

The
NUU-CHAH-NULTH
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*Healthy Eating on a Budget Cookbook For
Diabetes & Diabetes Prevention*



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This recipe booklet was created to share healthy recipes that are helpful for supporting or preventing diabetes. This booklet also works to address the increased cost that is often associated with healthy eating, offering lower-cost ingredients and substitutions.

Recipes are borrowed from some favourite Indigenous cookbooks, resources, and websites. Some recipes are also shared by community members and NTC Dietitian. Thank you to Samantha Touchie of Yuułuʔilʔath Nation and her teachers for sharing the included Nuu-Chah-Nulth language. The recipe book is always open to more contributions and can be updated at any time. All the recipes have been trialed and tested, so they are guaranteed to taste delicious!

Kleco Kleco and ʔuušyakšiʔeʔic to all who contributed.

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DIABETES

Rates of type 2 diabetes are higher in Indigenous populations across the country. The statistics show 11% of First Nations people living on reserve in modern-day Vancouver Island reported a diagnosis of diabetes, compared to 9% for non-Indigenous people.

As recently as the 1940s, type 2 diabetes was uncommon in our people. **Our people were strong and healthy.** In less than 100 years, our diet has shifted, as well as our lifestyle.

Type 2 diabetes, like many other chronic conditions, is **strongly linked to chronic stress.** The combination of this with a decreased **access to quality and traditional foods**, as well as a **decrease in physical activity** levels, has led to higher rates of diabetes in Indigenous populations across the country.

"Diabetes is strongly linked to chronic stress"

While it is not possible to eat and live just as our ancestors did, if we begin to **shift our diet away from the highly processed carbohydrates** and seek guidance from our culture to help manage the pressures of modern life, we can **begin the healing process and reduce the burden of diabetes.**

We can't do it alone, and we shouldn't have to. **Ask for help and support** from family, friends, and health care professionals. This resource can be used as a tool to help inspire change, but it is important to acknowledge the complexity of diabetes - food is just one part - though an important part - of diabetes management.

Tips for Nourishing Your **MIND BODY SPIRIT**

Food is Medicine

- Fuel yourself regularly. Eat regular meals for stable blood sugar levels.
- Listen to your hunger cues - eat when you are hungry, stop when you are full.
- Turn off your TV, computer or cell phone and enjoy meals with family and friends.

Eat Colourful Foods

- Eat foods close to their natural form and in a variety of colours.
- Eat fruits or vegetables at every meal. Enjoy ancestral foods.

Include Protein Foods

- At meals and snacks try to include seafood, meats, peanut butter, eggs, beans, nuts, seeds, cheese or plain yogurt. These foods help to stabilize blood sugar levels.

Drink More Water

- Hydrate and clean your body out with water and herbal teas. Flavour unsweetened water with sliced lemon, lime, cucumber, berries and more.

Flavour Foods with Herbs and Seasoning

- To decrease the amount of salt you consume, try flavouring your fresh foods with pepper, chilli powder, cinnamon, Italian seasoning, ginger, garlic or onion powder.
- Check the label for low sodium in canned goods and choose foods with less than 15% Daily Value (D.V.)

Eat More Healthy Fats

- You'll find healthy fats in fish (e.g. salmon, trout, oolichans and sardines), seafood, unsalted nuts and seeds, avocado, peanut butter, flax and hemp seeds and olive oil.

Eat Less Unhealthy Fats

- Unhealthy fats are found in processed foods, fried foods, snack foods (microwave popcorn, chips), fast foods, dressings, sauces, desserts, doughnuts, red meats, sausages and bacon.

Limit Added Sugars

- Limit sugar, candy, pop, sugary drinks, juice, sugary cereals, desserts and alcohol.
- Whole fruit is always a better choice than juice.

Be Active, Sleep Well and Be Smoke-Free

- Find something active that is fun and that you enjoy. Aim to move for seven hours per week, or one hour over the course of a day.
- Make sleep a priority and take steps to let your body, mind and spirit recharge.
- Be smoke-free!

Healthy Eating For

DIABETES PREVENTION

EAT MOSTLY THIS

Fruit	Vegetables
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- Berries
- Apples
- Peaches
- Plums
- Cherries
- Melon
- Banana
- Nectarines
- Pear
- Pineapple
- Oranges
- Crab Apples
- Cauliflower
- Broccoli
- Carrot
- Mushroom
- Kale & Spinach
- Onion
- Garlic & Ginger
- Cucumber
- Tomato
- Peppers
- Cabbage
- Seaweed

HAVE LESS OF THIS

Processed Foods

- Bacon or Sausage
- Bologna & Weiners
- Butter & Margarine
- Cake, Pastries, Donuts, Cookies
- Cheese
- Chinese Noodles
- Chips
- Chocolate Bars
- Cream & Creamer
- Deli Meats
- Fast Foods
- French Fries
- Fried Bread
- Fried Fish
- Hash Browns
- Ice Cream
- Kraft Dinner®
- Mr. Noodle®
- Pizza
- Refined Flour (white bread)
- Refined Vegetable Oils

Starches

Proteins

- Brown Rice
- Wild Rice
- Whole-Grain Bread
- Sweet Potato
- Yam
- Corn
- High-fibre Pasta
- Barley
- Oatmeal
- Steel-Cut Oats
- Potato with Skin
- Quinoa
- Salmon
- Halibut
- Mussels, Clams, Oysters, Urchins
- Crab & Prawns
- Oolichans or Sardines
- Eggs
- Peanut Butter
- Nuts & Seeds
- Lentils & Beans
- Chicken & Lean Meat

Sugary Drinks

- Soda or Pop
- Energy Drinks
- Vitamin Water
- Specialty Coffee
- Sports Drinks
- Slurpee's®
- Juice & Crystals
- Iced Tea

AVOID LIQUID SUGARS FOR DIABETES PREVENTION.

DRINK MORE OF THIS

Water, Herbal Teas, Soda Water, Lemon Water

Healthy Eating For **DIABETES SUPPORT**

BE MINDFUL OF CARBOHYDRATE PORTIONS

Carbohydrates all break down into sugar. Our bodies use this sugar for energy but too much can make our blood sugars go high. High blood sugars can lead to health complications including heart disease, blindness, nerve damage and kidney damage.

Carbohydrates are found in:

- Grains: bread, rice, cereals, pasta, oats
- Starchy Vegetables: potato, sweet potato, corn, legumes (beans, lentils)
- Fruit and Juice
- Dairy: milk, yogurt, ice cream
- Sweets: chumas, baked goods, soda

At meals, aim for no more than 'fist' size of rice, potato or pasta for good blood sugars.

CHOOSE THE BEST CARBOHYDRATE

Some carbohydrates break down more slowly into sugar and these are better for diabetes. Limit juice and soda as these spike blood sugars quickly. Better choices include:

- Grains: oatmeal, quinoa, barley, wild rice, brown rice
- Starchy Vegetables: sweet potato, yam, legumes (kidney beans), white potato with skin
- Fruit: berries, apples

INCLUDE PROTEIN AND FIBRE AT EACH MEAL

Protein and fibre do not break down into sugar. Foods that are high in these sit in your stomach for longer and slow the breakdown of carbohydrates into sugar, leading to more stable blood sugars after meals. Include one of these foods at each meal:

- Protein: fish, meat, eggs, beans, nuts, peanut butter, seeds
- Fibre: vegetables (broccoli, cauliflower, green beans, carrot, peas, mushroom, onion, bok choy, cabbage, celery, peppers, cucumber, lettuce, spinach, tomato, zucchini)

Reading Labels & NUTRITION INFORMATION

Understanding food labels can help us make better choices when we are grocery shopping. The label breaks down the number of calories, carbohydrates, fat, fibre, protein, and vitamins per serving of the food, making it easier to compare the nutrition of similar products.



1) Check the **Serving size** first. All the numbers on this label are for a 2/3-cup serving.

2) This package has 8 servings. If you eat the whole thing, you are eating **8 times the amount of calories, carbs, fat, etc.**, shown on the label.

3) **Total Carbohydrate** shows you types of carbs in the food, including sugar and fibre.

4) Choose foods with **more fibre, vitamins, and minerals**.

5) Choose foods with **lower calories, saturated fat, sodium, and added sugars**. Avoid trans fat.

In general, **eat more foods that are higher in vitamins, minerals** (such as calcium and iron), and fibre. Eat **fewer foods that are higher in added sugars, saturated fat, and sodium** (salt), and avoid trans fat. The **% Daily Value of each nutrient is based on eating 2,000 calories a day** which differs for individuals depending on age, gender, activity level, current weight, and whether the goal is weight loss or weight gain.

Reading Labels &

NUTRITION INFORMATION

Carbohydrate and protein needs vary based on age, activity level, current weight, and weight goals. In general people **living with diabetes should aim for smaller portions of carbohydrates and fill up on quality protein at meals**. Here are some tips on how to understand the nutrition information provided at the bottom of each recipe.

UNDERSTANDING CARBOHYDRATES

Carbohydrates will all eventually break down into sugar. Our body uses this sugar for energy, but too much is not good. '**Total Carbohydrate**' is **Starch + Sugar + Fibre**. The **fibre portion does NOT break down into sugar**. Therefore when looking at the '**Carbs**' always subtract the '**Fibre**' to get that actual (or net) amount of carbohydrates. For this *Peanut Butter Banana Smoothie* (see recipe):

Cal: 345 Fat: 26g S.Fat: 3.4g Carbs: 37g Fibre: 18g Sugar: 10g Protein: 18g
Sodium: 350mg Potassium: 1162mg Calcium: 53% Iron: 19% Zinc: 8%

Carbs is 37 grams and **Fibre** is 18 grams. The actual (or net) amount of carbohydrates is **37 grams - 18 grams = 19 grams of carbohydrates**.

For many people living with diabetes, aiming for a similar amount of carbohydrates at each meal can help with blood sugar levels especially if you are on insulin.

Remember - the more fibre the better. Not only does it 'decrease' the amount of 'actual or net' carbs, but it also slows down the breakdown of those carbs into sugar, feeds our beneficial gut bacteria, and helps us feel full.

UNDERSTANDING PROTEIN

Protein foods do not break down into sugar, and if they are eaten with a carbohydrate food can help decrease the spike in blood sugars from the carbohydrates. A good idea is to try to pair a protein with a carbohydrate at every meal and snack. Good sources include nuts, seeds, peanut butter, lean meat, fish, seafood, beans (lentils, kidney beans, chickpeas). Many protein foods also contain healthy fats such as nuts and fish.

Healthy Eating On A Budget

STOCK PANTRY ITEMS



Stock Pantry Items For Healthy Eating On A Budget

IN THE FRIDGE

Milk or Milk Alternative

For those who are lactose intolerant, options are lactose-free milk or a milk alternative. Milk alternatives are not suitable for children under the age of 2. Choose a milk alternative that is unsweetened, and fortified with calcium, vitamin D and B12.

Eggs

Eggs are a great source of protein and fat soluble vitamins. In Canada we need to store our eggs in the fridge because the outer protector cuticle has been washed off. Eggs contain choline which very is important during pregnancy.

Mustard

Mustard is an easy way to add flavour to a meal. Mustard goes great in salad dressings or used in wraps, sandwiches and burgers for flavour without the extra calories. See Best Salad Dressing recipe, or add it to Salmon and Potato Cakes recipe.

Flaxseeds

Flaxseeds are helpful to have on hand to add to smoothies, oatmeal, or they can be used in place of eggs in recipes. Flaxseeds contain ALA omega-3 fatty acid which can turn into the healthy fat that we also get from fish. They need to ground before use, and refrigerated because they are sensitive to heat.

Yogurt

Plain yogurt can be a good way to add protein to a meal and can be used as a replacement for sour cream. Those who are lactose intolerant can usually tolerate yogurt.

Nuts & Seeds

Nuts and seeds generally should be kept in the fridge to extend their shelf life as many are light and heat sensitive. Nuts and seeds are high in protein (especially hemp), antioxidants, and minerals. Try adding to mush, smoothies or salads.

Stock Pantry Items For Healthy Eating On A Budget

IN THE FREEZER

Edamame Beans

Frozen shelled edamame beans are helpful on hand to have as a quick source of protein to add to your salad, stir-frys' or soups. Edamame beans in the pod are great for a healthy high protein snack on the go.

Peas

Frozen peas are a quick easy way to add some greens and fibre to a dish. Try adding to your stir-fry's, soups, or rice-based dishes (see Smoked Fish and Rice Casserole).

Berries

Stock up in the summer! Berries are the lowest in sugar of all the fruit and very high in fibre. Use them in smoothies, on mush or yogurt, or as a healthy snack on their own.

Browning Bananas

Bananas are a great natural sweetener. It's helpful to have frozen banana for smoothies and dairy free 'ice cream'. Peel and pre-slice browning bananas prior to freezing.

Leftover Bread

Slice and freeze bread so you can have it on hand when needed. Choose whole-grain bread when possible, the fibre helps you stay full for longer, and stabilizes blood sugars. For homemade bread try adding seeds or whole-wheat flour.

Mixed Frozen Veg

Keep a few packs of frozen veg in your freezer to use as needed. Have them on their own as a side to meat or fish, or add them to a shepherd's pie, stew, macaroni and cheese, fried rice, or noodle soup.

Leftover Greens

Don't let wilted spinach or kale go to waste. Freeze it in ziplock bags to use in smoothies. Simply add 1 handful of greens to your next smoothie. Broccoli also works.

Meat and Fish

Choose lean meats and fatty fish in different forms. Wild meat has less fat and more iron than store-bought.

Stock Pantry Items For Healthy Eating On A Budget

ON THE COUNTER

Sweet Potato

A low GI vegetable meaning it breaks down into sugar more slowly than regular white potato. It is high in antioxidants and tastes great roasted or baked. See recipe for 1 Pan Roasted Vegetable Dinner or Roasted Sweet Potato Sides.

Citrus Fruit

All citrus fruit is high in Vitamin C which can help our bodies absorb iron from non-meat sources when they are eaten in the same meal. Add some lemon to a lentil stew, some orange to a bean salad, or make a nettle pesto with lemon.

Banana

Fresh bananas are inexpensive and a great natural sweetener. Add sliced bananas to your peanut butter toast in place of jam or use them in smoothies for some sweetness and thickness. Freeze leftover bananas for Banana 'Ice Cream' - see recipe.

Garlic & Onions

Essentials in many recipes. Onion and garlic not only add depth of flavour to a dish, they are also two of the best sources of prebiotic fibre, an important component in gut health. Prebiotic fibres feed the probiotic or 'good' bacteria.

Apples

A versatile fruit with a relatively low GI, meaning they break down into sugar more slowly. Use apples as a quick snack with some peanut butter, or make a healthy Fruit Crisp for dessert - see recipe.

Whole-Grain Bread

Whole-grain bread breaks down into sugar more slowly than white bread so is better for blood sugar levels. The fibre also keeps us more full and can be important for weight management. *If you make your own bread try using whole-wheat flour, or adding psyllium husks or flaxseeds to boost the fibre.*

Stock Pantry Items For Healthy Eating On A Budget

IN THE PANTRY

Peanut Butter

Offering a good dose of protein and healthy fats, peanut butter is great with fruit (on apples), added to smoothies, made into energy balls, or baked into healthy cookies. Choose natural when possible to avoid omega-6 rich oils (cottonseed, soybean), added sugar and salt.

Oats

Traditional oats are a great replacement to cereal, as they are low GI meaning they won't spike blood sugars as much, and will keep you fuller for longer. Steel-cut oats are even better, as they take your body longer to break down. Instant oats are digested more quickly, so you may be hungrier earlier. Have with protein for stable blood sugars.

Brown Rice

Another low GI carbohydrate which stabilizes blood sugars. Higher in fibre than regular white rice so will keep you fuller for longer and has more vitamins and minerals.

Canned Beans

Have on hand for a quick easy protein source. High in fibre, so will keep you full, as well as vitamins and minerals including iron. Add beans to salads, stews, soups and chilli. Drain well before using to decrease the salt or sodium.

Dry Lentils

A cheap and healthy protein food. Add red lentils to soup, they break apart and add a thicker texture. Add green lentils to a mince meat dish (see Shepherds Pie recipe) to halve the amount of meat.

Canned Tomatoes

Useful to have on hand for a quick soup. Simply saute onion, garlic, add canned tomato, vegetable stock, lentils and desired veg and there you have it for a simple soup. Try adding some Italian herbs.

Honey

A great natural sweetener that can be used in tea, mush or baking.

OILS & SAUCES

Extra-Virgin Olive Oil

Good quality extra-virgin olive oil is a favourite for its high mono-unsaturated fat content and is linked to many of the positive outcomes of the Mediterranean Diet. Use in salad dressings, to sauté vegetables over medium heat, and to finish dishes including vegetables or hummus.

Avocado Oil

A very high smoke point (higher than vegetable oil or canola oil) and can be used for just about anything.

Limit Vegetable Oils

Vegetable oil is a blend of different types of oil; canola, coconut, corn, cottonseed, olive, palm, palm-kernel, peanut, safflower, soybean, and sunflower. Many of these oils are high in omega-6 fatty acids, which if we have too much of can block the action of healthy heart protective omega-3 fatty acids which we get from fish.

Apple Cider Vinegar

Unpasteurized apple cider vinegar can contain helpful 'live active cultures' or beneficial bacteria for gut health. Look for one with the cloudy 'mother' at the bottom of the bottle. Use in salad dressings.

Balsamic Vinegar

A rich and intense flavour that adds a punch to salads. Acidity can help lower the blood sugar spike after a meal. Use to make salad dressings.

Soy Sauce

Made of fermented soybeans, it is great in dressings, stir-fry's, and meatloaves. Most soy sauces have wheat in them, so if you have a gluten sensitivity be sure to look for the naturally fermented, gluten-free varieties. Don't have too much as it is also high in sodium or salt.

Hot Sauce

A great, low calorie way to flavour foods from breakfast to dinner.

Stock Pantry Items For Healthy Eating On A Budget

IN THE SPICE CABINET

Cinnamon

Small studies have demonstrated a positive link between cinnamon and lower fasting blood sugar levels at doses of 1/2 - 2 tsp per day. Add to oatmeal, smoothies, or teas.

Turmeric

Curcumin, the active compound in turmeric, has been shown to have anti-inflammatory properties.

Turmeric adds a subtle flavour and a bright orange colour to curries, smoothie bowls, and soups.

Ground Black Pepper

Pepper is a great way to season a dish and cuts back on the need for too much salt.

Onion & Garlic Powder

If you're in a rush and want to cut back on prep time, you can use onion or garlic powder in place of onion and garlic. Start with 1 tablespoon and taste before adding more as needed.

Salt

Salt brings out the flavour of any dish. Adding a little bit of salt to your foods is usually OK and helps vegetables and bean dishes taste delicious. The majority of the salt in our diet is from processed foods (77% from processed meats, canned foods, and take-away). Some sodium (or salt) is found naturally in foods. Add a small sprinkle during cooking process, and afterwards as needed to help enhance the flavour of a dish.

Mexican Seasoning

Great to have on hand for quick Mexican meals (see Breakfast Burritos or Fish Tacos recipes).

To make your own mix: 1 tbsp chili powder, ¼ tsp garlic powder, ¼ tsp onion powder, ¼ tsp dried oregano, ½ tsp paprika, 1½ tsp ground cumin, 1 tsp salt, and 1 tsp ground black pepper. Store extras in a glass jar.

Healthy Eating On A Budget

BREAKFASTS





PEANUT BUTTER BANANA SMOOTHIE

BY RACHEL, DIETITIAN

MAKES 1 SMOOTHIE

INGREDIENTS

- 1 cup milk or milk alternative, fortified
- 1/2 frozen banana
- 2 tbsp peanut butter
- 3 tbsp flaxseed (or any seed)
- 1 tbsp cacao* (optional)
- 1 handful spinach** (optional)
- 2 cubes ice (optional)

*cacao is coco powder without sugar

**frozen or fresh kale or spinach is a great way to increase fibre and nutrients at breakfast

PREP TIME: 5 MIN
READY IN: 10 MIN

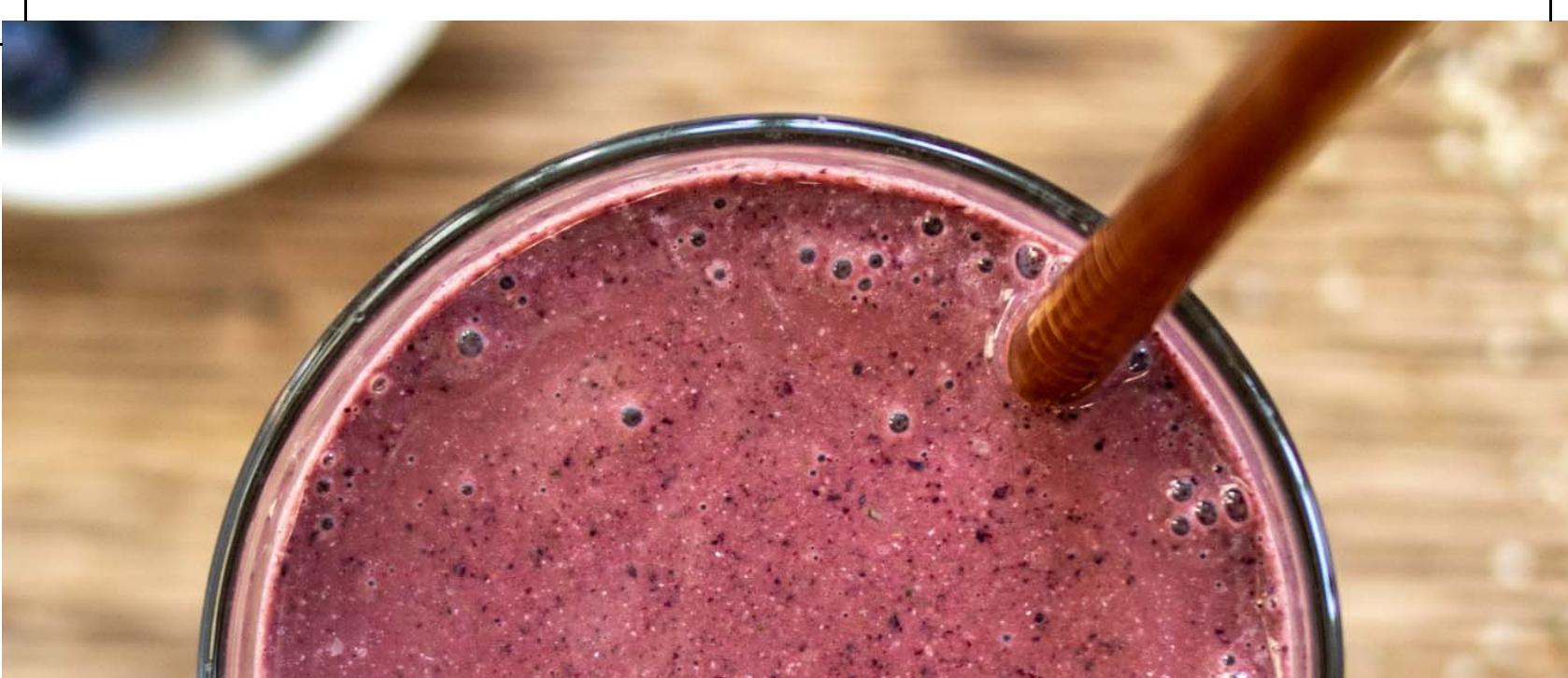
DIRECTIONS

1. Blend all ingredients together. Option to add ice for a colder smoothie

Tips:

- Peel and halve browning bananas and leave them in the freezer, ready for your next smoothie.
- Freeze any wilting greens like spinach and kale in ziplock bags so they are ready to add to your smoothie when you need them.
- Use any seed such as hemp hearts, flaxseeds, chia seeds, sesame seeds, sunflower seeds, pumpkin seeds.

Cal: 345 Fat: 26g S.Fat: 3.4g Carbs: 37g Fibre: 18g Sugar: 10g Protein: 18g Sodium: 350mg Potassium: 1162mg Calcium: 53% Iron: 19% Zinc: 8%



BERRY BANANA CHOCOLATE SMOOTHIE

BY RACHEL, DIETITIAN

MAKES 1 SMOOTHIE

INGREDIENTS

- 3/4 cup milk or milk alternative, fortified
- 2 tbsp seeds (see tips)
- 1 tbsp cacao*
- 1 medium banana, fresh or frozen
- 1/2 cup blueberries, frozen
- 2 cubes ice (optional)

*cacao is coco powder without sugar

PREP TIME: 5 MIN
READY IN: 10 MIN

DIRECTIONS

1. Blend all ingredients together. Option to add ice for a colder smoothie

Tips:

- Peel and halve browning bananas and leave them in the freezer, ready for your next smoothie.
- Freeze any wilting greens like spinach and kale in ziplock bags so they are ready to add to your smoothie when you need them.
- Use any seed such, which can include hemp hearts, flaxseeds, chia seeds, sesame seeds, sunflower seeds, pumpkin seeds.

Cal: 340 Fat: 11g S.Fat: 1.2g Carbs: 49g Fibre: 14g Sugar: 22g
Protein: 13g Sodium: 133mg Potassium: 910mg Calcium: 36%
Iron: 26% Zinc: 22%



CINNAMON BERRY MUSH WITH NUTS

BY RACHEL, DIETITIAN

MAKES 1 SERVING

INGREDIENTS

- 1/3 cup traditional rolled oats
- 1 cup of milk or milk alternative, fortified
- 1 cup berries
- 1/4 cup walnuts
- 1/2 tsp cinnamon, ground

PREP TIME: 5 MIN
READY IN: 15 MIN

DIRECTIONS

1. In a small saucepan over medium heat, bring 3/4 cup of milk to simmer with the oats.
2. Once it is brought to a boil, cook for 1 minute and then cover the pot and turn off the heat.
3. Let sit for 10-12 minutes without stirring. Add walnuts (or other nuts, seeds), berries, cinnamon, and remaining milk.

Tips:

- Walnuts are high in omega-3 fatty acids, similar to fish and other seafood. Cinnamon at 1/2 - 2 tsp per day can help lower fasting blood sugars.
- Use any nut such as hazelnuts, almonds, or cashews, or seeds such as hemp hearts, sunflower seeds, pumpkin seeds, chia seeds, sesame seeds. The protein helps stabilize blood sugars.

Cal: 395 Fat: 25g S.Fat: 2g Carbs: 43g Fibre: 9.5g Sugar: 16g
Protein: 10g Sodium: 180mg Potassium: 515mg Calcium: 50%
Iron: 15% Zinc: 7%



3 INGREDIENT BANANA OAT PANCAKES

BY RACHEL, DIETITIAN

MAKES 4 PANCAKES
(2 SERVINGS)

INGREDIENTS

- 1 medium banana, mashed
- 2 eggs
- 1/2 cup traditional rolled oats
- 1 tablespoon olive oil

PREP TIME: 5 MIN
READY IN: 15 MIN

DIRECTIONS

1. Mix all ingredients together in a medium bowl.
2. Let the mixture sit for 5-10 minutes to thicken. If it looks too runny add more oats.
3. Heat the oil in a frying pan over medium heat. Take 1/3 cup of the batter and add it to the pan, repeating with remaining batter. Cook the pancakes for 2 minutes each side.
4. These pancakes also taste great blended - before adding the batter to the frying pan blend the pancakes batter for smoother pancakes.

Topping Ideas:

- Top the pancakes with peanut butter (natural is best) and sweeten naturally with sliced banana or fresh berries.

Cal: 200 Fat: 6.5g S.Fat: 1.9g Carbs: 27g Fibre: 3.5g Sugar: 8g Protein: 9.5g Sodium: 65mg Potassium: 350mg Calcium: 3.5% Iron: 9% Zinc: 4.5%



FISH HASH WITH ONION AND VEG

BY RACHEL, DIETITIAN

MAKES 1 SERVING

INGREDIENTS

- 1 tsp olive oil
- 1 cup mixed vegetables (diced green onion, mushrooms, kale, spinach, herbs, peppers)
- 1/2 cup canned fish (salmon, smoked herring) or 2 eggs
- Salt and pepper to taste
- 2/3 cup diced and cooked leftover potato or sweet potato*

*see recipe for Baked Sweet Potato in Sides Section

PREP TIME: 5 MIN
READY IN: 15 MIN

DIRECTIONS

1. Heat oil on medium-high in a small-sized frypan.
2. Add vegetables and sauté for 1 minute before adding in the canned fish or whisked eggs, as well as cooked leftover potato or baked sweet potato.
3. Cook until fish and potato is heated (or eggs are cooked). Season to taste.

Tips:

- Use up leftover vegetables from your fridge. Dicing the vegetables small goes nicely with a hash.
- Omit the potato and serve with whole-grain bread or cornmeal patties (see recipe in Sides).

Cal: 275 Fat: 7.7g S.Fat: 1g Carbs: 35g Fibre: 5.5g Sugar: 8.6g
Protein: 18g Sodium: 88mg Potassium: 830mg Calcium: 7%
Iron: 24% Zinc: 7%



STEEL-CUT OATS WITH PEANUT BUTTER

BY RACHEL, DIETITIAN

MAKES 2 SERVINGS

INGREDIENTS

- 1 cup water
- 1 cup milk or milk alternative, fortified (+more for serving)
- 1/2 cup steel-cut oats, dry
- 1 banana, mashed
- 2 tbsp peanut butter, natural

Optional Toppings

- Honey
- Seeds (chia, hemp, flaxseed)
- Fruit (berries, sliced banana)

PREP TIME: 5 MIN

COOK TIME: 30 MIN

DIRECTIONS

1. Heat a saucepan with water, milk alternative, and oats in a heavy-bottom saucepan over medium-high heat until bubbles form.
2. Turn down the heat to medium-low and let the oats simmer with the lid half-on for 25-30 min.
3. In a separate bowl, mash the banana and add it to the oats. Continue to cook on a reduced heat, making sure to stir often.
4. You know the oats are finished when they are nice and creamy. Remove them from the heat and add the peanut butter.

Tips:

- This dish is great as leftovers for the following morning. Simply store in an airtight container in the fridge for up to a week. In the morning add a splash of milk and eat cold or reheated.

Without Toppings: Cal: 230 Fat: 12g S.Fat: 2g Carbs: 44g Fibre: 8g Sugar: 9g Protein: 11g Sodium: 163mg Potas: 410mg Calcium: 25% Iron: 15% Zinc: 4%



VEGETABLE OMELETTE

BY RACHEL, DIETITIAN

MAKES 2 SERVINGS

INGREDIENTS

- 1 tsp olive oil
- ½ cup mixed vegetable (onion, peppers, mushrooms, spinach or blanched nettles)
- 4 eggs
- 2 tablespoons of milk or milk alternative
- Optional: grated cheese, oregano, basil, salt and pepper to taste

PREP TIME: 5 MIN

COOK TIME: 10 MIN

READY IN: 15 MIN

DIRECTIONS

1. Heat olive oil in a frying pan over medium heat and sauté assorted vegetables.
2. Beat together egg, milk, herbs, and seasoning in a separate bowl and pour over vegetables.
3. Reduce heat to low. Cover and cook for a few minutes until eggs are fluffy and no longer runny.
4. Top with grated cheese if using, cover the frying pan for 1 minute before serving.

Tips:

- This is a good way to use leftover vegetables, just dice them up small. Try adding baby spinach to it, or leftover smoked salmon and dill.
- Serve the omelette with whole-grain bread, or on top of cornmeal patties (see recipe in Sides).

Cal: 170 Fat: 12g S.Fat: 3.5g Carbs: 1g Fibre: 0.2g Sugar: 0.7g
Protein: 13g Sodium: 143mg Potassium: 193mg Calcium: 4%
Iron: 9% Zinc: 9%



BUILD YOUR OWN OVERNIGHT OATS

BY RACHEL, DIETITIAN

MAKES 1 SERVING

INGREDIENTS

- 2/3 cup traditional regular oats
- 1 cup milk or milk alternative, fortified
- ¾ cup Greek yogurt or 1/4 cup chia seeds
- 1 tbsp nuts or seed (hemp, flaxseed, chia)
- 1 cup berries, (fresh or frozen)
- 1/2 tsp cinnamon or nutmeg

Optional toppings

- Fruit, nuts, seeds

PREP TIME: 10 MIN

SETTING TIME: 4 HOUR MIN

DIRECTIONS

1. In a bowl, mix oats with milk or milk alternative, and yogurt or chia seeds.
2. Add berries if frozen. Stir well and place covered in the refrigerator overnight.
3. In the morning add more liquid if too thick, and top with berries if using fresh. Option to also top with nuts or seeds

Tips:

- Make a big batch of these to have throughout the week. Make them directly into small mason jars, portioned into individual servings.
- Flaxseeds are inexpensive and are high in omega-3 fatty acids (similar to healthy fat in fish) and fibre. Grind flaxseeds before use.

Made with almond milk, chia seeds, ground flaxseed and blueberries.
Cal: 485 Fat: 17g S.Fat: 1g Carbs: 73g Fibre: 24g Sugar: 16g Protein: 16g Sodium: 180mg Potas: 320mg Calcium: 67% Iron: 37% Zinc: 2%



CINNAMON PEANUT BUTTER TOAST

BY RACHEL, DIETITIAN

MAKES 1 SERVING

INGREDIENTS

- 1 slice whole-grain bread
- 2 tbsp peanut butter
- 1/2 banana, sliced
- 1/4 tsp cinnamon

PREP TIME: 0 MIN

READY IN: 5 MIN

DIRECTIONS

1. Toast bread. Top with natural peanut butter, sliced banana and a sprinkle of cinnamon.

Tips:

- The protein from the peanut butter helps to stabilize the effect of the bread and banana on blood sugar levels. Natural peanut butter does not contain any unwanted added oils and sugar.
- With the peel still on, cut the banana in half and keep the other half in the fridge. When you want to use the other half simply cut off the exposed end of the banana and discard it.
- Cinnamon at 1/2 - 2 tsp per day can help to lower fasting blood sugar levels.

Cal: 300 Fat: 17g S.Fat: 3g Carbs: 32g Fibre: 6g Sugar: 11.5g
Protein: 12g Sodium: 255mg Potassium: 510mg Calcium: 4%
Iron: 10% Zinc: 9%



EASY HOMEMADE GRANOLA

RECIPE FROM SETTING THE TABLE COOKBOOK

MAKES 8 SERVINGS

INGREDIENTS

- 2 cups traditional oats
- 3/4 cup nuts and or seeds
- 1/2 cup raisins or dried fruit
- 2 tbsp honey
- 2 tbsp oil
- 1/2 tsp cinnamon

PREP TIME: 10 MIN

BAKE TIME: 20

READY IN: 30 MIN

DIRECTIONS

1. Preheat oven to 350°F.
2. Combine oats, honey, oil and cinnamon in a large bowl and mix until oats are well coated.
3. Spread oat mixture out evenly on cookie sheet and place in the oven for 20 minutes or until golden brown, stirring halfway.
4. Allow granola to fully cool then mix with nuts and raisins. Store in a sealed glass container.

Tips:

- Nuts and Seeds: Try using chopped walnuts, almonds, hazelnuts or sunflower seeds, pumpkin seeds, sesame seeds, chia seeds or hemp hearts
- Dried Fruit: Try chopped apricots or dates
- Serve this granola with plain yogurt or milk or a milk alternative. Option to top with berries.

Cal: 224 Fat: 11.5g S.Fat: 1.2g Carbs: 28g Fibre: 4g Sugar: 11g
Protein: 6g Sodium: 2mg Potassium: 230mg Calcium: 5% Iron: 8% Zinc: 3%



BREAKFAST BURRITOS

ADAPTED FROM SETTING THE TABLE COOKBOOK

MAKES 1 SERVING

INGREDIENTS

- Whole-wheat or corn wraps

Filling Ideas

- Scrambled eggs
- Grated Cheese (2 tbsp max)
- Lettuce, tomato, peppers, onion and other veggies
- Beans, lentils, meat or fish
- Rice (brown is best)
- Leftovers!
- Salsa
- Avocado

PREP TIME: 10 MIN

READY IN: 15 MIN

DIRECTIONS

1. Option to heat up the wrap.
2. Add all desired filling ingredients into the center of the wrap. Fold up the bottom of the wrap, then one side, and then the other.
3. You can make a few burritos and freeze some for later, heating them up in the oven when you are ready.

Recommended Burrito Combinations

1. Fish Burrito: Halibut or other white fish, diced vegetables including lettuce, tomato, and peppers, avocado, salsa
2. Rice and Bean Burrito: Canned black beans, scrambled eggs, diced vegetables including lettuce, tomato, peppers, salsa and avocado
3. Egg and Avocado: Eggs, avocado, salsa, green peppers, onions

Nutrition information based on 2 wraps, 2 eggs, no cheese, 1/2 avocado, salsa. Cal: 400 Fat: 27g S.Fat: 5g Carbs: 32g Fibre: 23g Sugar: 2g Protein: 25g Sodium: 650mg Potassium: 640mg Calcium: 6% Iron: 13% Zinc: 13%



HEALTHY FRENCH TOAST

ADAPTED FROM SETTING THE TABLE COOKBOOK

MAKES 1 SERVING

INGREDIENTS

- 2 slices of whole-grain bread
- 1 egg
- 1/4 cup milk or milk Alternative
- 1 tsp oil
- Cinnamon

Topping Ideas

- Yogurt
- Peanut butter
- Fresh fruit or canned fruit

PREP TIME: 5 MIN

COOK TIME: 10 MIN

READY IN: 15 MIN

DIRECTIONS

1. Beat eggs, cinnamon, and milk together
2. Heat the oil in a frying pan at medium heat.
3. Dip the bread in the egg mixture for a few seconds per side.
4. Slowly cook each side until golden brown.
5. Add desired toppings.

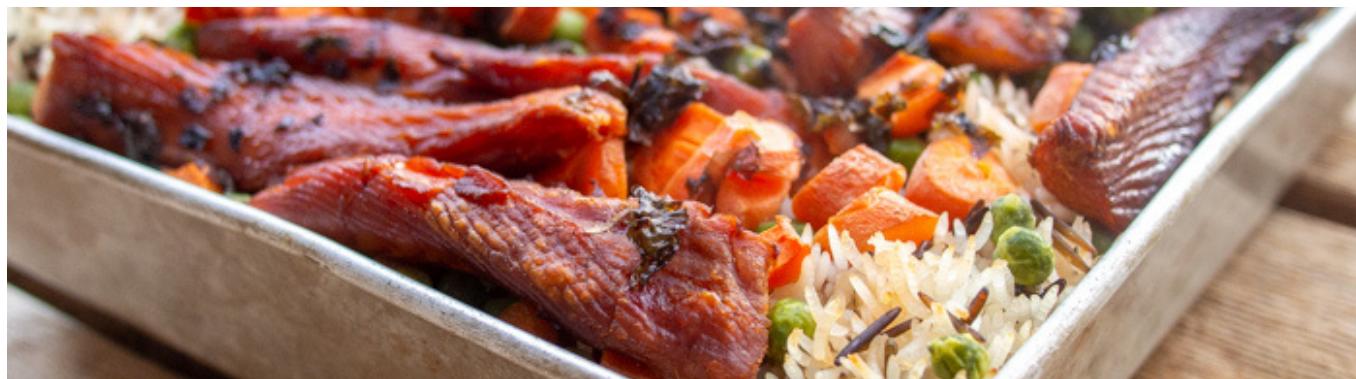
Tips:

- Adding protein to your french toast will help stabilize blood sugar levels - try peanut butter, hemp hearts, Greek yogurt, nuts or seeds
- Choose whole-grain bread which is high in fibre, and will break down into sugar more slowly than white bread.

No Toppings: Cal: 260 Fat: 12g S.Fat: 2.6g Carbs: 23g Fibre: 4g
Sugar: 3.5g Protein: 13.5g Sodium: 311mg Potass: 230mg Calcium: 18%
Iron: 15% Zinc: 8%

Healthy Eating On A Budget

LUNCH & DINNER



Seafood

- Salmon and Potato Cakes
- Melody's Halibut Chowder
- Fish Tacos
- Smoked Fish and Rice Casserole
- Baked Salmon Eggs
- Kwakmis Chop Suey (herring roe)
- Pan-fried Kwakmis with Soy Sauce

Meat and Game

- Lentil and Meat Shepherds Pie
- Moose Meat Loaf
- Duck and Wild Rice Casserole
- Healthy Chili
- Elk Meatballs
- Moose or Elk Stew

Vegetarian

- Easy Bean Soup
- Oven Frittata with Leftover Vegetables
- Mini Frittatas with Leftover Vegetables
- Easy Peanut Sauce
- Mexican Pizza or Soft Tacos
- Roasted Vegetable One-Pan Dinner

Side Dishes

- Cauliflower Potato Mash
- Roasted Sweet Potato
- Wild Rice
- Beet Spinach and Apple Salad
- Best Salad Dressing
- Homemade Pesto
- Oat and Molasses Bread
- Easy Corn Patties



SALMON AND POTATO CAKES

RECIPE BY MELODY CHARLIE

MAKES 4 SERVINGS

INGREDIENTS

- 1 250mL jar (1 cup) of salmon, drained
- ½ cup finely chopped red onion, green onion, or yellow onion
- 2 large eggs, lightly beaten
- 1 tbsp whole-grain mustard (or regular)
- 2 tbsp chopped fresh dill or 2 tsp dried (or any other herb)
- ½ tsp ground pepper
- ¼ tsp salt
- 4 cups frozen hash-brown, shredded potatoes or shred your own (about 3 medium potato)
- 2 tablespoons olive oil, divided

PREP TIME: 10 MIN

READY IN: 30 MIN

DIRECTIONS

1. Combine salmon, onion, eggs, mustard, dill, pepper and salt in a large bowl. Add potatoes and stir to combine. If you are grating your own potato, squeeze some of the excess water out before adding it to the bowl. Option to leave the skin on.
2. Heat 1 tbsp oil in a large frying pan over medium heat until shimmering. Put about 1/2 -3/4 cup of patty mixture in your hand. Form a compact patty with the palms of your hands. Start with 4 patties in the frying pan.
3. Cover and cook until browned on the bottom, 3 to 5 minutes. Gently turn over and cook, covered, until crispy on the other side, 3 to 5 minutes more.
4. Wipe out the frying pan and cook 4 more cakes with the remaining 1 tablespoon oil and the remaining salmon potato cake mixture.

For 2 patties. Recipe made with 3 potatoes, grated.

Cal: 280 Fat: 11g S.Fat: 2g Carbs: 26g Fibre: 4g Sugar: 1.5g Protein: 18g Sodium: 55mg Potassium: 920mg Calcium: 5% Iron: 10% Zinc: 5%



MELODY'S HALIBUT CHOWDER

RECIPE BY MELODY CHARLIE

MAKES 6 SERVINGS

INGREDIENTS

- 1/2 cup butter
- 2 small onions, diced
- 2 large carrots, diced
- 2 stalks celery, diced
- 3 medium potato, diced
- 3 cups chicken broth
- 1/2 cup corn
- 1 tbsp dried basil
- 1 tbsp celery salt
- 2 tbsp smoked paprika
- 1/2 tsp pepper
- 3 dashes tabasco sauce
- 15 oz Halibut, cut into chunks
- 2 cups almond milk
- 1 small can coconut milk

DIRECTIONS

1. Heat the butter over medium heat in a large soup pot. Add the onions, carrots, and celery and fry for about 5 minutes. Cover with the lid and let cook for an additional 5 minutes.
2. Add the potato, stock, and spices, and cook for about 15 minutes or until the potato is almost cooked through.
3. Add the halibut chunks, corn, almond milk, and coconut milk and cook for 3 to 5 minutes or until the halibut is cooked through. Tastes and season as desired.

Tips:

- Use up any leftover vegetables you have at home. Try adding cauliflower and mushrooms.
- Use leftover corn in Mexican Pizzas or Fish Taco.

PREP TIME: 10 MIN

COOK TIME: 50 MIN

Cal: 395 Fat: 22g S.Fat: 12.5g Carbs: 26g Fibre: 5g Sugar: 5g Protein: 23g Sodium: 680mg Potassium: 1100mg Calcium: 25% Iron: 12% Zinc: 6%



FISH TACOS

RECIPE BY RACHEL, DIETITIAN

MAKES 6-8 SERVINGS

INGREDIENTS

- Halibut or other white fish
- Mexican spice mix*
- Oil
- Corn or whole-wheat wraps

Optional Toppings

- Salsa
- Greek yogurt, plain
- Cabbage, shredded
- Avocado
- Lime
- Cilantro

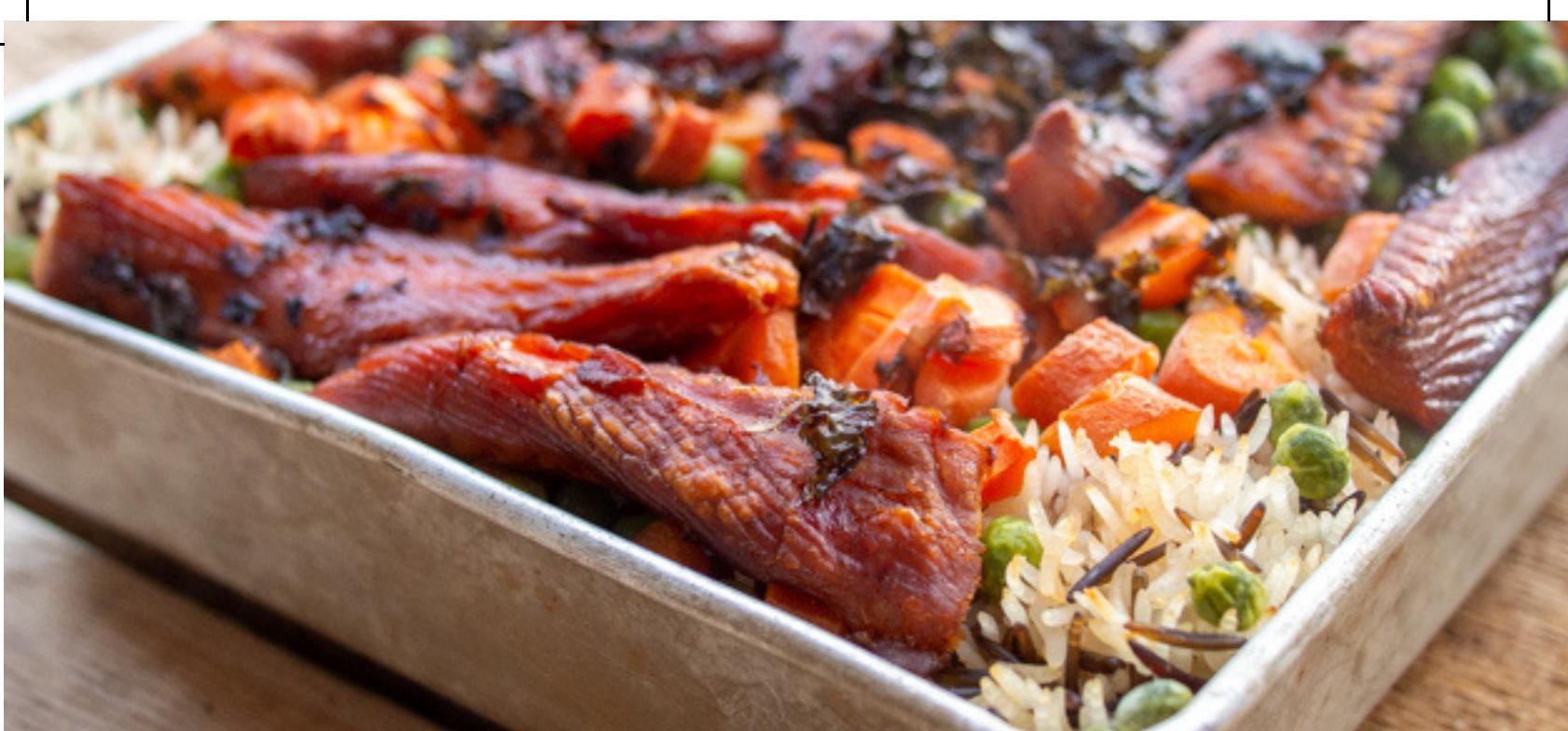
PREP TIME: 15 MIN
COOK TIME: 10 MIN

DIRECTIONS

1. Chop the halibut into 1-inch cubes. Mix in the Mexican spice mix - how much you use will depend on how much halibut you have. A good estimate is 1 teaspoon per 2 oz halibut.
2. Heat the oil in a heavy bottom frying pan and cook the seasoned halibut. You will know it is cooked when it is completely white, about 5 minutes.
3. Option to warm the wraps on a heavy bottom frying pan. No oil needed, simply lay 2 wraps on the frying pan and let them heat for about 1 minute on each side.
4. To serve the tacos, fill the tortilla wraps with fish and top with desired toppings such as shredded cabbage or coleslaw, salsa, avocado, and plain Greek yogurt (in place of sour cream).

*see recipe for Mexican spice mix in the Stock Pantry section or purchase a taco seasoning blend.

*Done for 2 wraps, 3 oz halibut, 1 cup cabbage, 2 tbsp salsa, 1/2 avocado, lime
Cal: 405 Fat: 20g S.Fat: 2.2g Carbs: 40g Fibre: 25g Sugar: 5g Protein: 3.6g Sodium: 580mg Potassium: 1200mg Calcium: 12% Iron: 14% Zinc: 9%*



SMOKED FISH & RICE CASSEROLE

RACHEL'S MOMS RECIPE

MAKES 4 SERVINGS

INGREDIENTS

- 2 cups of basmati rice
- 1 cup of wild rice
- 5 cups of water or stock
- 2 cups of vegetables, cut into small pieces (carrots, onion, celery, mushroom), or peas
- Smoked fish for 6 people (400g) (smoked black cod or salmon)
- Seaweed (optional), crumbled into small pieces.

PREP TIME: 10 MIN

READY IN: 55 MIN

DIRECTIONS

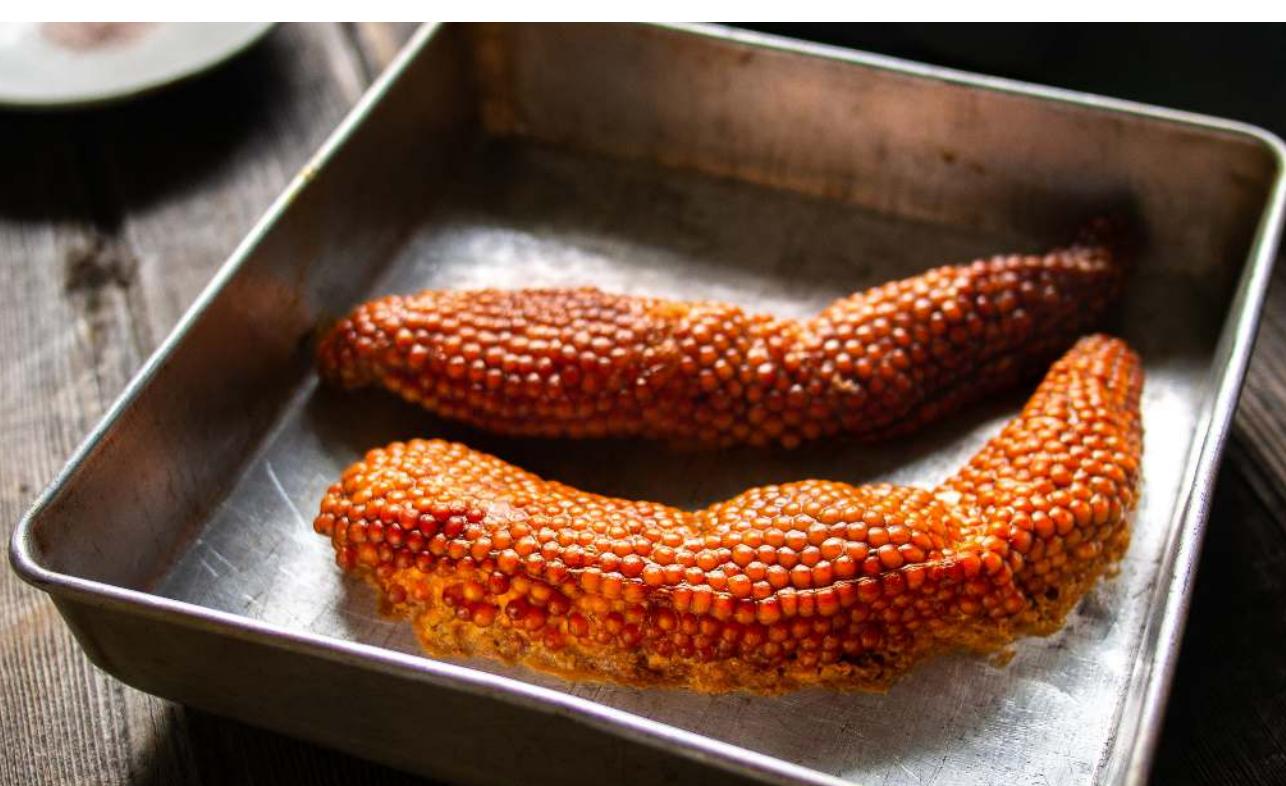
1. Soak wild rice for at least 4 hours in water.
2. Preheat oven to 400°F.
3. Drain the wild rice and add to a 13 x 9 " casserole dish, along with the other rice, water, or vegetable stock, and vegetables.
4. Place the smoked fish on top. If there is skin on the smoked fish put the skin side up. Press down slightly so the fish is halfway submerged in the water. Add optional seaweed, crumbled on top.
5. Bake in the oven covered with tin foil for about 45 minutes. Check to see if the rice is fully cooked before serving.

Note

- This dish is originally done with smoked black cod. The saltiness of the fish flavours the rice.

Done with black cod, peppers and mushrooms.

Cal: 427 Fat: 16g S.Fat: 3.5g Carbs: 38g Fibre: 5g Sugar: 5g Protein: 27g Sodium: 670mg Potassium: 870mg Calcium: 48% Iron: 12% Zinc: 10%



BAKED SALMON EGGS

BY JOHN SAM, AHOUSAHT

MAKES 2-4 SERVINGS

INGREDIENTS

- Salmon roe
- Oil for greasing pan
- Salt to taste

PREP TIME: 5 MIN

COOK TIME: 35 MIN

DIRECTIONS

1. Preheat oven to 350°F
2. Oil a baking tray with oil or line it with parchment paper.
3. Lay sack of roe in the membrane on a baking tray and bake in the preheated oven for 35 minutes.
4. Sprinkle with salt (optional) before serving.

Nutrition Tip

- Salmon eggs are exceptionally high in a special form of omega-3 fatty acid DHA that is important during pregnancy and breastfeeding for fetal and infant brain development.

Approximate value for 270g (9oz) based on 2 servings:

Cal: 310 Fat: 21g Carbs: 2g Fibre: 0g Sugar: 0g Protein: 35g Sodium: 170mg



K^wAKMIS CHOP SUEY

RECIPE BY GRANDMA MARIE (TSIMSHIAN)

MAKES 4 SERVINGS

INGREDIENTS

- 1 tbsp oil
- 1 onion, sliced
- 1 tbsp garlic, minced (optional)
- 1 tbsp ginger, minced (optional)
- 6 cups of vegetables, chopped (carrot, broccoli, cauliflower, mushroom, zucchini, green beans, peppers, snow peas)
- 2 tbsp soy sauce
- 15 oz (500g) herring roe on kelp (kwakmis)

PREP TIME: 15 MIN

COOK TIME: 20 MIN

DIRECTIONS

1. Slice the herring roe into 1-inch pieces. Run it under cold water. If the roe is thick you may need to do this for a while. Alternatively, you can soak the roe in water for 2-4 hours, changing the water once. Taste the roe to test the saltiness. Bring a saucepan of water to a boil, add the roe and turn down the heat and let simmer for a few minutes.
2. Heat the oil in a large frying pan. Saute the onion for about 3 minutes. Add the garlic and ginger if using and cook for 30 seconds.
3. Add the remaining vegetables and cook until soft. Start with harder vegetables (carrot, cauliflower), and cook these for a few minutes first, as they will need longer, and finish with the snow peas, beans and peppers as these need less time to cook.
4. Season with soy sauce. Drain the herring roe and stir into the chop suey. Option to serve with rice.

Nutrition information is approximate, not including rice. Cal: 360 Fat: 11.5g S.Fat: 1.3g Carbs: 29g Fibre: 5g Sugar: 11g Protein: 33g Sodium: 480-770mg



PANFRIED K'WAKMIS WITH SOY SAUCE

RACHEL'S MOMS RECIPE

MAKES 4-6 SERVINGS

INGREDIENTS

- 1-2 eggs
- 1-2 teaspoons of soy sauce
- 1 tbsp oil
- 15 oz (500g) herring roe on kelp
(k'wakmis)

PREP TIME: 5 MIN

COOK TIME: 10 MIN

DIRECTIONS

1. Cut the herring roe into 2-inch squares. Run it under cold water to remove the salty brine. You can keep tasting the roe to see if it is too salty. Alternatively, you can soak it for about 2-4 hours, changing the water once. The thicker the roe on the kelp, the longer you will need to soak it.
2. Whisk the egg with the soy sauce. Start with less soy sauce to start so it is not too salty.
3. Heat a frying pan over medium-high heat. Add the oil and let the oil heat.
4. Dip the herring roe squares into the egg mixture and then add to the frying pan in a single layer. You may need to do 2-3 batches.
5. Cook for about 2-3 minutes on each side. Check to see that the roe is cooked through - the roe should turn white and not be translucent.
6. Serve with more soy sauce on the side.

Nutrition information is approximate. 4 serves, 1 tsp soy sauce Cal: 240 Fat: 13.5g S.Fat: 2g Carbs: 0g Fibre: 0g Sugar: 0g Protein: 3g Sodium: 150mg



LENTIL & MEAT SHEPHARDS PIE

RECIPE BY MATILDA ATLEO, TSESAHT

DIRECTIONS

MAKES 4 SERVINGS

INGREDIENTS

- 1 tbsp oil
- 2 cloves of garlic, minced
- 1 onion, finely diced
- 1 - 2 lb ground venison (or moose, bison, or lean beef)
- 1 cup brown lentils, dry (optional)
- 2 1/2 lb potato (or 5 lb if not using cauliflower)
- 1 large head of cauliflower*
- 2 carrots, diced
- 2 cups beef broth or water
- 2 tbsp cornstarch
- 1 cup frozen peas

*only if making a potato cauliflower mash topping - see recipe in Sides section.

1. To prepare the topping see recipe for Potato Cauliflower Mash (in this book). Or option to just boil and mash the potatoes (5lbs total).
2. Add the dry lentils to 2 cups of water and bring to a boil. Turn down heat and let simmer for 30 min. Option to not use lentils and double the meat.
3. Heat the oil in a saucepan and add the onion and garlic and cook on medium heat. Add the ground meat and cook until brown and no longer pink.
4. Add the diced carrots and broth and let cook for about 10 minutes. Next, add the frozen peas and cooked lentils, and let cook for a further 5 minutes. Season with herbs as desired.
5. Mix the cornflour with 2 tbsp water in a bowl and then add to the meat. Place the meat and lentils in a casserole dish and top with potato mixture.
6. Bake in a preheated 375F oven for 20 minutes.

PREP TIME: 10 MIN

COOK TIME: 40 MIN

Nutrition information based on cauliflower potato mash, lentils and 1lb beef: Cal: 480 Fat: 14g S.Fat: 5g Carbs: 62g Fibre: 14g Sugar: 6g Protein: 34g Sodium: 237mg Potassium: 1700mg Calcium: 7% Iron: 36% Zinc: 27%



MOOSE MEAT LOAF

RECIPE ADAPTED FROM TRADITIONAL FOODS & RECIPES ON THE WILD SIDE BY NATIVE WOMEN'S ASSOCIATION OF CANADA

MAKES 6 SERVINGS

INGREDIENTS

- 1 1/2 lb ground venison or moose or elk
- 1/2 onion, minced
- 1 cup milk or milk alternative
- 1 egg
- 1 tsp salt
- 1 cup oatmeal
- 1 cup mixed vegetables, optional (diced celery, diced carrots, frozen peas, sliced mushroom)

PREP TIME: 10 MIN

COOK TIME: 1 1/4 HOUR

DIRECTIONS

1. Preheat oven to 350°F.
2. Mix all ingredients together in a large bowl.
3. Grease a 9 x 5 x 3-inch loaf pan and add all ingredients.
4. Bake for 1 hour and 15 minutes.

Note:

- The recipe was adapted to contain less salt (original recipe 1 1/2 tsp). Also adapted to contain more onion (original recipe had 1 tsp onion) and included the option of adding vegetables (original recipe had no added vegetables).

Tip:

- Serve with cauliflower potato mash (see recipe in Sides section)

Cal: 250 Fat: 3.4g S.Fat: 1g Carbs: 16g Fibre: 2.6g Sugar: 4.2g Protein: 39g Sodium: 255mg Potassium: 260mg Calcium: 7% Iron: 32% Zinc: 32%



DUCK & WILD RICE CASSEROLE

RECIPE ADAPTED FROM TRADITIONAL FOODS & RECIPES ON THE
WILD SIDE BY NATIVE WOMEN'S ASSOCIATION OF CANADA

MAKES 4 SERVINGS

INGREDIENTS

- 1 duck, dressed
- salt and pepper to taste
- water

For The Rice

- 1 cup wild rice
- 4 cups water

Optional additions

- 1 cup of peas
- 1/2 onion, diced
- 1 carrot, diced
- 1 cup mushrooms, sliced

CROCKPOT TIME: 8 HOURS
TOTAL TIME: 8 1/4 HOURS

DIRECTIONS

1. Put the duck in a crockpot. Add salt, pepper, and a small amount of water. Cook on low for 8 hours.
2. To cook the wild rice wash the wild rice in a colander or bowl. Measure water and rice into a large saucepan. Bring to a boil and lower heat to medium and simmer the rice with the lid half on, undisturbed, for about 45 minutes. Add vegetables halfway through the cooking process.
3. Discard the skin and bones of the duck. Pull meat apart into small pieces.
4. Option 1: Mix cooked wild rice and duck meat together and put in greased casserole dish. Heat thoroughly at 350 degrees F, about 15 minutes.
5. Option 2: Add the cooked duck meat to the saucepan of cooked wild rice (and peas if using). Let heat together for 10 minutes, stirring regularly.

Made with 1 cup of frozen peas and 20 oz duck meat.

Cal: 363 Fat: 9g S.Fat: 2g Carbs: 23g Fibre: 3g Sugar: 2.5g Protein: 45g Sodium: 275mg Potassium: 136mg Calcium: 3% Iron: 25% Zinc: 9%



ELK MEATBALLS

RECIPE FROM WELL FOR CULTURE

MAKES 4 SERVINGS

INGREDIENTS

- 1/2 lb of ground elk meat (or any other wild game)
- 1 cup of cooked wild rice*
- 1 egg
- 3 cloves garlic, minced
- 1/2 small red or yellow onion, diced
- 1/2 tsp black pepper, ground
- 1/8 tsp salt

*See recipe in Sides section for how to cook wild rice. Use 1/2 cup dry for this recipe

PREP TIME: 10 MIN

COOK TIME: 25 MIN

DIRECTIONS

1. Preheat oven to 400°F and coat baking sheet with oil or line it with baking paper.
2. In a large bowl mix all the ingredients together and shape into 1 1/2 inch meatballs. The mixture should make 8 meatballs.
3. Place them about 1 inch apart and bake for 18-25 mins or until they are no longer pink in the middle.
4. Try serving these with a dark leafy green salad.

Tips:

- Use any additional seasonings that you like.
 - Try 1 tbsp fresh rosemary (or 1 tsp dry)
 - Instead of fresh onion and garlic use 1 tsp of garlic powder and 1 tbsp onion powder
 - Add any leftover fresh herbs you have at home like parsley, oregano, or thyme.
- Try adding grated carrots for more fibre.

Based on 2 meatballs:

Cal: 130 Fat: 3.4g S.Fat: 1.2g Carbs: 10g Fibre: 1g Sugar: 1g Protein: 16g Sodium: 83mg Potassium: 80mg Calcium: 2% Iron: 10% Zinc: 5%



HEALTHY WILD MEAT & BEAN CHILI

RECIPE ADAPTED FROM SETTING THE TABLE COOKBOOK

MAKES 4 SERVINGS

INGREDIENTS

- 1 lb ground meat (bison, beef, venison or moose)
- 1 onion, diced
- 1 stalk celery, chopped
- 1 cup of vegetables (pepper, or carrot diced, or frozen peas)
- 2 cloves garlic, minced
- 2 tbsp chili powder
- 1 tbsp cumin powder
- 1 can (540 ml) kidney beans
- 1 can (540 ml) black beans
- 1 large can (796 ml) diced tomatoes
- 1 cup frozen corn (or canned)

PREP TIME: 10 MIN

READY IN: 30 MIN

DIRECTIONS

1. Heat oil in a large soup pot. Add the meat and cook meat over medium-high heat. Cook until browned and no longer pink. Drain off any excess fat.
2. Add onion, celery, and pepper or carrot if using. Cook until the onion is translucent. Add garlic, cumin, and chili powder and cook for 30 seconds.
3. Drain and rinse the kidney beans and black beans. Add kidney beans, black beans, diced tomatoes, corn, and peas if using to the meat and onion mixture. Mix well and reduce heat to medium. Simmer for 20 min. Season before serving.

Tips:

- This is a great way to use up leftover vegetables - try adding mushrooms, zucchini, sweet potato.
- Try using the Mexican Spice blend (recipe in pantry staples section) instead of recipe spices.

Cal: 540 Fat: 23g S.Fat: 9g Carbs: 55g Fibre: 18g Sugar: 15g Protein: 33.5g Sodium: 522mg Potassium: 1100mg Calcium: 7% Iron: 27% Zinc: 37%



MOOSE OR ELK STEW

RECIPE ADAPTED BY RACHEL, DIETITIAN

MAKES 4 SERVINGS

INGREDIENTS

- 1 lb moose /elk stew meat, cubed
- 1 tbsp oil
- 12 cups beef broth, low sodium
- 1/2 tbsp lemon juice
- 1 bay leaf
- 1 tbsp dried rosemary
- 1/2 tbsp ground black pepper
- 4 potatoes, chopped 1" cubes
- 3 carrots, chopped
- 3 celery stalks, chopped
- 1 onion, chopped
- 1 cup frozen peas
- 1 tbsp cornstarch
- 2 tbsp cold water

PREP TIME: 10 MIN

COOK TIME: 2 HOURS

DIRECTIONS

1. Heat the oil in a large soup pot. Add the cubed meat and cook until browned, about 5-7 minutes.
2. Next, add the broth and lemon juice. Stir in the bay leaves, rosemary, and pepper. Add any other seasonings you wish.
3. Bring to a boil, and then reduce the heat. Cover and let simmer for about 45 - 60 minutes.
4. Next, stir in the potatoes, carrots, celery, and onions and cover and simmer for 1 hour longer, stirring occasionally and checking the water level, adding more if needed.
5. About 15 minutes before it is finished cooking, mix the cornstarch into 2 tbsp cold water and stir into the stew, along with the frozen peas. Taste and season before serving.

Tip:

- Use up leftover vegetables in this stew. Try adding mushrooms, peppers, or cauliflower. Add these vegetables along with the frozen peas.

Cal: 460 Fat: 6g S.Fat: 1.4g Carbs: 43g Fibre: 7g Sugar: 7g Protein: 58g Sodium: 660mg Potassium: 1470mg Calcium: 7% Iron: 32% Zinc: 28%



EASY BEAN SOUP

RECIPE BY RACHEL, DIETITIAN

MAKES 4 SERVINGS

INGREDIENTS

- 1 1/2 cup bean mix* (lentils, green and yellow split peas and barley and optional larger beans such as kidney/ black beans)
- 1 tbsp oil
- 1 onion, diced
- 2 carrots diced
- 9 cups vegetable stock (plus more as needed), low sodium
- 2 parsnips, diced (or any other vegetable)
- 1 large potato, peeled and diced
- Salt and pepper to taste

PREP TIME: 10 MIN

COOK TIME: 50 MIN

DIRECTIONS

1. Assess your bean mix. If it contains larger beans such as kidney or black beans, you will need to soak the mix for at least 24 hours in water. If there are no large beans, no soaking is required.
2. Heat the olive oil in a large soup pot. Add onions and fry for about 5-7 minutes on a medium-high heat, until translucent.
3. Add the carrots and parsnips and cook for about 5 minutes, stirring regularly.
4. Next, add the stock and bring to a boil. Now add the bean mix (drained if the mix was soaked in water), and the chopped potato.
5. Turn down the heat to medium and simmer with the lid half off for about 40 to 50 minutes, stirring regularly.
6. Taste to ensure all beans are cooked through. Season with salt and pepper as desired. Freeze any leftovers for an easy go-to meal.

Tip:

- Add any other vegetable you like!

Cal: 310 Fat: 3.7g S.Fat: 0.5g Carbs: 71g Fibre: 28g Sugar: 11.5g

Protein: 16g Sodium: 680mg Potassium: 650mg Calcium: 11% Iron: 19% Zinc: 3%



OVEN FRITTATA WITH LEFTOVER VEG

RECIPE BY RACHEL, DIETITIAN

MAKES 6 SERVINGS

INGREDIENTS

- 12 eggs
- 1/4 tsp salt
- 1 cup grated cheese or feta cheese, crumbled
- 3-5 cups vegetables*
- 1 tbsp olive oil

*try grated or sliced zucchini, grated carrot, spinach, chopped kale, sliced mushrooms, or 3 cups of leftover vegetables (roasted yam or sweet potato, potato, broccoli, cauliflower).

PREP TIME: 20 MIN

COOK TIME: 25 MIN

DIRECTIONS

1. Preheat the oven to 350°F.
2. Crack the eggs into a medium mixing bowl. Add the salt.
3. Whisk in all or half of the cheese (you can reserve the other half for topping the frittata before baking if desired). Set the mixture aside.
4. Heat a frying pan with oil and add the vegetables, starting with chopped onions or other dense vegetables. Cook for a few minutes, stirring occasionally, then add any softer vegetables such as zucchini. Cook until those vegetables are tender, then add any garlic or greens, and cook until fragrant or wilted (skip step if using leftovers).
5. Stir the vegetables into egg mixture. Grease a 9 by 13" pan, then pour the mixture into the pan. Sprinkle over leftover cheese (optional).
6. Bake for 20 to 25 minutes (keep an eye on it), until the eggs are puffed and appear cooked, and the center of the frittata jiggles just a bit when you give it a gentle shimmy.

Done with broccoli, spinach and feta cheese Cal: 230 Fat: 17g S.Fat: 7g Carbs: 4.4g Fibre: 1.5g Sugar: 2g Protein: 18g Sodium: 530mg Potassium: 350mg Calcium: 19% Iron: 13% Zinc: 14%



MINI FRITTATA WITH LEFTOVER VEG

RECIPE BY RACHEL, DIETITIAN

MAKES 18 FRITTATAS

INGREDIENTS

- 12 eggs
- 1/2 tsp salt
- 1 cup grated cheese
- 3-5 cups vegetables*
- 1 tbsp olive oil

*try grated or sliced zucchini, grated carrot, spinach, chopped kale, sliced mushrooms, or 3 cups of leftover vegetables (roasted yam or sweet potato, broccoli, cauliflower).

PREP TIME: 20 MIN
COOK TIME: 17 MIN

DIRECTIONS

1. See the instructions on the previous recipe for Oven Frittata with Leftover Veg.
2. Once the vegetables have been added to the egg mixture, instead of adding to a large pan grease 18 muffin cups. You might need 2 muffin trays.
3. Fill the cups evenly with just less than $\frac{1}{3}$ cup of the mixture. If you reserved any cheese, sprinkle it on top of the frittatas now.
4. Bake for 13 to 17 minutes, until the eggs are puffed and appear cooked, and the center of the frittatas jiggle just a bit when you give the pan a gentle shimmy. The pan with 6 muffins may finish sooner.
5. Remove the pans from the oven and place them on a cooling rack to cool.
6. Freeze any leftovers.

Done with broccoli, spinach and feta cheese (3 frittata - muffins)
Cal: 230 Fat: 17g S.Fat: 7g Carbs: 4.4g Fibre: 1.5g Sugar: 2g Protein: 18g Sodium: 530mg Potassium: 350mg Calcium: 19% Iron: 13% Zinc: 14%



EASY PEANUT SAUCE

RECIPE BY RACHEL, DIETITIAN

MAKES 4 SERVINGS

INGREDIENTS

- 1 tbsp oil
- 1 small onion, diced
- 2 cloves garlic, minced
- 1/2 cup peanut butter, natural
- 1/4 cup honey
- 1/2 tbsp curry powder
- 1 tsp seeded mustard (or regular)
- 1 cup vegetable stock or water
- Salt and pepper to taste

PREP TIME: 10 MIN

COOK TIME: 10 MIN

DIRECTIONS

1. Heat the oil in a saucepan over medium heat.
2. Add the onion and cook for about 3 minutes, stirring regularly. Add the garlic and curry powder and let fry for about 30 seconds.
3. Add the vegetable stock or water, peanut butter, honey, and seeded mustard and stir to combine.
4. Once the mixture has boiled and is well combined, season to taste.
5. Serve on top of steamed or roasted vegetables and rice, or as a dipping sauce for rolls, or as a spread for sandwiches and wraps.

Serving Suggestions:

- Serve with boiled eggs, chicken or fish, or canned chickpeas for protein,
- Serve with steamed or stir-fried vegetables,
- Serve on top of steamed rice or noodles,
- Example of a complete meal - 2 boiled eggs, 1 cup of brown rice, 1 1/2 cups of vegetables, 1/4 recipe for peanut sauce.

Cal: 295 Fat: 18g S.Fat: 3.8g Carbs: 28g Fibre: 2.5g Sugar: 22g
Protein: 10g Sodium: 235mg Potassium: 320mg Calcium: 2% Iron: 5%
Zinc: 8%



MEXICAN PIZZA OR SOFT TACOS

RECIPE ADAPTED BY RACHEL, DIETITIAN

MAKES 3 SERVINGS

INGREDIENTS

- $\frac{1}{2}$ cup romaine lettuce or baby spinach, shredded
- $1 \frac{1}{4}$ tsp Mexican seasoning*
- 1 tsp oil
- 1 can refried beans
- 1 green pepper, diced
- 1 small onion, diced
- 1 small can corn, drained
- 6 Whole-wheat or corn tortilla wraps (6") or 6 tostadas*
- 1/2 cup grated cheese
- $\frac{1}{2}$ cup Mild salsa

Optional Extras

- 1 cup fresh carrots, shredded
- $\frac{1}{2}$ cup plain Greek Yogurt
- 1 avocado, sliced

DIRECTIONS

1. Preheat oven to 350°F.
2. Combine seasoning mix and refried beans in a bowl and set aside.
3. To make pizza, use tostadas and top with $\frac{1}{2}$ cup bean mix, then vegetables, then cheese.
4. To make soft tacos, place $\frac{1}{2}$ cup bean mix on a wrap, top with vegetables and cheese
5. Place either one on the baking pan and cook until cheese melts, about 5 minutes.
6. Top with spinach or lettuce, carrots, salsa, and Greek yogurt (in place of sour cream), and avocado if using.
7. Serve immediately

*See recipe for Mexican seasoning in Pantry Staples section or use a pre-purchased taco seasoning mix.

PREP TIME: 20 MIN

COOK TIME: 10 MIN

Cal: 505 Fat: 15g S.Fat: 7g Carbs: 70g Fibre: 12g Sugar: 10g Protein: 21g Sodium: 805mg Potassium: 760mg Calcium: 30% Iron: 35% Zinc: 17%



ROASTED VEGETABLE 1 PAN DINNER

RECIPE BY RACHEL, DIETITIAN

MAKES 4 SERVINGS

INGREDIENTS

- 4 cups of starchy vegetables (sweet potato, yam, potato, carrot), scrubbed with the skin on and cut into 1 inch cubes
- 6 cups of non-starchy vegetables, fresh or frozen (broccoli, cauliflower, mushroom, Brussel sprouts, onion), cut into bite sized pieces
- 2 tbsp oil
- Seasoning to taste (salt, pepper, Italian spices or chilli powder)
- 2 cans of chickpeas, drained and rinsed

PREP TIME: 20 MIN

COOK TIME: 45 MIN

DIRECTIONS

1. Preheat oven to 400°F.
2. Combine the starchy vegetables and any seasoning of choice (herbs, spices, salt pepper) and half of the oil on a large baking sheet and mix to combine.
3. Bake for 15 minutes and then remove from oven. Add the additional vegetables and the rest of the oil and any additional seasoning, mix well.
4. Bake for an additional 25 minutes or until the vegetables are almost cooked.
5. About 5 minutes before the vegetables are finished cooking add the chickpeas (they just need to be heated), return to oven, and bake for 5 more minutes.
6. Option to serve with dressing recipe (see Best Salad Dressing recipe), topped with hummus, with your favourite salad dressing or a hot sauce.
7. Option to also serve it with cooked rice - change the number of servings to 6 to manage the portion of carbohydrates.

*Done with sweet potato, cauliflower, broccoli, Brussel sprouts - no sauce.
Cal: 466 Fat: 10g S.Fat: 2g Carbs: 84g Fibre: 17g Sugar: 8g Protein: 16g
Sodium: 600mg Potassium: 1200mg Calcium: 15% Iron: 27% Zinc: 19%*



CAULIFLOWER POTATO MASH

MAKES 8 SIDE SERVINGS

INGREDIENTS

- 2 lb white or yellow potatoes, washed and unpeeled, cut into two-inch pieces
- 4 cups cauliflower florets (about 1 large head)
- Water
- Salt to taste
- 2 tbsp butter (optional)
- 3/4 cup milk or milk alternative (unsweetened)

PREP TIME: 10 MIN
COOK TIME: 20 MIN

DIRECTIONS

1. Place cut potatoes, cauliflower, enough water to cover the vegetables, and salt in a large pot.
2. Bring to a boil, cover, and simmer for 20 minutes (or until potatoes are fork-tender).
3. Remove from heat and drain the potatoes and cauliflower and return to pot.
4. Add the butter if using and use a potato masher to mash the vegetables with the butter until butter is fully melted.
5. Add the milk and continue mashing until well combined.

Tips:

- Cauliflower mashes well and you may not even notice it in there - use in Shepards Pie recipe.
- Keeping the skin on the potatoes helps increase the nutrition and fibre (helps decrease spikes in blood sugars). Just scrub and wash them well.

With butter and almond milk:

Cal: 120 Fat: 3.3g S.Fat: 2g Carbs: 20g Fibre: 4g Sugar: 2g Protein: 3g Sodium: 70mg Potassium: 625mg Calcium: 7% Iron: 7% Zinc: 3%



WILD RICE

MAKES 2-4 SIDE SERVINGS

INGREDIENTS

- 1 cup of wild rice, dry*
- 4 cups of water

COOK TIME: 45 MIN
READY IN: 50 MIN

DIRECTIONS

1. Add wild rice and water to a medium sized saucepan and bring to a boil.
2. Once boiling, turn down the heat to medium and place the lid half on, letting the rice simmer.
3. Let the rice cook for 45 minutes or until the rice kernels have opened up and are tender.

Tips:

- Wild rice is Indigenous to Canada. To support local Indigenous harvesters you can purchase wild rice online. One Indigenous owned company in Ontario is called Black Duck Wild Rice.
- Use cooked wild rice in Elk Meatballs (see recipe), added to salads or soups, or have in place of rice, or mix in with cooked white rice for a healthier blend. See Smoked Fish and Rice recipe and Duck and Wild Rice Casserole recipe for more recipes using wild rice.

For 2 serves: Cal: 165 Fat: 0.5g S.Fat: 0g Carbs: 35g Fibre: 3g Sugar: 1g Protein: 7g Sodium: 5mg Potassium: 165mg Calcium: 1% Iron: 6% Zinc: 15%



ROASTED SWEET POTATO

MAKES 4-6 SIDE SERVINGS

INGREDIENTS

- 3 sweet potatoes (or yams)
- 2 tbsp oil
- 1/4 - 1/2 tsp salt

PREP TIME: 10 MIN
COOK TIME: 30 MIN

DIRECTIONS

1. Preheat oven to 425°F.
2. Option to leave the sweet potatoes unpeeled and scrub the skin well. Cube the sweet potatoes into 1/2 inch pieces. Add to your largest baking pan and add the oil and salt on top.
3. Toss to coat all the sweet potatoes and then spread out to arrange in an even layer. You don't want any potatoes overlapping or you'll end up with steamed potatoes instead of roasted crispy potatoes.
4. Bake for 30 minutes, tossing once midway through the cooking process.

Tips:

- Leaving the skin on increases the nutrients as many of the beneficial properties lie just under the skin. You can purchase a vegetable scrubbing brush or just wash well.
- Sweet potato and yam are both high in beta-carotenes (good for eye health) and are better for our blood sugars than regular white potato.

For 4 serves: Cal: 160 Fat: 7g S.Fat: 1g Carbs: 24g Fibre: 3g Sugar: 4g Protein: 2g Sodium: 160mg Potassium: 200mg Calcium: 2% Iron: 3% Zinc: 2%



BEET APPLE SPINACH SALAD

RECIPE BY RACHEL, DIETITIAN

MAKES 4 SERVINGS

INGREDIENTS

- 1 large apple (or pear)
- 1 large beet
- 6 cups baby spinach (or any other greens such as kale, arugula or mixed salad greens)
- 1/4 cup dill fresh (optional)
- 1 cup walnuts
- Best Salad Dressing (see recipe on next page)

PREP TIME: 20 MIN
READY IN: 25 MIN

DIRECTIONS

1. Option to toast the walnuts: To do this preheat the oven to 350°F. Roughly chop the walnuts before placing on a baking tray. Bake them in the oven for about 8 to 10 minutes or until nice and toasted, giving the tray a quick shake midway. Remove and set aside to let cool.
2. While the walnuts are toasting, prepare the vegetables. Wash the spinach or greens and chop the dill (if using).
3. Next, prepare the beet. Option to peel it first, or skip this step and simply grate the entire washed beet (skin and all!). Add this to the bowl of spinach and dill.
4. Wash the apple, and core it before thinly slicing it. Add the sliced apple to the rest of the salad ingredients.
5. Before serving dress the salad (see recipe on next page) and add the walnuts.

With dressing (next page):

Cal: 350 Fat: 20g S.Fat: 3g Carbs: 27g Fibre: 6g Sugar: 14g Protein: 8g Sodium: 105mg Potassium: 430mg Calcium: 15% Iron: 24% Zinc: 10%



BEST SALAD DRESSING

RECIPE BY RACHEL, DIETITIAN

MAKES 4 SERVINGS

INGREDIENTS

- 1/4 cup olive oil, extra virgin
- 2 tbsp apple cider vinegar, or balsamic vinegar, or lemon (or another vinegar see note)
- 1 tsp seeded mustard (or regular mustard)
- 1 tbsp honey
- 1/8 tsp sea salt (optional)
- 1/8 tsp black pepper, ground

PREP TIME: 10 MIN

DIRECTIONS

1. Combine all of the ingredients in a jar with a lid. Secure the lid and shake until all the ingredients are well incorporated.
2. Alternatively, add all of the ingredients to a small blender and blend until smooth.
3. Store extra dressing in a sealed container in the fridge for up to 1 week. The olive oil might harden in the fridge so let it come to room temperature before remixing and serving.

Tips:

- You can use any vinegar you like. Apple cider vinegar has live culture (good bacteria) in it. Balsamic vinegar has a strong and rich flavour. Red wine vinegar is light and is a good salad vinegar. Lemon can also be used
- You can add any herbs you like, such as basil or oregano. This is best if you are blending it.
- Serve with the Beet Apple Spinach Salad.
- Try adding some minced garlic.



HOMEMADE PESTO

RECIPE BY RACHEL, DIETITIAN

MAKES 4 SERVINGS

INGREDIENTS

- 2 cups of greens (nettles, spinach, kale, basil, arugula, etc. or a mixture or all)
- 1/4 cup nuts or seeds (sunflower, walnuts, hazelnuts, almonds, hemp, cashew)
- 1 lemon, juiced (or 2 tbsp apple cider vinegar)
- 2 cloves garlic (or 2 tsp garlic powder)
- 1/4 - 1/2 tsp salt
- 1/4 - 1/2 cup olive oil

Optional

- 1/4 cup of parmesan cheese or 2 tbsp miso paste

PREP TIME: 10 MIN

DIRECTIONS

1. Combine all of the ingredients in a small blender or food processor and blend until smooth. Start with 1/4 cup of olive oil.
2. Taste and adjust salt as needed.
3. If it is too thick, add more olive oil.
4. Store extra pesto in a sealed container in the fridge for up to 1 week. Adding a little olive oil on top of the jar will prevent the pesto from browning.

Tips:

- Pesto freezes well. Store in a sealed mason jar, or ice cube trays and take out as needed.
- Use pesto for a simple pasta, or use it as a spread on sandwiches and wraps.
- This is a great way to use up leftover greens, or extra produce from the garden.
- Parmesan cheese offers a savoury salty flavour, and miso paste can be used for a dairy-free alternative.

*Made with basil, sunflower seeds, lemon, 1/4 tsp salt and 1/4 cup olive oil:
Cal: 350 Fat: 20g S.Fat: 3g Carbs: 27g Fibre: 6g Sugar: 14g Protein: 8g
Sodium: 105mg Potassium: 430mg Calcium: 15% Iron: 24% Zinc: 10%*



MOLASSES & OATMEAL BREAD

RECIPE FROM MAKING IT AT SAGKEENG COOKBOOK

MAKES 2 LOAVES

INGREDIENTS

- 2 cups quick cooking oats
- 1 cup warm water
- 1/4 cup butter
- 2 pkgs active dry yeast (or 4 1/2 teaspoons yeast)
- 1/2 cup molasses
- 6 cups whole wheat flour, unsifted
- 1/2 - 1 tbsp salt

PREP TIME: 20

RISE TIME: 2 HOURS

BAKE TIME: 55 MIN

DIRECTIONS

1. In medium saucepan, bring 2 cups water to a boil. Gradually stir in oats, mixing until smooth. Cook, stirring until thick. Or use leftover porridge. Remove from heat. Add butter, molasses and salt. Stir until butter is melted. Cool to lukewarm.
2. Sprinkle yeast over 1 cup warm water in large mixing bowl. Stir until dissolved.
3. Add lukewarm molasses mixture and 3 cups flour to yeast water. Stir until smooth.
4. Add the rest of flour. Mix with hands until dough leaves the sides of the bowl.
5. Turn out on floured surface, Knead for 10 minutes.
6. Place in lightly greased large bowl. Cover with clean towel; let rise in warm place until double in bulk about 1 hour. Grease two 9" x 5" loaf pans.
7. Turn out dough onto floured surface. Divide in half. Roll each into a rectangle, roll up starting at narrow end. Place loaf, seam side down in loaf pan.
8. Let rise until bulk rises to tops of pans – about 1 hour. Set oven rack at middle level. Preheat oven 375°F. Bake 50 – 55 minutes or until crust is deep golden brown and loaves sound hollow when tapped. Cool on wire racks.

If each loaf makes 14 slices - nutrition information based on 2 slices

Cal: 270 Fat: 5g S.Fat: 2g Carbs: 54g Fibre: 8g Sugar: 9g Protein: 8.5g Sodium: 250mg Potassium: 172mg Calcium: 3% Iron: 6% Zinc: 0.2%



EASY CORN PATTIES

RECIPE ADAPTED FROM THE SIOUX CHEF

MAKES 6 SERVINGS

INGREDIENTS

- 4 cups water
- 1 cup coarse cornmeal or polenta
- 1/4-1/2 tsp salt*
- 1 tbsp olive oil

Topping Ideas

- Fried or poached eggs
- Avocado
- Smoked salmon
- Pesto (see recipe on previous page)
- Hummus
- Serve it with Hearty Chilli Recipe

*start with 1/4 tsp salt and adjust as needed.

PREP TIME: 5 MIN

COOK TIME: 45 MIN

DIRECTIONS

1. In a large saucepan, bring water and salt (1/4 tsp to start) to a boil. Once the water is boiling, slowly whisk in the cornmeal.
2. Continue to stir to make sure there are no lumps. Reduce the heat to a simmer, and stir regularly or at least every 5 minutes to prevent sticking to the bottom of the saucepan. Cook until the cornmeal is thick and the flavour is rich and creamy, or about 30 minutes. Adjust salt.
3. Let the cornmeal cool for about 15 minutes, or until it is cool enough to handle. Heat a frying pan over medium-high heat and add the oil. Take an ice-cream scoop size of the cornmeal mixture into the palm of one hand, and form a patty. Add this to the frying pan. Make additional patties.
4. Cook the patties for about 5 minutes on the first side, then flip over and cook for an additional 3-4 minutes. Repeat the process with the remaining cornmeal mixture until all are cooked.

Cal: 95 Fat: 3g S.Fat: 0.5g Carbs: 15g Fibre: 1.5g Sugar: 0.1g Protein: 1.7g Sodium: 105mg Potassium: 58mg Calcium: 10% Iron: 20% Zinc: 8%

HOW TO USE UP LEFTOVER VEG

Make A Soup

- The base of a soup can be: chopped onion cooked in oil for 3 to 5 minutes.
- If you are using meat, cook the meat now in the pot. Then add water or stock.
- Use any leftover vegetables - start with harder vegetables such as potato or sweet potato, parsnip or squash and cook for 10 minutes
- Add vegetables like cauliflower and carrots next and cook for another 10 minutes.
- Add mushrooms, zucchini, cabbage and frozen peas last, cook for 5 to 10 minutes.
- If you are using canned beans, these can be added 3 minutes before the soups done.

Make A Stir-fry

- If you are using meat or eggs, cook this first in some oil. Once done set aside.
- Saute some onion for 3 to 5 minutes, and option to add some minced garlic and ginger and cook for 30 seconds.
- Next add harder vegetables - carrots, and cauliflower and cook for about 5 minutes.
- Next add broccoli, mushrooms, zucchini, bok choy, and saute until they are cooked.
- Flavour with soy sauce, pepper, and chili sauce.

Make A Salad

- For protein, you can boil eggs, use some leftover chicken, use jarred fish, use a can of chickpeas, or some cooked beans.
- Use leftover kale, spinach, or lettuce - wash and place in a large bowl.
- Grate carrots or beets (wash well and you can leave the skin on).
- Slice cucumbers, tomatoes, and peppers.
- Option to toss in some seeds - sunflower seeds, pumpkin seeds, or chopped nuts.
- Use dressing (see recipe for Best Salad Dressing).

Make A Frittata See recipe for Oven Frittata with Leftover Veg

Make A Baked Vegetable Tray See Roasted Vegetable 1-Pan Dinner

Healthy Eating On A Budget

SNACKS & CHUMUS





NO-RECIPE ENERGY BALLS

BY RACHEL, DIETITIAN

MAKES 30 ENERGY BALLS

INGREDIENTS

- Handful of dates*
 - Equal parts peanut butter
- Optional add ins (about 1/3 cup or less of any of these options)*
- Nuts (chopped walnuts, almonds, hazelnuts, cashews)
 - Coconut flakes (optional)
 - Oats, traditional
 - Seeds (chia seeds, pumpkin seeds, sunflower seeds, hemp, ground flaxseeds)
 - Other ideas - cranberries, cacao powder, cacao nibs

PREP TIME: 10 MIN +
SOAKING READY IN: 20 MIN

DIRECTIONS

1. Soak your dates in water. The longer you soak them the softer they will become, and you won't need to use a food processor (aim for 2-4 hours). Drain before use and then mash with a fork.
2. Mix in a bowl by hand with all other additional ingredients of your choice.
3. If you do have a food processor, option to add all the ingredients and process until well blended.
4. Roll into tablespoon-sized ball. Keep in refrigerator or freezer. They taste great frozen.

Tips:

- You can purchase hard blocks of dates which are very inexpensive - these need to be soaked for longer. Otherwise, purchase pitted dates, and soak in water before use to soften them.
- Use up whatever you have left in your pantry, no recipe required. If the mixture is too soft, add more dry ingredients such as oats or ground flax. If it is too dry add more peanut butter or dates.

Done with 2 cups dates and peanut butter, 1 cup almonds, sunflower and oats Cal: 280 Fat: 11g S.Fat: 2g Carbs: 26g Fibre: 4g Sugar: 1.5g Protein: 18g Sodium: 55mg Potassium: 920mg Calcium: 5% Iron: 10% Zinc: 5%



EASY FRUIT CRISP

BY RACHEL, DIETITIAN

MAKES 6 SERVINGS

INGREDIENTS

- 3 cups of any fruit . Try:
 - 1 cup of berries and 2 medium apples, chopped
 - 4 peaches or pears, chopped
 - 3 cups of berries
 - 2 cups rhubarb, 1 apple

For The Topping

- 1 cup oats, traditional
- 1/4 cup oat flour (or 1/3 cup of traditional oats for making flour)
- 1/4 cup honey
- 2 tbsp butter or coconut oil
- 1/4 cup coconut flakes (optional)

PREP TIME: 10 MIN

READY IN: 40 MIN

DIRECTIONS

1. Preheat the oven to 350°F.
2. If you are using harder fruit such as rhubarb or apples you may wish to bake or stew them first. You can either bake them for 15 minutes at 350 F or stew them for 15 minutes on medium heat.
3. To make the crisp topping - first, if you are making the oat flour at home add 1/3 cup of whole oats to a small blender and blend until a fine flour is formed. If you are purchasing oat flour you can skip this step.
4. Melt the butter or coconut oil on the stovetop. Add this to the 1 cup of oats, 1/4 cup of oat flour, coconut flakes (if using), and honey and mix well.
5. Place the fruit onto a baking tray and add the crisp topping evenly over the fruit. Bake for 30 minutes or until it is golden on top. Let cool slightly before serving.
6. Serve with plain yogurt in place of ice cream.

Done with 1 cup of berries and 2 medium apples

Cal: 180 Fat: 5g S.Fat: 2.5g Carbs: 33g Fibre: 4g Sugar: 19g Protein: 2g Sodium: 10mg Potassium: 92mg Calcium: 1% Iron: 6% Zinc: 1%



AHOUSAHT CRANBERRY CRISP

BY RACHEL, DIETITIAN

MAKES 6 SERVINGS

INGREDIENTS

- 4 cups low bush cranberries
- 1 tbsp honey (optional)

For The Topping

- 1 cup oats, traditional
- 1/4 cup oat flour (or 1/3 cup of traditional oats for making flour)
- 1/4 cup honey
- 2 tbsp butter or coconut oil
- 1/4 cup coconut flakes (optional)

PREP TIME: 10 MIN

READY IN: 40 MIN

DIRECTIONS

1. Preheat the oven to 350°F.
2. Rinse the cranberries and lay on a single layer on a baking sheet. Option to add honey to balance out the tartness of the cranberries.
3. To make the crisp topping - first, if you are making the oat flour at home add 1/3 cup of whole oats to a small blender and blend until a fine flour is formed. If you are purchasing oat flour you can skip this step.
4. Melt the butter or coconut oil on the stovetop. Add this to the 1 cup of oats, 1/4 cup of oat flour, coconut flakes (if using), and honey and mix until well combined.
5. Add the crisp topping to the baking tray with the cranberries and fold n gently with the berries. Bake for 30 minutes or until it is golden on top. Let cool slightly before serving.
6. Serve with plain yogurt in place of ice cream.

Cal: 237 Fat: 6.5g S.Fat: 2.8g Carbs: 43g Fibre: 6.6g Sugar: 25g Protein: 5g Sodium: 2mg Potassium: 130mg Calcium: 15% Iron: 10% Zinc: 1%



THREE INGREDIENT PEANUT BUTTER COOKIES

BY RACHEL, DIETITIAN

MAKES 8 COOKIES

INGREDIENTS

- 1 cup peanut butter, natural
- 1/3 cup honey
- 1 egg

Optional Add-Ins

- 1/2 cup dark chocolate chips
- 1 tsp cinnamon
- 1/2 cup chopped nuts

PREP TIME: 10 MIN
READY IN: 30 MIN

DIRECTIONS

1. Preheat oven to 325°F. Line one baking tray with parchment paper.
2. Add all of the ingredients to a large bowl and mix well. If the mixture looks a bit runny, let it sit for 5-10 minutes to thicken up. Add optional add-ins if desired.
3. Evenly divide the batter into 8 cookies, they should be about 2 inches in diameter. Make sure to space the cookies apart as they will spread during the cooking process.
4. Bake for 18-20 minutes. You will know when they are done as they will be slightly firm to the touch.
5. Let the cookies cool slightly and firm up further before moving onto a cooling rack.

Cal: 220 Fat: 15g S.Fat: 2.5g Carbs: 45g Fibre: 4g Sugar: 30g Protein: 3g Sodium: 3mg Potassium: 90mg Calcium: 1% Iron: 6% Zinc: 1%



PEANUT BUTTER OATMEAL SEED COOKIES

BY RACHEL, DIETITIAN

MAKES 18 COOKIES

INGREDIENTS

- 1 cup peanut butter
- 1/3 cup honey
- 1 cup oats, traditional
- 1/2 cup sunflower seeds*
- 1/2 cup pepitas raw (pumpkin seeds)*
- 1/2 cup sesame seeds*

*option to use any seeds you have on hand. Try chia, flax or hemp seeds. Raw and un-roasted seeds are best.

PREP TIME: 10 MIN

COOK TIME: 15 MIN

DIRECTIONS

1. Preheat the oven to 350°F and line a baking sheet with parchment paper. While the oven is pre-heating add all of the cookie ingredients to a large mixing bowl.
2. Mix all the ingredients until everything is well combined. If the mixture is too dry, add some water. If it is too wet, add some more oats.
3. Take a small amount of mixture, about 2 tablespoons worth, into the palm of your hand. Roll the mixture to form a small ball, and then flatten it slightly with the palm of your other hand before placing it on the baking sheet.
4. Repeat this for the remaining mixture, this should make 16-18 cookies. Bake on the upper-third rack of the oven for 15 minutes.

Cal: 166 Fat: 13.5g S.Fat: 1.7g Carbs: 13.5g Fibre: 2.5g Sugar: 6g Protein: 6g Sodium: 71mg Potassium: 176mg Calcium: 10% Iron: 1% Zinc: 1%



5 INGREDIENT PEANUT BUTTER COOKIES

BY RACHEL, DIETITIAN

MAKES 12 COOKIES

INGREDIENTS

- 2 eggs
- 1 cup peanut butter
- 1/3 cup honey
- 1 cup oats, traditional
- 1 tsp baking powder
- 1/3 cup chocolate chips (optional)

PREP TIME: 10 MIN

COOK TIME: 16 MIN

DIRECTIONS

1. Preheat the oven to 325°F. Line 2 baking trays with parchment paper and set aside.
2. In a large mixing bowl, crack two eggs and whisk them until they are well incorporated.
3. Add the remaining ingredients to the bowl and stir well. If the mixture seems too runny, let it sit for about 5 minutes.
4. Take about 2 heaped tablespoons of the batter and form 6 cookies on the baking tray. Repeat on the remaining baking tray.
5. Bake one tray at a time, for 16 minutes. The cookies will be slightly firm to touch, but not hard. They will continue to harden once you remove them from the oven. Repeat with the second tray.
- 6.

Cal: 185 Fat: 12g S.Fat: 2g Carbs: 26g Fibre: 2.5g Sugar: 7g Protein: 9g Sodium: 116mg Potassium: 200mg Calcium: 1% Iron: 5% Zinc: 1%



DAIRY FREE 'ICE CREAM'

RECIPE BY RACHEL, DIETITIAN

MAKES 2 SERVINGS

INGREDIENTS

- 2 frozen bananas*
- 2 tbsp milk or milk alternative (optional)

Optional Flavour Additions

- Peanut Butter Chocolate
 - 1 tbsp peanut butter
 - 1 tbsp cacao powder
- Cherry Chocolate
 - 1 tbsp cacao powder
 - 1/2 cup frozen cheeries
- Almond Vanilla
 - 1 tbsp almond butter
 - 1/2 tsp vanilla extract
- Berry Banana
 - 1 cup frozen berries
 - 2 tbsp milk alternative

DIRECTIONS

1. Remove the bananas from the freezer and let them thaw for about 5 minutes.
2. Add them to a food processor and blend until smooth. This is your ice cream! You may need to add 2 tbsp of fluid if your food processor is not strong enough to break down the frozen banana.
3. Option to add any of the flavour additions. As an example for peanut butter chocolate dairy-free 'ice cream blend 2 bananas, 1 tbsp peanut butter, 1 tbsp of cocoa powder, and 2 tbsp of milk or milk alternative (optional). Serve immediately.

Tip:

- Freeze browning bananas by first peeling them and breaking them into small chunks. Place them in a sealed plastic bag in the freezer for at least 8 hours.

READY IN: 10 MIN

Done with peanut butter and cacao powder.

Cal: 260 Fat: 8.5g S.Fat: 2g Carbs: 39g Fibre: 10g Sugar: 16g Protein: 8g Sodium: 75mg Potassium: 826mg Calcium: 2% Iron: 4% Zinc: 5%

Traditional Nourishing

DRINKS & TEAS



BY SAMANTHA TOUCHIE, YUUŁU?IŁ?ATH.

Harvesting Tips

The protocols of how to harvest safely and sustainably which have been passed down from elders and knowledge keepers are now being revitalized.

Respect the plants - be careful to leave enough behind so the plants will continue to thrive. Some gatherers harvest no more than 10-20% of a plant in one area. In urban centers, it is advised to take even less.

Don't gather too much - remember that harvesting is the fun part, but the processing afterward is the work. It can be easy to get carried away, but we don't want to waste any of the precious plant or medicine.

Harvest with intention - when harvesting, hold good thoughts and prayers for the people you are harvesting for. Plants have a spirit that nourishes our spirits.

Check that the area is clean - avoid harvesting near roadsides or near farms that may have been sprayed. Ask about the health of the land before you start harvesting food or medicine.

Make sure you can identify the plant - if you have never harvested before, make sure to check the identity of the plant, as some plants have poisonous look-a-likes.

Important - only harvest and consume plants you can safely identify. The information in this booklet is not complete with detailed safety information. Seek out an elder or knowledge keeper who can not only help with identification but also with proper harvesting protocol.

TRADITIONAL TEA'S FROM THE LAND

ŠAAŠAAXTANUUH.

YARROW

Used to alleviate stomach cramps, especially if you are menstruating.

Find on the coastlines and along rocky bluffs.

Steep in boiled water, with lid on, for 15-20 minutes.



SHIŁMAPT

STINGING NETTLE

Used to cleanse your system. Especially used for pregnant woman.

Find near rivers, lakes, in ditches and streams.

Steep in boiled water, with lid on, for 15-20 minutes.

BY SAMANTHA TOUCHIE,
YUUŁU?IŁ?ATH.



TRADITIONAL TEA'S FROM THE LAND

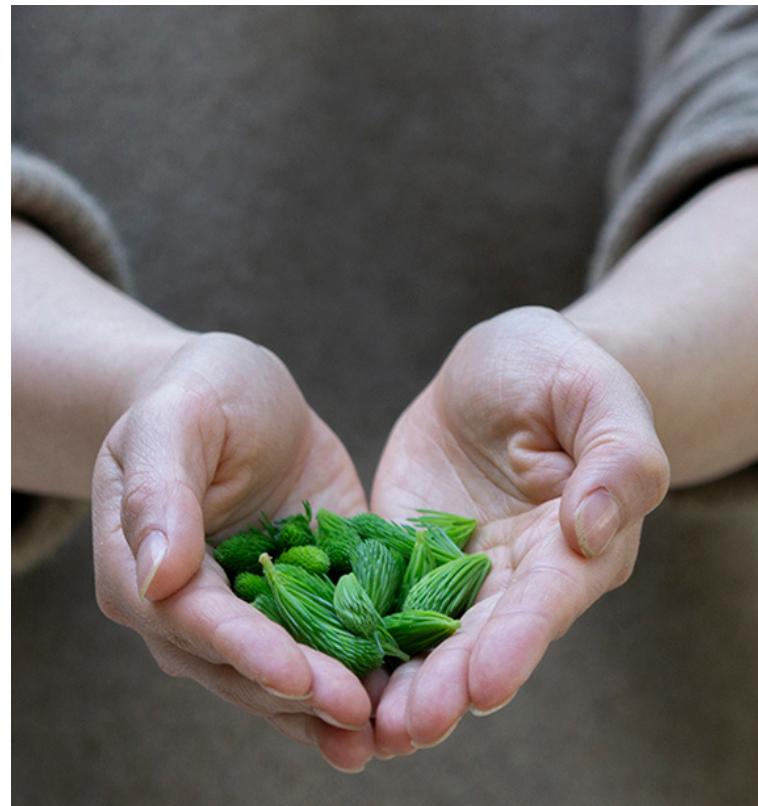
TUUH.MAPT,

SPRUCE

The new growth is high in vitamin C and offers a citrus flavour.

Harvest spruce tips in the Spring.

Steep in boiled water, with lid on, for 15-20 minutes.



TIIMAPT

LABRADOR TEA

Can help with digestion and sore throats.

It is advised to have only 1 cup per day.

Steep in boiled water, with lid on, for 15-20 minutes.



BY SAMANTHA TOUCHIE,
YUUŁUPIŁ?ATH.

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MAKING TEA

After you have safely identified a plant, or have purchased your tea from a reputable source you can make medicinal tea. Here are some tips on how to maximize the nutrition from the plant when drinking it as tea.

By adding the plant to boiled water you can extract more of the beneficial compounds from it compared to simply eating it.

- First, dry the plant by placing it in a warm place with good ventilation. Next to a wood stove with a fan running nearby is ideal. Keep the plants out of direct sunlight.
- Once the plants are completely dried and crackly, remove any brown leaves or unwanted parts including the stems.
- Store the now dried plants, or tea, in glass jars, paper bags, or plastic bags. Make sure they are out of direct sunlight.
- Using the dried form of the plant for tea allows for a stronger flavour. Fresh plants can also be used, but the flavour will not be as strong.

How to make a medicinal tea:

1. Use 1 teaspoon of dry tea per cup of water,
2. If you are using fresh plants for your tea, you can use about 1 to 2 tablespoons of fresh plant per cup of water.
3. Cover the plants with boiling water. Cover with a lid; this helps to ensure all the beneficial oils are trapped in your vessel and do not dissolve into the air. Steep tannin-rich herbs (black and green tea) for less time.
4. Mineral-rich herbs such as horsetail, nettle, oat straw, and red clover are best when steeped several hours to overnight.
5. Strain the tea before serving.
6. Option to make a large batch and keep it in the fridge for a cold refreshing tea or make the tea doubled in strength and then serve over ice cubes.

INFUSED WATER

You can also make infused water with the plants or herbs you have safely identified. Learning how to make water fun and interesting helps us drink less unhealthy drinks such as juice and soda. Here are some tips on making infused water:

- Add your plants and or fruit into a large container - a large mason jar works well, or any large drinking vessel.
- Cover your ingredients with water.
- Let the water sit for a few hours so the flavours can infuse.
- The longer it sits, the more flavourful the water will be and more nutrients will be extracted into the water.
- Some like to let the water sit in the sun for a solar infusion.
- Keep your flavoured water in the refrigerator for up to three days.

Here are some infused water ideas.

- Cucumber and Mint
- Blackberry and Mint
- Watermelon and Rosemary
- Rose Petals or Rosehips
- Huckleberry and Lavender
- Frozen Berries
- Spruce Tips or Fir Tips
- Cranberry and Rosemary
- Orange and Mint
- Strawberry and Cucumber

Tea and infused water tips referenced from Native Infusions: Rethink Your Drink by Valerie Segrest & Elise Krohn





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(THANK YOU VERY MUCH)

The information in this booklet is intended for educational purposes only and should not replace individualized nutrition teachings. Speak to your health care provider or knowledge keeper for specific teachings on any medical condition.