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RECIPE BOOK





RECIPE: Supreme Veggie Pasta Salad

Provided by:
Nutrition Department



Ingredients:

- 2 cups of broccoli, chopped
- 1/3 cup of red onion, sliced
- 1 red bell pepper, diced
- 1 yellow pepper, diced
- 3 tomatoes, diced
- 2 cups of cheese bites of your choice
- 3 Tablespoons Salad Supreme seasoning
- 2-4 Tablespoons of Italian dressing
- 1 cup whole wheat pasta



Directions:

1. Cook whole wheat pasta according to directions. Let cool.
2. In a bowl mix all ingredients and enjoy!



RECIPE: Nopalitos Cactus Salad

Provided by:
Native Challenge
6 servings



Ingredients:

- 1 pound (450 g) fresh chopped nopalitos
- 1 pound cherry tomatoes, quartered (about 3 cups)
- 1 cup chopped red radishes
- 1 cup finely chopped red onion
- 3 tablespoons lime juice
- 1 tablespoon extra virgin olive oil
- 1 1/2 teaspoons salt
- 1/4 teaspoon freshly ground black pepper
- 1/2 cup chopped cilantro



Directions:

1. Blanch and rinse nopalitos: Bring a medium pot of salted water to a boil. Add the nopalitos, return to a rolling boil and cook for 1 minute. Strain through a fine mesh sieve. Rinse with water for 1 minute.
2. Toss with remaining ingredients: Place rinsed and drained nopalitos in a bowl with the chopped tomatoes, radishes, and onion. Toss with lime juice, olive oil, salt, and pepper. Fold in cilantro.

Notes If using canned nopalitos, just drain them and mix them in with the tomatoes and the rest of the ingredients. No need to cook them as they are already cooked.

RECIPE: No-bake Chocolate Chia Energy Bars

Provided by:
BHS-NARC Celebrating Families
14 bars



Ingredients:



- 1 ½ cups packed, soft pitted dates
- ⅓ cup cocoa powder
- 1/2 cup whole chia seeds
- 1/2 cup unsweetened shredded coconut
- 1 cup raw walnut pieces
- 1/2 cup chopped dark chocolate
- 1/2 cup rolled oats
- 1 tsp pure vanilla extract, optional, enhances flavor
- 1/4 tsp sea salt, optional, enhances flavor

Directions:

- 1.It's important to use soft, moist dates in this recipe. If your dates are on the dry side, place them in a bowl and cover with hot water. Soak for 15 minutes then drain well before using in the recipe. If you're unsure, it can't hurt to soak the dates first.
- 2.Add the walnuts to a food processor and blend until broken down into a grainy consistency. It's ok if there are some larger chunks left behind but they should resemble a coarse flour.
- 3.Add the dates and blend until the dates and walnuts form a thick, sticky paste.
- 4.Add the rest of the ingredients and mix until it forms a thick dough. You should easily be able to press the dough together between your fingers. If it seems too crumbly (this can happen if 4 serving the dates were dry), add 1-2 tbsp of warm water and process again.
- 5.Line a square 7 or 8 inch square baking pan with parchment paper so it sticks out over the sides of the pan. Use your hands to firmly press the mixture into the pan, taking a few minutes to make sure it's really pressed down, especially in the corners. You can wet your hands if it helps to smooth the top out.
- 6.Place in the freezer for at least 1 hour to firm.
- 7.Lift out of the pan using the edges of the parchment and cut into 14 bars.
- 8.Store in an air-tight container in the fridge or freezer.





RECIPE: Prickly Pear Agua Fresca

Provided by:
Nutrition Department-Senior Nutrition
6 servings



Ingredients:

- 5 prickly pear fruit
- 6 cups water
- 3 teaspoons lime juice
- 4 teaspoons sweetener Agave Nectar
*If you want you can add honey instead
- 2 limes cut into slices and a pinch or two of mint leaves for Garnish (optional)

Directions:

1. Carefully peel and cut your prickly pear fruit.
2. Add them in a blender with 1 cup water, then strain.
3. In a large pitcher add rest of water, lime juice and the sweetener of your choice.
4. Enjoy with some ice cubes and garnish for looks.





RECIPE: Bison Chili

Provided by:
Nutrition Department-Senior Nutrition
8 servings



Ingredients:

- 1 lb ground bison
- 1 medium onion (diced)
- 2 16oz cans of diced Tomatoes
- 1 6oz can tomato paste 1 medium green bell pepper (chopped)
- 1 16oz can corn
- 1 16oz can of kidney bean (drained)
- 1 16oz can of pinto beans (drained)
- ½ cup of water
- ½ tsp salt
- ½ tsp ground pepper
- 2 tsp chili powder
- ½ tsp garlic diced
- 1 tsp cumin



Directions:

1. Cook bison onions and garlic over medium heat for 10 minutes.
2. Add tomatoes, bell peppers, corn and all spices. stir thoroughly.
3. Drain beans; add with tomato paste and water.
4. Cook additional 20 minutes.
5. Serve in a bowl with optional toppings and enjoy.

Toppings: optional cheddar cheese, sour cream, and diced onions





RECIPE: Winter Citrus Salad

Provided by:
Nutrition Department-Senior Nutrition
4 servings



Ingredients:

- 2 blood oranges
- 1 grapefruit
- 1 navel orange
- pinch of salt
- 1 shallot- diced
- 1 tablespoon of sherry vinegar
- 1 tablespoon of local honey
- juice of one lime
- ½ teaspoon diced tarragon



Directions:

1. Peel citrus, trying to remove as much pith as possible and slice into wheels. Layer fruit, sprinkle with salt & diced shallot.
2. Whisk together olive oil, vinegar, honey, lime juice, and tarragon well. Drizzle over salad.





RECIPE: Bran Muffins

Provided by:
Nutrition Department-WIC
12 muffins



Ingredients:



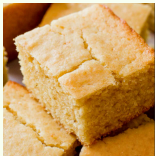
- 1 cup (52g) wheat germ
- 1 and 1/2 cups (195g) whole wheat flour (spooned & leveled)
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1/2 teaspoon ground cinnamon
- 1 large egg, at room temperature
- 1/2 cup (170g) honey or pure maple syrup
- 1/3 cup (75g) vegetable oil
- 1/3 cup (60g) unsweetened applesauce, at room temperature
- 1 teaspoon pure vanilla extract
- 1 cup (240ml) 1% low fat milk, at room temperature
- 2/3 cup (about 100g) raisins*
- rind from 1 orange



Directions:

1. Preheat oven to 425°F (218°C). Spray a 12-count muffin pan with nonstick spray or use muffin liners.
2. Whisk the flour, wheat bran, baking powder, baking soda, salt, and cinnamon together in a large bowl until combined. Set aside.
3. Whisk the egg, honey, melted coconut oil, applesauce, vanilla, and milk together in a medium bowl until combined. Pour the wet ingredients into the dry ingredients, and whisk to combine. Switch to a rubber spatula or wooden spoon and fold in the raisins (or other add-ins).
4. Spoon the batter evenly into liners, filling them all the way to the top. Bake for 5 minutes at 425°F, then, keeping the muffins in the oven, reduce the oven temperature to 350°F (177°C). Bake for an additional 14–15 minutes or until a toothpick inserted in the center comes out clean. The total time these muffins take in the oven is about 20 minutes, give or take. Allow the muffins to cool for 5 minutes in the muffin pan, then transfer to a wire rack to continue cooling.
5. Muffins stay fresh covered at room temperature for a few days, then transfer to the refrigerator for up to 1 week.





RECIPE: Cornbread

Provided by:
Nutrition Department-Senior Nutrition



Ingredients:

- Dry Ingredients:
- 1 cup yellow cornmeal
- 1 ½ cups all-purpose flour
- 2 teaspoons baking powder
- ¾ teaspoon sea/kosher salt

- Wet Ingredients:
- 1 cup buttermilk
- 1 cup frozen corn kernels; thawed
- 2 large eggs
- ¼ cup honey
- ¼ cup light olive oil



Directions:

1. Preheat oven to 400°F and lightly grease 9x13in baking pan.
2. Whisk together flour, cornmeal, baking powder, and salt.
3. In a separate bowl mix together buttermilk, eggs, honey, oil, and corn.
4. Make a well in the dry ingredients and fold in wet ingredients.
5. Pour batter into pan and bake for 20-25 minutes or until a toothpick inserted comes out clean.
6. Let cool 15 minutes before serving.





RECIPE: Pumpkin Seed Trail Mix

Provided by:
Nutrition Department-WIC



Ingredients:



- $\frac{1}{4}$ cup pumpkin seeds
- $\frac{1}{4}$ cup sunflower seeds
- 2 tablespoons dried cranberries

Directions:

1. Mix seeds and cranberries together in a bowl. Store in an airtight container.
2. Add to baggie and enjoy on the go.





RECIPE: Veggie Enchilada Casserole

Provided by:
Nutrition Department-WIC
12 servings



Ingredients:

- 18 corn tortillas
- 1 zucchini
- 1 carrot
- 1/3 onion
- 1/2 cup, cooked quinoa
- 1 can corn, drained
- 1 can beans, drained
- 2 cups shredded mozzarella
- 2 cups shredded monetary jack
- enchilada sauce (from recipe)



Directions:

1. Preheat oven to 350°F.
2. Shred zucchini, carrots, and onions using a cheese grater or food processor. You want them to be thin, use larger shred size.
3. To cook quinoa, pan fry for a bit as you would rice, this helps get the bitterness out. Follow instructions, usually 1 cup quinoa for 1 cup water. Cook on high temperature, once it boils, lower temperature to low. Cook and simmer for 15 minutes. Water should be cooked away.
4. Add beans, corn, veggies, quinoa into a bowl and mix well.
5. Add cheeses and mix into another bowl.
6. Add enchilada sauce to a 9x13 inch pan.
7. Warm tortillas either on stove or in the microwave.
8. Add enchilada sauce into a bowl. Add 6 warmed, pliable tortillas to enchilada sauce and then into 9x13 inch pan to where the tortillas cover the bottom.
9. Add veggie, bean, and quinoa mixture evenly.
10. Add cheese mixture on top. You just made your first layer.
11. Repeat steps 7-10 until you reach the top of the 9x13 inch pan.
12. Bake at 350°F for 30 minutes or until cheese melts.



RECIPE: Green Enchilada Sauce

Provided by:
Nutrition Department-WIC



Ingredients:

- 1.5 pound tomatillos
- 4oz chili serrano
- handful chili de arbol, dried
- 1/2 bunch of cilantro
- 1/2 small onion
- 16oz low sodium broth
- 1 tablespoon olive oil



Directions:

1. Wash tomatillos, chili serrano, and cilantro.
2. Boil tomatillos, chili serrano, chili de arbol, and onion in broth until tomatillos and chili have changed color and are soft.
3. Once cook, blend all veggies, including cilantro with just a bit of broth, just enough to blend.
4. Heat pan with 1 Tablespoon of oil.
5. Add mixture and cook until it thickens.





RECIPE: Ch'il ahwéhé (Navajo Tea)



Provided by:
BHS-Community Health Worker (CHW)
5 servings

Ingredients:

- 8 cups water
- 1 bundle of wild tea

Directions:

1. Pour water in a large saucepan adding tea bundle.
2. Bring to a boil then simmer for about 10 minutes.
3. Remove from pan when the liquid is a medium to dark red.
4. You can add honey or sugar to sweeten.
5. Allow tea to cool slightly.
6. For iced tea, just prep normally, then serve over ice.



Notes This plant is found growing all over the Navajo Nation. Known for its long-standing use in traditional medicine, Navajo tea is often associated with an array of potential health benefits, from easing kidney issues to calming the nervous system. This is also a natural remedy for sore throats and also used to dye the wool red for Navajo rugs.



RECIPE: Cherokee Style Succotash

Provided by:
Dental
4 servings



Ingredients:

- 2 cups of lima, kidney or black beans, cooked in advance
- 2 cups of corn, cooked
- 1 cup of julienned bell peppers, 3 colors if available
- 1 large onion, chopped
- 3 garlic cloves, finely chopped
- 1 fresh tomato, finely diced
- 2 or 3 tbsp. of olive oil
- 2 sprigs of fresh thyme & 2 stalks of spring onions, finely chopped
- 1/2 tsp of black pepper and 1 pinch of chili powder (optional)
- Salt, to taste



Directions:

1. Heat the olive oil in a skillet then add the garlic and the onion. When the onion is slightly colored, add the peppers and the tomato, followed by the corn and the beans.
2. Incorporate the herbs and spices, mix and stir fry on a lower heat until all is nicely cooked and combined. Serve warm or at room temperature.





RECIPE: Three Sisters Soup

Provided by:
Diabetes Team
10 servings



Ingredients:

- 2 tbsp. olive oil
- 1 medium yellow onion, peeled and diced
- 2 cloves garlic, minced
- 1 lb red potatoes, diced (no need to peel)
- 1 tsp chipotle powder
- 1 tsp cumin
- 2 bay leaves
- 32 ounces chicken broth
- 28 ounce can diced fire roasted tomatoes
- salt and fresh cracked black pepper
- 1 jalapeño pepper, minced (leave out for less heat)
- 1 zucchini, diced (do not peel)
- 1 summer squash, diced (do not peel)
- 3 ears corn, kernels removed
- 2 cups cooked black-eyed peas



Directions:

- 1.Heat the oil in a large soup pot or Dutch oven and add the diced onion. Saute for five minutes, stirring often, until the onion starts to soften. Add the garlic and cook a minute or two longer.
- 2.Add the potatoes, chipotle powder, cumin, and bay leaves to the pot and cook a couple of more minutes, stirring almost constantly.
- 3.Add the broth and tomatoes to the pot and bring to a simmer. Add the jalapeños, if using, at this point too. Bring to a boil.
- 4.Lower the heat and simmer just until the potatoes are just tender, about 8-12 minutes. You can cover the pot if you like, but make sure you're cooking at a simmer, not a full boil.
- 5.Add the zucchini, summer squash, corn and beans, and bring the soup back to a bubble. Season with salt and black pepper to taste. Add more chipotle or cumin at this point if you like. Cover and let the soup simmer for just a few minutes. You just want to take the raw edge off your veggies. When they are just barely tender, the soup is finished. Add water if your soup seems too thick.
- 6.Serve the soup topped with fresh parsley, and a sprinkle of cheese, if you like.

Garnish (optional)

- fresh parsley.
- grated cheese such as Parmesan or Asiago





RECIPE: Granola

Provided by:
BHS-Native Connections
32 servings (1/4 cup is a serving)



Ingredients:

- 4 cups old-fashioned rolled oats
- 1/2 cup walnuts
- 1/2 cup slivered almonds
- 1/4 cup pepitas, unsalted
- 1/4 cup sunflower seeds, unsalted unshelled
- 1/2 teaspoon salt
- 1/2 teaspoon ground cinnamon
- 1/2 cup olive oil
- 1/2 cup maple syrup
- 1 teaspoon vanilla extract
- 3/4 cup dried fruit, chopped if large (I used dried cranberries)
- 1/2 cup dark chocolate chips



Directions:

1. Preheat oven to 350 degrees Fahrenheit and line a large, rimmed baking sheet with parchment paper.
2. In a large mixing bowl, combine the oats, nuts, seeds, salt and cinnamon. Stir to blend.
3. Pour in the oil, maple syrup and vanilla. Mix well, until every oat and nut is lightly coated. Pour the granola onto your prepared pan and use a large spoon to spread it in an even layer.
4. Bake until lightly golden, about 21 to 24 minutes, stirring halfway (for extra-clumpy granola, press the stirred granola down with your spatula to create a more even layer). The granola will further crisp up as it cools.
5. Let the granola cool completely, undisturbed (at least 45 minutes). Top with the dried fruit and dark chocolate chips. Break the granola into pieces with your hands if you want to retain big chunks, or stir it around with a spoon if you don't want extra-clumpy granola.
6. Store the granola in an airtight container at room temperature for 1 to 2 weeks, or in a sealed freezer bag in the freezer for up to 3 months. The dried fruit can freeze solid, so let it warm to room temperature for 5 to 10 minutes before serving.



RECIPE: Wild Rice Bison Meatballs

Provided by:
Native Challenge-Tribal Family Partners
12 servings



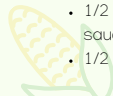
Ingredients:

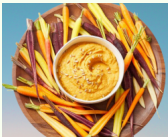
- 1 lb. ground bison
- 1/2 cup wild rice, cooked (see note above)
- 2 tsp. Dijon mustard
- 2 tbs. shallot, minced
- 1 tsp. salt
- 1 egg, mixed
- 1/4 cup fine ground cornmeal
- 1/4 cup grated hard cheese
- 2 tbs. olive oil
- 1/2 cup smokey barbecue sauce
- 1/2 cup stock

Directions:

1. Place all ingredients except oil and barbecue sauce in a large bowl. Gently combine without over mixing, until evenly incorporated.
2. Form into small meatballs. This can be made less messy by getting a bowl of water to dip your fingers in while shaping the meatballs.
3. In a large saucepan, heat olive oil to cook meatballs. Cook in batches, being careful to not lift them up until they release from the pan.
4. When all meatballs are seared, add barbecue sauce and water/stock to the same pan.
5. Cover and bring to a low simmer, then add the meatballs. This can also be done in a crock pot. Cook gently for about 10 minutes.

Note: Plan ahead for cooking the wild rice. Hand harvested wild rice will take about 15-20 minutes to cook. Commercial wild rice will take much longer. You can also use cooked quinoa in place of wild rice. Burgers can also be made with this recipe. Freezes well.





RECIPE: Three Sisters Dip

Provided by:
Native Challenge-Tribal Family Partners



Ingredients:



- 1/2 cup sunflower oil
- 4 garlic cloves
- 2 tsp. chopped rosemary
- hominy
- white beans
- canned 100% Pumpkin
- lemon
- Kosher salt & pepper
- sunflower seeds

Directions:

1. Combine 1/2 cup sunflower oil, four garlic cloves and teaspoons chopped rosemary in a small saucepan over medium heat.
2. Bring to a simmer and cook until the garlic is soft and begins turning golden brown.
3. Remove from the heat and let cool.
4. Meanwhile, combine 1-15 ounce can hominy and white beans drained and rinsed, 1/2 cup cooked
5. pumpkin or half of a 15 ounce canned pumpkin purée, the juice of half a lemon and 2 teaspoons each salt and pepper in a food processor.
6. Add the garlic rosemary oil in until smooth.
7. Serve topped with roasted sunflower seeds.





RECIPE: Prickly Pear Dipping Sauce

Provided by:
Native Challenge-Tribal Family Partners



Ingredients:

- 4-5 ripe prickly pear/cactus fruits
- 1/3 cup granulated sugar (or monk fruit alternative)
- 1 cinnamon stick
- 1/2 cup hot water



Directions:

1. Take the fruits and make sure all needles are taken off.
2. Make a slit along the side of one fruit and then peel back the skin. Remove it completely exposing the fruit.
3. Repeat with rest of fruits.
4. Cut into large chunks and add the fruit into a saucepan. Add the sugar, cinnamon stick and water, then bring to a boil.
5. Let simmer for 20 minutes until fruit is very soft and lets out juices.
6. Let cool 5 minutes, then remove cinnamon stick and transfer fruit mixture to a blender or food processor.
7. Process for a minute to make an even blend. Take a strainer and straining the mixer to catch all of the very tough seeds.
8. This is your cactus fruit syrup.
9. At this point, you can serve the syrup as is for a dipping sauce.





RECIPE: Wojapi

Provided by:

Native American Resource Center



Ingredients:

- 4 cups berries
- 2 tsp. of cornstarch slurry
- 1/4 cup of agave



Directions:

1. Heat blueberries in saucepan, once they have come to a simmer, add in agave.
2. Slowly mix cornstarch slurry made of equal parts cornstarch and water.
3. Let mixture come to a boil on low until desired thickness.





RECIPE: Zucchini Boats

Provided by: Outreach



Ingredients:

- 3-4 zucchini or yellow squash, halved lengthwise
- 2 tbs. extra virgin olive oil, divided
- salt
- black pepper
- ½ onion, chopped
- 2 cloves garlic, minced
- 1 lb. ground bison, beef, or turkey
- ½ tsp. ground cumin
- ½ tsp. paprika
- ½ cup black beans
- ½ cup corn
- ½ cup chopped tomato
- 1 cup shredded cheddar cheese
- 1 cup shredded Monterey jack cheese



Directions:

1. Preheat oven to 350 Degrees.
2. Cut the zucchini in half lengthwise and scoop out the insides, reserving them for later.
3. Place zucchini halves cut side up into a 9"x13" baking dish and drizzle with 1 tablespoon oil, salt, and pepper.
4. Bake for 10 mins.
5. In a large skillet add oil and heat. Add onion and reserved zucchini and cook until soft, about 5 mins.
6. Stir in garlic and cook for 1 min. Add ground bison, beef, or turkey and cook until no longer pink.
7. Stir in cumin, paprika, salt, and pepper. Stir in black beans, tomatoes, and corn.
8. Spoon beef mixture into zucchini and top with cheese.
9. Bake until zucchini is tender, and cheese is melted, about 15 mins.





RECIPE: Bison Lettuce Wrap

Provided by: Nutrition-Commodities



Ingredients:

- 1 lb. ground bison
- 1 medium onion (Diced)
- 2 medium tomatoes (Diced)
- ½ tsp. salt
- ½ tsp. black pepper
- ½ tsp. garlic (Diced)



Directions:

1. Cook bison, onions, tomatoes and garlic over medium heat for 10 minutes.
2. Add in the other seasonings and cook until the bison is thoroughly cooked.
3. Serve on a lettuce leaf with corn salsa or habanero salsa.





RECIPE: Tangy Corn Salsa

Provided by: Nutrition-Commodities



Ingredients:

- 16 ounces corn kernels
- 1/3 cup red onion (diced)
- 2 serrano peppers (stemmed, seeded and diced)
- 1/3 cup diced cilantro
- 2 tbs. lime juice
- 1/4 tsp Salt

Directions:

1. Mix all ingredients together and allow it to stand for 15 minutes before serving.





RECIPE: Habanero Salsa

Provided by: Nutrition-Commodities



Ingredients:

- 4 garlic cloves
 - 2 habanero peppers
 - 1 serrano pepper
 - Half of a tomato
 - Half of an onion
 - Half of a lemon
- spices (optional)
- black pepper
 - salt



Directions:

1. Blend all raw ingredients together or sear the veggies and then blend.





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Thank you everyone for your knowledge, time, and willingness to participate, leading up to, during the event, and after. Thank you for inspiring our community to grow their own produce and make better food choices that will improve their lives and their loved ones.