

ONEIDA

Traditional & Healthy
Foods for Our Community

COOKBOOK




ONEIDA

A good mind. A good heart. A strong fire.

INTRODUCTION

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

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

Oneida Nation Vision: A Nation of strong families built on Tsiᑭᑯᑲᑲᑲᑲᑲᑲ and a strong economy.

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

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

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

- Oneida Falling Leaves 4-H club
- Oneida Farmers Market (with weekly educational demonstrations)
- Youth Day on the Farm

- OCIFS Activity Book to be used as a learning tool at area elementary schools
- Food film library to educate the community and youth about health and nutrition
- Farm to School program (developed a Food Buyers group utilizing the 4-H club)
- Growing Gardeners workshops
- Youth Summer Entrepreneur Initiative
- Collaboration with other organizations on Farm to School and Farmers' Market grants

A special thank you goes to the Oneida elders who contributed their time, recipes, and stories to make this project a reality.

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CORN MEAL BREAD

BY ROSELLA MOSS

INGREDIENTS:

¼ cup All-purpose flour
½ cup Corn meal
3 tsp Baking powder
¼ cup Sugar
¾ tsp Salt
¼ cup Buttermilk
1 Egg
3 Tbsp Sour cream
¼ cup Vegetable shortening melted

ADDITIONAL INFORMATION:

- Preparation time: 20 minutes
- Cooking time: 30 minutes
- Makes 16 – 1 slice servings

DIRECTIONS:

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

NUTRITIONAL INFORMATION PER SERVING:

Calories 129
Protein 3 g
Carbohydrates 23 g
Dietary fiber 1 g
Total fat 2 g
Cholesterol 6 mg
Sodium 254 mg





PUMPKIN BRAN MUFFINS

INGREDIENTS:

1 ½ cups All-purpose flour
1 Tbsp Baking powder
1 tsp Cinnamon
2 cups Bran flakes cereal
⅓ cup Skim milk
4 Tbsp Canola oil
⅓ cup Sugar
¼ tsp Salt
½ tsp Nutmeg
1 cup Canned pumpkin
1 Egg
½ cup Raisins

ADDITIONAL INFORMATION:

- Preparation time: 30 minutes
- Cooking time: 20 minutes
- Makes: 12 Muffins

DIRECTIONS:

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

NUTRITIONAL INFORMATION PER SERVING:

Calories 165
Protein 2.5 g
Carbohydrates 31 g
Dietary fiber 2.5 g
Total fat 4 g
Cholesterol 38 mg
Sodium 325 mg





SWEET POTATO ORANGE MUFFINS

INGREDIENTS:

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

ADDITIONAL INFORMATION:

- Preparation time: 20 minutes
- Cooking time: 20 minutes
- Makes: 16-18 Muffins

DIRECTIONS:

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

NUTRITIONAL INFORMATION PER SERVING:

Calories 137
Protein 4 g
Carbohydrates 29 g
Dietary fiber 1 g
Total fat 1 g
Cholesterol 30 mg
Sodium 179 mg





SWEET POTATO PANCAKES

INGREDIENTS:

1 Tbsp Canola oil
½ cup Mashed sweet potatoes
1 Egg
⅓ cup Flour
½ tsp Baking powder
⅓ cup Skim milk
Sugar free syrup

ADDITIONAL INFORMATION:

- Preparation time: 10 minutes
- Cooking time: 14 minutes
- Makes: 12 Servings

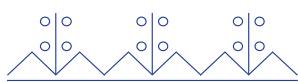
DIRECTIONS:

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

NUTRITIONAL INFORMATION PER SERVING:

Calories 110
Protein 3 g
Carbohydrates 18 g
Dietary fiber 1 g
Total fat 30 g
Cholesterol 53 mg
Sodium 240 mg





CHICKEN CURRY CASSEROLE

INGREDIENTS:

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

ADDITIONAL INFORMATION:

- Preparation time: 15 minutes
- Cooking time: 1hour 5 minutes
- Makes: 6 Servings – 1 cup

DIRECTIONS:

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

NUTRITIONAL INFORMATION PER SERVING:

Calories 220
Protein 14 g
Carbohydrates 26 g
Dietary fiber 3 g
Total fat 6 g
Cholesterol 51 mg
Sodium 564 mg





CHICKEN PENNE

INGREDIENTS:

- 3 cups Whole wheat penne pasta
- 1 tsp Granulated or minced garlic
- 2 cups Fresh Broccoli florets
- 1 cup Cooked chicken diced
- 1 ½ cups Fat free half & half
- 1 Tbsp Whole wheat flour
- ⅛ cup Low-sodium chicken broth
- 1 tsp Salt
- ½ tsp Black pepper
- ½ cup Low fat cheddar cheese, shredded
- ½ cup Low fat Mozzarella cheese, shredded

NUTRITIONAL INFORMATION PER SERVING:

- Calories 300
- Protein 19 g
- Carbohydrates 44 g
- Dietary fiber 6 g
- Total fat 6 g
- Cholesterol 26 mg
- Sodium 418 mg

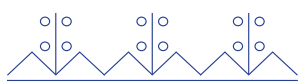
DIRECTIONS:

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

ADDITIONAL INFORMATION:

- Preparation time: 20 minutes
- Cooking time: 20 minutes
- Makes: 6 Servings – 1 ½ cup





EAGLE PIZZA

INGREDIENTS:

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

ADDITIONAL INFORMATION:

- Preparation time: 25 minutes
- Cooking time: 10 minutes
- Makes: 6 Servings

DIRECTIONS:

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

NUTRITIONAL INFORMATION PER SERVING:

Calories 206
Protein 9 g
Carbohydrates 32 g
Dietary fiber 6 g
Total fat 6 g
Cholesterol 7 mg
Sodium 290 mg





INDIAN TACO

BY ANONYMOUS ONEIDA ELDER

INGREDIENTS:

1 cup Dry pinto beans or kidney beans
½ lbs. Ground turkey
Enough water to cover beans
½ cup Chopped onion
1 Tbsp Chili powder
1 tsp Garlic powder
2 tsp Cumin
¼ tsp Salt
1 ¼ cup Grated cheese (5 oz.)
1 ¼ cup Chopped lettuce
1 ¼ cup Chopped tomatoes
⅔ cup Green chilies, chopped (optional)
5 pieces of Fry bread, 5" diameter

NUTRITIONAL INFORMATION PER SERVING:

Calories 1011
Protein 35 g
Carbohydrates 130 g
Dietary fiber 17 g
Total fat 110 g
Cholesterol 65 mg
Sodium 710 mg

DIRECTIONS:

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

ADDITIONAL INFORMATION:

- Preparation time: 15 minutes
- Cooking time: 3 hours 15 minutes
- Makes: 5 Tacos





POACHED FISH

BY ANONYMOUS ONEIDA ELDER

INGREDIENTS:

Any fresh or frozen fish (whole or fillets) Poaching is an excellent, easy method of preparation for fish.

Broiling, baking or microwaving seasoned fish fillets without adding fat are other good cooking methods for preparing low fat fish entrée.

ADDITIONAL INFORMATION:

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

DIRECTIONS:

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

NUTRITIONAL INFORMATION PER SERVING:

Calories 69

Protein 5 g

Carbohydrates 0 g

Dietary fiber 0 g

Total fat .6 g

Cholesterol 36 mg

Sodium 45 mg





PORCUPINE SLIDERS

INGREDIENTS:

⅓ cup Brown rice
1 tsp Canola Oil
1 ½ Tbsp Fresh onion, diced
¼ cup Fresh celery, diced
1 ½ tsp Fresh garlic, minced
1lb Ground turkey
1 Egg beaten
5 Tbsp Dried cranberries, chopped
¾ cup Fresh baby spinach, chopped
1 tsp Worcestershire sauce
½ tsp Salt
½ tsp Black pepper
1 dash White pepper
1 package Whole wheat dinner rolls

NUTRITIONAL INFORMATION PER SERVING:

Calories 247
Protein 16 g
Carbohydrates 26 g
Dietary fiber 3 g
Total fat 9 g
Cholesterol 85 mg
Sodium 366 mg

DIRECTIONS:

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

ADDITIONAL INFORMATION:

- Preparation time: 30 minutes
- Cooking time: 1 hour 20 minutes
- Makes: 6 Sliders





SQUISH SQUASH LASAGNA

INGREDIENTS:

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

ADDITIONAL INFORMATION:

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

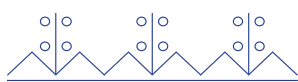
NUTRITIONAL INFORMATION PER SERVING:

Calories 175
Protein 8 g
Carbohydrates 29 g
Dietary fiber 5 g
Total fat 4 g
Cholesterol 8 mg
Sodium 83 mg

DIRECTIONS:

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





STIR-FRY CHICKEN, SQUASH, AND CORN

INGREDIENTS:

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

ADDITIONAL INFORMATION:

- Preparation time: 30 minutes
- Cooking time: 1 hour
- Makes: 6 Servings – $\frac{3}{4}$ cup of stir fry and $\frac{1}{2}$ cups of rice servings

DIRECTIONS:

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

NUTRITIONAL INFORMATION PER SERVING:

Calories 396
Protein 20 g
Carbohydrates 59 g
Dietary fiber 7 g
Total fat 10 g
Cholesterol 62 mg
Sodium 574 mg





WILD RICE CASSEROLE

BY ANONYMOUS ONEIDA ELDER

INGREDIENTS:

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

ADDITIONAL INFORMATION:

- Preparation time: 30 minutes
- Cooking time: 1 hour 30 minutes
- Makes: 10 Servings

DIRECTIONS:

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

NUTRITIONAL INFORMATION PER SERVING:

Calories 105
Protein 1 g
Carbohydrates 12 g
Dietary fiber 20 g
Total fat 14 g
Cholesterol 9 mg
Sodium 103 mg





BOK CHOY WRAPPERS

INGREDIENTS:

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

ADDITIONAL INFORMATION:

- Preparation time: 15 minutes
- Cooking time: 1 hour and 15 minutes
- Makes: 12 Wraps

DIRECTIONS:

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

NUTRITIONAL INFORMATION PER SERVING:

Calories 376
Protein 13 g
Carbohydrates 56 g
Dietary fiber 5 g
Total fat 11 g
Cholesterol 23 mg
Sodium 377 mg





COCKTAIL RYE SANDWICHES

BY ROSELLA MOSS

INGREDIENTS:

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

ADDITIONAL INFORMATION:

- Preparation time: 10 minutes
- Cooking time: 0 minutes
- Makes: 12 – 2 Slice Servings

DIRECTIONS:

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

NUTRITIONAL INFORMATION PER SERVING:

Calories 62
Protein .25 g
Carbohydrates .25 g
Dietary fiber 0 g
Total fat 50 g
Cholesterol 1.5 mg
Sodium 30 mg





CRUNCHY HAWAIIAN CHICKEN WRAPS

INGREDIENTS:

¼ cup Lite mayonnaise
⅓ cup White vinegar
¼ cup Sugar
1 tsp Poppy seeds
1 ½ tsp Garlic powder
1 ½ tsp Onion powder
1 ½ tsp Chili powder
2 cups Fresh broccoli, shredded
1 ½ cups carrots, shredded
¼ cup Crushed pineapple, drained
1 cup Fresh baby spinach, chopped
3 cups cooked chicken, cut ½" pieces
6 Whole-wheat tortillas 10"

ADDITIONAL INFORMATION:

- Preparation time: 20 minutes
- Cooking time: 0 minutes
- Makes: 6 Servings

DIRECTIONS:

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

NUTRITIONAL INFORMATION PER SERVING:

Calories 308
Protein 24 g
Carbohydrates 42 g
Dietary fiber 5 g
Total fat 6 g
Cholesterol 35 mg
Sodium 408 mg





PURPLE POWER BEAN WRAP

INGREDIENTS:

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

NUTRITIONAL INFORMATION PER SERVING:

Calories 274
Protein 8 g
Carbohydrates 38 g
Dietary fiber 8 g
Total fat 10 g
Cholesterol 0 mg
Sodium 424 mg

DIRECTIONS:

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

ADDITIONAL INFORMATION:

- Preparation time: 20 minutes
- Cooking time: 20 minutes
- Makes: 6 Wraps





ROASTED FISH CRISPY SLAW WRAP

INGREDIENTS:

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

ADDITIONAL INFORMATION:

- Preparation time: 50 minutes
- Cooking time: 12 minutes
- Makes: 6 Wraps

DIRECTIONS:

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

NUTRITIONAL INFORMATION PER SERVING:

Calories 342
Protein 29 g
Carbohydrates 37 g
Dietary fiber 6 g
Total fat 10 g
Cholesterol 50 mg
Sodium 541 mg





VEGETABLE DIP

BY ROSELLA MOSS

INGREDIENTS:

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

ADDITIONAL INFORMATION:

- Preparation time: 5 minutes
- Cooking time: 0 minutes
- Makes: 12 Servings

DIRECTIONS:

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

NUTRITIONAL INFORMATION PER SERVING:

Calories 23
Protein .5 g
Carbohydrates 1 g
Dietary fiber 0 g
Total fat 5 g
Cholesterol 5 mg
Sodium 18 mg





CENTRAL VALLEY HARVEST BAKE

INGREDIENTS:

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

NUTRITIONAL INFORMATION PER SERVING:

Calories 197
Protein 2 g
Carbohydrates 20 g
Dietary fiber 4 g
Total fat 2 g
Cholesterol 0 mg
Sodium 115 mg

DIRECTIONS:

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

ADDITIONAL INFORMATION:

- Preparation time: 45 minutes
- Cooking time: 1 hour and 30 minutes
- Makes: 6 Servings – ½ cup





HARVEST DELIGHT

INGREDIENTS:

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

ADDITIONAL INFORMATION:

- Preparation time: 40 minutes
- Cooking time: 1 hour
- Makes: 6 Servings – ½ cup

NUTRITIONAL INFORMATION PER SERVING:

Calories 93
Protein 1 g
Carbohydrates 16 g
Dietary fiber 3 g
Total fat 2 g
Cholesterol 0 mg
Sodium 103 mg

DIRECTIONS:

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





LENTILS OF THE SOUTHWEST

INGREDIENTS:

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

ADDITIONAL INFORMATION:

- Preparation time: 15 minutes
- Cooking time: 50 minutes
- Makes: 6 Servings – ¼ cup

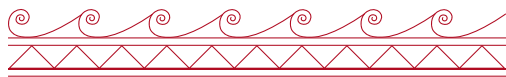
DIRECTIONS:

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

NUTRITIONAL INFORMATION PER SERVING:

Calories 69
Protein 5 g
Carbohydrates 11 g
Dietary fiber 4 g
Total fat 0 g
Cholesterol 0 mg
Sodium 142 mg





OVEN ROASTED HONEY GARLIC BRUSSELS SPROUTS

BY MIKE METOXEN

INGREDIENTS:

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

ADDITIONAL INFORMATION:

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

DIRECTIONS:

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





RAINBOW WILD RICE

INGREDIENTS:

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

NUTRITIONAL INFORMATION PER SERVING:

Calories 232
Protein 22 g
Carbohydrates 28 g
Dietary fiber 5 g
Total fat 4 g
Cholesterol 55 mg
Sodium 159 mg

DIRECTIONS:

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

ADDITIONAL INFORMATION:

- Preparation time: 15 minutes
- Cooking time: 1 hour
- Makes: 6 Servings – 1 cup





WILD RICE STUFFING

BY ANONYMOUS ONEIDA ELDER

INGREDIENTS:

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

ADDITIONAL INFORMATION:

- Preparation time: 2 hours 30 minutes
- Cooking time: 1 hour
- Makes: 10 – ½ cup

NUTRITIONAL INFORMATION PER SERVING:

Calories 115
Protein 4.5 g
Carbohydrates 28 g
Dietary fiber 2 g
Total fat 2 g
Cholesterol 1 mg
Sodium 168 mg

DIRECTIONS:

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





AZTEC GRAIN SALAD

INGREDIENTS:

- 1 ½ cups Dry Quinoa
- 1 ¾ cups Granny Smith apples, cubed ½"
- 1 ¾ cups Fresh butternut squash, cubed ½"
- 1 Tbsp Canola oil
- ¼ tsp Ground ginger
- ¾ tsp Ground cinnamon
- ¼ cup Frozen orange juice concentrate
- 1 ½ Tbsp Extra-virgin olive oil
- 1 tsp Honey
- ½ tsp Mustard
- 2 Tbsp Red wine vinegar
- ⅛ tsp Salt
- 1 dash Black pepper
- 1 dash White pepper
- ½ tsp Fresh Cilantro, chopped

ADDITIONAL INFORMATION:

- Preparation time: 15 minutes
- Cooking time: 30 minutes
- Makes: 6 Servings – 1 cup

DIRECTIONS:

- 1 Preheat oven to 400°F
- 2 Rinse quinoa and combine with 3 cups of water in a small pot. Boil until water is absorbed and cover and refrigerate.
- 3 Combine apples and squash cubes in a medium bowl, add canola oil, ⅛ tsp ginger, ¼ tsp cinnamon, toss till coated.
- 4 Pour mixture onto a large baking sheet place in oven at 400°F for 15 minutes. Remove and cool.
- 5 In a medium bowl combine orange juice, olive oil, honey, mustard, red wine vinegar, salt, peppers, cilantro and remaining ginger and cinnamon, whisk until smooth. Serve over quinoa and fruit mixture.

NUTRITIONAL INFORMATION PER SERVING:

Calories 298
Protein 6 g
Carbohydrates 54 g
Dietary fiber 6 g
Total fat 8 g
Cholesterol 0 mg
Sodium 58 mg





BUFFALO CHILI

BY GERALDINE HALLAM

INGREDIENTS:

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

NUTRITIONAL INFORMATION PER SERVING:

Calories 254
Protein 31 g
Carbohydrates 29.3 g
Dietary fiber 9 g
Total fat 1.16 g
Cholesterol 11.5 mg
Sodium 222.4 mg

DIRECTIONS:

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

ADDITIONAL INFORMATION:

- Preparation time: 10 minutes
- Cooking time: 1 hour 30 minutes
- Makes: 10 Servings





BUTTERNUT SQUASH SOUP

BY ANONYMOUS ONEIDA ELDER

INGREDIENTS:

1 ½ cups Carrots, chopped
¼ cup Onion, chopped
½ cup frozen Butternut squash, thawed
1 cup Water
⅓ cup Flour
2 Cloves garlic, minced
3 cups Reduced-sodium chicken broth
½ cup Frozen corn kernels
1Tbsp Fresh dill, snipped

ADDITIONAL INFORMATION:

- Preparation time: 25 minutes
- Cooking time: 35 minutes
- Makes: 6 Servings

DIRECTIONS:

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

NUTRITIONAL INFORMATION PER SERVING:

Calories 100
Protein 3 g
Carbohydrates 23 g
Dietary fiber 2 g
Total fat 1.5 g
Cholesterol .5 mg
Sodium 504 mg





CHILI PULP

BY ANONYMOUS ONEIDA ELDER

INGREDIENTS:

12 red chili pods

Water and season to taste

ADDITIONAL INFORMATION:

- Preparation time: 15 minutes
- Cooking time: 1 hour 30 minutes
- Makes: 1 cup

DIRECTIONS:

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

NUTRITIONAL INFORMATION PER SERVING:

Calories 324

Protein 10 g

Carbohydrates 48 g

Dietary fiber 8 g

Total fat 4 g

Cholesterol 0 mg

Sodium 48 mg





CONFETTI SOUP

INGREDIENTS:

- 1 $\frac{3}{4}$ tsp Canola oil
- $\frac{3}{4}$ cup Fresh onions, diced
- $\frac{3}{4}$ cup Fresh celery, diced
- $\frac{3}{4}$ cup Fresh carrots, diced
- $\frac{1}{2}$ tsp Salt
- $\frac{1}{2}$ tsp Black pepper
- $\frac{1}{4}$ tsp Whole fennel seed
- 1 $\frac{1}{2}$ cups black-eyed peas
- 3 $\frac{1}{2}$ cups Water
- 1 cup Turkey ham, diced $\frac{1}{4}$ "
- $\frac{1}{3}$ cup Fresh kale, chopped
- 1 $\frac{1}{2}$ Tbsp Fresh parsley, chopped

ADDITIONAL INFORMATION:

- Preparation time: 20 minutes
- Cooking time: 40-50 minutes
- Makes: 6 Servings – 1 cup

DIRECTIONS:

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

NUTRITIONAL INFORMATION PER SERVING:

Calories 94
Protein 8 g
Carbohydrates 10 g
Dietary fiber 3 g
Total fat 3 g
Cholesterol 18 mg
Sodium 488 mg





HARVEST STEW

INGREDIENTS:

- ¾ Tbsp Vegetable oil
- ¾ cup Fresh onions, diced
- ⅓ cup Fresh carrots, diced
- ½ cup Fresh celery, diced
- 1 Tbsp All-purpose flour
- ⅓ cup Chicken base
- 1 ¼ cups Water
- ⅛ tsp Salt free seasoning
- ⅓ tsp Garlic powder
- 1 cup Canned diced tomatoes
- 1 cup Fresh sweet potatoes, cubed 1"
- ½ cup Fresh red potato, cubed 1"
- 1 cup Diced chicken, ½" pieces
- 2 cups Canned great northern beans, drained
- ½ cup Fresh baby spinach, chopped

ADDITIONAL INFORMATION:

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

DIRECTIONS:

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

NUTRITIONAL INFORMATION PER SERVING:

Calories 124
Protein 8 g
Carbohydrates 18 g
Dietary fiber 5 g
Total fat 2 g
Cholesterol 13 mg
Sodium 57 mg





HOMINY SOUP

BY ANONYMOUS ONEIDA ELDER

INGREDIENTS:

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

ADDITIONAL INFORMATION:

- Preparation time: 15 minutes
- Cooking time: 2 hours
- Makes: 10 Servings

DIRECTIONS:

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

NUTRITIONAL INFORMATION PER SERVING:

Calories 227
Protein 9 g
Carbohydrates 20 g
Dietary fiber 14 g
Total fat 34 g
Cholesterol 26 mg
Sodium 29 mg





QUINOA SALAD

INGREDIENTS:

1 cup Dry quinoa
2 cups Chicken broth
2 Tbsp Lemon juice
2 Tbsp Red wine vinegar
1 tsp Fresh garlic, minced
1 ½ Tbsp Extra-virgin olive oil
½ tsp Salt
⅛ tsp White pepper
¼ cup Fresh bell peppers, diced
2 Tbsp Fresh green onions, diced
2 Tbsp Red onions, diced
½ cup Cherry tomatoes, halved
2 Tbsp Black olives, sliced
2 Tbsp Feta cheese, crumbled
1 Tbsp Fresh parsley, chopped

NUTRITIONAL INFORMATION PER SERVING:

Calories 166
Protein 7 g
Carbohydrates 23 g
Dietary fiber 3 g
Total fat 6 g
Cholesterol 3 mg
Sodium 278 mg

DIRECTIONS:

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

ADDITIONAL INFORMATION:

- Preparation time: 60 minutes
- Cooking time: 10-15 minutes
- Makes: 6 Servings – ¾ cup





SMOKIN' POWERHOUSE CHILI

INGREDIENTS:

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

NUTRITIONAL INFORMATION PER SERVING:

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

DIRECTIONS:

- 1 Combine quinoa with 1 ⅔ cups of water in a small pot. Bring to a boil, reduce heat and simmer until water is absorbed.
- 2 In a large pot coated with a nonstick spray, cook onions, and garlic over a medium heat for 2 minutes, add half the vegetables and bring to a boil.
- 3 Add carrots, red bell peppers, and chipotle pepper. Cook over medium heat for 10 minutes.
- 4 Steam sweet potatoes until tender.
- 5 Add remaining vegetable stock to a pot along with diced tomatoes, tomato sauce, cilantro, chili powder, cumin, and salt. Cook over medium heat to blend flavors, about 15 minutes.
- 6 Add black beans, corn, and steam sweet potatoes, cover and continue cooking over low heat for 10-15 minutes. Serve hot.

ADDITIONAL INFORMATION:

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





SPANISH CHICKPEA STEW

INGREDIENTS:

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

ADDITIONAL INFORMATION:

- Preparation time: 15 minutes
- Cooking time: 25 minutes
- Makes: 6 Servings

DIRECTIONS:

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

NUTRITIONAL INFORMATION PER SERVING:

Calories 241
Protein 8 g
Carbohydrates 38 g
Dietary fiber 6 g
Total fat 8 g
Cholesterol 0 mg
Sodium 156 mg





SQUASH, GREEN BEAN AND CORN SOUP

BY ANONYMOUS ONEIDA ELDER

INGREDIENTS:

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

ADDITIONAL INFORMATION:

- Preparation time: 15 minutes
- Cooking time: 1 hour
- Makes: 8 Servings 1 cup

DIRECTIONS:

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

NUTRITIONAL INFORMATION PER SERVING:

Calories 116
Protein 9 g
Carbohydrates 38 g
Dietary fiber 21 g
Total fat 3 g
Cholesterol 8 mg
Sodium 56 mg





SWEET POTATO AND BLACK BEAN STEW

INGREDIENTS:

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

ADDITIONAL INFORMATION:

- Preparation time: 20 minutes
- Cooking time: 40 minutes
- Makes: 6 Servings – 1 cup

DIRECTIONS:

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

NUTRITIONAL INFORMATION PER SERVING:

Calories 326
Protein 15 g
Carbohydrates 51 g
Dietary fiber 14 g
Total fat 7 g
Cholesterol 0 mg
Sodium 186 mg





TUSCAN SMOKED TURKEY AND BEAN SOUP

INGREDIENTS:

- 1/3 cup Fresh onions, diced
- 1/3 cup Fresh celery, diced
- 1/3 cup Fresh carrots, diced
- 1 1/2 cups Fresh Kale, chopped, no stems.
- 2 1/4 tsp Canned tomato paste
- 1 Tbsp Fresh garlic, minced
- 4 1/4 cups Low-sodium chicken stock
- 1 3/4 cups Canned Navy beans, drained
- 1/2 tsp Salt
- 1/8 tsp Black pepper
- 1 cup Smoked turkey breast, 1/4" pieces
- 2 tsp Fresh thyme, chopped
- 2 tsp Fresh basil, chopped
- 2 tsp Fresh parsley, chopped

ADDITIONAL INFORMATION:

- Preparation time: 30 minutes
- Cooking time: 50 minutes
- Makes: 6 Servings – 1 cup

DIRECTIONS:

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

NUTRITIONAL INFORMATION PER SERVING:

Calories 135
Protein 15 g
Carbohydrates 14 g
Dietary fiber 4 g
Total fat 3 g
Cholesterol 21 mg
Sodium 525 mg





VEGETABLE CHILI BOAT

INGREDIENTS:

- 1 ½ tsp Canola oil
- ½ cup Fresh one, diced
- ½ cup Canned pinto beans, drained
- ½ cup Canned kidney beans, drained
- 1 cup Canned black beans, drained
- 1 ½ Tbsp Chili powder
- 1 ⅓ cups Canned diced tomatoes
- 1 cup Chicken stock
- 1 dash Hot sauce
- ¼ cup Tomato paste
- 18 Tortilla chips
- ¼ cup Cheddar cheese, shredded
- ¼ cup Mozzarella cheese, shredded

ADDITIONAL INFORMATION:

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

DIRECTIONS:

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

NUTRITIONAL INFORMATION PER SERVING:

Calories 141
Protein 7 g
Carbohydrates 21 g
Dietary fiber 5 g
Total fat 4 g
Cholesterol 4 mg
Sodium 159 mg





WHITE CORN SOUP

BY ANONYMOUS ONEIDA ELDER

INGREDIENTS:

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

ADDITIONAL INFORMATION:

- Preparation time: 15 minutes
- Cooking time: 8 hour
- Makes: 16 Servings – 2 cup

DIRECTIONS:

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

NUTRITIONAL INFORMATION PER SERVING:

Calories 311
Protein 101 g
Carbohydrates 40 g
Dietary fiber 26 g
Total fat 5 g
Cholesterol 33 mg
Sodium 411 mg

HERBS & SPICES

DRIED VS. FRESH

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

BASIL

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

BAY LEAVES

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

CARAWAY

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

CELERY SEED

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

CHIVES

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

CILANTRO

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

CINNAMON

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

CORIANDER

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

CURRY POWDER

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

DILL

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

FENNEL

Sweet, hot flavor. Both seeds and leaves are used. Use in small quantities in pies and baked goods. Leaves can be boiled with fish.

GINGER

A pungent root, this aromatic spice is sold fresh, dried or ground. Use in pickles, preserves, cakes, cookies, soups and meat dishes.

MARJORAM

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

MINT

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

NUTMEG

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

OREGANO

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

PAPRIKA

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

PARSLEY

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

ROSEMARY

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

SAFFRON

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

SAGE

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

TARRAGON

Leaves have a pungent, hot taste. Use to flavor sauces, salads, fish, poultry, tomatoes, eggs, green beans, carrots and dressings.



THYME

Sprinkle leaves on fish or poultry before broiling or baking. Throw a few sprigs directly on coals shortly before meat is finished grilling.

TURMERIC

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

Use 3 times more fresh herbs if substituting fresh for dried.

VEGETABLES & FRUITS

BUYING FRESH VEGETABLES

ARTICHOKES

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

ASPARAGUS

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

BEANS, SNAP

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

BROCCOLI, BRUSSELS SPROUTS AND CAULIFLOWER

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

CABBAGE AND HEAD LETTUCE

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

CUCUMBERS

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

MUSHROOMS

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

PEAS AND LIMA BEANS

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

BUYING FRESH FRUITS

BANANAS

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

BERRIES

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



MELONS

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

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

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

ORANGES, GRAPEFRUIT AND LEMONS

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



QUICK FIXES

PRACTICALLY EVERYONE has

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

ACIDIC FOODS

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

BURNT FOOD ON POTS AND PANS

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

CHOCOLATE SEIZES

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

FORGOT TO THAW WHIPPED TOPPING

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

HANDS SMELL LIKE GARLIC OR ONION

Rinse hands under cold water while rubbing them with a large stainless steel spoon.

HARD BROWN SUGAR

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

JELL-O TOO HARD

Heat on a low microwave power setting for a very short time.

LUMPY GRAVY OR SAUCE

Use a blender, food processor or simply strain.

NO TOMATO JUICE

Mix ½ cup ketchup with ½ cup water.

OUT OF HONEY

Substitute 1 ¼ cups sugar dissolved in 1 cup water.



OVERCOOKED SWEET POTATOES OR CARROTS

Softened sweet potatoes and carrots make a wonderful soufflé with the addition of eggs and sugar. Consult your favorite cookbook for a good soufflé recipe. Overcooked sweet potatoes can also be used as pie filling.

SANDWICH BREAD IS STALE

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

SOUP, SAUCE, GRAVY TOO THIN

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

STICKY RICE

Rinse rice with warm water.

STEW OR SOUP IS GREASY

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

TOO SALTY

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

TOO SWEET

Add a little vinegar or lemon juice.

UNDERCOOKED CAKES AND COOKIES

Serve over vanilla ice cream. You can also layer pieces of cake or cookies with whipped cream and fresh fruit to form a dessert parfait. Crumbled cookies also make an excellent ice cream or cream pie topping.



COOKING TIME TABLE

Vegetable	Cooking Method	Time
Artichokes	boiled	40 min.
	steamed	45-60 min.
Asparagus Tips	boiled	10-15 min.
Beans, Lima	boiled	20-40 min.
	steamed	60 min.
Beans, String	boiled	15-35 min.
	steamed	60 min.
Beets, Old	boiled or steamed 1-2 hours	
Beets, Young with Skin		
	boiled	30 min.
	steamed	60 min.
	baked	70-90 min.
Broccoli, Flowerets		
	boiled	5-10 min.
Broccoli, Stems	boiled	20-30 min.
Brussels Sprouts	boiled	20-30 min.
Cabbage, Chopped		
	boiled	10-20 min.
Carrots, Cut Across		
	boiled	8-10 min.
	steamed	40 min.
Cauliflower, Flowerets		
	boiled	8-10 min.

Vegetable	Cooking Method	Time
Cauliflower, Stem Down		
	boiled	20-30 min.
Corn, Green, Tender		
	boiled	5-10 min.
	steamed	15 min.
	baked	20 min.
Eggplant, Whole		
	boiled	30 min.
	steamed	40 min.
	baked	45 min.
Parsnips		
	boiled	25-40 min.
	steamed	60 min.
	baked	60-75 min.
Peas, Green		
	boiled or steamed	5-15 min.
Potatoes		
	boiled	20-40 min.
	steamed	60 min.
	baked	45-60 min.
Pumpkin or Squash		
	boiled	20-40 min.
	steamed	45 min.
	baked	60 min.
Tomatoes	boiled	5-15 min.
Turnips		
	boiled	25-40 min.
	boiled	8-10 min.



DRYING TIME TABLE

Fruit	Sugar or Honey	Cooking Time
Apricots		
	¼ cup for each cup of fruit	about 40 min.
Figs		
	1 Tbsp for each cup of fruit	about 30 min.
Peaches		
	¼ cup for each cup of fruit	about 45 min.
Prunes		
	2 Tbsp for each cup of fruit	about 45 min.



MEASUREMENTS & SUBSTITUTIONS

MEASUREMENTS

a pinch	$\frac{1}{8}$ teaspoon or less
3 teaspoons	1 tablespoon
4 tablespoons	$\frac{1}{4}$ cup
8 tablespoons	$\frac{1}{2}$ cup
12 tablespoons	$\frac{3}{4}$ cup
16 tablespoons	1 cup
2 cups	1 pint
4 cups	1 quart
4 quarts	1 gallon
8 quarts	1 peck
4 pecks	1 bushel
16 ounces	1 pound
32 ounces	1 quart
1 ounce liquid	2 tablespoons
8 ounces liquid	1 cup

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

C° TO F° CONVERSION

120° C – 250° F

140° C – 275° F

150° C – 300° F

160° C – 325° F

180° C – 350° F

190° C – 375° F

200° C – 400° F

220° C – 425° F

230° C – 450° F

Temperature conversions are estimates.



SUBSTITUTIONS

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

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



COUNTING CALORIES

BEVERAGES

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

BREADS

Cornbread, 1 sm. square	130
Dumplings, 1 med.	70

BREADS cont.

French Toast, 1 slice	135
Melba Toast, 1 slice	25
Muffins, Blueberry, 1 muffin	110
Bran, 1 muffin	106
Corn, 1 muffin	125
English, 1 muffin	280
Pancakes, 1 (4-in.)	60
Pumpernickel, 1 slice	75
Rye, 1 slice	60
Waffle, 1	216
White, 1 slice	60-70
Whole Wheat, 1 slice	55-65

CEREALS

Cornflakes, 1 cup	105
Cream of Wheat, 1 cup	120
Oatmeal, 1 cup	148
Rice Flakes, 1 cup	105
Shredded Wheat, 1 biscuit	100
Sugar Krisps, $\frac{3}{4}$ cup	110

COUNTING CALORIES

CRACKERS

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

DAIRY PRODUCTS

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

EGGS

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

FISH & SEAFOOD

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

FRUITS

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

COUNTING CALORIES

FRUITS cont.

Grapes, ½ cup	35-55
Honeydew, ½ cup	55
Mango, 1 med.	90
Orange, 1 med.	65-75
Peach, 1 med.	35
Pear, 1 med.	60-100
Pineapple, fresh, ½ cup	40
Canned in syrup, ½ cup	95
Plum, 1 med.	30
Strawberries, fresh, ½ cup	30
Frozen and Sweetened, ½ cup	120-140
Tangerine, 1 lg.	39
Watermelon, ½ cup	42

MEAT & POULTRY

Beef, ground (lean), 3 oz.	185
Roast, 3 oz.	185
Chicken, broiled, 3 oz.	115
Lamb Chop (lean), 3 oz.	175-200

MEAT & POULTRY cont.

Steak, Sirloin, 3 oz.	175
Tenderloin, 3 oz.	174
Top Round, 3 oz.	162
Turkey, dark meat, 3 oz.	175
White Meat, 3 oz.	150
Veal, Cutlet, 3 oz.	156
Roast, 3 oz.	76

NUTS

Almonds, 2 Tbsp	105
Cashews, 2 Tbsp	100
Peanuts, 2 Tbsp	105
Peanut Butter, 1 Tbsp	95
Pecans, 2 Tbsp	95
Pistachios, 2 Tbsp	92
Walnuts, 2 Tbsp	80

PASTA

Macaroni or Spaghetti, cooked, ¾ cup	115
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COUNTING CALORIES

SALAD DRESSINGS

Blue Cheese, 1 Tbsp	70
French, 1 Tbsp	65
Italian, 1 Tbsp	80
Mayonnaise, 1 Tbsp	100
Olive Oil, 1 Tbsp	124
Russian, 1 Tbsp	70
Salad Oil, 1 Tbsp	120

SOUPS

Bean, 1 cup	130-180
Beef Noodle, 1 cup	70
Bouillon and Consommé, 1 cup	30
Chicken Noodle, 1 cup	65
Chicken with Rice, 1 cup	50
Minestrone, 1 cup	80-150
Split Pea, 1 cup	145-170
Tomato with milk, 1 cup	170
Vegetable, 1 cup	80-100

VEGETABLES

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

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