

The Commodity Kitchen Table



ՕԼՕՔԱ ՕԿԼՏԻ ԼԾՓԼՏԱ

(I am preparing food)

Osage Nation Public Health Nursing, and Food Distribution
2019



COMMODITIES LIST

6/2019



CANNED FOODS

Hominy	Mixed vegetable	(canned)	Green Beans
Carrots (canned)	Corn Kernel	Cream Corn	Black Beans
Peas	Pumpkin	Spinach	Mixed Vegies
Potatoes (Can)	Tomatoes Diced	Spaghetti Sauce	Tomato Sauce
Applesauce	Peached (canned)	Pears (canned)	Refried Beans
Tomato juice	Orange Juice	Cran-apple Juice	Kidney beans (canned)
Apple Juice	Cherry-apple Juice	Grape Juice	Pinto beans (canned)
Cranberry Sauce	Vegetable soup	Tomato Soup	Chunky Beef Stew
Cream of Chicken	Cream of mushroom		

PACKAGED

Plums (dried)	Potatoes (dry packaged)	Raisins	Mac & Cheese
Pinto Beans	Great Northern Beans	Egg Mix	Rice—Long grain
Spaghetti 1 #	Crackers—unsalted	Whole grain Rotini	Egg Noodles
Macaroni			

FRESH

Carrots—1# Baby	Onions 1#	Russet Potatoes 5#	Romaine Lettuce	
Red Onions	Celery	Cherry tomatoes	Broccoli	Melon
Red potatoes	Cabbage	Mixed vegetables	Radishes	Kiwi
Corn	Asparagus	Tomatoes	Cucumbers	Nectarine
Green peppers	Brussel sprouts	Squash	Summer squash	Plums
Sweet potatoes	Turnips	Apples	Grapefruit	Mandarin
Oranges	Pears	Mixed fruit	Lemons	Cranberries
Avocado	Peaches	Cherries	Grapes	

DAIRY

Buttery Spread	Butter	Milk (instant non-fat)	Milk—1% UHT
Milk evaporated skim	Cheese loaf	Cheese sliced	

PROTEINS

Whole chicken	Ground Beef frozen	Beef Roast	Beef Canned 24oz
Tuna light/water	Salmon (canned)	Pork Chops	Chicken boned (canned)
Bison 1#	Ham—3#		

BAKING , GRAINS , CEREALS AND OILS

Peanut butter	roasted peanuts	Fruit & Nut mix	Vegetable Oil
Farina	Rolled Oats	Cornmeal	Flour—all purpose
Blue Cornmeal	Wheat Bran Cereal	Oat Cereal	Ralston Rice
Corn squares	Shredded Wheat Cereal	Bakery mix—low-fat	Tortilla Dry cereal
White whole wheat flour			

FROZEN FOODS

Ground beef, ground Bison, chicken, pork chops, catfish, and berries

Nutrition: -The science of how food influences our health and nourishes our bodies.

Wellness: - Living a healthful lifestyle including physical, emotional, social, spiritual—an active process we work on everyday.

Nutrients: - Critical components essential to human growth and function. (Thompson & Manore, 2012)

Carbohydrates

Fats and oils

Proteins

Vitamins

Minerals

Water

How to Read a Nutrition Facts Label

Sample label for
Macaroni & Cheese

Nutrition Facts

1 **Start Here** → Serving Size 1 cup (228g)
Servings Per Container 2

2 **Check Calories** Amount Per Serving
Calories 250 Calories from Fat 110

3 **Limit these Nutrients**

	% Daily Value*
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 3g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

4 **Get Enough of these Nutrients**

5 **Footnote**

6 **Quick Guide to % DV**

- 5% or less is Low
- 20% or more is High

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

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Kitchen tools

Tools to help prepare foods



can opener



long serrated knife



sharp knife



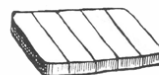
mixing bowls



grater



rubber scraper



cutting board



rolling pin



strainer

Look for kitchen tools at yard sales and second hand stores.

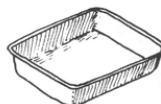
A sturdy plate or heavy brown paper bag can work as a cutting board!

Glass and jar rims are good biscuit and cookie cutters!

Tools you need

Baking food

baking pans



Square pan
8x8x2 inches



oblong pan
13x9x2 inches

Use pot holders when handling hot items.



cookie sheet



round cake pan

Shiny metal pans give a light brown color to cookies, muffins, biscuits, and cakes.



pie plate
9 inch



bread pan



casserole with cover



muffin pan

Look for kitchen tools at yard sales and second hand stores

Use measuring tools to measure food for recipes

Tools you need

Stove top cooking

Use pot holders when handling hot items.



Saucepan with cover



Large soup pot



Skillet



pancake turner



slotted spoon



long handled spoon



soup ladle



long handled fork

A cup with a strong handle can work as a soup ladle.

Tools you need

Measuring food

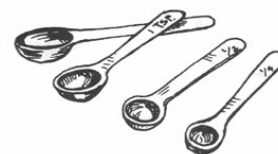
■ dry measure cups



■ liquid measure cup



■ measuring spoons
four sizes



1/2 1/4 1 1
teaspoon teaspoon teaspoon tablespoon

Source: "Honor the Gift of Food", Indian Health Service Division of Diabetes Treatment and Prevention, 2010.

Measures

Sift or fluff dry foods, like flour, with a fork before you measure

1 tablespoon = 3 teaspoons

4 tablespoons = $\frac{1}{4}$ cup

5 tablespoons plus 1 teaspoon = $\frac{1}{3}$ cup

8 tablespoons = $\frac{1}{2}$ cup

16 tablespoons = 1 cup

2 cups = 1 pint

4 cups = 1 quart

4 quarts = 1 gallon

2 cups margarine = 1 pound

1 stick margarine = $\frac{1}{2}$ cup

$\frac{1}{2}$ stick margarine = $\frac{1}{4}$ cup

short names for measures

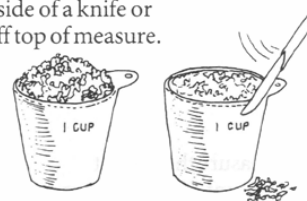
- o tablespoon ... Tbsp T
- o teaspoon tsp t
- o pound lb #
- o cup C
- o ounce oz

Measuring dry foods

- Measure dry foods in cups or jars. Be sure the cups you use are marked with amounts. Use cups or jars that you can level off across the top edge.



- Spoon dry foods into measuring cup. Use the flat side of a knife or spatula to level off top of measure.

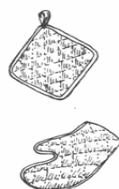


- Use a dry measuring cup to measure flour, sugar, corn meal, oats, dry milk, margarine, meats, fruits, vegetables and cheese.

Kitchen safety

Avoid burns

- Use pot holders to take food out of the oven. Keep small children away from ovens!
- Use pot holders to grab hot pan handles.
- Use a pot holder to hold pan handles when stirring. Stir with a long spoon with a wood or plastic handle.
- Turn handles inward on the stove. Be careful that handles are not directly over a hot burner.
- Prevent steam burns. Tilt and lift cover of hot pans away from you.



- Dry your hands before plugging or unplugging kitchen items. Be careful with electric cords and outlets, when you or the area



Thick towels work as pot holders. Be sure towels are dry!

Keep baking soda or salt by the stove

In case of fire

Avoid fires keep matches in a safe place.

Turn the stove off right away.



Cover fire. Use a lid or other object.

Or

Throw salt or baking soda on the fire.



Do not throw water on grease fires!

Source: "Honor the Gift of Food", Indian Health Service Division of Diabetes Treatment and Prevention

Cooking Terms

Words you may find in recipes

Braise means to brown meat in a small amount of fat. You cook the browned meat slowly in a covered container with a small amount of liquid.

Cream means to mix one or more foods until soft.

Cut means to mix fat into dry foods with two knives or a pastry blender.

Fold means to turn food over and over by sliding a spoon or spatula across bottom of mixing bowl at each turn.

Grate means to rub foods against a sharp surface to get small pieces.

Knead means to fold, press, and stretch a ball of dough with the hands.

Mince means to cut or chop food into very small pieces.

Parboil means to boil food until slightly cooked.

Poach means to cook by simmering.

Saute means to cook in a small amount of fat or water.

Simmer means to cook in a liquid below the boiling point. Bubbles form slowly.

Whip means to beat foods fast with a mixer or fork to put air into the mixture.

Using one food in place of another

If you do not have Use

Use plain, nonfat yogurt in place of sour cream.
Yogurt is lower in fat.

Milk Products

Milk. 1 cup ¾ cup dry milk **plus** 1 cup water
or ½ cup evaporated milk **plus** ½ cup water

Buttermilk. 1 cup 1 tablespoon lemon juice or vinegar **plus** enough milk to make 1 cup. Stir and let stand 5 minutes
or 1 cup plain yogurt, **or** 1 cup nonfat sour cream.

Sour cream. 1 cup 1 cup plain yogurt. Yogurt is lower in fat!

Vegetables

Tomatoes. 16oz. can 3 fresh, medium tomatoes, cut up

Tomato juice. 1 cup ½ cup tomato sauce **plus** ½ cup water

Tomato sauce. 2 cups ¾ cup tomato paste **plus** 1 cup water

Fresh vegetables 1 can (16 oz) drained vegetables
(1½ to 2 cups cooked) or 1 package (10 oz) frozen vegetables

Thickeners and flours

Cake flour. 1 cup 1 cup all-purpose flour, minus 2 tablespoons

Cornstarch. 1 tablespoon 2 tablespoons all-purpose flour

Flour. 1 tablespoon ½ teaspoon cornstarch or 1 tablespoon quick cooking tapioca

Other

Baking powder. 1 teaspoon ... ¼ teaspoon baking soda **plus** ⅜ teaspoon cream of tartar

Using one food in place of another

If you do not have Use

Sweeteners

Honey. 1 cup 1 cup sugar **plus** ¼ cup liquid (use liquid called for in recipe)

White sugar. 1 cup 1 cup corn syrup minus ¼ cup liquid in recipe
or 1 cup powdered sugar
or 1 cup honey minus ¼ cup liquid in recipe
or 1 cup brown sugar, packed
or 1 cup Splenda

Brown sugar. 1 cup 1 cup white sugar **plus** 2 tablespoons molasses
or ½ cup Splenda Brown Sugar Blend

Seasonings

Garlic. 1 clove ⅛ teaspoon garlic powder

Fresh onion. ½ ½ teaspoon onion powder
or 1 tablespoon onion flakes

Lemon juice. 1 teaspoon ½ teaspoon vinegar

Other

Butter soft margarine in same amount

Fresh egg ¼ cup dry egg mix **plus** ¼ cup water minus ¼ teaspoon salt from recipe **or** two egg whites

Egg (cake batter only) 2 tablespoons low fat mayonnaise **or** applesauce

Catsup or chili sauce 1 cup tomato sauce and 2 tablespoons vinegar (for use in cooking only)

Beef or chicken broth 2 teaspoons of instant beef or chicken granules with water to equal amount of broth in recipe

You can use other sugar substitutes in cooking. Talk with your nutritionist!

Low fat tip—use 2 egg whites instead of 1 egg in recipes.

KEEPING FOOD SAFE

How do germs get into food?

Your kitchen can attract germs. Germs can cause food to spoil and make people sick. Sometimes the food that makes us sick looks and smells spoiled, and sometimes it looks all right.

Germs get into food in four ways:

* **Flies**—Flies carry germs. The flies walk over germs in garbage, toilets, and other dirty places. Germs cling to their legs. The germs get on food when flies walk on food or counter tops.

* **Raw food**—Germs may be on or in food when we buy it. Raw fruits, vegetables and meats can carry germs.

* **Human touch**—Your hands carry germs. Your hands pick up germs from things you touch. When you handle food without washing your hands, you leave germs on the food. Germs can also spread from coughs and sneezes.

* **Kitchen tools and towels**—Dirty counters, cutting boards, knives, spoons and forks also carry germs. Dirty towels, sponges and rags can attract germs.

WHAT MAKES GERMS GROW?

Germs grow very fast when they have—FOOD—MOISTURE—WARMTH.

HOW CAN YOU KILL GERMS?

* Hot, soapy water.

* High heat

* Cold temperatures

Freezing food slows the growth of germs. High heat kills germs. Germs grow fast in foods at room temperatures.

COOKING SAFELY:

- Wash hands before working with food. Use warm water and soap. If you stop cooking, always wash hands again before preparing food.
- Always wash hands after using the restroom.
- Taste foods with a separate spoon.
- Do not taste any food that smells bad, or looks moldy, slimy or frothy.
- Wash raw fruits and vegetables.
- Thaw foods in the refrigerator.
- Do not leave cooked foods out on table or in the oven for more than 2 hours.
- Rinse the tops of cans before opening.
- Wash can openers in hot , soapy water after each use.

Source: “Honor the Gift of Food”, Indian Health Service Division of Diabetes Treatment and Prevention , 2010.

CLEANING

- Use hot, soapy water to wash dishes, utensils, pots and pans.
- Rinse dishes, utensils, pots and pans with hot running water or in a sink filled with lukewarm bleach water.
- Air dry dishes rather than drying with a towel.
- Handle dishes and glasses by the bottom and sides.
- Handle cups and silverware by the handles.
- Use hot, soapy water to clean work and eating areas.
- Sweep floor around table after meals.
- Wash floors at least once a week or when dirty.
- Wash kitchen towels and rags at least once a week or when dirty. Use bleach in the wash.

CLEANING CUTTING BOARDS

- Use hot, soapy water to clean your cutting board.
- Use a bleach solution to clean your cutting board after cutting meat or chicken.
 - * Bleach solution:
 - * Mix one (1) Tablespoon bleach in one gallon warm water.
 - * Cover surface with the bleach solution for five (5) minutes.
 - * Rinse well with boiling water.



Source: "Honor the Gift of Food", Indian Health Service Division of Diabetes Treatment and Prevention , 2010.

MORE FOOD SAFETY

STORING FOODS:

- Take food home after shopping. Meat, chicken, fish, eggs, milk, and milk foods, salads and frozen foods can spoil in a warm car.
- Never eat food from bulging cans or cracked jars. Use caution with dented cans and torn packages.
- Store food in the refrigerator and cabinets and off floors! Keep food in sealed containers.
- Use hot, soapy water to clean cabinets and other food storage areas.
- Take out garbage each day. Place in garbage can with tight lid.
- Discard any foods you're not sure are safe.

KEEP FOODS OUT OF THE DANGER ZONE:

Keep foods cold:

- Your refrigerator should be between 35-40° F. If your milk spoils in five days or less, your refrigerator may be too warm.
- Cold foods should not be left out of the refrigerator for more than two (2) hours.

Keep foods hot:

- Keep food hot from the time you cook to the time you serve. Put food in the refrigerator if you cannot keep it hot.
- Cooked food should not be left out for more than two (2) hours.

STORING FOODS:

Cooked meat, poultry, fish.....	3-4 days
Cooked stuffing, gravy	1-2 days
Sausage, hotdogs, bologna, back, corned beef, ham	1 week
Casseroles, soups	3-4 days
Canned vegetables, opened	3 days
American and cheddar cheese	3 weeks
Pudding (covered).....	1-2 days
All milk foods check date on the carton	5-7 days



Source: "Honor the Gift of Food", Indian Health Service Division of Diabetes Treatment and Prevention , 2010.

Estimating Food Portions

- 1 cup of cereal flakes = Adult fist
- 1/2 cup cooked rice/pasta = half of a baseball
- 2 cups salad greens = 2 baseballs
- 1 medium baked potato = adult fist
- 1 cup fresh fruit = a baseball
- 1 ounce of cheese = 4 dice
- 1 tablespoon peanut butter = half a ping-pong ball
- 3 ounces of meat = deck of cards
- 3 ounces of fish = checkbook.



10 tips for incorporating good habits into your diet

- Balance calories
- Enjoy your food, but eat less
- Avoid oversized portions
- Add foods to eat more often to your grocery list
- Make half your plate fruits and veggies
- Switch to fat-free or low-fat milk and milk products
- Make half your grains whole grains
- Be aware of foods to eat less often
- Compare sodium in foods
- Drink water instead of sugary drinks

Find out more information at ChooseMyPlate.gov



Fruits and Vegetables



FRUITS

- Choose 1 1/2 to 2 Cups of fruit each day. What counts as a cup?

1 Cup sliced, raw or cooked fruit

1 medium sized fresh fruit

1 small apple

1 grapefruit

1 banana (8-9")

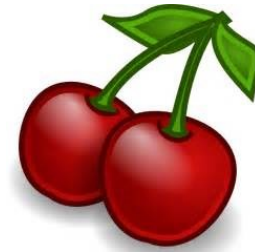
1 cup diced cantaloupe

1 cup fruit juice

1 cup canned fruit

1/2 cup dried fruit

32 grapes



Increase your fruits by adding them to meals and snacks:

BREAKFAST:

- Add sliced bananas or fresh berries to cereal.
- Add berries, bananas or grated apples to pancake mix.
- Top your pancakes with strawberries, applesauce or other fruit instead of syrup.

LUNCH:

- Pack an apple, banana, or orange in your lunch bag.

DINNER:

- Use fresh fruit in salads or as a dessert.

SNACKS:

- Munch on a piece of fresh fruit. Try frozen berries or peaches canned in their own juice.
- Nibble on some grapes.
- Try spreading peanut butter on apple slices.

Source: "Honor the Gift of Food", Indian Health Service Division of Diabetes Treatment and Prevention, 2010.

FRUITS

Fresh fruits

- Have more fiber than cooked fruit, canned fruit or fruit juice.
- Are more filling than juice.
- Are low in calories, fat, and salt.
- Taste good!

Shopping for Fresh fruits:

- Choose small to medium sizes. Smaller cost less. Nutrients are the same in all sizes.
- Pick firm, bright-colored fruits with smooth skins. Do not buy fruits that have wrinkled skins or have soft, dark areas. Avoid moldy fruit.
- Pick oranges or grapefruit that feel heavy.
- Handle fruit carefully. Bruised fruits spoils easily.
- Buy fruit in season. Fruit in season costs less.

Preparing Fresh Fruits:

- Wash fresh fruit to remove bug sprays and dirt.
- When you cut white fruits like apples, pears and bananas, dip into orange or lemon juice so they do not turn brown.

Canned Fruits:

- Drain canned fruits packed in syrup. Throw away the syrup in canned fruit. It has sugar in it. To get rid of more sugar, rinse the fruit under running water in a colander.
- Compare prices—Save money buying store brands versus national brands.
- Compare can sizes—1 lb. can has 2 cups; 1lb 4oz can has 2 1/4 cups; 1lb-13oz can has 3 1/2 cups.
- Read labels—Some fruits are packed with added sugar.
- Choose fruit packed in its' own juice or water rather than heavy syrup.

FRUIT JUICES

- Juice is the liquid squeezed out of fresh fruit. Only 100% juice has all the nutrients naturally found in fruit. Commodity juice is 100% juice.
- Fruit drink and fruit punch—are 10% juice and 90% sugar water. They have dyes and fake flavors added to make them taste and look like fruit juice.
- Powdered drink mixes are mostly sugar with dyes and flavors added. Kool-Aid is a powdered drink.

READ LABELS

Buy unsweetened or 100% fruit juice.

Fruit drink and fruit punch often have lots of pictures of fruit on the label. Don't be fooled. They are not the real thing!

MAKE YOUR JUICE LAST LONGER:

When you make juice from frozen concentrate, the directions say to add 3 cans of water. Instead of using 3, add 4 cans of water.

NOTE: Even 100% juice is high in sugar, so limit yourself to 1/2 to 1 cup portions. If you have diabetes, limit yourself to 1/2 cup portions.



VEGETABLES

Eat vegetables to:

- Add fiber to help guard against cancer.
- Add vitamins to help keep your skin, eyes and gums healthy.
- Add iron to help carry oxygen in your blood.

Choose 2-3 cups daily. What counts as a cup?

- 1 cup cooked or chopped vegetables
- 2 cups raw leafy greens
- 1 medium sized potato (2-3" diameter)
- 1 ear corn (8-9" long)

Choose one serving of dark green or orange vegetables each day for Vitamin A. You need vitamin A each day. Vitamin A helps your good vision and keeps skin smooth.

Shopping tips:

- Buy crisp looking vegetables, without bruises.
- Buy loose vegetables. Vegetables in packages often cost more!
- Canned and frozen vegetables often cost less than fresh.
- Small sized vegetables often cost less. Small vegetables taste good and have the same nutrients as larger vegetables.
- Buy vegetables in season. Vegetables are best quality and lowest cost during their growing season.

Vegetable peak seasons:

- Spring— Spinach, broccoli, asparagus
- Summer—green beans, beets, cucumbers, tomatoes, peppers, green peas, zucchini.
- Fall—Broccoli, cauliflower, winter squash, potatoes, pumpkin, Brussel sprouts.
- Winter—Broccoli, cabbage.

COOKING VEGETABLES

STEAMING:

Vegetables can lose nutrients if over-cooked. Nutrients can also be lost in cooking water. Steam vegetables instead of boiling, fewer nutrients will be lost during cooking.

Steps for steaming vegetables.

- Wash fresh vegetables. Trim or cut vegetables as needed.
- Fill pan with 1/2 to 1 inch of water. Bring water to boil.
- Put vegetables in basket above boiling water. Return water to a boil.
- Turn heat to medium. Cover pan. Cook the vegetable until bright colored and just tender. Do not over-cook. Serve right away.

EATING LIGHT WITH VEGETABLES:

- Choose vegetables for snacks—keep a bowl of raw vegetables in your refrigerator. Carrots, celery, cucumber, broccoli and cauliflower are good snacks.
- Use herbs and spices instead of butter or sauces on cooked vegetables.
- Cook vegetables without added fat. Steam, boil, bake, or microwave instead of frying in fat.
- Keep vegetables low in salt. Drain canned vegetables. Throw away the liquid. It has extra salt in it. To get rid of more salt, rinse the vegetables under running water.

MICROWAVING:

- Wash and cut up vegetables.
- Place vegetables in microwave safe dish.
- Add 1/4 cup water. Cover.
- Cook for 1/4 time on chart on the next page.
- Stir. Cook 30 seconds more until hot and steaming.
- To microwave canned vegetables—Drain and rinse vegetables, place in a microwave safe dish, cover and cook 1/4 of time on the following chart. Cook 30 seconds more until hot.
- To microwave frozen vegetables—Take vegetables out of the package. Follow directions, if given. Place vegetables in microwave safe dish, cover. Cook 1/4 of time on following chart. Stir and cook 30 seconds more or until hot.

Vegetable cooking times

Vegetable	Cooking time fresh	Seasonings replaces butter	Nutrients
Asparagus	5 to 10 minutes	lemon juice	fiber
Beans, green or wax	5 to 10 min whole 4 to 7 minutes cut	dill, thyme dry mustard	iron, fiber
Beets, whole	4 to 18 minutes	allspice, cloves cinamon	fiber
Broccoli	5 to 10 min whole 3 to 7 minutes cut	lemon juice, dry mustard	vitamin A & C iron, fiber
Brussel sprouts	5 to 7 minutes	lemon juice, celery seed, thyme	vitamin C iron, fiber
Cabbage	5 to 10 minutes	cumin, sage	vitamin C, fiber
Carrots	5 to 15 minutes, cut	allspice, basil, nutmeg	vitamin A, fiber
Cauliflower	5 to 8 minutes, cut	parsley, paprika	vitamin C, fiber
Corn, whole ear	3 to 5 minutes, cover with water	garlic, parsley, paprika	fiber
Peas	4 to 10 minutes large 2 to 3 minues, small	oregano tarragon	iron, protein fiber
Pea pods or snow peas	30 seconds	lemon juice, garlic	vitamin C, iron fiber
Peppers	6 to 7 minutes, halves 4 to 5 minutes, cut	garlic, tomato sauce	vitamin A & C fiber
Potatoes	10 to 15 minutes, cut 20 to 25 minutes, whole	garlic, paprika chives, parsley	carbohydrates vitamin C, fiber
Spinach, Kale	5 to 7 minutes	cinnamon, marjoram	vitamin A & C, iron, calcium
Squash: hubbard, butternut, acorn	10 to 15 minutes cut	allspice, oregano cinnamon	vitamin A, fiber
Crooneck , Zucchini	7 to 10 minutes, cut	basil, garlic oregano	fiber
Sweet potatoes	15 to 30 minutes, whole	cinnamon, doves, ginger	vitamin A, fiber carbohydrates
Turnips, parsnips	10 to 15 minutes	ginger, parsley	fiber
Tomatoes	5 to 10 minutes	basil, oregano, marjoram	vitamin A & C, iron, fiber

Source: "Honor the Gift of Food", Indian Health Service Division of Diabetes Treatment and Prevention , 2010.

JUICE PLUS+ FRUITS & VEGGIES

	Apple • Vit C, E, A, B¹, B², B⁶ • Contains pectin, calcium, iron, potassium, phosphorus, flavonoids • High in boron	• Increases bone density • Increases mental alertness • Lowers cholesterol • Aids in diabetes management • Increases teeth & gum health • Aids in digestion		Spinach • More calcium than milk • High in Vit K, E, A, C • Rich in iron, folate, lutein, potassium	• Cleanser • Good for heart & liver • Protects against cancer, age-related macular degeneration • Builds bone density
	Orange • High in Vit C, A, B-complex • Source of beta-carotene, calcium, folate, potassium, magnesium, amino acids • Contains pectin (fibre)	• Immune booster • Maintains skin health & is essential for vision • Helps control heart-rate and blood pressure • Great for breast health & milk production & colon health		Carrots • Best beta-carotene source • High in Vit A, E, niacin, B² • Protective phytochemical, fibre, potassium	• Lowers cholesterol • Cleanses blood cell walls • Opens capillaries and arteries • Fights infection, cancer & ageing diseases: stroke & heart attacks • Promotes eye-health and vision
	Pineapple • Rich in Vit A, C, B¹, B⁶ • Contains bromelain enzyme, potassium, calcium • High in manganese	• Helpful to relieve asthma & sinus problems • Aids digestion • Good for joints & muscles • Improves circulation & is an anti-inflammatory (arthritis) • Excellent for memory & mood		Cabbage • High levels of calcium, iron, iodine, potassium, sulfur, & phosphorus • Loaded with Vit A, B's, C, E, K and folic acid	• Detoxifies body and relieves constipation • Good for stomach, digestive tract & lungs • Boosts our immune system • Blocks the reaction of cancer-causing substances, and stimulates production of antibodies to fight cancer
	Cranberries • More Vit C than oranges, Vit A, calcium, iron, folate, magnesium & manganese • Contains more phenols than other fruit studied	• Helps to remove poisons & infectious bacteria • Has diuretic & antiseptic properties • Aids digestion & removes fat from lymphatic system • Promotes cardiovascular health • Preventative against heart disease, macular deg, cancer • Promotes circulation & aids asthmatic symptoms • Regulates digestion and bowel movements		Broccoli • High in calcium & Vit C which aids iron absorption • Essential folic acid, B⁶, potassium, beta-carotene which transforms to Vit A	• Anti-viral, anti-ulcer, anti-inflammatory • Good for nervous system repair & function • Balances diabetes and pH levels • Prevents cataract development • Combats osteoporosis • Reduces cholesterol • Destroys cancer creating free-radicals
	Peach • High in Vit A, B's, C • Contains niacin, riboflavin, iron, carotenes, lutein, flavonoids, lycopene & boron	• Helps to remove poisons & infectious bacteria • Has diuretic & antiseptic properties • Aids digestion & removes fat from lymphatic system • Promotes cardiovascular health • Preventative against heart disease, macular deg, cancer • Promotes circulation & aids asthmatic symptoms • Regulates digestion and bowel movements		Tomatoes • Most renowned for lycopene • High in Vit A, B⁶ (thiamine), C, E & K • Contains calcium, iron, phosphorus & potassium	• Particularly beneficial for men protecting against prostate cancer & boosts sperm reproduction • Shields eyes & skin against sun damage • Prevents blood clots & DVT/thrombosis • Regulates blood sugar levels • Protect against urinary tract infections
	Acerola Cherries • Rich in Vit C, A, B¹ • Has double the iron, calcium, magnesium, potassium of an orange	• Good for vision & immune system growth & function • Reduces risk & effects of obesity • Enhances memory function • Lowers risk of heart disease • Anti-fungal properties • Protects DNA from free-radicals • Stimulate tissue recovery • Helpful for colon health • Anti-inflammatory (arthritis) • Boosts immune system • Good for lungs & blood sugar regulation		Parsley • Very high in calcium • Vit K, A, C • Rich in iron, folate, beta-carotene	• Powerful anti-inflammatory agents for arthritis & surgery recovery • Boost immune system • Lowers blood pressure • Reduces risk of diabetes, colon cancer & rheumatoid arthritis
	Papaya • High in Vit A, E, C, B-complex • Loaded with carotenes, flavonoids, folate, pot, mag & pantothenic acid	• Good for vision & immune system growth & function • Reduces risk & effects of obesity • Enhances memory function • Lowers risk of heart disease • Anti-fungal properties • Protects DNA from free-radicals • Stimulate tissue recovery • Helpful for colon health • Anti-inflammatory (arthritis) • Boosts immune system • Good for lungs & blood sugar regulation		Beetroot • Packed with carotenoids, betaine, folate, potassium, magnesium, sodium & fibre • Loaded in Vit E & C	• Liver and kidney cleanser • Good for cardiovascular health, lymph nodes • Removes fat, lowers blood pressure • Prevents sterility • Beet fibre fights colon cancer
				Kale • Rich in mag, cal, sod, pot, iron, manganese & phos • High in Vit B's, A, K & E • B-carotene, lutein & iron	• Removes toxins • Crucial for cell replication • Kale's risk-lowering benefits include 5 cancers: bladder, breast, colon, ovary, & prostate • Anti-inflammatory agents

Source: HealthyEatingCentre.com

NUTRITION BY COLOR



red: contains nutrients like lycopene, ellagic acid, quercetin, and hesperidin. These nutrients reduce the risk of cancer, lower blood pressure, reduce tumor growth, and reduce cholesterol levels, scavenge harmful free-radicals and support joint tissue in cases of arthritis.

orange: contains beta-carotene, zeaxanthin, flavonoids, lycopene, potassium and vitamin C. These nutrients reduce age-related macular degeneration and the risk of cancer, lower cholesterol and blood pressure, promote collagen formation and healthy joints, fight harmful free radicals, encourage alkaline balance, repair damaged DNA and work with magnesium and calcium.

yellow: contains beta-carotene and the carotenoids lutein and zeaxanthin which support intercellular communication, prevent heart disease, reduce the risk of cataracts, and age related macular degeneration.

green: contains chlorophyll, fiber, lutein, zeaxanthin, magnesium, calcium, folate, vitamin C, and beta-carotenes which inhibit the action of carcinogens and promote healthy bodily function.

blue/purple: contains phytochemicals such as anthocyanins and phenolics which are powerful antioxidants which help reduce the risk of diseases such as cancer, heart disease, alzheimers, improve memory and cell communication, and slow the process of aging.

white: contains beta-glucans, EGCG, ESG, flavonoids, allicin, and lignans which activate natural killer B and T cells, support immunity and balance hormone levels.

Using Sugar Substitutes in the Kitchen

If you decide to use sugar substitutes when baking or cooking, there are a few important things to know:

- Baked products may be lighter in color because real sugar has a caramelizing/browning effect and artificial sweeteners do not.
- Volume may be lower in cakes, muffins and quick breads because artificial sweeteners do not have the same bulking ability as sugar.
- Texture may be altered in some baked products, especially cookies.
- Taste may be slightly altered if you are sensitive to the sweetener's aftertaste.
- Cooking time of your baked goods may be slightly different when using artificial sweeteners.

Sugar naturally holds in moisture and increases keeping quality so baked products with the sugar removed will not keep as long.

Packets vs. Bulk

Most companies sell their sweeteners in individual packets and also in bulk quantities for baking purposes. Sometimes there are several versions of the bulk quantities as well (there are brown sugar substitutes, plain granular versions, or pre-made blends of sugar and low-calorie sweetener). Pay attention to the type you are buying, as their use in the kitchen may vary.

Some Limitations

Aspartame is not a heat-stable sweetener so it may not be the best choice when baking and cooking. When exposed to heat for a long period of time, it loses its sweet taste.

Saccharin and sucralose are heat stable and are easiest to use baking and cooking. However, to keep the desirable taste, volume, color, and/or texture of a baked product, you usually will not substitute *all* of the sugar in a recipe for artificial sweetener.

Read the package carefully for specific instructions on the best way to substitute the low-calorie sweetener for sugar in your recipes. The company's website can also be a helpful resource for baking tips.

Part Sugar, Part Sweetener

Some brands offer pre-made blends of sugar and low-calorie sweeteners. These blends are meant to be used in baking. They are half sugar and half low-calorie sweetener, so they have half the calories and carbohydrate as sugar.

As with all low-calorie sweeteners, you will want to read the instructions for substituting these blends for sugar. For example, when replacing regular sugar with Splenda's Sugar Blend (half-granular Splenda, half-sugar), they suggest using half as much:

1/2 cup Splenda Sugar Blend = 387 calories + 97 grams of carbohydrate

Instead of...

1 cup sugar = 774 calories + 200 grams of carbohydrate

Remember that baking blends still have a significant amount of calories and carbohydrate that need to be considered when meal planning because they are half sugar.

For more detailed information on cooking and baking with different sugar substitutes, visit the manufacturer's website. They will also usually provide additional recipes that use their products.



RAINBOW ROTINI SALAD

- | | |
|--|---|
| 1 package Rotini whole wheat pasta, cooked and drained | 2 Tomatoes, chopped |
| 1 Green bell pepper, chopped | 1 Onion, chopped |
| 1 large cucumber, chopped | 1 cup fresh broccoli florets |
| 1 cup fresh mushrooms, sliced | 1 (8oz) bottle low-calorie low-fat Italian dressing |

1. Combine cooked/drained pasta with tomatoes, green peppers, onion, cucumbers, broccoli, mushrooms and salad dressing.
2. Cover and chill. Toss before serving.

Per serving: Makes 8 servings

Calories: 220

Cholesterol: 0mg

Carbohydrate: 49g

Protein: 9g

Fat: 2.5 g

Sodium: 370mg

Dietary fiber: 8g

Prep: 20 minutes; Cook 10 minutes



SUNDROP POPS—FRUIT FREEZE

- | | |
|------------------------------|---------------------------------------|
| 3 Cups fruit juice, any kind | 1 Cup canned fruit, chopped or mashed |
|------------------------------|---------------------------------------|

1. Blend fruit juice and canned fruit together
2. Pour into 5, 5-ounce paper cups. Fill within 1/2 inch of top
3. Freeze for 1 hour. Put a wooden spoon or stick in the center of each cup while the mixture is still only partly frozen.
4. Put back in the freezer and freeze until hard.

Nutrition facts

Servings per recipe: 5

Total fat: 0g

Cholesterol: 0mg

Total carbohydrate: 21g

Protein: 0g

Calories per serving: 90

Saturated fat: 0g

Sodium: 20mg

Dietary fiber: 0g



Source: Recipes wrapped with Love, Chickasaw Nation Food Distribution, 2011

BROILED ZUCCHINI OR SQUASH

2 Medium zucchini or yellow summer squash 2 teaspoons olive oil or non-stick cooking spray
1/8 teaspoon black pepper (optional) 2 Tablespoons grated Parmesan cheese

1. Preheat broiler oven.
2. Wash zucchini and slice off ends.
3. Cut zucchini into strips. (Cut each zucchini in half width wise then cut each half in half lengthwise). Continue until you have zucchini sticks.
4. Place zucchini in broiler safe dish or pan. Brush with olive oil and pepper, if desired.
5. Broil for 5-10 minutes until toasty (not burnt). Remove from broiler.
6. Sprinkle zucchini sticks evenly with Parmesan cheese.

Nutrition facts

Servings per recipe: 4
Calories per serving: 54
Saturated fat: 1g
Sodium: 47mg
Dietary fiber: 1g
Protein: 2g

Serving size: 1/2 zucchini or squash
Total fat: 4g
Cholesterol: 2mg
Total carbohydrate: 3g
Sugars: 0g

SOUTHWEST CORN SALAD

1 Can whole kernel corn, reduced –sodium, drained 1 can black beans, drained and rinsed.
1 large tomato, seeded and chopped (or canned diced) 1/2 Cup onion Chopped
1/2 green or red bell pepper, chopped 1 can (4oz) green chilies, chopped
1 cup chopped cilantro (fresh) 2 Tablespoons vegetable or olive oil
1 lime, juiced 1 tsp. chili powder
1 tsp. ground cumin Salt and pepper to taste

1. Combine first 7 ingredients into a large bowl.
2. Combine oil, lime juice, chili powder, and cumin and whisk together.
3. Pour oil mixture over vegetables tossing well to coat. Cover and refrigerate until ready to use at least 1 hour.



Per serving: Makes 4 servings
Calories: 257
Cholesterol: 0mg
Carbohydrate: 37g
Protein: 9g

Fat: 8 g
Sodium: 447mg
Dietary fiber: 10g

Source: "A-gi-yo-si (ha), A cookbook from Your Cherokee Nation Dietitians.

SWEET POTATO FRIES

2 medium sweet potatoes (about 1 1/3 pounds)

2 teaspoons olive oil

4 Tablespoons Maple syrup (Optional)

1. Preheat oven to 400° F.
2. Wash and dry sweet potatoes. Trim ends and cut out any bad spots.
3. Cut into 3-4 inch long and 1/4 inch thick strips (steak fries).
4. Place in a bowl or plastic bag with olive oil: Shake to coat.
5. Arrange potato strips in a single layer, skin side down on a non-stick pan.
6. Bake for 30-40 minutes.
7. Serve with 1 Tablespoon warmed Maple syrup.

Nutrition facts

Servings per recipe: 4

Serving size: 1/4 of recipe

Calories per serving: 187

Saturated fat: 0g

Sodium: 22mg

Dietary fiber: 4.5g

Protein: 2.5g

%DV Vit A: 439%

Total fat: 2.5g

Cholesterol: 0mg

Total carbohydrate: 40g

Sugars: 18g



POKE SALAD

8 cups raw, tender young poke greens

water

1 tablespoon canola oil

salt and pepper to taste

Balsamic vinegar and/or hot sauce to taste

1. Wash and clean greens.
2. Put greens in a skillet with enough water to cover greens. Boil greens until dark green.
3. (Important steps to remove harsh enzymes from greens)

Drain greens.

Rinse greens with running water.

Put greens back into the skillet and add enough clean water to barely cover the greens.

Cook in new water for just a few minutes until hot.

4. Add oil and stir gently with a fork until greens are glossy.
5. Serve hot, Season with salt and pepper, hot pepper sauce or/and balsamic vinegar.

Servings—4

Calories per serving: 60

Total Carbohydrates: 3 g

Dietary fiber: 2g

Vitamin A: 70%

Serving size—1/2 cup

Total Fat: 3.5

Protein: 2g

Sodium: 300 mg

Source: "A-gi-yo-si (ha), A cookbook from Your Cherokee Nation Dietitians.

FANCY FRUIT SALAD

1 large can fruit cocktail

1 can mandarin oranges

8 ounces fat-free sour cream

3 cups miniature marshmallows

1 large can pineapple chunks

1 small box sugar free orange gelatin

1 small container light whipped topping

1. Open all cans and pour into colander in the sink. Rinse lightly to drain off syrups.
2. Transfer fruit to a large bowl and stir to mix.
3. In a separate mixing bowl, mix the gelatin powder and sour cream. Fold in whipped topping.
4. Combine gelatin mixture and fruit. Add marshmallows. Stir until evenly mixed.

Store in refrigerator

Nutrition facts

Servings per recipe: 8

Serving size: about 1/8 recipe

Total fat: 2g

Cholesterol: 0mg

Total carbohydrate: 18g

Protein: 1g

Calories per serving: 90

Saturated fat: 1g

Sodium: 20mg

Dietary fiber: 1g

Taken from "A-gi-yo-si (ha), A cookbook from Your Cherokee Nation Dietitians.



AMAZING FRUIT SALAD

2 cups romaine lettuce washed and torn

1 cup strawberries, sliced

1/2 cup vanilla yogurt, low-fat

1 cup pineapple chunks, canned, washed and drained

2 kiwifruit, peeled and sliced

3 tablespoons frozen lemonade concentrate, thawed.

1. Place lettuce in a large salad bowl.
2. Add pineapple, strawberries and kiwi.
3. In a small bowl, stir together yogurt and lemonade concentrate.
4. Drizzle yogurt mixture over salad and serve.

Servings per recipe: 4

Total fat: 0.5g

Sodium: 30mg

Dietary fiber: 3g

Protein: 3g

Calories per serving: 120

Cholesterol: 0mg

Total carbohydrate: 27g

CRUSTLESS PUMPKIN PIE

15 OZ. Can solid packed pumpkin
3/4 cup egg substitute (or 3 egg whites)
2 Tablespoons sugar
1 tablespoon pumpkin pie spice

12 oz. can evaporated skim milk
1/2 cup baking mix
1/3 cup Splenda
2 tsp vanilla

1. Heat oven to 350° F
2. Combine all ingredients; beating for 2 minutes or until well mixed.
3. Bake 45-60 minutes.

Nutrition facts

Serving size: 1/8 of recipe
Total fat: 2.5g
Cholesterol: 5mg
Total carbohydrate: 18g
Protein: 8g

Servings per recipe: 8
Calories per serving: 120
Saturated fat: 0g
Sodium: 320mg
Dietary fiber: 2g



GLAZED CARROTS

2 Cups carrots, peeled and sliced 2/3 Cup Orange juice, unsweetened
1 Tablespoon cornstarch 1/4 teaspoon ground ginger
4 packages artificial sweetener

1. Cook carrots in casserole dish in microwave with no added water or on stove with a small amount of water in covered saucepan until tender. Drain thoroughly and set aside.
2. In small saucepan, dissolve cornstarch in cold orange juice. Stir in ginger and sweetener.
3. Over medium heat, bring juice mixture to a slow boil, stirring constantly until thickened. Add carrots to sauce. Stir to coat.

Nutrition facts

Servings per recipe: 4
Serving size: about 3/4 Cup
Calories per serving: 37
Saturated fat: 0g
Sodium: 35mg
Dietary fiber: 1.5g
Protein: 1g

Total fat: 0g
Cholesterol: 0mg
Total carbohydrate: 8g
Sugars: 3g

SPINACH LASAGNA

1 Container low-fat cottage cheese (16 OZ)
2 cups shredded part-skim mozzarella cheese
1 jar spaghetti sauce, 28 ounces
Parmesan to taste

1 pkg frozen spinach, 10 oz, thawed and drained
1 egg, beaten
8 lasagna noodles, cooked according to box

1. Heat oven to 350°F. Spray 9x13 inch baking dish with non-stick vegetable cooking spray.
2. Mix cottage cheese, spinach, egg and 1 cup of mozzarella cheese in bowl.
3. Layer 1 cup of spaghetti sauce, 1/2 of the cooked lasagna noodles, and 1/2 of the cottage cheese mixture in prepared pan. Sprinkle layer with Parmesan.
4. Repeat layers, ending with sauce. Sprinkle remaining 1 cup of mozzarella cheese on top of lasagna.
5. Bake 45 minutes covered with foil. Let stand 5 minutes before serving.

Nutrition facts

Servings per recipe: 10

Total fat: 7g

Cholesterol: 40mg

Total carbohydrate: 18g

Protein: 16g

Calories per serving: 203

Saturated fat: 4g

Sodium: 250mg

Dietary fiber: 3g

ROASTED VEGETABLES

1 medium bell pepper (cut into 1 inch pieces)

1 medium onion, cut into 1/4 inch pieces

1 medium tomato, cut into 1/4 wedges

into 1-inch pieces

Olive oil cooking spray

1 medium zucchini, cut

1/42tsp. salt



1. Set oven control to broil. Cover cookie sheet with aluminum foil; spray with cooking spray.
2. Place vegetables in a single layer on cookie sheet. Spray vegetables with cooking spray.
3. Sprinkle with salt.
4. Mix cottage cheese, spinach, egg and 1 cup of mozzarella cheese in bowl.
5. Broil with 4 inches from heat about 12 minutes. Stirring occasionally until vegetables are tender.
6. Sprinkle with the remaining 1/4 tsp salt.

Nutrition facts

Servings per recipe: 4

Total fat: 0g

Cholesterol: 0mg

Total carbohydrate: 7g

Protein: 1g

Calories per serving: 30

Saturated fat: 0g

Sodium: 300mg

Dietary fiber: 2g

Source: "A-gi-yo-si (ha), A cookbook from Your Cherokee Nation Dietitians.

HOMINY SALSA

Ingredients:

2 - 16oz cans of hominy	3 medium tomatoes
1 large Jalapeno pepper (or more)	1 bunch cilantro
1 medium onion	2 tsp cumin
1 tsp garlic powder (or 2 cloves minced)	2 tsp salt
1 tsp Chili powder (optional)	1 lime

Rinse and drain hominy. Place in bowl and mash until more palatable size. Chop tomatoes and onions and add to hominy. Chop jalapeno small sized and add. De-stem cilantro as best as you can and chop small sized and add to bowl. Add seasonings and juice of the lime. Stir and refrigerate for 20 minutes and serve with chips, veggies or use as a condiment. Adjust seasonings or add more jalapeno to taste.

RAINBOW FRUIT KABOBS

Ingredients:

1 Pint of strawberries, washed, stems removed	1 fresh cantaloupe
1 (20 oz) can pineapple chunks in natural juice, drained (reserve Juice)	
1 fresh-cut honeydew melon	
1 pound purple grapes	
2 bananas, peeled	

Wash fruit and remove peels/stems. Cut each banana into six chunks. Dip chunks in reserved pineapple juice. Thread a strawberry, a cantaloupe chunk, a grape, a pineapple chunk, a honeydew chunk on each skewer. Add more fruit until skewer is full. Repeat until all skewers are filled with a rainbow of colorful fruit. Pour remaining reserved pineapple juice on plated skewers and chill until ready to serve.

CREAM CHEESE FRUIT DIP

Ingredients:

1—8 oz. block fat free cream cheese	1— 16 oz. container fat free sour cream
1/4 cup brown sugar	

Combine cream cheese and sour cream in a medium bowl until well blended. Add brown sugar and mix well. Serve with fruit or mix fruit in dip.

Nutrition facts

Servings per recipe: 24

Serving size: 2 Tablespoons

Total fat: 0g

Cholesterol: less than 5mg

Total carbohydrate: 6g

Protein: 3g

Calories per serving: 40

Saturated fat: 0g

Sodium: 60mg

Dietary fiber: 0g

BLACK BEAN SOUP

Ingredients:

2 T. vegetable oil	1 medium onion	1 green bell pepper (chopped)
1 large carrot peeled and sliced	3 cloves minced garlic	1 can (14oz) chicken broth (low-fat)
2 cans black beans, drained and rinsed	1/4 tsp cumin	1/8 tsp pepper

Heat oil in a large pot over medium heat. Stir in onion, bell pepper, carrot and garlic. Cook 5 minutes. Mix in 1 can black beans and chicken broth. In a blender, puree remaining can of beans until smooth. Mix into the pot. Bring soup to a boil. Reduce heat to low and mix in cumin and pepper. Simmer 20 minutes.

Nutrition facts

Servings per recipe: 6
Serving size: 1/6 recipe
Cholesterol: 0 mg
Total carbohydrate: 24g
Protein: 7g

Calories per serving: 140
Total fat: 5g
Sodium: 570mg
Dietary fiber: 8g

COLESLAW WITH A KICK

Ingredients:

1/2 Cup light mayonnaise	1 1/2 tsp lime juice	1 1/2 tsp cumin
1/2 tsp cayenne pepper	1/2 tsp black pepper	1/2 large carrot (shredded)
1/2 medium head green cabbage, rinsed and thinly sliced		1 green onion, sliced
1 radish, sliced		

In a large bowl, whisk together mayonnaise, lime juice, cumin and pepper. Add cabbage, carrot, green onions and radish slices. Stir until well combined. Chill before serving.

Nutrition facts

Servings per recipe: 4
Serving size: 1/4 recipe
Cholesterol: 5mg
Total carbohydrate: 17g
Protein: 3g

Calories per serving: 90
Total fat: 3g
Sodium: 280mg
Dietary fiber: 6g



Source: Recipes wrapped with Love, Chickasaw Nation Food Distribution, 2011

VEGETABLE PIZZA

Ingredients:

2 (8 oz) Packages crescent rolls (refrigerated)	2 (8oz) pack of Neufchatel cheese, softened
1 cup light mayonnaise	1 (1oz) package dry ranch dressing mix
1 cup fresh broccoli, chopped	1 cup tomatoes, chopped
1 cup green bell pepper, chopped	1 cup cauliflower, chopped
1 cup carrots, shredded	1 cup grated cheese

Roll out the crescent roll dough onto a 9x13 inch baking sheet. Pre-heat oven to 375 °F. Punch together edges to form the pizza crust. Bake crust for 12 minutes in the preheated oven. Remove crust from oven and let cool for 15 minutes without removing it from the baking sheet. In a small mixing bowl, combine Neufchatel cheese, mayo and dry ranch dressing mix. Spread the mixture over the cooled crust. Arrange broccoli, tomato, green pepper, cauliflower, carrots and cheese over the cream cheese layer. Chill for one hour. Slice and serve.

Nutrition facts:

Servings per recipe: 12
Serving size: 1/12 recipe
Cholesterol: 45 mg
Total carbohydrate: 25g
Protein: 12g

Calories per serving: 380
Total fat: 24g
Sodium: 990mg
Dietary fiber: 1g

CHOCOLATE ZUCCHINI CAKE

Ingredients:

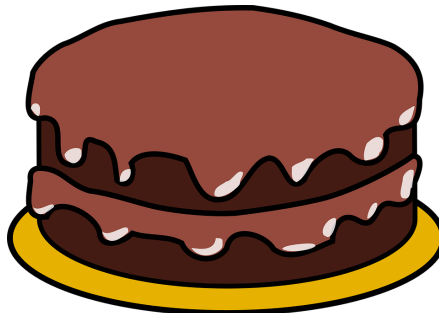
2 1/2 Cups un-sifted flour	
1/2 cup baking cocoa	
2 1/2 tsp baking powder	
1 1/2 tsp baking soda	
1/2 tsp salt	
1—1 1/2 tsp cinnamon	
3/4 cup light soft margarine	1/2 cup Splenda for baking
3/4 cup egg substitute (or 2 eggs)	2 tsp vanilla
2 tsp grated orange rind	2 cups coarsely shredded zucchini (not peeled)
1/2 cup 1% milk	1 cup chopped nuts
1/2 cup sifted powdered sugar	

Pre-heat oven to 350° F. Grease and flour a 10 inch tube or Bundt pan. Combine the first 6 ingredients in a bowl; set aside. Cream margarine with Splenda for baking until creamy. Add eggs one at a time, beating well after each addition. Stir in vanilla, orange rind, and shredded zucchini. Add dry ingredients alternately with 1/2 cup milk, mixing well after each addition. Fold in nuts.

Pour into a prepared pan. Bake at 350° F for about 1 hour or until toothpick inserted in center comes out clean. Cool in pan 15 minutes. Remove to wire rack to cool completely. Sift powdered sugar over the cooled cake.

Nutrition Facts:

Servings per recipe: 16	Serving size: 1/16 of cake
Calories per serving; 225	Total fat: 8g
Saturated fat: Less than 1g	Cholesterol: 5mg
Sodium: 366 mg	Total carbohydrates: 34g
Dietary fiber 2g	Sugars: N/A
Protein: 2g	
%DV Vit A; 11%	%DV Vit C: 3%
% DV Calcium 6%	%DV Iron 31%



Source: "A-gi-yo-si (ha), A cookbook from Your Cherokee Nation Dietitians.

Protein and Fats



PROTEIN

Why do we need proteins?

- Proteins are broken down into amino acids constantly. They help contribute to cell growth, repair and maintenance of all cells in our bodies.
- Proteins act as enzymes and hormones. Enzymes speed up the chemical reactions and hormones are messengers in our bodies.
- Proteins help maintain fluid and electrolyte balance.
- Proteins help maintain acid base balance. To maintain a pH level in the body that is constant, the body must produce acids and bases constantly to add a little of this or that to maintain the proper pH (just like a swimming pool).
- Proteins help maintain a strong immune system. Antibodies are proteins that are critical to the immune system. When a foreign body invades our system, the immune system goes to war producing antibodies to defend us.
- Proteins are an energy source. The body will use carbohydrates and fats for energy first they both have special storage to use for energy. Proteins do not have storage. When the body uses proteins for energy, it uses blood, and body tissues like liver and muscles. So, using proteins for energy is the last resort.
- Average adults need 0.8 grams for each kilogram of body weight.

$$200 \text{ pounds} / 2.2 \text{ pounds/kg} = 91\text{kg}$$

$$91\text{kg} \times 0.8 \text{ g/kg} = 72.8 \text{ grams of protein per day}$$

Athletes may need a bit more 1.3-1.8 grams/kg of body weight.

(Thompson & Manore, 2012)

What are protein foods?

You need 5-7 ounces of foods from the meat group each day. Some of the most common proteins are: Beef, poultry (chicken, turkey, quail), seafood, pork, dairy, eggs, soy products (tofu, soy milk, edamame), beans, nuts, cereals, grains, breads, and some vegetables. (Thompson & Manore, 2012).

Can a Vegetarian diet get enough protein and nutrients?

- Some of the nutrition that is of concern in a vegetarian diet are:

Vitamin B12— makes DNA, protects the fibers of nerves. Found in cereals, yeast, and soy products.

Vitamin D—Promotes bone growth. Fortified cereals, margarines, and soy products, adequate exposure to sunlight: supplements may be necessary for some.

Riboflavin (B₂) -Promotes release of energy, supports normal vision and skin health. Whole and enriched grains, green leafy vegetables, mushrooms, beans, nuts and seeds.

Iron—Assists with oxygen transport involved in making amino acids and hormones. Whole grain products, prune juice, dried fruits, beans, nuts, seeds and leafy vegetables (spinach e.g.).

Calcium—Maintains bone health; assists with muscle contraction, blood pressure, and nerve transmission. Fortified soy milk and tofu, almonds, dry beans, leafy vegetables, calcium fortified juices and fortified breakfast cereals.

Zinc—Assists with DNA and RNA synthesis, immune function , and growth. Whole grain products, wheat germ, beans, nuts and seeds.

(Thompson & Manore, 2012)

FISH AND EGGS

Fish and eggs are often forgotten as protein sources. Eat fish at least 2-3 times each week. Fish have oils that may help prevent heart attacks. These oils help keep the blood from forming clots. Salmon, tuna, sardines, cod, herring, and other fish are good food choices. (Portland, 2010)

Keep fish low-fat:

- Buy fish canned in water instead of oil.
- Bake, broil, grill or microwave instead of frying.
- Try poaching fish. Place fish in a sauce pan. Add a broth. Simmer, gently, at just below boiling point until fish flakes.
- For flavor use lemon juice, tomatoes, fish or chicken broth, onion, garlic or salsa.
- Use spices and herb. Try paprika, marjoram, dill, tarragon, parsley, lemon pepper, and rosemary.
- Use low-fat yogurt, low-fat sour cream or low-fat mayo in sauce recipes.
- Use less butter, margarine or tartar sauce.
- Choose low-fat when you eat out. Broiled or steamed fish are low-fat choices. Eat less deep fried foods. A breaded, deep fat fried fish sandwich has more fat and calories than a hamburger.

EGGS

Eggs give you protein, iron and vitamins. Egg yolks are high in cholesterol. Cholesterol is a type of fat. Eating high fat foods can cause fat build up in your blood vessels. Limit whole egg or egg yolks to no more than four a week. Cutting down on high fat foods is good for your family. Use more egg whites in cooking. Egg whites do not have the cholesterol or fat. 2 egg whites equal 1 ounce of meat. (Portland, 2010)

Cooking eggs: 1 whole egg equals 1 oz. of meat. 2 egg whites equal 1 ounce of meat.

You can tell if eggs are fresh if they sink to the bottom in a pan of cold water and if they have a dull rough shell. Check the expiration date on the carton.

Use fresh eggs within 4-5 weeks. Store in the egg carton with the pointed ends down.

Use refrigerated hard-boiled eggs within 1 week.

To reduce fats, cook eggs with a non-stick cooking spray or use a pan that is non-stick.

You can use dried egg mix to replace eggs in recipes. 1 large egg use— 1/4 cup dried egg and 1/4 cup water 2 large eggs use 1/2 cup dried egg and 1/2 cup water

Commodity dried egg mix has salt, so add less salt to foods when using in recipes.

Always use low to medium heat.

Boiled eggs: Hard boiled—place egg in cold water and bring to a boil. Time for 5 minutes and remove from heat. Place egg in cold water to help remove shell easier.

Soft boiled egg: - Place egg in cold water and bring to a boil. Time for 3 minutes and remove from heat. Place egg in cold water.

Green ring around the yolk is harmless. It is a result of overcooking. Prevent by watching cooking times and cool eggs quickly (Portland, 2010).

Fats

Fats are needed by our bodies to function. They provide vital functions including:

- Provide energy
- Major fuel source when we are at rest
- Fuels physical activity
- Stores energy for later use as body fat
- Transports fat-soluble vitamins
- Helps to maintain cell function
- Help add flavor and texture to foods
- Helps us feel satisfied with our foods

So how much fat do we need daily? High fat diets have an increased risk for obesity and cardiovascular diseases. Also, diets with higher saturated and trans fats will increase our risk for heart disease. What are the differences in saturated and unsaturated fats?

Saturated fats: The term saturated means that this chain of fatty acids contain the maximum amount of hydrogen molecules. Examples are coconut oil, palm kernel oil, butter, cream, whole milk, and beef or animal fats. Generally, saturated fats are solid at room temperature.

Unsaturated fats: This term includes both monounsaturated and polyunsaturated fats. Mono means one, which means it has one double bond in the fatty acid chain. Poly which means multiple has more than one double bond in the fatty acid chain. These bonds in the chains mean that there are fewer hydrogen molecules. The unsaturated fats are from plants and are protective to our health where the saturated fats are detrimental on our health. Liquid at room temperature.

Trans Fats: Trans fats have hydrogen molecules on the opposite side which makes the fatty acid chain straighter and act just like a saturated fat. Read labels for the word “HYDROGENATED”. This process turns an unsaturated fat like corn oil into a solid form.

Omega 3, 6 and DHA fatty acids:

Great for the brain! Foods like flaxseed, salmon, sardines, anchovies, canola oil, trout, walnuts, tuna, avocado, olive oil, almonds, and spinach contain the Omega 3 fatty acids.

Saturated fats and trans fats are the primary fats we need to reduce in our diets. Both of these fats increase the fats in our blood stream creating higher risks for heart disease. Both of these fats lower the good cholesterol and raise the bad cholesterol.

Ways to reduce the saturated and trans fats:

- Trim visible fat from meats before cooking
- Instead of frying foods, bake, or broil
- Cook with olive, canola oil instead of butter
- Substitute hard cheeses instead of soft cheeses
- Read food labels, check for saturated and trans fats
- Remove skin from poultry before cooking
- If you eat 2 eggs, remove 1 of the yolks
- Use cooking spray for cooking and baking
- Substitute low fat nor no fat when the option is available.

(Thompson & Manore, 2012)

THE SKINNY ON FAT

Most fats found in foods are a mixture of saturated, monounsaturated and polyunsaturated fatty acids. For health reasons, limit food high in saturated fat (like butter and lard) that has been connected to heart disease and cancer risk. Saturated fat raises your blood cholesterol more than anything else. Saturated fats are solid at room temperature and are found in foods from animal sources such as meat, egg yolks and dairy products, and plant oils like coconut, palm and palm kernel. Cholesterol is found only in animal products. Unsaturated fats are liquid at room temperature and commonly found in food from plant and vegetable sources including oils like olive, corn peanut and soybean. All healthy Americans over the age of two can follow a diet that includes no more than 30% of total dietary calories from fat, with saturated fat limited to 10%.

Monounsaturated Fats

Monosaturated fats are the good guys. They lower the artery-damaging LDLs while preserving the beneficial HDLs. Olive oil has been consumed for centuries in the Mediterranean region.

Canola oil, a variety of rapeseed (mustard family) oil, was originally developed and grown in Canada (*canola* is an acronym for Canadian oil).

Polyunsaturated Fats

Polyunsaturated fats help lower blood cholesterol levels in the blood and diminish the bad LDLs. **Corn, soy, safflower, sesame and peanut oils** also contain linoleic acid, an essential fatty acid that the body needs to make its own fat. About 80% of vegetable oil sold is soybean oil.

Saturated Fats

Saturated fats are linked to an increased risk of coronary heart disease. **Lard** is fat rendered from the fatty tissue of the hog. **Butter** is a dairy product made exclusively from cream with or without added salt. **Palm, Palm Kernel and Coconut oils** are highly saturated plant fats. Inexpensive, they are hydrogenated (made solid) and used in commercial baked goods.

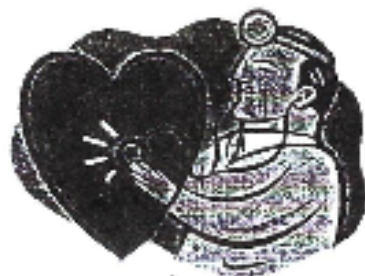
Trans Fat

Trans Fat is created when vegetable oil is process into partially hydrogenated oil. It's why margarine and shortening stay solid at room temperature and what makes cakes moist, cookies fresh and crackers crisp. Trans fat can clog arteries as readily as saturated fat. Trans fat is not listed on food labels, so look for the words hydrogenated, partially hydrogenated in the list of ingredients on food labels. As trans fat is not listed on food labels, try using the following to ferret out trans fat on the food label. For example, a box of reduced-fat Triscuits has 3g of fat per 7-cracker serving. Saturated fats make up 1/2g of that and monounsaturated fats 1g. The crackers have no polyunsaturated fats, so the remaining 1-1/2g must be the only other kind of dietary fat—trans fat.

Free Radicals

Free radicals are formed when vegetable oils are heated to very high temperatures (smoking point) and for prolonged periods, as when oil is reused over and over again for deep-frying. Free radicals are highly active molecules that bump into and damage other cell components, such as the cell membrane. The ability of free radicals to alter or weaken cells has implicated them in the aging process and in various diseases, such as certain types of cancer, coronary heart disease and cataracts.

KEEPING HEART HEALTHY



People with diabetes are much more likely to suffer from heart disease than those without diabetes. Eating a diet high in saturated fat, and having high blood glucose and high blood pressure, may contribute to heart disease. It can also contribute to other vascular problems associated with diabetes, such as stroke, bad circulation to the legs and feet, and male impotence.

People with diabetes should keep their blood glucose and blood pressure in good control and choose "heart healthy" foods everyday. Heart healthy eating refers to choosing foods that are low in fat and sodium, and high in fiber. In terms of fat, it is important to focus on limiting cholesterol and solid fats.

All animals, including humans, make cholesterol. Some people's bodies make too much of it. Cholesterol is also found in fatty animal products, such as eggs, some meats, and high-fat dairy products (like many cheeses).

Solid fats refers to fats that are solid at room temperature. One type of solid fats, *saturated fats*, is found in fatty animal products and some vegetable oils, such as coconut and palm oils, which are often used in processed foods.

Liquid vegetable oils can also be converted into solid fats by means of hydrogenation, which produces *trans-fatty acids* (or *trans fat*, for short). These substances can be as harmful to the body as saturated fat. For this reason, trans fat is now required to appear on Nutrition Facts labels by 2006.

Products with high amounts of trans fat include solid vegetable shortening and regular margarines. Trans fat is also commonly used in crackers, cookies, snack foods and baked goods. All fats and oils are high in fat and calories, so it

is important to eat them in moderation. It is also important to look for ways to substitute healthier oils for ones that contain high amounts of cholesterol, saturated fatty acids and trans fat. Lard, bacon fat and butter add flavor to foods, but are high in cholesterol and saturated fat. These fats should be used only occasionally in small amounts.

In contrast, there are liquid oils that should be your "fats of choice," because they are good sources of monounsaturated fats, which are heart healthy. These include olive oil, canola oil, and peanut oil. In most recipes, these oils can replace solid fats, such as lard or butter. Oils with strong flavors (such as olive, sesame and walnut) add flavor to foods even when used in small amounts. Most nuts contain high amounts of monounsaturated fats, including almonds, walnuts and pecans.

It is also important to choose solid vegetable fats carefully. Even though vegetable shortening does not contain cholesterol, it does have high amounts of saturated and trans fats, and therefore should be used only once in a while. Margarine, developed as a substitute for butter, is manufactured in many different forms. *Regular margarine* melts well, and works well for frying. It can also be used successfully in baked goods, and it is popular as a spread. However, because it is high in saturated fat and trans fat, it should not be eaten in large quantities. *Reduced-fat margarine* is healthier, and it works well as a spread and in many baked goods. It is not suitable for frying because it contains water and can cause spattering and burns. *Fat-free margarine* is used primarily as a spread. It doesn't melt well, meaning it is not appropriate for frying or sautéing.

FATS								
FATS	Smoking Point	Spread	Salad Dressing	Sauteing	Pan Fry-ing	Deep Frying	Baking	
<i>Monounsaturated</i>								
Canola Oil	400°		X	X	X		X	Canola oil - derived from the rapeseed plant. The oil's neutral flavor and reasonable cost makes it an excellent choice for most purposes
Olive Oil	Regu- lar=410°Ext ra virgin= 320°	X	X					Olive oil - is superior for salads and Italian cooking, but its' low smoking point makes it undesirable for stir frying and deep-frying.
<i>Polyunsaturated</i>								
Corn oil	450°				X	X	X	Corn Oil - has a rich flavor for frying or pastry making. Lacks fine flavor for salad dressing.
Soy Oil	440°		X	X	X		X	Soy oil - high in polyunsaturated and also rich in monounsaturated. Has a pleasant taste.
Safflower Oil	450°		X	X	X		X	Safflower oil - has a mild flavor. Richer in polyunsaturated fats than any other oil.
Sesame Oil	410°		X	X				Sesame oil- has a nutty flavor. Toasted sesa- me oil is used as a condiment rather than a cooking oil.
Peanut Oil	450°			X	X	X		Peanut oil - has a strong, rich, nutty flavor. Ideally suited for deep-frying and wok/stir frying.
Vegetable shortning	335°				X		X	Veg. Shortening- hydrogenated shortening often has added emulsifiers which decreases the smoking point, making it less desirable for deep frying.
Margarine	Depends on plant oil	X						Margarine - made from hydrogenated pant oils. Must contain not less than 80% fat fortified with vitamins A and D. Diet mar- garines contain more water and emulsifiers than regular margarine.
<i>Saturated</i>								
Lard	375°						X	Lard - is spoiled when it becomes rancid. One tablespoon of lard has 116 calories, 10mg of cholesterol and 5 mg of saturated fat.
Butter	300°	X						Butter - tasted great, but 1 tablespoon has 30mg of cholesterol and 7 grams saturated fat, even more than lard. Use sparingly.

SALMON PATTIES

1 large can pink salmon with bones
5 saltine crackers, crushed (or 1/2 cup quick cook oats)
1 tablespoon lemon juice
Salt and pepper to taste

1/4 cup light mayonnaise or salad dressing
1 egg or 1/4 cup dry egg mix and water
1 tsp Italian seasoning
1 tablespoon canola, olive or vegetable oil.

1. Put salmon into a medium sized bowl. Mash up chunks of salmon and bones with a fork (you can also mash the skin which adds more healthy oils).
2. Add remaining ingredients, except oil, and stir until blended.
3. Heat oil on a griddle over medium heat.
4. Form 6 patties and put on the griddle. Cooking patties on each side until browned.
5. Serve warm.

Nutrition facts
Servings per recipe: 6
Serving size: 1/6 of recipe
Cholesterol: 25mg
Total carbohydrate: 3g
Sugars: 0g

Calories per serving: 140
Total fat: 9g
Saturated fat: 1.5g
Sodium: 380mg
Dietary fiber: 0g
Protein: 10g



BAKED SALMON FILLETS

1 pound fresh or frozen fish fillets, thawed
1 Tablespoon lemon juice
1/4 tsp paprika

2 teaspoons soft tub margarine or oil
1/2 tsp salt
1 tsp parsley, chopped.

1. Heat oven to 350° F. Spray baking pan with no-stick cooking spray or lightly grease pan.
2. Place fillets in a single layer, skin side down in pan.
3. Mix margarine, lemon juice, salt, and paprika in small bowl. Spoon over fillets.
4. Bake about 20 minutes. Fish should flake easily when tested with a fork. Serve fish hot. Top with parsley.

Nutrition facts
Servings per recipe: 4-5
Calories per serving: 111

Serving size: 3 ounces
Total fat: 2.7g

SHAKE FOR FISH MIX

1 1/2 cups fine, dry bread crumbs (4 slices of bread)
1 tsp salt
1/2 tsp onion powder

1/2 cup cornmeal
1/2 tsp garlic powder

1. Stir all together mixing well.
2. Store in jar with a tight cover.

Servings per recipe: Makes 2 cups of mix.

OVEN BAKED FISH STICKS

1 lb. fresh or frozen fish fillets, thawed
1 cup shake mix for fish

1/2 cup nonfat or lowfat milk

1. Heat oven to 350° F.
2. Spray baking pan with non-stick cooking spray or lightly grease pan.
3. Cut fish into serving size pieces.
4. Dip fish in the milk.
5. Roll the fish pieces in shake mix.
6. Place fish in the pan. Bake about 20 minutes until browned.
7. Test the fish with a fork. Fish is done when it flakes easily.

Serving size is 1/4 lb

Calories—216

Fat—2.7 g

FAT-FREE TARTAR SAUCE

1/2 cup fat-free mayonnaise
2 tablespoons sweet pickle relish
1 large green onion
1 1/2 tsp red wine vinegar

Mix all ingredients together. Refrigerate. Best results keep refrigerated at least 1 hour before serving.

LOW-FAT CREAMY DILL SAUCE

1/2 cup non-fat sour cream
1/4 cup non-fat mayonnaise
2 Tablespoons chopped fresh dill

1 teaspoon lemon juice
salt and pepper to taste

In a mixing bowl, combine all ingredients. Cover and refrigerate at least 1-2 hours before serving.

FISHERMAN'S CASSEROLE

2 cups macaroni, uncooked
3 Tablespoons water
2/3 cup nonfat or lowfat milk
1/4 tsp pepper
1 pound can of pink salmon or tuna

1/2 cup onion, chopped
1 can reduced fat cream of celery soup
3/4 cup cheddar cheese, shredded
1 tsp mustard
1 can peas

1. Heat oven to 350° F. Cook macaroni as package directs. Drain, rinse under cold water, cool.
2. Sauté onion in water. Cooking until tender.
3. Add soup, milk, cheese, pepper, and mustard. Mix well.
4. Separate fish into chunks. Do not remove bones (adds calcium and so soft it is easily digested).
5. Mix together the salmon, peas, macaroni, and soup mixture. Stir gently to blend.
6. Pour into a 2-quart casserole dish.
7. Bake for 30-40 minutes. Serve hot. Refrigerate leftovers.

Nutrition facts

Servings per recipe: 8
Calories per serving: 144
Saturated fat: 0g

Serving size: about 3/4 Cup
Total fat: 4g

MEXICAN GOOLASH

1 pound ground beef
1 can black beans, drained and rinsed
1/2 can tomato sauce, low-sodium
2 cans diced, low-sodium tomatoes
2 cups water
Pepper to taste

1 can pinto beans, drained and rinsed
1 can whole kernel corn, low-sodium, drained and rinsed
1/4 cup onion, chopped
1 1/4 cups macaroni, uncooked
1/4 tsp chili powder

1. In a large skillet, brown ground beef and onion. Drain fat.
2. Add tomatoes, corn, macaroni, pepper, beans, tomato sauce and chili powder.
3. Cover and simmer about 20 minutes or until macaroni is tender.

Nutrition facts

Servings per recipe: 8
Total fat: 11g
Sodium: 540mg
Dietary fiber: 7g

Calories per serving: 340
Cholesterol: 40mg
Total carbohydrate: 43g
Protein: 18g

BEEF STROGANOFF

1 Tablespoon vegetable oil
1-(6.5) oz can mushrooms, drained and rinsed.
1/4 teaspoon pepper
1 teaspoon low-sodium beef bouillon granules
2 cups sliced beef, cooked

1 onion, chopped
2 Tablespoon garlic powder
1/3 cup water
1 Cup non-fat plain yogurt
2 cups egg noodles, cooked

1. In a large skillet, heat oil and sauté the onions and mushrooms.
2. Stir in flour, garlic powder and pepper.
3. Stir in water, beef bouillon and yogurt.
4. Simmer 12-15 minutes.
5. Add beef. Heat through.
6. Serve over noodles.

Nutrition facts

Servings per recipe: 6
Total fat: 12g
Sodium: 510mg
Dietary fiber: 2g

Calories per serving: 270

Cholesterol: 60mg

Total carbohydrate: 19g

Protein: 22g



CHICKEN CACCIATORE

1 pound chicken, boneless, skinless, cut into 1 inch pieces.
1 green bell pepper, sliced
1 can tomato sauce, reduced-sodium
1/4 teaspoon pepper
1/4 tsp dried oregano

1 onion, sliced
1 Tablespoon vegetable oil
1 can diced tomato, reduced sodium
1 1/4 teaspoon garlic powder

1. Cook chicken, green bell pepper and onion in skillet with oil until chicken is lightly browned and no longer pink in the center and vegetables are tender.
1. Add tomato sauce, stewed tomatoes and spices. Bring to a boil.
2. Reduce heat and simmer, uncovered for 5 minutes
3. Serve over rice or noodles.

Nutrition facts

Servings per recipe: 4
Total fat: 12g
Sodium: 125mg
Dietary fiber: 3g

Calories per serving: 310

Cholesterol: 85mg

Total carbohydrate: 15g

Protein: 32g



Source: Recipes wrapped with Love, Chickasaw Nation Food Distribution, 2011

CHICKEN ENCHILADAS

1 can chicken (5 oz)
1 onion, chopped
1 can non-fat evaporated milk
1 dozen tortillas

2 cans low-fat cream of chicken soup (12 oz)
8 oz cheese, grated
1/2 cup hot sauce

1. Mix chicken, soup, milk, onion and hot sauce in a bowl.
2. Pour 1/4 of the chicken mixture into a casserole dish sprayed with a non-fat cooking spray.
3. Place first layer of tortillas in casserole dish
4. Continue to layer chicken mixture and tortillas in a casserole dish.
5. Cover with grated cheese.
6. Bake for 45 minutes in a preheated 350° F oven.

Nutrition facts

Servings per recipe: 12
Total fat: 8g
Sodium: 810mg
Dietary fiber: 1g

Calories per serving: 250
Cholesterol: 85mg
Total carbohydrate: 27g
Protein: 13g



CHILI HOMINY BAKE

1 1/2 lbs ground beef
1 can low-sodium hominy, drained
1 Tablespoon chili powder
Pepper to taste

1/2 cup onion, chopped
1 can diced low-sodium tomatoes
2 tablespoons flour
1 cup cheese, grated

1. In a large skillet brown ground beef and onion until cooked thoroughly. Drain well and rinse ground beef.
2. Stir in tomatoes including juice, drained hominy, chili powder, flour and pepper, mix well.
3. Pour mixture into a 2 quart, oven safe baking dish. Bake for 20 minutes in a 350° F oven.
4. Top with cheese and continue baking for 5 minutes or until cheese has melted.

Nutrition facts

Servings per recipe: 12
Total fat: 8g
Sodium: 810mg
Dietary fiber: 1g

Calories per serving: 250
Cholesterol: 85mg
Total carbohydrate: 27g
Protein: 13g

TURKEY POT PIE

2 cups Bakery Mix
1 1/2 cups skim or 1% milk, divided
1 pound turkey, cooked, cubed (about 4 cups)
1/4 tsp celery seed
1/4 tsp sage

1/4 cup egg mix combined with 1/2 cup water
2 cans (10oz) low sodium cream of chicken soup
2 cans mixed vegetables, low-sodium, drained
1/4 tsp onion powder
1/4 tsp paprika

1. In a medium bowl stir bakery mix, egg mix and 1/2 cup milk to make biscuit topping. Set aside.
2. In a saucepan over medium heat, combine soup, 1 cup milk, turkey, vegetables and seasonings.
3. Stir until heated through
4. In a casserole dish, add turkey mixture
5. Spoon 12 heaping tablespoons of biscuit dough over turkey mixture
6. Baked uncovered for 24 minutes in a 350° F oven until biscuits are golden brown
7. Serve warm

Nutrition facts

Servings per recipe: 12
Total fat: 6g
Sodium: 500mg
Dietary fiber: 3g

Calories per serving: 250
Cholesterol: 90mg
Total carbohydrate: 27g
Protein: 20g



THREE SISTER'S STEW

1 pound Ground beef
2 cups onions, diced
6 cups water
2 cans (14.5 oz) diced tomatoes, low sodium
6 cups red skinned potatoes, cubed
1 cup corn, whole kernel, drained and rinsed

1 cup yellow squash, diced
1 cup zucchini, diced
1 can (15.5 oz) kidney beans, drained and rinsed
1 can (15.5 oz) black-eyed peas, drained & rinsed
4 garlic cloves, minced
1 1/2 tsp black pepper

In a skillet over medium-high heat, brown ground beef and onions. Rinse and drain meat. In a large stock pot, add all ingredients. Bring to a boil, then lower heat and simmer 30-35 minutes or until potatoes are soft. Serve immediately. May use chicken, roast, or bison for this recipe.

Nutrition facts

Servings per recipe: 12
Total fat: 3g
Sodium: 240mg
Dietary fiber: 10g

Calories per serving: 280
Cholesterol: 25mg
Total carbohydrate: 49g
Protein: 18g



CHICKEN WITH FRUIT SALSA

2 Kiwi peeled and chopped	1 cup peaches chopped
1/2 cup avocado, chopped	1 T lime juice
8 chicken pieces, skinned	1 T vegetable oil
1 green bell pepper, cut in strips	1 onion, chopped
1 jalapeno pepper, seeded and cut in strips	2 cloves minced garlic
1/4 c fresh cilantro chopped/snipped	

In a medium bowl, combine kiwi, peaches, avocado and lime juice. Cover and set aside. Sprinkle chicken with pepper. In a large non-stick skillet, heat oil over medium heat. Add chicken, and cook 8-10 minutes or until chicken is no longer pink. Remove chicken from skillet. Stir fry vegetables, jalapeno and garlic over medium heat 3 minutes or until heated through. Stir in cilantro. Divide stir fry mixture onto 4 serving plates, then top each with a chicken piece. Spoon fruit salsa over chicken and serve.

Nutrition facts

Servings per recipe: 6

Total fat: 11g

Sodium: 65mg

Dietary fiber: 3g

Calories per serving: 240

Cholesterol: 60mg

Total carbohydrate: 11g

Protein: 23g

SUNDAY ROASTED CHICKEN

1 Roasting chicken (whole)	1 T. salt-free seasoning mix (below)
2 tsp vegetable oil	1/4 tsp orange peel, grated

Salt-free seasoning mix:

1 tsp oregano	1 tsp coriander seed	1 tsp dry mustard	1 tsp rosemary
1 tsp onion powder	1 tsp cayenne pepper	1 tsp garlic powder	1/2 tsp ground ginger
1 tsp basil	1/2 tsp cumin	1 tsp paprika	1 1/2 tsp celery seed
1 tsp thyme	1 tsp dill weed		

Combine all ingredients and store in airtight container.

Pre-heat oven to 375°F. Place chicken on a rack in shallow roasting pan. Carefully loosen skin above the breast meat and rub half of the spice mixture and orange peel under the loosened skin. Rub the chicken with oil and remaining spice mixture. Bake 1 1/2 –2 hours.

Nutrition facts

Servings per recipe: 10

Total fat: 2g

Sodium: 25mg

Dietary fiber: 0g

Calories per serving: 35

Cholesterol: 10mg

Total carbohydrate: 0g

Protein: 4g

Source: Recipes wrapped with Love, Chickasaw Nation Food Distribution, 2011

BAKED BREAKFAST EGGS

1 medium onion, chopped
5 Tablespoons buttery spread, divided
10 unsalted top saltine crackers, crushed

1 medium green pepper, chopped
3/4 cup egg mix combined with 1/1/2 cups water
1 teaspoon pepper

Pre-heat oven to 375° F.

1. In a small saucepan, sauté onion and green pepper in 3 tablespoons of buttery spread until tender.
2. Transfer to an 8x8 inch baking dish sprayed with non-stick cooking spray.
3. Pour egg mixture over the onion mixture.
4. Melt remaining buttery spread; toss with crushed cracker crumbs and pepper.
5. Sprinkle butter spread and cracker crumbs over egg mixture.
6. Bake uncovered, for 12-15 minutes or until the eggs are firm.

Nutrition facts

Servings per recipe: 6
Total fat: 14g
Sodium: 280mg
Dietary fiber: 1g

Calories per serving: 220
Cholesterol: 315mg
Total carbohydrate: 14g
Protein: 11g

WILD ONIONS AND EGGS

(Lower fat)

2 Cups wild onions, chopped into 3-4 inch pieces
8 eggs or powdered eggs to make 1 cup

water
Salt and pepper to taste

1. Gather onions and clean well.
2. Put onions and water to cover onions in a skillet and cook at medium heat until onions are tender.
3. Slowly add eggs, stirring onions with a fork as you add.
4. Cook until eggs are cooked. Add small amount of salt and pepper or salt substitute to taste.
5. Serve hot.

Nutrition facts

Servings per recipe: 4
Total fat: 0g
Cholesterol: 0mg

Calories per serving: 50
Sodium: 115mg
Total carbohydrate: 3g

QUICHE

1 tablespoon vegetable oil
1 onion, chopped
10 TBSP egg mix with 1 1/4 cup water

1 cup zucchini or yellow squash with skin, chopped
3 cups Monterey jack cheese, shredded
1/8 tsp black pepper

Pre-heat oven to 350° F.

1. Lightly grease a 9-inch pie plate.
2. Heat oil in a large skillet. Add onions and sauté until onion are soft.
3. Stir in squash and cook until moisture has evaporated. Stir frequently to keep from burning.
4. In a bowl, combine egg mixture, cheese and pepper. Add squash mixture and stir to blend.
5. Scoop into pie plate.
6. Bake in preheated oven until eggs are set, about 30 minutes.

Nutrition facts

Servings per recipe: 10
Total fat: 16g

Sodium: 310mg
Dietary fiber: 0g

Calories per serving: 220
Cholesterol: 185mg

Total carbohydrate: 6g
Protein: 12g



BREAKFAST FRITTATA

4 potatoes, peeled and cubed
1 Tablespoon vegetable oil
3/4 cubed ham
3/4 cups cheese, shredded

1/2 onion, sliced
1 cup egg mix combined with 2 cups of water
1 teaspoon pepper

1. Cook potatoes in a large pot of boiling water until tender but firm
2. Drain and then set aside to cool
3. Heat oil in a skillet. Add onions and cook until soft
4. Stir in eggs, potatoes, ham, pepper and cook until eggs are firm on the bottom
5. Top frittata with shredded cheese and serve.

Nutrition facts

Servings per recipe: 8
Total fat: 12g
Sodium: 470mg
Dietary fiber: 2g

Calories per serving: 300
Cholesterol: 330mg
Total carbohydrate: 28g
Protein: 19g

Dairy and Calcium



BONES AND NUTRITION

Our bone growth reaches peak early in life. Girls usually by age 14 and boys by 17 years old. Our bone density however continues to develop into early adulthood. About 90% of a woman's bone density has been built by 17 years, and a man's by his twenties. By age 40, this density begins to reverse. Bones can be broken down through resorption to release calcium into the blood stream. About 99% of the calcium in our bodies is stored in our bones.

- Too much calcium from foods? Nothing toxic, much will be excreted. Too much from Calcium supplements, can cause mineral imbalances.
- Low or little calcium? The long term problem will be Osteoporosis (thinner and porous bones). Osteoporosis can lead to inability to bear weight on the bones which can cause fractured hips and spines as we age. Abnormal levels of calcium in the blood, can be caused by various diseases including vitamin D deficiency, Parathyroid conditions, and kidney diseases.

Vitamin D:

This is a fat soluble vitamin that we can store in our body fat and liver. We can get vitamin D from sunlight as well as foods. Vitamin D helps to calcify bones, regulate the calcium in the bloodstream, and sometimes prevent certain types of cells growing into cancer tumors. Vitamin D is in foods such as cod liver oil, salmon, mackerel, and sardines. Vitamin D is added into some foods that we eat such as milk and cereals.

Vitamin D can be synthesized from the sun. If you live below the 40 degree latitude, which spans across the continent from Philadelphia to Northern California, you live in an area that the sun rises high enough to provide the sunlight needed. Some factors can affect the absorption of sunlight such as:

- Seasons—most is produced during the summer months when we expose more skin and get outside more.
- The time of day—usually between 9:00am-3:00pm.
- Using sunscreen with SPF of 8 or more
- Cloudy weather
- Age—older people have reduced skin thickness.
- Skin color—darker skins are harder to absorb sunlight.
- Obesity may affect the storage of vitamin D—resulting in low vitamin D.

Not enough vitamin D results in loss of bone mass. This is seen in Rickets, a disease seen in children causing deformation of bones. It was common in the US, but rare since the addition of vitamin D into milk. (Thompson & Manore, 2012)

DAIRY AND CALCIUM PRODUCTS

Milk/Dairy products give us protein to build and repair body cells and muscles; Calcium to keep bones and teeth strong; vitamins to keep your eyes, skin and nerves strong.

Calcium Keeps bones and teeth strong, keeps your muscles working, helps your blood to clot. Your body needs calcium each day. If you do not eat enough foods with calcium, your body takes the calcium from your bones. Keep bones strong! Get your calcium.

Daily calcium needs:

0-6mo need 200mg/day; 7-12mo need 260mg/day; 4-8years need 1000mg/day; 9-18 years both sexes need 1300mg/day 19-50 years male and female need 1000mg/day 51-70 years female need 1200, men 1000mg/day; Over 71—both sexes need 1200mg/day

Foods with Calcium:

1 glass of milk 8oz	304 mg	Yogurt lowfat 8oz	313-384mg
3 oz. of salmon with bones	181 mg	Cottage cheese 1% 1 cup	138 mg
Kale, fresh, cooked 1 cup	94mg	Cereal with calcium 1 cup	00-1000mg
Cheddar cheese 1.5 oz	307mg	Soymilk with calcium 8oz	299mg
Orange juice with calcium 6oz	261mg	Tofu 1/2 cup	253mg

Lactose problems?

Some Native Americans have problems digesting lactose, the milk sugar. You may be able to try having milk in soups or cooked puddings or small amounts on cereal. Some may not be able to digest milk but may be able to digest buttermilk, yogurt and cheese.

Fats in milk:

1 cup of whole milk = 2 teaspoons of fat

1 cup 2% milk = 1 teaspoon of fat

1 cup 1% milk = 1/2 teaspoon of fat

1 cup nonfat milk = no fat

1 cup chocolate milk = 1 teaspoon fat and 3 teaspoons of sugar.

Dry milk:

Mix the dry milk with the correct amount of water before adding to the recipe. Use in puddings soups, sauces and casseroles. Dry milk can be mixed dry into meatloaf, bread or biscuits. Use dry milk in coffee instead of high fat powder creamers. Use dry milk to stretch fresh milk. Mix the nonfat dry milk with fresh it tastes good and saves you money.

Evaporated milk:

Evaporated milk is made with whole milk which half the water has been removed. When you mix a can of water with a can of evaporated milk, it has about the same food value as fresh whole milk. Unopened can may store for up to 1 year. Opened can will store in the fridge no longer than 10 days.

Cooking with milk:

Always use low heat when cooking with milk; High heat causes milk to curdle. Stir milk foods often to prevent scorching. The skin that forms on cooked milk, cream soups, and cooked puddings can be prevented by covering the pan. For easy clean-up, soak pans in cold water. Then wash in hot soapy water. Use the same preventative tips with cheeses as well.

SPINACH AND POTATO SOUP

2 Tablespoons buttery spread	1 small onion, chopped
3 cups skim or 1 % milk	1 cup water
1 can whole potatoes, drained and rinsed (substitute 2 cups raw potatoes, cooked)	
1/2 can spinach, drained and rinsed	1 cup dehydrated mashed potato flakes
1/4 teaspoon pepper	

1. Sauté onion in buttery spread over medium heat in a large saucepan until soft.
2. Add milk and water to onion. Heat until mixture is hot.
3. Rinse both canned vegetables with water and drain again. Chop potatoes and spinach.
4. Add instant potato flakes, chopped potatoes, spinach and pepper to milk mixture.
5. Simmer together 10 minutes before serving hot.

Nutrition facts

Servings per recipe: 6
Total fat: 3g
Sodium: 125mg
Dietary fiber: 4g

Calories per serving: 170
Cholesterol: 5mg
Total carbohydrate: 29g
Protein: 7g



Taken from Recipes wrapped with Love, Chickasaw Nation Food Distribution, 2011

FAT-FREE SPINACH DIP

2-10 bags of frozen spinach thawed and drained or 2 cans spinach drained and rinsed
1 envelope of dry vegetable soup mix
1 bunch fresh green onions, chopped
1 cup fat-free sour cream
1 cup fat-free mayonnaise

Mix mayonnaise, sour cream and dry soup mix together in bowl. Add spinach and chopped green onion. Mix all ingredients well.

1. Chill for 1 hour.

Nutrition facts

Servings per recipe: 20
Serving size 1.4 cup
Calories per serving: 30
Total fat: 0g
DV Vit A: 70%
DV Vit C: 14%

Sodium: 160 mg
Total Carbohydrates: 6g
Dietary fiber: 1g
Protein: 2g
DV Calcium: 7%
DV Iron: 4%

Source: "A-gi-yo-si (ha), A cookbook from Your Cherokee Nation Dietitians.

MAGIC MIX FOR SOUPS, PUDDINGS AND SAUCES

4 cups non-fat dry milk
1/4 cup soft tub margarine

teaspoon salt
1 cup flour

1. Mix dry milk, flour, and salt in a large bowl.
2. Cut margarine into eight squares.
3. Stir margarine pieces into mix until it looks like cornmeal.
4. Put mix into a jar or bowl with a tight fitting lid.
5. Refrigerate mix.

Nutrition facts

Servings per recipe: 5 cups

Serving size 1 cup

Calories per serving: 364

Total fat: 9.6g

PUDDING

2 cups magic mix
2 cups water

1/2 cup sugar
1 tsp vanilla

1. Stir magic mix, sugar and water together in a small pan.
2. Cook over medium heat until thick. Stir often.
3. Remove from heat. Stir in vanilla
4. Cool in refrigerator to thicken pudding. Cover pudding to prevent milk skin from forming.

Serving = 1/2 cup

Calories—279

Fat: 4.8g

MAGIC SOUP MIX

2 cups Magic mix
4 cups water

1 cube bouillon (low sodium)
1 to 1 1/2 cup vegetables

1/4 cup chopped onion

1. Put magic mix, water, chopped onion, bouillon or other seasoning in pan.
2. Stir over medium heat until thick.
3. Add vegetables and continue cooking about 5 minutes until vegetables are done. Stir often.

Serving—1 cup

Calories—198

Fat—

WHITE SAUCE

1 cup Magic Mix

1 cup water

1. Put Magic mix and water in pan.
2. Stir over medium heat until sauce is thick and bubbly.

Nutrition facts

Servings per recipe: 1 cup

Calories per serving: 364

Serving size 1 cup

Total fat: 9.6g

CHEESE SAUCE

2/3 Cup Magic mix

1 cup water

1/4 cup grated cheese

1. Stir Magic mix and water in pan. Use medium heat.
2. Cook until thick and bubbly. Stir often
3. Slowly stir in grated cheese until cheese melt
4. Serve over cooked vegetables. Try using over broccoli and cauliflower.

Serving = 1/4 cup

Calories—89

3.9g fat

NACHO SAUCE

1 cup Magic mix

1/4 cup grated cheese

1 cup water

1 tsp chili powder

1/2 tsp cumin

1. Place magic mix and water in saucepan.
2. Stir over medium heat until thick and bubbly.
3. Slowly stir in cheese, chili powder and cumin. Stir until cheese melts.
4. Serve over baked tortilla chips.

Serving—1/4 cup

Calories—119

Fat—5g

BANANA-STRAWBERRY SMOOTHIE

1 medium fresh banana, peeled
1 cup frozen, unsweetened strawberries
1 cup skim milk
1-2 individual packets of Splenda (optional)

1. In a blender container, combine the peeled banana, strawberries, and milk
2. Blend on medium speed until the strawberries are completely pureed and the shake is smooth
3. May sweeten with Splenda if desired
4. Serve immediately.

Nutrition facts

Servings per recipe: 2	Sodium: 65 mg
Serving size 1/2 of recipe	Total Carbohydrates: 26g
Calories per serving: 120	Dietary fiber: 2g
Total fat: 1g	Protein: 5g
Cholesterol: <5mg	
DV Vit A: 0%	DV Calcium: 15%
DV Vit C: 30%	DV Iron: 0%

BLUES BUSTER SMOOTHIE

6 oz. low-fat/fat free blueberry yogurt
1/3 cup fresh or frozen blueberries
5-6 ice cubes
1/2 cup apple juice
1/3 cup fresh or frozen peaches, sliced

1. Blend all ingredients with ice (amount of ice will vary depending on desired consistency)
2. Pour into chilled glass.

Nutrition facts

Servings per recipe: 3	Sodium: 40 mg
Serving 3/4 cup	Total Carbohydrates: 15g
Calories per serving: 70	Dietary fiber: <1g
Total fat: 0g	Protein: 2g
Cholesterol: 0mg	
DV Vit A: 10%	DV Calcium: 6%
DV Vit C: 50%	DV Iron: 0%



Source: "A-gi-yo-si (ha), A cookbook from Your Cherokee Nation Dietitians.

Grains



GRAINS AND OTHER CARBOHYDRATES

We get our carbohydrates, a needed nutrient, from plants such as fruits, vegetables and grains. Carbohydrates are classified as simple or complex. Simple carbohydrates contain 1 or 2 molecules and complex carbohydrates contain hundreds or thousands.

Why do we need carbohydrates?

- ***Carbohydrates provide energy.*** The brain and red blood cells primarily rely on sugars broken down from carbohydrates for energy.
- ***Low Carbohydrates can cause Ketoacidosis***—this results in high levels of acid in the blood from the body using primarily fat and protein for energy. This also may happen to people with untreated/uncontrolled diabetes which can lead to coma or even death.
- ***Carbohydrates spare protein*** . Your body will make its own fuel from protein if it does not get enough carbohydrates. It will use proteins/amino acids from the blood, muscles, kidneys, heart, and liver to make fuel. This damage can be serious and irreversible.
- ***Carbohydrates for healthy weight***—low carb diets advertise that carbs make you gain weight, however, carbohydrates contain 4 kcal per gram versus fats that contain 9 kcal per gram... Therefore, carbohydrates are half as “fattening” as fats. Eating carbohydrates that are high in fiber has been shown to reduce the risks for obesity. Not all carbohydrates are bad.
- ***Fiber from carbohydrates help us stay healthy***—Fiber in complex carbs may not be very easily or not at all digestible by humans, but it helps us prevent digestive and chronic diseases: reduce the risk of colon cancer, helps prevent hemorrhoids, constipation. Reduces the risk for diverticulosis, reduces the risk of heart disease by blocking some of the absorption of cholesterol, makes us feel fuller so can aid in weight loss, can help lower the risk for diabetes 2 by slowing digestion and slowing the release of glucose into the blood to help the pancreas regulate insulin.

How much carbohydrates should we eat?

Recommended for adults 19+ is 130grams/day. The general range is to distribute 45-65% of your daily calorie intake as carbohydrates.

Sugars—too much consumption!

Most of us average 50% of our diet intake as carbohydrates and almost half of that is from sugars. Some sugars occur naturally as in milk and fruits, but others are added to products even those such as peanut butter and canned soups. Added sugar is the problem we have in America. The common source is sweetened drinks...we drink an average of 40 gallons per year per person! That means that in a year of sweetened drinks we consume 267 cups of sugar.

You can check the ingredient list on the package to see what sugars are added. Some may be naturally occurring such as lactose, fructose and others. Look for added sugars for example as corn syrup and cane sugar, for the added sugars. (Thompson & Manore, 2012)

GRAINS AND OTHER CARBOHYDRATES

What are grains and cereals? Breads, cereal, rice and pasta.

- Brown bread—may or may not use whole grain flour but may be made with food coloring to add the brown color.
- Enriched (fortified)- Nutrients have been stripped in the processing of the grain and then added back into the food to add some nutrition...(fortified means that the grain didn't originally have that nutrient).
- Refined grain—Removes the courser part. Refined sugar is made from removing the outside of the beet and refined wheat is removing the outside of the grain and only using the inside.
- Stone ground—ground during the milling process with limestone is used to grind any grain.
- Unbleached flour—flour that is refined by not bleached.
- White flour—Flour made from wheat, white flour, unbleached flour, and whole wheat flour.
- Whole-grain flour—A grain that is not refined. Whole grains are milled in their whole form and just the husk removed.
- Whole wheat flour—an unrefined whole grain flour made from whole wheat kernels.

(Thompson & Manore, 2012)

Pasta is low in fat and calories

Pasta is a low fat choice

Noodles, macaroni and spaghetti are low in fat and calories. Butter, margarine, mayonnaise, cheese and other white sauces are high in fat!



3/4 cup macaroni, plain

148 calories
0.7 grams of fat
4% of calories from fat



3/4 cup macaroni and cheese

323 calories
16.7 grams of fat
47% calories from fat

A serving is 3/4 cup. Cheese and white sauce are high in fat. Use small amounts.

Tomato sauce is low in fat! Use tomato sauce to keep pasta low fat!

Keep macaroni salads low fat.

Try mixing one-half nonfat yogurt and one-half lowfat mayonnaise as a dressing.



Source: "Honor the Gift of Food", Portland Area HIS Diabetes Program, 2010

Cooking rice

Basic directions for cooking rice

makes two cups of rice

	water	rice	cooking time
brown rice	2 ½ cups	1 cup	45-55 minutes
white rice long and short grain	2 cups	1 cup	15-25 minutes
instant rice	2 cups	1 cup	5-10 minutes

To cook rice

Measure and pour water into saucepan. Bring to a boil.

Stir in rice. Bring water back to a boil.

Cover pan and turn heat to lowest setting.

Cook until water is gone and rice is tender (see cooking times above).



Rice cooking tips

- Rice doubles when cooked. 1 pound makes 5 cups of cooked rice.
- To keep water from foaming, add a small amount of oil. The oil will also help keep rice from sticking!
- Rapid boiling and stirring rice while cooking makes rice gummy!
- Soak rice pans in water for easy cleanup.

Source: "Honor the Gift of Food", Portland Area HIS Diabetes Program, 2010

BAKING WITH BAKING MIX

Commodity flour—You can order enriched all purpose flour.

Baking

- When measuring for baking recipes, scoop flour loosely packed. Tightly packed measuring can cause the recipe to vary.
- Pre-heat oven for 5-10 minutes.
- When using a glass baking dish, lower the oven temperature by 25 degrees.

BAKING MIX

4 Cups all purpose flour	1/4 Cup baking powder
4 Cups whole wheat flour	1 tsp salt
1 1/3 Cup nonfat dry milk	

1. Mix flour milk, baking powder and salt together.
 2. Put mix in a jar or container with a tight fitting lid
 3. Label jar/container with the name “Baking Mix” and the date it was made
 4. Store in a closed container at room temperature. Stir mix before using
 5. Makes 9 cups of Baking Mix.
- (You add the oil when you make a recipe).

MUFFINS

3 Cups Baking Mix	3 Tablespoons Oil
3 Tablespoons sugar	1 egg
1 Cup Water	Optional: fruit, nuts, raisins

1. Pre-heat oven to 425 degrees
2. Lightly grease or spray muffin pan or use paper liners
3. Stir baking mix and sugar together in a bowl
4. In another bowl, beat the egg, oil and water until foamy
5. Stir egg mixture into the dry mixture until just blended. Batter will look lumpy. Do not over stir.

CORNBREAD

1 cup baking mix	1 cup water
1 cup cornmeal	2 Tablespoons oil
2 Tablespoons sugar	1 egg

1. Pre-heat oven to 400 degrees.
2. Lightly grease or spray 9 inch square baking pan.
3. Stir baking mix, corn meal and sugar together in a bowl
4. In another bowl, beat egg, oil and water until foamy
5. Stir egg mixture into dry mix until just blended. Over stirring may cause the cornbread to be tough
6. Pour batter into pan
7. Place in oven and bake for about 30 minutes. Bread is done when it springs back from light touch. Let cool. To serve, cut cornbread into 9 servings.

9-servings

148 calories

4 g fat

Source: “Honor the Gift of Food”, Portland Area HIS Diabetes Program, 2010

BISCUITS

2 Cups Baking Mix
1/2 Cup Water

2-3 Tablespoons Oil

1. Pre-heat oven to 400° F.
2. Measure baking mix into a bowl.
3. Add water and oil.
4. Stir mixture about 20 times or until blended.
5. Turn dough onto lightly floured board or table top.
6. Knead about 15-20 strokes.
7. Roll or pat to about 3/4 inch thickness.
8. Cut with floured cutter or cut squares with a knife.
9. Bake on ungreased pan for 12-15 minutes.

Makes 10 biscuits. 1=1 serving
107 calories
3 g fat

PANCAKES

2 cup baking mix
2 Tablespoons oil

1 cup water
2 eggs

1. Break eggs into a large bowl.
2. Beat eggs with fork until well blended.
3. Add baking mix, oil and water to bowl.
4. Stir until dry ingredients are moist. Batter will look lumpy.
5. Drop batter by spoonful's onto a hot, oiled skillet. To test if skillet is hot, sprinkle a few drops of water onto skillet. The water drops will hop across the skillet.
6. Cook pancakes slowly until the surface is covered with bubbles.
7. Turn pancake over when bubbles start popping. Cook until second side is browned.

12 pancakes—12 servings
101 calories
3.4 g fat



Source: "Honor the Gift of Food", Portland Area HIS Diabetes Program, 2010

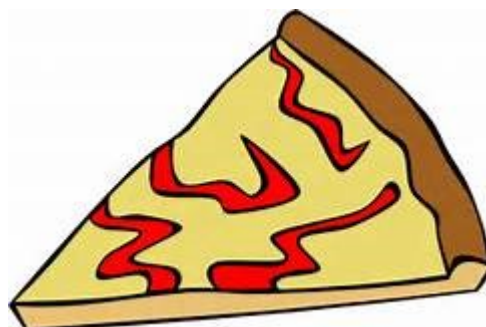
PIZZA CRUST

2 Cups Baking Mix
1/2 Cup Water

2 Tablespoons Oil

1. Pre-heat oven to 425° F.
2. Measure baking mix into bowl. Add water and oil
3. Stir to form soft dough
4. Turn dough out onto floured board or table top
5. Knead 5-6 times
6. Spread dough on a baking sheet. Turn edges up
7. Select toppings and bake as directed.

1/6 of a pizza = 1 serving
178 calories
5 g fat



TACO PIZZA

1/2 lb lean ground beef or ground turkey
1/2 cup water
1 package taco seasoning mix
2 cups lettuce, chopped
Pizza dough recipe

1 can (16 oz.) refried beans
1/2 onion, chopped
1/2 cup low-fat cheese, shredded
1 medium tomato, chopped

1. Pre-heat oven to 425° F
2. Make pizza dough. Spread on baking sheet. Set aside
3. Chop raw vegetables: onion, lettuce, and tomato. Shred cheese. Set aside
4. Brown ground meat in a skillet. Drain off all fat. Rinse
5. Add water, seasoning mix and beans to meat. Heat until hot
6. Spread meat and bean mixture onto pizza dough
7. Add onion and cheese. Bake pizza about 20 minutes until edges are brown
8. Sprinkle lettuce and tomatoes on pizza. Serve right away.

1/6 pizza = 1 serving
392 calories
14.4 g fat

Add your own version by selecting tomato slices, green peppers, onion, mushrooms, pineapple chunks. Keep it lower fat by selecting lean meats: ground turkey, lean ham, Canadian bacon. High fats are found in toppings such as: sausage, pepperoni, ground beef, and bacon.

PUMPKIN MUFFINS

1 Cup pumpkin
2/3 cup non-fat dry milk powder
1 tsp cinnamon
1/2 cup grated carrots
1 tsp baking soda

2 eggs, beaten
2 tsp. pumpkin pie spice
6 packages Splenda/sugar substitute
5 Tablespoons flour
1 tsp vanilla

1. Pre-heat oven to 350° F.
2. Spray a 12 cup muffin pan or use cupcake liners
3. Combine dry ingredients into a large bowl
4. Add eggs and vanilla, stir
5. Add pumpkin, raisins, and carrots, mix well
6. Drop by spoonful to make 12 equal muffins
7. Bake for 15 minutes
8. Freezes well.

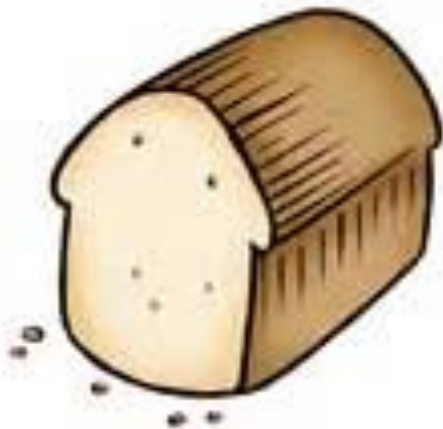
DIABETIC BANANA BREAD

1 cup Splenda
1 egg
2 cups flour
4 Tablespoons milk
3/4 tsp. vinegar

1/3 cup margarine
2 egg whites
1 tsp baking soda
3 ripe banana, mashed

1. Pre-heat oven to 350° F
2. Lightly grease or spray 9x5 loaf pan
3. Blend Splenda and margarine together in bowl until well blended
4. Add eggs and mix well
5. Sift flour and soda into bowl and stir
6. Mix milk and vinegar together in a small bowl, then add to mixture
7. Fold in bananas
8. Bake 1 hour until golden brown. Cool and slice into 20 slices.

20-servings
108 calories
3.6 g fat



LOW FAT INDIAN TACOS

Skillet Bread (recipe below)

3 cups pinto beans (canned)

1 can chopped tomatoes

1 tsp chili powder

3 cups lettuce, chopped

1/2 medium onion, chopped

Fat-free sour cream

12 oz. lean ground beef or ground turkey, cooked

1 tsp cumin

1 medium tomato, chopped

3 oz. shredded lower fat cheese

Salsa

1. Cook ground beef, drain oil and rinse
2. Drain and rinse beans, add to beef in a large saucepan
3. Add tomatoes and spices, heat to bubbly stirring occasionally
4. Place skillet bread piece on dish and top with chili, lettuce, tomatoes, cheese, onion
5. Garnish with salsa and sour cream on the side.

SKILLET BREAD

2 cups flour

1/2 tsp salt

2 tablespoons nonfat dry milk

3/4 plus 2 tablespoons warm water

1 tablespoon baking powder

1 tsp sugar

1 tablespoon oil

1. Mix the dry ingredients
2. Add water and oil. Stir until soft dough forms
3. Form the dough into 8 balls
4. Flatten each ball to 1/4 inch thick and 4-5 inches across
5. Spray griddle or skillet with non stick cooking spray or wipe lightly with oil
6. Preheat on medium heat. 350 degrees, if using electric skillet
7. Cook breads on hot griddle until lightly browned
8. Turn skillet bread to brown other side. Serve.

8-servings

246 calories

2 g fat

CHEESY GARLIC BISCUITS

2 cups bakery mix
1/2 cup cheese, shredded
1/2 tsp garlic powder

2/3 cup skim milk
2 tablespoons buttery spread, melted
1/2 tsp parsley flakes

Mix baker mix, milk and cheese to form a soft dough. Drop by spoonful onto ungreased cookie sheet. Bake 8-10 minutes until golden brown in a pre-heated 350° F oven. Brush melted buttery spread mixed with garlic powder and parsley flakes over warm biscuits.

Makes 8 servings
1 serving=1 biscuit
Calories—170
Cholesterol: 10mg
Carbohydrate-23 g
Protein—6 g

Fat—5 g
Sodium—570mg
dietary fiber—0g

CORNBREAD DRESSING

1 Recipe cornbread (following)
2 tsp poultry seasoning
1 tsp pepper
1 medium onion, chopped
1-10.5 oz can low fat cream of chicken soup
1 egg white

2 tsp ground sage
1/2 tsp salt
2 Tablespoon light margarine
1 cup celery, chopped
1 whole egg
3-15oz can chicken broth

Prepare cornbread the day before

Pre-heat oven to 400° F. Crumble cooled cornbread into large bowl. Add sage, poultry seasoning, salt and pepper to crumbled cornbread and stir well. Melt light margarine in skillet and add chopped onion and celery. Sauté vegetables until onion is translucent, then add vegetables to the bowl of cornbread. Add cream of chicken soup, whole egg, egg white, and broth to cornbread mixture and combine well. Mixture should be slightly soupy. Spray 9x13 and 8x8 pans with non-stick cooking spray and pour mixture into pans. Bake 400° F oven for about 45 minutes, or until set and golden brown.

24-servings
80 calories
Saturated Fat: 0.5g
Sodium: 490mg
Protein: 3g

Serving size=1/2 cup
Total Fat: 3 g
Cholesterol: 10mg
Carbohydrates: 11g

CORNBREAD

2 Cups cornmeal
1/2 tsp baking soda
2 egg whites
1 cup low-fat milk (or buttermilk)

3 tsp baking powder
1/2 tsp salt
2 Tablespoon canola oil

Preheat oven to 425° F. Combine cornmeal, baking powder, baking soda, and salt in a large bowl. Combine egg whites, oil, and milk in a small bowl. Add wet ingredients to dry ingredients and combine. Spray 9x13 baking pan with non-stick spray and pour batter into pan. Bake for about 15-20 minutes or until golden brown.

Servings—24
Calories per serving-60

Serving size—2x2 inch square
Total fat-1.5 g

Source: "A-gi-yo-si (ha), A cookbook from Your Cherokee Nation Dietitians.

MY NATIVE PLATE

An Easy Way to Help Your Family Know How Much to Eat

Helping your family eat
in a healthy way is EASY!

Remember these 3 steps:

1. Use a 9-inch plate or 9-inch area of a larger plate.
2. Divide into quarters.
3. Stack food no higher than 1-1 and a half inches.

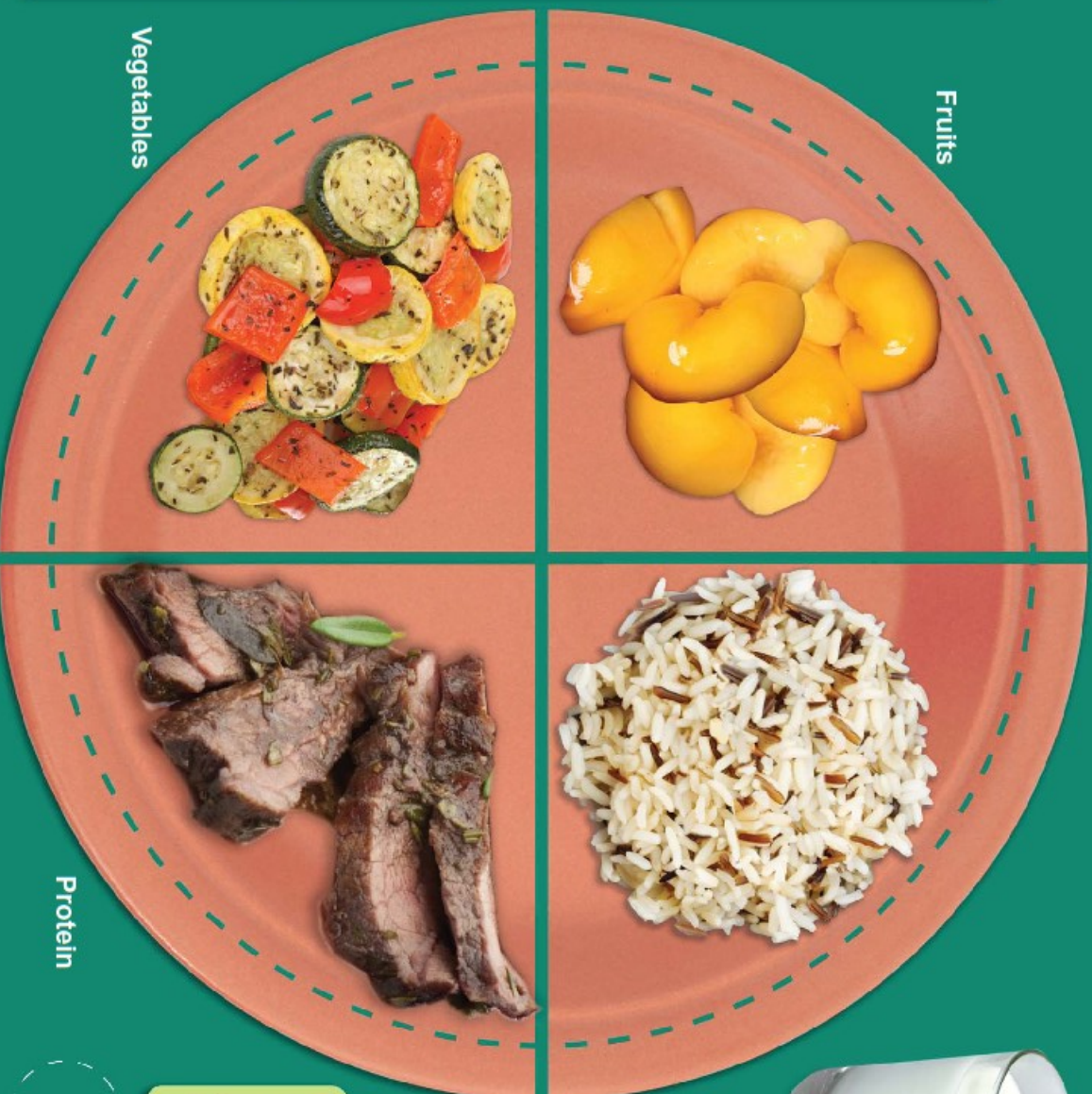
Pictured Here

- Canned peaches, no syrup
- Baked squash and peppers
- Steamed white and brown rice
- Baked deer meat with garlic
- Low-fat, nonfat, lactose-free or soy milk

Printed Placemats

Large, full-color, printed placemats will be available by fall 2012 at www.diabetes.jhs.gov, click on "Online Catalog." There is no charge for placemats or shipping.

Produced by: Indian Health Service, Division of Diabetes Treatment and Prevention, and based on the USDA My Plate. For more information, go to www.ChooseMyPlate.gov



Fruits

Grains/
Starch

Dairy

Vegetables

Protein

- Remember:**
1. Use a 9-inch plate or 9-inch area of a larger plate.
 2. Divide into quarters.
 3. Stack food no higher than 1-1 and a half inches.



References

- Cherokee Nation Diabetes Program. *A-Gi-Yo-Si-(Ha); I'm hungry*. 2007. Cherokee Nation, Tahlequah, OK.
- Chickasaw Nation Food Distribution Program. *Recipes wrapped with love*. 2011. Chickasaw Nation, OK.
- My Native Plate. Retrieved from www.choosemyplate.gov
- Portland Area Diabetes Program. *Honor the Gift of Food*. 2010. Indian Health Service, Albuquerque, NM.
- Thompson, Janice; Manore, Melinda. *Nutrition; an applied approach*. 3rd edition. 2012. Pearson Education Inc. San Francisco, CA.