIES

## BEVERAGES

<table>
<thead>
<tr>
<th>Item</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apple Juice, 6 oz.</td>
<td>90</td>
</tr>
<tr>
<td>Coffee (black)</td>
<td>0</td>
</tr>
<tr>
<td>Cola, 12 oz.</td>
<td>115</td>
</tr>
<tr>
<td>Cranberry Juice, 6 oz.</td>
<td>115</td>
</tr>
<tr>
<td>Ginger ale, 12 oz.</td>
<td>115</td>
</tr>
<tr>
<td>Grape Juice, (prepared from frozen concentrate), 6 oz.</td>
<td>142</td>
</tr>
<tr>
<td>Lemonade, (prepared from frozen concentrate), 6 oz.</td>
<td>85</td>
</tr>
<tr>
<td>Milk, protein fortified, 1 cup</td>
<td>105</td>
</tr>
<tr>
<td>Skim, 1 cup</td>
<td>90</td>
</tr>
<tr>
<td>Whole, 1 cup</td>
<td>160</td>
</tr>
<tr>
<td>Orange Juice, 6 oz.</td>
<td>85</td>
</tr>
<tr>
<td>Pineapple Juice, unsweetened, 6 oz.</td>
<td>95</td>
</tr>
<tr>
<td>Root Beer, 12 oz.</td>
<td>150</td>
</tr>
<tr>
<td>Tonic (quinine water), 12 oz.</td>
<td>132</td>
</tr>
</tbody>
</table>

## BREADS

<table>
<thead>
<tr>
<th>Item</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cornbread, 1 sm. square</td>
<td>130</td>
</tr>
<tr>
<td>Dumplings, 1 med.</td>
<td>70</td>
</tr>
</tbody>
</table>

## BREADS cont.

<table>
<thead>
<tr>
<th>Item</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>French Toast, 1 slice</td>
<td>135</td>
</tr>
<tr>
<td>Melba Toast, 1 slice</td>
<td>25</td>
</tr>
<tr>
<td>Muffins, Blueberry, 1 muffin</td>
<td>110</td>
</tr>
<tr>
<td>Bran, 1 muffin</td>
<td>106</td>
</tr>
<tr>
<td>Corn, 1 muffin</td>
<td>125</td>
</tr>
<tr>
<td>English, 1 muffin</td>
<td>280</td>
</tr>
<tr>
<td>Pancakes, 1 (4-in.)</td>
<td>60</td>
</tr>
<tr>
<td>Pumpernickel, 1 slice</td>
<td>75</td>
</tr>
<tr>
<td>Rye, 1 slice</td>
<td>60</td>
</tr>
<tr>
<td>Waffle, 1</td>
<td>216</td>
</tr>
<tr>
<td>White, 1 slice</td>
<td>60-70</td>
</tr>
<tr>
<td>Whole Wheat, 1 slice</td>
<td>55-65</td>
</tr>
</tbody>
</table>

## CEREALS

<table>
<thead>
<tr>
<th>Item</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cornflakes, 1 cup</td>
<td>105</td>
</tr>
<tr>
<td>Cream of Wheat, 1 cup</td>
<td>120</td>
</tr>
<tr>
<td>Oatmeal, 1 cup</td>
<td>148</td>
</tr>
<tr>
<td>Rice Flakes, 1 cup</td>
<td>105</td>
</tr>
<tr>
<td>Shredded Wheat, 1 biscuit</td>
<td>100</td>
</tr>
<tr>
<td>Sugar Krisps, ¾ cup</td>
<td>110</td>
</tr>
</tbody>
</table>
### COUNTING CALORIES

#### CRACKERS
- Graham, 1 cracker: 15-30
- Rye Crisp, 1 cracker: 35
- Saltine, 1 cracker: 17-20
- Wheat Thins, 1 cracker: 9

#### DAIRY PRODUCTS
- Butter or Margarine, 1 Tbsp: 100
- Cheese, American, 1 oz.: 100
- Camembert, 1 oz.: 85
- Cheddar, 1 oz.: 115
- Cottage cheese, 1 oz.: 30
- Mozzarella, 1 oz.: 90
- Parmesan, 1 oz.: 130
- Ricotta, 1 oz.: 50
- Roquefort, 1 oz.: 105
- Swiss, 1 oz.: 105
- Cream, light, 1 Tbsp: 30
- Heavy, 1 Tbsp: 55
- Sour, 1 Tbsp: 45
- Hot Chocolate, with milk, 1 cup: 277
- Milk Chocolate, 1 oz.: 145-155
- Yogurt
  - Made w/whole milk, 1 cup: 150-165
  - Made w/skimmed milk, 1 cup: 125

#### EGGS
- Fried, 1 lg.: 100
- Poached or boiled, 1 lg.: 75-80
- Scrambled or in Omelet, 1 lg.: 110-130

#### FISH & SEAFOOD
- Bass, 4 oz.: 105
- Salmon, broiled or baked, 3 oz.: 155
- Sardines, canned in oil, 3 oz.: 170
- Trout, fried, 3-½ oz.: 220
- Tuna, in oil, 3 oz.: 170
  - In water, 3 oz.: 110

#### FRUITS
- Apple, 1 med.: 80-100
- Applesauce,
  - Sweetened, ½ cup: 90-115
  - Unsweetened, ½ cup: 50
- Banana, 1 med.: 85
- Blueberries, ½ cup: 45
- Cantaloupe, ½ cup: 24
- Cherries (pitted), raw, ½ cup: 40
- Grapefruit, ½ med.: 55
## COUNTING CALORIES

### FRUITS cont.

<table>
<thead>
<tr>
<th>Fruit</th>
<th>Calorie Range</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grapes, ½ cup</td>
<td>35-55</td>
</tr>
<tr>
<td>Honeydew, ½ cup</td>
<td>55</td>
</tr>
<tr>
<td>Mango, 1 med.</td>
<td>90</td>
</tr>
<tr>
<td>Orange, 1 med.</td>
<td>65-75</td>
</tr>
<tr>
<td>Peach, 1 med.</td>
<td>35</td>
</tr>
<tr>
<td>Pear, 1 med.</td>
<td>60-100</td>
</tr>
<tr>
<td>Pineapple, fresh, ½ cup</td>
<td>40</td>
</tr>
<tr>
<td>Canned in syrup, ½ cup</td>
<td>95</td>
</tr>
<tr>
<td>Plum, 1 med.</td>
<td>30</td>
</tr>
<tr>
<td>Strawberries, fresh, ½ cup</td>
<td>30</td>
</tr>
<tr>
<td>Frozen and</td>
<td></td>
</tr>
<tr>
<td>Sweetened, ½ cup</td>
<td>120-140</td>
</tr>
<tr>
<td>Tangerine, 1 lg.</td>
<td>39</td>
</tr>
<tr>
<td>Watermelon, ½ cup</td>
<td>42</td>
</tr>
</tbody>
</table>

### MEAT & POULTRY

#### MEAT & POULTRY cont.

<table>
<thead>
<tr>
<th>Meat Type</th>
<th>Calorie Range</th>
</tr>
</thead>
<tbody>
<tr>
<td>Steak, Sirloin, 3 oz.</td>
<td>175</td>
</tr>
<tr>
<td>Tenderloin, 3 oz.</td>
<td>174</td>
</tr>
<tr>
<td>Top Round, 3 oz.</td>
<td>162</td>
</tr>
<tr>
<td>Turkey, dark meat, 3 oz.</td>
<td>175</td>
</tr>
<tr>
<td>White Meat, 3 oz.</td>
<td>150</td>
</tr>
<tr>
<td>Veal, Cutlet, 3 oz.</td>
<td>156</td>
</tr>
<tr>
<td>Roast, 3 oz.</td>
<td>76</td>
</tr>
</tbody>
</table>

### NUTS

<table>
<thead>
<tr>
<th>Nut Type</th>
<th>Calorie Range</th>
</tr>
</thead>
<tbody>
<tr>
<td>Almonds, 2 Tbsp</td>
<td>105</td>
</tr>
<tr>
<td>Cashews, 2 Tbsp</td>
<td>100</td>
</tr>
<tr>
<td>Peanuts, 2 Tbsp</td>
<td>105</td>
</tr>
<tr>
<td>Peanut Butter, 1 Tbsp</td>
<td>95</td>
</tr>
<tr>
<td>Pecans, 2 Tbsp</td>
<td>95</td>
</tr>
<tr>
<td>Pistachios, 2 Tbsp</td>
<td>92</td>
</tr>
<tr>
<td>Walnuts, 2 Tbsp</td>
<td>80</td>
</tr>
</tbody>
</table>

### PASTA

<table>
<thead>
<tr>
<th>Pasta Type</th>
<th>Calorie Range</th>
</tr>
</thead>
<tbody>
<tr>
<td>Macaroni or Spaghetti, cooked, ¾ cup</td>
<td>115</td>
</tr>
</tbody>
</table>
## COUNTING CALORIES

### SALAD DRESSINGS

<table>
<thead>
<tr>
<th>Dressing</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Blue Cheese, 1 Tbsp</td>
<td>70</td>
</tr>
<tr>
<td>French, 1 Tbsp</td>
<td>65</td>
</tr>
<tr>
<td>Italian, 1 Tbsp</td>
<td>80</td>
</tr>
<tr>
<td>Mayonnaise, 1 Tbsp</td>
<td>100</td>
</tr>
<tr>
<td>Olive Oil, 1 Tbsp</td>
<td>124</td>
</tr>
<tr>
<td>Russian, 1 Tbsp</td>
<td>70</td>
</tr>
<tr>
<td>Salad Oil, 1 Tbsp</td>
<td>120</td>
</tr>
</tbody>
</table>

### VEGETABLES

<table>
<thead>
<tr>
<th>Vegetable</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Asparagus, 1 cup</td>
<td>35</td>
</tr>
<tr>
<td>Broccoli, cooked, ½ cup</td>
<td>25</td>
</tr>
<tr>
<td>Cabbage, cooked, ½ cup</td>
<td>15-20</td>
</tr>
<tr>
<td>Carrots, cooked, ½ cup</td>
<td>25-30</td>
</tr>
<tr>
<td>Cauliflower, ½ cup</td>
<td>10-15</td>
</tr>
<tr>
<td>Corn (kernels), ½ cup</td>
<td>70</td>
</tr>
<tr>
<td>Green Beans, 1 cup</td>
<td>30</td>
</tr>
<tr>
<td>Lettuce, shredded, ½ cup</td>
<td>5</td>
</tr>
<tr>
<td>Mushrooms, canned, ½ cup</td>
<td>20</td>
</tr>
<tr>
<td>Onions, cooked, ½ cup</td>
<td>30</td>
</tr>
<tr>
<td>Peas, cooked, ½ cup</td>
<td>60</td>
</tr>
<tr>
<td>Potato, baked, 1 med.</td>
<td>90</td>
</tr>
<tr>
<td>Chips, 8-10</td>
<td>100</td>
</tr>
<tr>
<td>Mashed, w/milk &amp; butter, 1 cup</td>
<td>200-300</td>
</tr>
<tr>
<td>Spinach, 1 cup</td>
<td>40</td>
</tr>
<tr>
<td>Tomato, raw, 1 med.</td>
<td>25</td>
</tr>
<tr>
<td>Cooked, ½ cup</td>
<td>30</td>
</tr>
</tbody>
</table>

### SOUPS

<table>
<thead>
<tr>
<th>Soup</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bean, 1 cup</td>
<td>130-180</td>
</tr>
<tr>
<td>Beef Noodle, 1 cup</td>
<td>70</td>
</tr>
<tr>
<td>Bouillon and Consommé, 1 cup</td>
<td>30</td>
</tr>
<tr>
<td>Chicken Noodle, 1 cup</td>
<td>65</td>
</tr>
<tr>
<td>Chicken with Rice, 1 cup</td>
<td>50</td>
</tr>
<tr>
<td>Minestrone, 1 cup</td>
<td>80-150</td>
</tr>
<tr>
<td>Split Pea, 1 cup</td>
<td>145-170</td>
</tr>
<tr>
<td>Tomato with milk, 1 cup</td>
<td>170</td>
</tr>
<tr>
<td>Vegetable, 1 cup</td>
<td>80-100</td>
</tr>
</tbody>
</table>
Financial Partner: Funding for this project was generously provided by First Nations Development Institute (First Nations) with underwriting from the Walmart Foundation. Since 1980, using a three-pronged strategy of educating grassroots practitioners, advocating for systemic change, and capitalizing Indian communities, First Nations has been working to restore Native American control and culturally-compatible stewardship of the assets they own – be they land, human potential, cultural heritage or natural resources – and to establish new assets for ensuring the long-term vitality of Native American communities. First Nations serves Native American communities throughout the United States. For more information, visit www.firstnations.org.