

Awakening the Spirit



RECIPE SAMPLER



Awakening the Spirit



A Message from the Awakening the Spirit Project Team

Dear Friend,

The American Diabetes Association's Native American program, *Awakening the Spirit: Pathways to Diabetes Prevention and Control*, would like to share with you our new recipe sampler. This recipe sampler provides examples of healthy and delicious meals based on traditional Native dishes.

In our culture food plays an important role in family gatherings and other special occasions. Over time our traditional foods have become higher in fat and salt. Although the food may taste good, it is often unhealthy for those with or at risk for diabetes. By returning to more traditional cooking methods, our food can taste great and be healthy too.

Today, diabetes has reached epidemic proportions among native people including Native Americans and Native Hawaiians. On average, Native Americans are 2.2 times more likely to be diagnosed with diabetes. Native Hawaiians living in Hawaii are 2.3 times more likely than Caucasians to be diagnosed with diabetes. Although many native people are at risk or have diabetes, the disease can be prevented or controlled with healthy eating and exercise. Being physically active and making healthy food choices can lead to a healthier pathway for generations to come.

Enjoy these great recipes and share them with your family and friends! Try modifying your own recipes to make them healthier.

To learn more about diabetes contact:
Your American Diabetes Association
1-800-DIABETES (342-2383)
www.diabetes.org

(LOWER FAT) POTATO SALAD

Yield: 12 servings
Serving Size: 1/2 cup

1. Wash and quarter potatoes; place into a large pot with enough water to cover potatoes. Bring water to a boil. Reduce heat and simmer for 15 to 20 minutes, or until potatoes are tender. Drain well; cool and peel.*
2. Cut potatoes into 1/4 inch pieces. Place in a medium-sized bowl.
3. Add onion, eggs, celery, salt, and pepper. Stir.
4. Mix yogurt, mayonnaise, and mustard in a small bowl. Add to potato mixture. Stir until potatoes are coated.

*If you choose, leave the peels on to increase fiber content.

6 medium boiling potatoes
1 small onion, chopped
2 eggs, hard cooked, coarsely chopped
1/2 cup celery, chopped
1/2 tsp. salt
1/8 tsp. black pepper
2/3 cup nonfat plain yogurt
1/4 cup light mayonnaise or salad dressing
2 tsp. prepared mustard

Nutritional Value per serving:
Calories.....103
Fat.....3g
Saturated fat..... 0.6g
Cholesterol..... 37mg
Carbohydrate..... 17g
Sodium..... 177mg
Total dietary fiber2g
Protein3g

Exchanges:
1 Starch
1/2 Fat

Recipe contributed by Nonie Woolf, R.D., M.P.H., Public Health Nutritionist, Blackfeet Community Hospital, Indian Health Service, Browning, MT.

Recipe modified to meet the American Diabetes Association Nutritional Guidelines.

WOJAPI

Yield: 8 servings

Serving size: about 1/2 cup (1/8th of recipe)

1. Using medium sauce pan, add berries (crush if desired).
2. In the saucepan, combine berries with 1 1/4 cups water. Bring to a boil, stirring occasionally. Lower heat.
3. Add Splenda.
4. In a cup or small bowl, mix cornstarch with remaining 1/4 cup water. Add mixture to sweetened berries; blend well. Cook over low heat for about 4 minutes to thicken stirring constantly, until consistency of a very thick sauce.
5. Serve hot

2 cups berries (fresh, canned, or frozen)
1 1/2 cups water, divided
1/2 cup Splenda (or to taste)*
2 Tbsp. cornstarch

Nutritional Value per serving
(with sugar substitute):
Calories..... 30
Fat.....0g
Saturated fat.....0mg
Cholesterol.....0mg
Carbohydrate......8g
Sodium.....3mg
Total dietary fiber 0.5g
Protein0g

Exchanges:
Carbohydrate 1/2

Traditional Northern Plains food dish to complement main entrée. Recipe shared from Anadarko Wellness Center/ Indian Health Service, Myrna Quinones, RD, LD, CDE, and Regina Lamar-Whitewolf, MHR.

Recipe modified to meet the American Diabetes Association Nutritional Guidelines

HEALTHY HAMBURGER GRAVY

Yield: 10 servings

Serving size: 1/2 - 3/4 cup (1/10th of recipe)

Serving Suggestion: Serve over brown rice or wild rice.

1. In a large pot, cook beef, stirring to crumble. Cook until brown and no longer pink. Put into a strainer. Pour boiling water over beef to rinse off fat; drain.
2. Return beef to pot. Add mushrooms and onion. Cover; cook until onion is tender.
3. Boil 1 cup water. Dissolve bouillon in boiling water. Add to beef mixture.
4. Add Worcestershire sauce, thyme, sage, and pepper to beef mixture. Stir to mix evenly.
5. Combine flour with remaining 1 1/2 to 2 cups water; blend well to remove lumps. Add to beef mixture. Blend well.
6. Add frozen peas and carrots. Heat to simmer. Cover; cook 7 to 10 minutes until vegetables are tender but not mushy. Flour will thicken gravy.

1 lb. extra lean ground beef (90% lean, 10% fat)
3 cups sliced fresh mushrooms
2 medium onions, chopped
2 1/2 to 3 cups water, divided
2 beef bouillon cubes
2 Tbsp. Worcestershire sauce
1/2 tsp. thyme
1/2 tsp. sage
1/4 tsp. black pepper
1/2 cup flour, all-purpose or whole wheat
3 cups frozen peas and carrots (or other frozen vegetable)

Nutritional Value per serving
(using all-purpose flour):
Calories.....142
Fat.....4g
Saturated Fat.....1.5g
Cholesterol......27mg
Carbohydrate......13g
Sodium.....281mg
Total dietary fiber......2g
Protein......12g

Recipe contributed by Nonie Woolf, R.D., M.P.H., Public Health Nutritionist, Blackfeet Community Hospital, Indian Health Service, Browning, MT.

Recipe modified to meet the American Diabetes Association Nutritional Guidelines

Exchanges:
1/2 Starch
1 Lean meat
1 Vegetable
1/2 Fat

WILD RICE STIR FRY

Yield: 5 servings
Serving Size: 1 1/2-cups

1. Rinse wild rice in cold water until water gets clear.
2. Bring 3 cups of water to a boil.
3. Stir in 1 cup of wild rice.
4. Cover and simmer for 20-30 minutes (depends on the type of wild rice) until all the water is absorbed.
5. In a medium saucepan, steam beans and carrots for about 6-8 minutes.
6. In a large fry pan or wok, sauté onions in olive oil until transparent.
7. Add marjoram, paprika and garlic, and cook until golden brown.
8. Stir in beans and carrots, and cook for about 3-4 minutes.
9. Stir in green and red peppers, tomatoes and soy sauce.
10. Cook over low heat for about 10 - 12 minutes.
11. Stir in wild rice.

You can add mushrooms for more flavor ~ Enjoy!

1/2 lb. green beans cut into 1 inch pieces
2 med. fresh tomatoes, chopped
3 Tbsp. light soy sauce
2 med. carrots, chopped
3 Tbsp. olive oil
1/2 tsp. marjoram (or oregano)
2 garlic cloves, minced
1/2 med. green bell pepper, chopped
1/2 med. red bell pepper, chopped
3 cups wild rice (precooked and hot)*
1 med. onion, sliced
1 tsp. paprika

Nutritional Value per serving:
Calories.....239
Fat.....9g
Saturated fat..... 1.1g
Cholesterol.....0g
Carbohydrate..... 35g
Sodium.....377g
Total dietary fiber.....6g
Protein.....7g

Exchanges:
1 1/2 Starch
2 Vegetable
1 1/2 Fat

High source of vitamin A, vitamin C, and fiber. Good source of iron, folate, thiamine, niacin, and riboflavin. * Percent Daily Values are based on a 2,000 calorie diet.

WWW.WoodlandsWisdom.org- From the Woodlands Wisdom Nutrition Project

Other Helpful websites:
www.keewadinwildrice.com
www.nativeharvest.com

Recipe modified to meet the American Diabetes Association Nutritional Guidelines.

LAULAU

Yield: 12 servings

Serving size: 1 bundle (1/12th of recipe)

1. Cut fish into 12 pieces and divide taro into twelve portions.
2. Wash luau leaves and remove outer skin of stem.
3. Wash ti leaves. Combine fish with onion, garlic, ginger and salt
4. Lay two ti leaves on table and place 8 luau leaves in center.
5. Place one portion each taro and fish on luau leaves, folding leaves over fish to form a bundle.
6. Tie end of ti leaves.
7. Steam for 4 hours.

1 pound unsalted butterfish
1 pound unsalted salmon
2 pounds taro, cut in 1/2 inch cubes
1 onion, sliced
3 cloves, minced
2 tsp. ginger, minced
1/2 tsp. Hawaiian salt
96 luau leaves
24 ti leaves.

Nutritional Value per serving:
Calories.....218
Fat.....6g
Saturated fat..... 1.9g
Cholesterol..... 48mg
Carbohydrate 24g
Sodium 159mg
Total dietary fiber4g
Protein..... 15g

Exchanges:
1 1/2 Starch
2 Lean Meats

HOME ON THE RANGE: BUFFALOAF

Chef Kyle's Buffa-loaf

Kyle Shadix, CCC, MS, RD (Seminole) www.ChefKyle.com

Yield: 4 servings

Serving Size: 1 slice (1/4th of recipe)

1. Preheat the oven to 350°F. Place the bison, onion, parsley, 1/4 c. catsup, Worcestershire, egg, salt, and pepper in a bowl. Add breadcrumbs, and mix well.
2. Form the meat into a small loaf, and cover with remaining 3 tablespoons of catsup. Bake for 40 minutes, or until cooked through. Do not over bake.

12 ounces ground Bison or Buffalo
1/4 cup grated onion
1/4 cup chopped parsley
1/4 cup catsup + 3 tablespoons
1 Tbsp. Worcestershire sauce
1 egg, slightly beaten
1/4 cup breadcrumbs
Salt and pepper, to taste

Nutritional Value per serving:

Calories.....176
Fat.....3g
Saturated fat..... 1g
Cholesterol..... 107mg
Carbohydrate 14g
Sodium475mg
Total dietary fiber 1g
Protein 22g

Exchanges:

3 Very lean meats
1 Carbohydrate

According to the National Bison Association, bison are not subjected to problematic drugs, hormones or chemicals, and the Association has even passed a resolution opposing the use of these substances in the production of Bison for meat.

For more information:
National Bison Association
4701 Marion St., Suite 100
Denver, CO 80216
Phone :(303)292-2833

Other Helpful Information:
Intertribal Bison Cooperative
1560 Concourse Drive
Rapid City, South Dakota 57703
www.intertribalbison.org

Recipe modified to meet the American Diabetes Association
Nutritional Guidelines.

Diabetes is a serious disease that is affecting Native people and their families everywhere. Type 2 diabetes is preventable and can be managed. You can start now and protect your family from type 2 diabetes and its complications by eating healthier meals and increasing your physical activity.

Here are some tips to help you on your healthy lifestyle pathway.

- ☀ Bake, broil, grill, boil and steam your food. Fry less often.
- ☀ Cook with nonstick pans and cooking sprays.
- ☀ Eat more vegetables and fruits; they are low in fat and make great snacks.
- ☀ Choose lean cuts of meat, game, fish and skinless poultry. Cut the fat off of meat.
- ☀ Reduce your portion sizes. If you have seconds, reach for vegetables, salad and fruit.
- ☀ Drink more water. Cut back on regular soft drinks and juice.
- ☀ Walk more and longer.
- ☀ Dance to your favorite music at home.
- ☀ Stay active during the day by cleaning house, gardening, or doing yard work.

Remember to talk with your Healthcare provider or Healthcare team before starting an exercise program. Your Healthcare team can recommend activities that are right for you.

