

# INDIGENOUS HOME COOKING MENUS INSPIRED BY THE ANCESTORS



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FOOD LAB



Urban Indian  
Health Institute  
A Division of the Seattle Indian Health Board

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# THE INDIGENOUS KITCHEN: MENUS INSPIRED BY THE ANCESTORS

Cooking and eating are at the core of maintaining good health. With so many options available in supermarkets, buying groceries that contribute to our health and well-being can be daunting and overwhelming. This training will support those decisions by presenting a culturally relevant nutrition guide, as well as an overview of foods that originate from Turtle Island and are available in your local grocery stores and online marketplaces. Recipes that support an approach to menu planning inspired by the first foods will be shared, as well, and supported by demonstrations of how to prepare the dishes. Participants will also learn about ongoing efforts to create a culturally appropriate food infrastructure that serves the economic and health needs of Indian Country.



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## INTRODUCTION

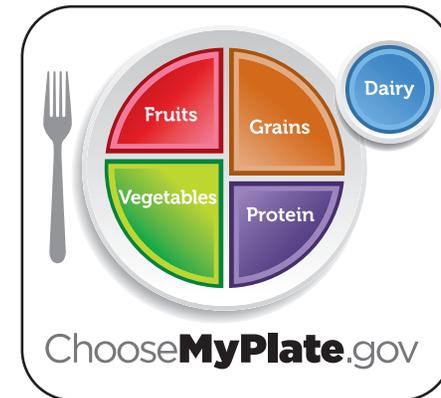
Before European contact, Native people ate a great variety of nutritionally dense foods including many types of leafy greens, berries, fruits, wild game, birds, fish, seafood, dipping oils, seaweed, roots, bulbs and clean water. Foods were eaten fresh, in season, and preserved for use throughout the year. The diet was rich in vitamins, minerals, proteins and healthy fats. Traditional cooking techniques optimized both flavor and nutrient content. As traditional foods were replaced with commodity foods high in carbohydrates, sugar, dairy and poor-quality fats, and a nearly inescapable sedentary lifestyle set in, so did the rise of mostly preventable nutrition-related epidemics.

Diabetes, heart disease and cancer are now among the top causes of mortality in American Indian communities and all have three major underlying causes in common: malnourishment, inflammation and stress. It is important to remember that diabetes was non-existent in our communities before white settlers came to our lands. This is reflected in our ancient languages that did not even have a word for this disease - now, it is widespread. Studies in the growing field of epigenetics are also linking intergenerational trauma from the effects of colonization directly to these modern diseases as well. Understandably, the health of Native people has suffered from the severing of our food traditions and the superimposition of a diet that would be barely recognizable by our Ancestors.

Established models of nutritional standards set by federal agencies like the Department of Health and Human Services (HHS), the United States Department of Agriculture (USDA) and the Academy of Nutrition and Dietetics command adherence. Medical and nutritional experts developed the “Dietary Guidelines for Americans” derived from research of wealthy and affluent non-Native people. Its main purpose is to inform the development of federal food, nutrition and health policies and feeding programs.

It is required by law that federal programs such as the USDA’s National School Lunch Program, the Special Supplemental Nutrition Program for Women, Infants and Children (WIC),

the Older Americans Act Nutrition Services programs and even Veteran Affairs follow the guidelines in offering their food packages to millions of American beneficiaries. Every five years the Dietary Guidelines for Americans are updated, reflecting scientific advancements. According to the 2015-2020 guidelines, the amount of dietary intake levels sufficient to meet daily requirements for good nutrition looks like.



However, many Indigenous diets reflected different ratios of both macro and micronutrients. For example, the ancestral diet of the Pacific Northwest would look more like:

**Meat, Fish and Fowl (Protein): 45%**

**Roots and Sweets (Carbohydrates): 2%**

**Fats and Fish Oils (Fats): 20%**

**Leafy Greens, Berries and Fruits  
(Fiber, micronutrients and some sugar): 33%**

According to a comprehensive study from the University of Oregon, adherence to the U.S. Dietary Guidelines is low; the majority of Americans do not follow healthy eating patterns. Consuming a high-calorie, low-nutrient diet in combination with a sedentary lifestyle predisposes one to nutrition-related chronic diseases now prevalent in tribal communities. Many Americans are not meeting sufficient consumption of essential vitamins and minerals that would help prevent deficiency diseases such as diabetes, cardiovascular diseases, cancers, age-related eye diseases, osteoporosis and even depression. In short, malnourishment affects long-term health. Assessing the

nutrient intake of the American population brings to light many nutritional inadequacies. When compared to an Ancestral diet, the nutritional habits of modern Americans illuminate problems that desperately need to be addressed in order to truly recover the preventative health and healthcare needs of future generations.

The standard American diet has many shortfalls and oftentimes contributes to the struggle of accessing proper nutrition. The average American is not consuming enough vitamins and minerals, let alone the high levels of nutrients consumed by our Ancestors. A deficit of nutrients like calcium, magnesium and potassium can lead to osteoporosis, heart disease, insulin resistance and diabetes, to name a few. The National Institute of Health has found evidence of a protective effect of Vitamin C on certain non-hormone related cancers. Even the Dietary Guidelines themselves highlight that calcium, potassium, fiber, iron and Vitamins A, C and E are under-consumed in the United States, and this imbalance leads to adverse health effects.

These diseases are affecting young generations of Native people. It is predicted that because of diabetes and obesity in our young people, they will become the first generation to live shorter lives than their parents. This is why we must start incorporating more nutrient-rich and balanced menus reflective of our Ancestral diets into our everyday lives. Shopping, cooking and eating are at the core of maintaining good health and, with some assistance, navigating your grocery store with your Ancestors in mind can have powerful health outcomes.

## GROCERY SHOPPING WITH YOUR ANCESTORS

Ever find yourself feeling overwhelmed by all the options in the grocery store? Reading labels, inspecting never-before-seen produce, wondering about the subtleties of each cut of meat and fish? Shopping for food can be an arduous process, as the shelves are full of eye-catching boxes, cans and plastic bags of foods. It is, after all, a place of business and marketing. The goal is to expose consumers to numerous products so you are enticed to buy them. In our modern world, food is treated

as a product; a resource to be extracted and consumed. Food marketers are in business to make a profit and do not always have your health in mind. As a result, people have developed transactional relationships with their food. However, it is important to develop your own personal concepts of healthy and wholesome foods that will vitalize your body, mind and spirit.

Although, nowadays, getting food is a far cry from the harvesting, processing and storing our ancestors carried out on a daily basis. Let's consider what they may recognize as food in your supermarket. We know our traditional foods are healthy, so how can we make selections that are as similar as possible to the choices of our ancestors? These foods were seasonal, local, wild and organic, and our lives were organized around them for thousands of years. Here are a few questions you may want to keep in mind while strolling through the aisles:

1. Can I picture this food growing in nature?
2. How many ingredients does it have?
3. What has been done to this food since it was harvested?
4. How far has it traveled to be on this shelf?
5. Would my Ancestor recognize this as food?

It turns out many of these foods are still attainable in your local market and in this age of technology with online shopping. This booklet is designed to help you navigate a household menu so you can incorporate more ancestral dietary choices into everyday life. It is intended to inspire you to shop with a sense of direction, inspiration and hope to ultimately empower your health and Native food producers.

Try to integrate these dietary changes over time. Sometimes, when we make drastic changes in our household, others may not be as excited about them. Adjusting to a big change can be hard. Remember that this effort to positively affect health through food choices is ultimately coming from a place of love and inspiration from those who came before us, who prayed for our continual existence free of suffering.

# STOCKING YOUR INDIGENOUS PANTRY

## VOTING WITH YOUR DOLLAR

Our human bodies require us to eat every day. Our hunger presents us with an opportunity to make a meaningful impact on the world around us several times a day. Every choice we make has the ability to make a meaningful impact, as each time you purchase something to eat, you are voting for that food to return. That means if you want local berries or fish to be regular items on your store shelves, buy them and eat them as frequently as possible. Encourage others to join you in these pursuits! If you consistently purchase the foods you want, the store will continue to stock them. In this way, grocery shopping can be an empowering experience not just for you, but for the food producer. It is a great way to construct a selection of healthy foods that reflects the choices of our Ancestors.



# HOW TO SELECT ITEMS EQUIVALENT TO TRADITIONAL FOODS

**THE FOLLOWING LIST GIVES SOME COMMONLY AVAILABLE FOODS THAT ARE NUTRITIONALLY SIMILAR TO NATIVE FOODS.**

<b>Traditional</b>	<b>Substitute</b>
Crabapple	Apple
Duck eggs	Organic chicken eggs
Elk/Venison/Bison	Grass fed-beef
Grouse	Organic turkey, duck or chicken
Hazelnuts	Filberts, walnuts or almonds
Huckleberry	Blueberry or blackberry
Nettle	Chard, kale, spinach
Tallow/Fats	Walnut, flax, hemp, or sunflower oil
Wild cherry	Tart cherry
Wild onion/ramps	Garlic, chives or green onion



## THE VIRTUAL INDIGENOUS FOODS MARKETPLACE

Some ingredients included in this recipe collection are not available on your grocery store shelves. However, one of the silver linings to social media and technology is the ability to make Native food producers more visible and their products more accessible.

The Intertribal Agriculture Council has put together an incredible resource where you can shop for numerous Native-produced foods for your pantry. Check it out: [www.indianagoods.org](http://www.indianagoods.org)

Ramona Farms is also Native owned and operated. We suggest them for purchasing beans and other dry goods! [www.ramonafarms.com](http://www.ramonafarms.com)

As well as Bow and Arrow foods! [www.bowandarrowfoods.com](http://www.bowandarrowfoods.com)

### A NUTRIENT DENSE PANTRY

Foods that are Indigenous to North America are among the highest in nutritional density available on grocery store shelves. They are also growing in your lawns and nearby landscapes. These foods have healing properties that uphold our health and address malnourishment. They are “real foods” that have grown in nature, not in some laboratory in some mysterious place. They are alive and consist of one ingredient: itself. The best foods we can eat are fresh, locally sourced and in season. Prioritizing such foods means you are consuming food that has been harvested at its peak vitality, and is more dense in nutrients and lower in calories.

### HARVESTING & CULTIVATING THE PANTRY

While navigating the supermarket with a culturally relevant shopping eye is great, get inspired to start foraging and cultivating some of these foods as well. Many of the most

nutrient-rich and potent foods are or can be made available right outside your door. Caring for blueberry shrubs and strawberry patches, for example, can be a simple and rewarding adventure for your household. Nothing gets eaters more excited than eating their own home grown or harvested foods at the next mealtime! Be encouraged to get your hands in the dirt and put more of these foods on your plate. They are wildly nutritious!

## WILD FOODS NUTRITION

While this collection of recipes focuses on foods native to North America that are available in your typical supermarket, a few recipes include some wild cultivars that can be foraged or are available to order from sustainable herbal cooperatives like Native owned and operated Sakari Botanicals (<https://sakaribotanicals.com/>) or Mountain Rose Herbs (<https://mountainroseherbs.com/>), a reputable herb company in Oregon. Here is a brief description of each wild food ingredient included in this collection:

Dandelion Root is grounding and anti-diabetic. It supports healthy liver function and is high in several minerals. If you have access to a lawn that hasn't been sprayed with chemicals or exposed to pets, harvest dandelion root in the fall season when they are at peak vitality. Roasted dandelion root tea can also be found in most tea and coffee aisles.

Nettles are high in iron, magnesium, phosphorus, calcium, chlorophyll and amino acids—all the ingredients you need to build strong blood, tonify tissues and support healthy elimination. One cup of nettle tea is equivalent to one calcium supplement!

Rose hips are rich in vitamins A, B, C, E and K and minerals including calcium, iron and phosphorus. They are powerful blood purifiers and immune builders.

Seaweeds are exceptionally high in minerals, trace elements and protein. They address mineral imbalances in the body and support the thyroid, which directly affect metabolism. They make a great addition to salads and soups, or can be eaten as a quick snack. You can find them in the Asian foods section of your grocery store. Try nori, wakame, arame, hijiki, dulse and kombu!

### WILD FOOD NUTRITION ANALYSIS

The following table highlights the “wild” foods featured in this recipe guide. Numbers indicate milligrams per 100 grams (about 1 cup). Recommended Dietary Allowances (RDA) are the federal food and nutrition guidelines and are included in this graph as a range depending on age and gender. For more information about RDAs visit the USDA website: [health.gov/our-work/food-nutrition/2015-2020-dietary-guidelines/guidelines/appendix-7](https://health.gov/our-work/food-nutrition/2015-2020-dietary-guidelines/guidelines/appendix-7)

	RDA	Dandelion Root	Nettles	Rosehips	Seaweed (Wakame)
Calcium	700-1,300	614	2,900	169	1,429
Magnesium	80-410	157	860	69	900
Iron	7-15	96	41.8	1.06	15.43
Potassium	3,000-4,700	1200	1,750	429	7,333
Vitamin A	4,000 IU	14,000 IU	14,000 IU	4,345 IU	0
Vitamin C	15-75	38	83	541	34.3
Thiamin	0.5-1.2		.54	.016	1
Riboflavin	0.5-1.3	.21	.43	.166	3.33
Niacin	6-16	3.3	5.2	1.3	166
Chromium	.05-.20	.9	3.9	0	133 ug
Phosphorous	460-1,250	362	447	61	500
Zinc	3-11	1.3	4.7	.25	.38
Manganese	1.2-2.2	157	860	1.02	0.1
Selenium	.05-2		2.2	0	0.1 ug
Sodium	1,500-2,300	113	4.9	4	1129

This chart compares the nutrient density of the wild foods included in this collection of recipes to the RDA standards in order to showcase their superfood status. Each number is reflective of just one cup of nettle, dandelion, rose hips or seaweed. Clearly, it does not take a tremendous amount of these power foods to reach your daily nutrition goals. In fact, incorporating just one of them into your diet once per week will increase your blood nutrient content.

### PRODUCE

One thing many health experts can actually agree on is that we all need to eat more plants. The Ancestors’ palate included numerous seasonally available produce options of many different colors and varieties. Engage all your senses during the time you spend selecting produce. This vetting process should involve smelling, touching and even asking to sample the product. Try to avoid the produce that is wilted, browned or doesn’t have any scent.

#### Keep these things in mind:

1. Buy the produce that is in season to get the best flavor and nutrition.
2. Inspect the produce. Vibrancy, weight and plumpness are indicators of ripeness and the nutrients present.
3. Smell the unique aroma of fruits and vegetables. Smelling is our first stage of digestion therefore scents translate to flavor. A good quality apple, for example, will have shiny skin and a delicious smell.

### NUTRITIONAL BENEFITS AND HEALING POTENTIAL OF PRODUCE

In addition to having an enticing look and smell, each produce item has certain healing actions that have positive attributes for your health. The following list

describes the potential influence the Indigenous foods included in this recipe collection have on the body.

**APPLES** are a remedy for indigestion and inhibit disease-producing bacteria from accessing the digestive tract. The pectin in apples removes both cholesterol, mercury and lead from the body.

**AVOCADO** is a natural source of lecithin, a nutrient that helps feed and support our large human brains. One avocado has more potassium than a banana and a powerful antioxidant called “glutathione” which minimizes oxidative stress in the body and helps with liver function. Mostly composed of easily digestive fats, avocado is rich in copper, a micronutrient that helps assist the body with red blood cell formation.

**BLACKBERRY** is high in fiber, vitamin C and manganese, easing inflammation in the body, promoting bowel movements and digestion issues, and speeding up the wound healing process.

**BLUEBERRIES** help prevent heart disease, lower blood pressure and reduce oxidative damage in the body from free radicals. High in vitamin C, fiber and manganese, they are anti-inflammatory and anti-diabetic.

**CRANBERRIES** have a high antioxidant content that specifically supports the liver, kidneys and bladder, making them effective at stabilizing our systems of elimination. They have the ability to inhibit bad bacteria like E.coli from sticking around in our body, which is why they are so well known for treating urinary tract infections.

**CORN** has a sweet flavor that nourishes the heart and regulates digestion through essential minerals such as zinc, magnesium, copper, iron and manganese. Quelling any internal inflammation, this Indigenous food ingredient has a long-standing and significant history among many tribes. However, try to keep it Indigenous and buy non-genetically engineered varieties of corn for your pantry!

**SQUASH** varieties rank highest in B-vitamins, magnesium, vitamin A, phosphorus, potassium, and manganese among supermarket vegetables. This makes them stabilizing and fortifying for so many systems in our bodies. They are part of the well-known triage of “Sisters:” combining them with corn and beans not only makes a perfectly balanced, nutrient-dense meal, but growing them together perfectly balances soil health as well. Isn’t that thrilling!

**SWEET POTATO** is anti-inflammatory and anti-diabetic. These sweet-flavored potatoes are packed with vitamin A and B, riboflavin and carotenoids giving them that beautiful vibrant orange color. Your liver will thank you as it loves the actions of carotenoids in the body. This links squash to the decrease of fatty liver issues. These nutrients may also benefit people who have a hard time seeing in the dark.

**STRAWBERRY** is perhaps one of the most well-known and celebrated foods indigenous to North America. While the fruit is fun and delicious, the leaf can also be harvested and dried for a mineral-rich tea. They quench thirst, treat sore, hoarse throats and are rich in silicon and Vitamin C that support the repair of arterial and connective tissue in the body. This can also support oral health by strengthening gums and removing tartar!

**POBLANO PEPPERS** have a mildly sweet flavor and belong to the chili pepper family. All chili peppers contain high amounts of fiber and vitamins C and A, which provide immune-boosting benefits and digestive support. They also contain a phytochemical compound called capsaicin that is known to help with pain and inflammation in the body. Try other peppers in the produce aisle, like jalapeños and anaheims!

### **NUTS, SEEDS, LEGUMES & GRAINS**

Known for their high protein content, these plants are also high in fat and low glycemic carbohydrates. They are collectively rich sources of iron, B vitamins, calcium and potassium. This means they can help stabilize the natural growth development of the human body, especially in the digestive system and the brain. In many cases, they are also a good replacement for protein sourced from animals.

**HAZELNUTS** have astringent and anti-bacterial properties that can fight bacterial growth on the skin and soothe eczema outbreaks. Scientific evidence now shows that people who eat a handful of nuts a day can reduce the risk of cardiovascular disease, type 2 diabetes and dementia.

**SUNFLOWER SEEDS**; so simple, so loved! These teeny seeds pack a punch of essential fatty acids that support skin health. Particularly, the formation of elastin and collagen. They also bestow phytosterols that regulate cholesterol in the body and contribute to building immunity.

**PINE NUTS** assist in maintaining metabolism, and eating them regularly reduces your chance of developing diabetes. They can assist with constipation, and their high magnesium and vitamin E content work together to protect your heart.

**PUMPKIN SEEDS** are full of valuable nutrients like zinc and omega-3 fatty acids, supporting the immune and nervous system. They are also helpful in treating motion sickness-induced nausea.

**BLACK BEANS** are high in protein and fiber. They help lower blood pressure, assist in digestion, maintain healthy bone growth and regeneration and help prevent heart disease.

**WHITE BEANS** include folate, magnesium, fiber and protein. They are creamy in texture and make a nice, balanced addition to salads and soups, or puree them as a dip.

**QUINOA** is a unique grain high in amino acids and rich in calcium and iron. This easy to prepare grain has a special action that helps build stamina in the body by increasing glycogen stores in muscles.

**WILD RICE** is another healthy option for stocking grains in your pantry. It is high in lysine, making it higher in protein than other grains. That high protein content contributes to building solid muscle tissue and contributing to other natural human metabolic processes. Wild rice, in so many ways, builds strength.

### **PROTEINS**

Protein consumption is an important part of nourishing our bodies and serves as the building blocks of human development. Indigenous protein sources, across the board, are higher in nutrients and lower in saturated fats. Incorporating more of these proteins into your weekly menu will help keep your selection diversified.

**BISON** is high in protein, low in calories and full of essential vitamins and minerals. This combination promotes wound healing, muscle recovery and prevents anemia.

**TURKEY** is a great and often overlooked source of protein. Apart from the high protein, low-calorie profile, turkey contains key nutrients that assist with hormone metabolism, insomnia, immune function and energy production.

**RABBIT** has essential fatty acids, minerals and trace elements, and has a low fat, high protein content. Selenium, phosphorous and B vitamins available in this meat source are antihypertensive and assist with building immune system function.

**WALLEYE** repairs and builds all parts of the body with its high omega-3 fatty acid content, trace minerals and high protein. Consuming walleye will help with brain function as well as keeping your heart healthy.

**SALMON** is a deliciously nourishing fish. It is not just a great source of protein, but also packed full of beneficial fatty acids and Vitamin D. This combination can support folks who need extra support of their nervous system, or who experience seasonal depression. The healthy Omega-3 fat content is critical for so many functions of the body.

**CLAMS** are extremely nutritious and contain high amounts of trace minerals and iron. In fact, just three clams contain the same amount of iron as an entire steak!

**MUSSELS** are higher in healthy fats than all other shellfish, supporting our large nervous system and brain as well as healthy cellular structure in the body.

**TROUT** is an excellent source of vitamin B12, omega-3 fats and proteins. This collective of nutrients helps repair damage in the body and provides a solid source of energy stores to draw from.

## **SWEETENERS**

Widely used sweeteners like white cane sugar and high fructose corn syrup are highly processed and synthesized using a lot of chemicals. The good news is Indigenous derivatives exist and compliment the original foods' flavor profiles very well. They also have nutritive value!

**MAPLE SYRUP** contains numerous antioxidants, vitamins and minerals, and is a great alternative to chemically synthesized sugars. Naturally found zinc, potassium, manganese and thiamine all make up this gorgeous liquid sweetener sourced from trees. A tree uses sap as its immune system, so, as it is sourced from trees, maple syrup also has immune building properties!

**AGAVE** is lower on the glycemic index than other sweeteners, meaning it does not affect your blood sugar levels as expediently as others. It is a good alternative for diabetics or people who are monitoring their blood sugar levels closely, but should still be consumed in moderation.

**HONEY** is an anti-viral, anti-fungal, anti-inflammatory sweetener that can calm sore throats, ease coughs and rid the body of harmful free radicals. If you buy raw, local honey, it can also help with seasonal allergies.

# FEEDING 7 GENERATIONS

BY VALERIE SEGREST & ELISE KROHN

Through talking with elders and traditional foods specialists about what a modern traditional foods diet might look like, a revitalized way of thinking about food emerged. As elders discussed their cultural beliefs around food, it became clear that many Indian people hold common values that are as applicable today as they were generations ago. These values are called “Traditional Foods Principles.” They address the physical and spiritual health of individuals and communities in conjunction with the well-being of the land.

**FOOD IS A GIFT.** Salish Elders remind us that true wealth is having access to native foods along with the knowledge of how to gather, prepare and serve them. Our values and food traditions are a living legacy that links us to past, present and future generations. Several times a day, we encounter opportunities to reflect on what we eat and how our choices change our world. When we harvest native foods and incorporate them into our modern lifestyle, we strengthen our cultural identity, our relationship to the land and tribal sovereignty. It will take all of us to feed the next seven generations.

**LIVE WITH THE SEASONS.** From spring camas prairies to summer huckleberry meadows to autumn fish runs, seasonal foods connect us with the rhythm of the land. For thousands of years, we have organized our lives around gathering what is in season. In return, we receive peak nutrients that keep us healthy all year long.

**DIVERSIFY YOUR DIET.** Our ancestors ate a wide variety of foods just a few generations ago. Today, most Americans eat only 12-20 foods on a regular basis, limiting their consumption of minerals, vitamins and other nutrients. When we eat many types of foods, we receive the nourishment we need to stay strong. We also promote the diversity and health of the land.

**EAT MORE PLANTS.** All health advocates agree that we need to eat more plants. Plant foods help us maintain a healthy weight and prevent chronic diseases including heart disease, diabetes and cancer. Eating more plants also reduces climate change and environmental destruction.

**TRADITIONAL FOODS ARE WHOLE FOODS.** Imagine walking through the grocery store with your great grandparents. What would they recognize as food? Our ancestors thrived on whole foods that weren’t industrialized, genetically modified, refined, packed with sugar or blended with additives, dyes or chemicals. Whole foods feed the wholeness within us.

**GATHER WILD FOODS.** There is a store outside your door. Wild foods are the most nutritious and flavorful foods we can find. Free and accessible, they thrive all around us from forests to fields to back yards. Tasting wild food connects us to the gifts of the land and attunes us to the seasons.

**COOK AND EAT WITH GOOD INTENTION.** Cooking is a time to offer respect to the plants and animals that gave their lives to nourish us. It is also an opportunity to honor our culture and the people with whom we share food. If we eat while on the go, we miss the pleasure of eating, and do not have sufficient time to savor and digest. Harvesting, preparing, serving and consuming food with good intention feeds our bodies and spirits.

**GIVE BACK TO THE LAND.** When we harvest and grow food in a way that supports plant and animal communities, we express native values of generosity. Generosity includes both giving and receiving. Organic and sustainable practices return basic life materials to the soil. Through caring for the land, we continue the ancient practices of our ancestors and pass down a world that supports the generations to come.

## SALADS & STARTERS

### BISON AND CRANBERRY MEATBALLS

These simple meatballs are gluten-free, fast to make, and delicious. Feel free to use any game meat to substitute like elk, venison, or moose, along with any wild berries like chokecherry, blackberry, mulberry or blueberry! (gluten-free, dairy-free, nut-free)



### INGREDIENTS

#### MEATBALLS

2 pounds ground bison  
8 oz cranberries, dried unsweetened, roughly chopped  
6 scallions, sliced thin  
½ cup cornmeal  
¼ cup maple syrup, pure  
2 TBS salt, kosher or sea  
¼ cup wild rice, puffed or cooked  
2 TBS sumac (optional)

#### CRANBERRY SAUCE

1 cup water  
1 cup cranberries, dried unsweetened  
¼ cup maple syrup

### INSTRUCTIONS

#### CRANBERRY SAUCE

In a small sauce pot, add water, cranberries, and maple syrup and bring to a simmer. Simmer until liquid is cooked down into a syrup and place in a blender, or use a hand blender to carefully purée hot cranberries into a sauce. (WARNING: Liquid will be hot so take extra care)

#### MEATBALLS

Preheat oven to 450 degrees. For the meatballs, add all ingredients into a large mixing bowl. Using clean hands or gloves, mix until ingredients are well incorporated into the mixture. Using a small ice cream scoop or clean hands, make small meatballs about 1½ oz each and lay on a sheet pan. Bake for 10 min, then remove. Serve hot and garnish with cranberry sauce and maybe some wild dandelion!

**Serves:** 6

**Prep time:** 15 minutes

**Cook time:** 20 minutes

## BLACK BEAN SALAD

This veggie-packed salad is easy and nutrient-dense. This colorful, protein-packed salad is a beautiful side to any lunch or dinner, and makes great leftovers for the family! Double the recipe without regrets. (gluten-free, dairy-free, nut-free)

### INGREDIENTS

#### SALAD

5 oz baby kale  
1 cup black beans, cooked and cooled  
(if using canned beans, rinse well)  
2 sweet potatoes, small diced  
4 scallions, sliced thin  
4 oz cherry tomatoes, sliced in half  
2 ears corn on the cob, kernels cut from cob  
3 TBS sunflower oil  
1 TBS salt, Kosher or sea

#### DRESSING

4 oz sunflower oil  
2 oz apple cider vinegar  
1 TBS salt  
2 TBS agave syrup  
¼ cup pepitas, toasted and unsalted

### INSTRUCTIONS

#### SALAD

Preheat oven to 350 degrees. Place sweet potato and corn kernels in a bowl and drizzle with oil and salt. On a sheet pan lined with parchment paper, lay out the corn and sweet potatoes and bake for 15 min. Remove and let cool. In a salad bowl, toss kale, black beans, sweet potatoes, corn, and scallions. Drizzle dressing over salad and serve! (gluten-free, dairy-free, nut-free)

#### DRESSING

In a blender, add pepitas, vinegar, salt, agave and purée. Slowly drizzle in oil as blender is running to emulsify dressing.

**Serves:** 6

**Prep time:** 20 minutes

**Cook time:** 15 minutes

## ROASTED SQUASH WITH PEPITA PESTO

This winter squash side dish is so gorgeous it will light up your dining room! Squash is full of fiber, and thus a low glycemic comfort food. It will melt in your mouth. It is high in nutrients, but as you will see, it pops with flavor. It's packed with antioxidants, fighting inflammation in the body, as well as magnesium, vitamins A and K as well as protein. (gluten-free, dairy-free, nut-free)



## INGREDIENTS

### SQUASH

3 medium acorn squash (or equivalent), seeded and sliced in half moons



### PESTO

½ cup pepitas, toasted and unsalted  
1 cup kale  
1 cup dandelion greens  
½ cup sunflower seeds, toasted and unsalted  
1 cup sunflower oil  
¼ cup pure maple syrup  
2 TBS salt, kosher or sea

### INSTRUCTIONS

#### SQUASH

Preheat oven to 375 degrees. In a mixing bowl, add sliced squash and drizzle with oil and 1 TBS salt, then place squash on a parchment paper-lined sheet pan in a single layer. Bake squash for 10 minutes, rotate pan, then bake for another 15 minutes.

#### PESTO

In a blender, add seeds, oil, salt and maple syrup and puree. Add greens and continue to blend until smooth and thickened. Add more greens to thicken more.

#### SERVING

Arrange baked squash on a platter or bowl and spoon pesto over. Garnish with crushed pepitas and serve!

**Serves:** 6

**Prep time:** 15 minutes

**Cook time:** 25 minutes

## SALMON AND BLACKBERRY CAKES

These salmon cakes are crusty on the outside and tender on the inside. The sweet blackberry plays off the salmon for a burst of flavor. You will also be enjoying heart-healthy omega-3s and antioxidants to fight foodborne illnesses. Seaweed has so much nutrition and flavor I would hesitate to sub it out, but you can easily skip it in this recipe if you find it difficult to source. (gluten-free, dairy-free)



## INGREDIENTS

### PATTIES

2 lbs. fresh salmon  
6 oz smoked salmon  
¼ cup blackberries, fresh if possible  
4 scallions, sliced thin (or any onion you have access to)  
1 TBS salt  
6 dandelion leaves, rough chopped  
2 sheets nori, rolled and sliced into thin strips  
½ cup hazelnut flour  
¼ cup sunflower oil

### BLACKBERRY SAUCE

1 cup blackberries, fresh  
3 TBS honey

## INSTRUCTIONS

### FRESH BLACKBERRY SAUCE

In a mixing bowl, add blackberries and honey and smash with a fork until smooth and sauce-like.

### PATTIES

In a food processor, add 1 lb. fresh salmon, smoked salmon, ¼ cup blackberries, scallions, salt, dandelion leaves, hazelnut flour and purée until smooth. Cut remaining 1 lb. of salmon into small diced pieces and fold into salmon paste. Scoop salmon paste into 2 oz balls and set aside. Heat a skillet to medium high and add oil. When oil is hot, place salmon meatballs carefully in hot oil and gently press down with a spatula to create a patty. Once the bottom is caramelized and has a nice color, carefully turn over and sear the other side until caramelized (approx. 3 minutes). Remove from heat and drizzle with fresh blackberry sauce and garnish with nori.

**Serves:** 6

**Prep time:** 15 minutes

**Cook time:** 10 minutes

## SMOKED FISH AND WHITE BEAN DIP

This recipe is fun for recruiting people of all ages to help. It's so quick and easy! Works great as an on-the-go lunch, appetizer or side dish. You'll benefit from these heart-healthy fats, with excellent proteins from both the fish and the beans. You won't even remember that it's healthy, it's so good!

### INGREDIENTS

2 cups white northern beans, cooked and drained  
(can sub 1 15-oz can, drained and rinsed)  
½ cup sunflower oil  
3 garlic cloves  
4 scallions, rough chopped  
6 oz smoked trout, skinned and boned  
1 TBS sumac, ground  
1 TBS oregano, dried  
3 TBS agave syrup

### INSTRUCTIONS



A food processor works best, or blender in a pinch: place all ingredients and purée until smooth and all ingredients are incorporated. If too thick, add a little water at a time to get a hummus-like consistency. Place

in a bowl, garnish with sumac or smoked paprika, and serve with cut vegetables, corn chips, or gluten-free crackers.

**Serves:** 6

**Prep time:** 15 minutes

## AVOCADO AND WAKAME SALAD

This salad has all that savory umami flavor and is packed full of a healthy fat and mineral combination! The crunch of the hazelnuts and the buttery avocado are perfect complements to the wakame, a seaweed with a mild, salty flavor.

### INGREDIENTS

¼ cup roasted hazelnuts  
4 cups salad greens, washed  
1 ripe avocado  
¼ cup dried wakame

### DRESSING

2 TBS honey  
2 TBS toasted sesame oil  
3 TBS rice wine vinegar  
Sea salt

### INSTRUCTIONS

In a large bowl combine vinegar, honey, and oil—whisk vigorously! In another small bowl, add 1 cup of water to the ¼ cup of wakame, let sit for 5 minutes. In the large salad bowl, add your washed salad greens, reconstituted wakame and roasted hazelnuts to the dressing and toss well. Just before serving, add sliced avocado on top of the salad.

**Serves:** 4

**Prep time:** 10 minutes

## THREE SISTERS FALL SALAD

The story of the three sisters comes from the Northeast United States, but can be enjoyed wherever you are. Here is how it grows: the corn grows up, the beans follow it up the stalk, and the squash spreads out over the ground to suppress anything else from coming into the picture. What you get is a complete protein, with these three ingredients complimenting each other both as flavors and as nutrients.

### INGREDIENTS

#### SALAD

6 oz baby kale  
1 cup hominy corn (substitute corn on the cob, kernels cut off)  
1 cup wild rice, cooked  
1 cup squash, medium diced and roasted and cooled (350 degrees for 15 min.)  
6 scallions, cut thin  
½ cup Great Northern beans, cooked, rinsed and drained

#### DRESSING

½ cup sunflower oil  
¼ cup pure maple syrup  
½ cup sunflower seeds  
¼ cup scallions, cut into small pieces  
1 TBS salt

### INSTRUCTIONS

#### DRESSING

In a blender, add maple syrup, sunflower seeds, scallions and salt. Blend and slowly drizzle oil in to emulsify and thicken.

#### SALAD

In a salad bowl, add all salad ingredients and toss with dressing. Serve immediately!

**Serves:** 6

**Prep time:** 15 minutes

**Cook time:** 15 minutes

## WILD RICE CAKES

We encourage people wanting to try a recipe to go the extra mile to source hand-harvested Native wild rice. Buying from Native producers drives money into Indigenous communities! If that's not possible, it's okay, but you absolutely have to try the real deal at least once. It's so tender and the nutty flavor is incredible. These cakes are packed with vitamins—they are like little patties of joy.

### INGREDIENTS

3 cups wild rice, cooked  
¼ cup turnip, small dice  
¼ cup butternut squash, small dice  
¼ cup leek, minced  
¼ cup pure maple syrup  
¼ cup sunflower oil  
½ cup sunflower seeds, toasted + unsalted

### INSTRUCTIONS

Preheat oven to 375 degrees. In a food processor, add all ingredients and purée until paste is smooth. Scoop and form into small patties, about 3 oz. Place on parchment-lined sheet pan and bake for 15 minutes. Serve hot with berry sauce, Native pesto or use as a side dish!

**Serves:** 6

**Prep time:** 15 minutes

**Cook time:** 20 minutes

## WILTED WILD RICE SALAD

Leafy greens like chard, kale and collard are a great way to get essential minerals and vitamins into your diet. This salad is full of color and is layered with powerful flavors. The wild rice is the main event!



### INGREDIENTS

2 ½ cups veggie stock or chicken broth  
2 TBS sunflower oil or other fat  
1 teaspoon sea salt  
1 cup wild rice  
¼ cup lemon juice  
½ cup sunflower oil (or sub olive oil)  
1 clove garlic, minced  
½ cup chopped fennel bulb  
½ red or yellow pepper, diced  
½ cup chopped red cabbage  
½ cup chopped Italian parsley  
3 cups very finely chopped rainbow chard  
Salt and lemon to taste

### INSTRUCTIONS

Bring water to a boil. Add 2 tbs of sunflower oil, ½ teaspoon of the salt and rice. Bring to a boil again, cover, lower heat and simmer 60-65 minutes. Make sure all of the water is absorbed by tipping the pan to one side to check for pooled liquid.

Combine lemon juice, ½ cup oil, garlic and remaining ½ teaspoon salt in a large serving bowl. Begin to layer on top of that mixture the fennel, then red pepper, cabbage, parsley and greens. Toss gently until evenly covered with dressing.

When the rice cools to room temperature, toss it with the vegetables. Taste the salad and adjust the seasonings. Some extra salt and/or lemon may be required.

**Serves:** 4-6

**Prep time:** 1 hour

## SOUPS & SIDES

### SAVORY SWEET POTATO CHILI

Sweet potatoes are jam-packed with betacarotene, manganese and vitamin A and C. They are known to have enough antioxidants to remove heavy metals from our system! This chili is super satisfying for a meal with enough spice to liven up your day!

#### INGREDIENTS

2 large unpeeled sweet potatoes, medium diced  
2 cups black beans, cooked and rinsed  
2 cups onion, medium diced  
4 poblano peppers, seeded and diced  
1 jalapeño, small diced (optional)  
¼ cup chili powder  
4 garlic cloves, minced  
1 cup kale, chopped  
½ cup pepitas  
¼ cup sunflower oil  
2 TBS cumin powder  
2 TBS salt (or to taste)  
¼ cup agave syrup  
4 cups water

#### INSTRUCTIONS

Heat oil in a large stock pot, add potatoes, peppers, onions, garlic and sauté until onions are tender. Add remaining ingredients and simmer for 1 hour. Season to taste and serve!

**Serves:** 6

**Prep time:** 15 minutes

**Cook time:** 80 minutes

### SAVORY SQUASH SOUP

Cozy up to this satisfying squash soup. The perfect balance of sweet and savory, this soul-satisfying tonic soup is deeply warming and energizing.

#### INGREDIENTS

1 large butternut squash (or try other squashes!) – about 2-3 lbs  
1 TBS olive oil  
½ cup of chopped onion, shallot or leek  
1 tsp salt  
3 cloves of garlic, minced  
Fresh ground black pepper, to taste  
4 cups broth (chicken or vegetable)  
Pepitas for garnish



#### INSTRUCTIONS

Preheat the oven to 375 degrees. Cut your squash in half and remove the seeds. Lightly coat the meaty part of the squash with olive oil and sprinkle with salt and pepper. Roast for 35 minutes.

While roasting your squash, warm a large soup pot on medium heat, add olive oil and then sauté the onion until translucent, add garlic and sauté until soft, about 3 minutes. Add broth and bring to a simmer. Once the squash has cooled a bit, about 10 minutes, add it to the soup pot, and with a potato masher or immersion blender, begin to break down the squash until it is fully blended into the soup. Simmer for 5-10 minutes or as long as you can stand to wait. Serve in a comfy soup bowl, garnished with roasted pepitas.

**Serves:** 4-6

**Prep time:** 1 hour

## SEAFOOD STEW

This soup will warm up any household. You can mix or introduce almost any fish protein you like if you don't have access to these ingredients below. Play with it! This recipe is so simple and rewarding.

### INGREDIENTS

8 oz salmon, large diced and skinned  
6 oz smoked salmon  
6 oz clams, fresh  
6 oz mussels, fresh  
8 oz shrimp (sized 21-25), deveined and rough chopped  
2 cups sweet potato, medium diced  
2 poblano peppers, medium diced  
1 can whole plum tomatoes 14.5 oz  
1 cup leeks, sliced  
1 cup carrots, medium dice  
3 garlic cloves. minced  
1 fennel, diced  
2 TBS salt  
4 cups water  
2 TBS smoked paprika

### INSTRUCTIONS

Heat oil in a large stock pot, add seafood, potatoes, peppers, onions, fennel, garlic, leeks, and sauté until onions are tender. Add remaining ingredients and simmer for 1 hour. Season to taste and serve!

**Serves:** 6

**Prep time:** 15 minutes

**Cook time:** 60 minutes

## SWEET POTATO MASH

If you are looking for an excellent side dish, give this a try. Sweet potatoes are much healthier than white potatoes, but they might not mash up as easily. This vegetable would benefit from going through a food processor, but it's not a recipe killer if you can't swing it. Either way, this will bring sunshine to your table and joy into your heart.

### INGREDIENTS

4 sweet potatoes, peeled, cut into big chunks  
¼ cup pure maple syrup  
¼ cup pepitas, toasted and unsalted  
¼ cup sunflower oil  
2 TBS salt

### INSTRUCTIONS

In a large pot, boil potatoes until tender. Strain potatoes and return to the cooking pot and add maple syrup, oil and salt and mash until thoroughly mixed. Move to serving bowl and garnish with maple and pepitas!

**Serves:** 6

**Prep time:** 10 minutes

**Cook time:** 45 minutes

## GLUTEN-FREE CRANBERRY CORNBREAD

Cornmeal is one of those incredibly resilient Indigenous staples. You can swap breadcrumbs out with cornmeal anytime and get a better result. Here, you will find something I almost consider dessert! It's a sugar-free sweetbread that your whole family will love. It will complement the chili perfectly.

### INGREDIENTS

3 cups butternut squash, boiled until tender  
3 cups cornmeal  
2 cups corn kernels, drained, rinsed and puréed  
½ cup pure maple syrup  
2 TBS salt  
2 TBS flax seed, ground  
¼ cup sunflower oil  
2 TBS baking soda  
1 cup cranberries, dried and unsweetened and rough chopped

### INSTRUCTIONS

In a mixing bowl, mix all ingredients until well incorporated. Move to a greased 8 X 8 baking dish and bake at 325 degrees for 30 minutes. Remove from heat and let cool. Cut into squares and serve!

**Serves:** 9

**Prep time:** 15 minutes

**Cook time:** 30 minutes

## ENTREES

### CEDAR BRAISED BISON

Braising bison can take a little longer, but you'll know it was worth it when it falls apart in your mouth. The cedar will give it a natural flavor that makes you feel like you are eating dinner while sitting on the forest floor.



### INGREDIENTS

3 lbs bison roast (top or bottom round)  
1 onion, medium dice  
2 sweet potato, large dice  
1 turnip, large dice  
3 TBS oregano, fresh chopped  
3 TBS sage, fresh chopped  
  
1 cup wild white cedar bough  
¼ cup pure maple syrup  
3 TBS salt  
6 cups water  
¼ cup sunflower oil

### INSTRUCTIONS

Preheat oven to 325 degrees. Rub salt over meat. In a heavy cast iron pan, heat oil and sear each side of roast. Move seared roast to dutch oven and add all ingredients. Place dutch oven lid on pot and place in oven for 4 hours. Remove pot from oven, remove cedar bough and serve pot roast style!

**Serves:** 6

**Prep time:** 15 minutes

**Cook time:** 4 hours

## SAVORY BISON MEATLOAF WITH PINE NUTS

This meatloaf is simple and rewarding! Beyond pleasing palates, this low-fat dish has an extra punch of protein with pine nuts incorporated. Try using hazelnut milk (see recipe) as a milk substitute and up the nutrition profile even more!

### INGREDIENTS

1 lb ground bison  
½ cup milk (try the fresh hazelnut milk recipe!)  
½ teaspoon each: sea salt, black pepper, fennel and thyme  
2 garlic cloves, minced  
1 large egg  
1 onion, chopped  
½ cup breadcrumbs (or hazelnut flour)  
¼ cup toasted pine nuts

### INSTRUCTIONS

Preheat oven to 350 degrees. Mix all ingredients in a large bowl and put in a loaf pan or form a rectangle loaf-like shape on a sheet pan. Bake for 75 minutes or until the internal temperature reaches 180 degrees.

**Serves:** 6

**Prep time:** 90 minutes

## SIMPLE BISON HASH

This recipe is one that you can make easily, while stretching outside your normal ingredients. You will love it! If you don't have the items below, swap them out with something close. It would be hard to mess this one up.

### INGREDIENTS

1 lb bison, ground  
6 red fingerling potatoes  
1 cup green onion, sliced thin at an angle  
½ cup sweet potato, medium dice  
1 cup corn kernels, fresh if possible  
2 cloves of garlic, minced  
1 cup dandelion leaves, rough chopped (substitute kale)  
½ cup blueberries, fresh  
2 TBS pepitas (pumpkin seeds)  
1 TBS oregano  
1 TBS salt  
3 TBS sunflower oil or any fat or oil  
4 duck eggs (can substitute chicken)

### INSTRUCTIONS

For poached duck eggs, bring a pot of water to a simmer with a pinch of salt and splash of vinegar. When water is simmering, gently stir water to swirl and carefully crack eggs gently into swirling water. After 7 minutes, very carefully remove with a slotted spoon. Try not to break the yolk.

In a skillet on medium heat, brown the bison and garlic in sunflower oil — season with salt and oregano. Once meat is browned, add potatoes, corn, sweet potatoes and half of the green onions and fry them until they are lightly browned and tender. After potatoes are tender, add dandelion, blueberry and pepitas and stir gently to mix. Place poached duck eggs on top and garnish with remaining green onions.

**Serves:** 6

**Prep time:** 90 minutes

## TURKEY AND POBLANO TACOS

These tacos are super yummy and fun to make, with a powerhouse of flavor. You can make them as spicy or as mild as you want- either way is going to be amazing.

### INGREDIENTS

#### TACO FILLING

- 2 lbs ground turkey
- ½ cup onions, small dice
- 2 garlic cloves, minced
- ¼ cup chili powder
- 1 TBS cumin
- 1 TBS oregano
- 1 can pinto beans, rinsed and drained
- 2 poblano peppers, seeded and sliced
- 3 TBS sunflower oil
- 2 cups water

#### AVOCADO SALSA

- ½ cup onion, small dice
- ¼ cup cilantro, minced
- 2 avocado, medium diced
- 2 limes, juiced
- 1 TBS salt
- 2 tomatillos, fresh, paper husks removed
- 1 jalapeño (optional)

#### GARNISH

- ½ cup onion, small dice
- 1 bunch cilantro, minced

### INSTRUCTIONS

#### TACO FILLING

In a cast iron pan, heat oil and brown turkey. Add onion, garlic, peppers and seasonings and cook until onions are tender. Add beans and water and simmer until liquid is cooked down and mixture is thickened.

#### AVOCADO SALSA

In a blender, add all salsa ingredients and blend until smooth.

#### TACOS

On a flat skillet, heat a little oil on medium heat, then heat tortillas one at a time for 30 seconds on each side flipping once, then place in a towel to keep warm and soft. Adjust heat as needed. To build tacos, place tortillas down on a plate, add taco filling, drizzle with avocado salsa, and garnish with chopped onion and cilantro and serve!

**Serves:** 6

**Prep time:** 15 minutes

**Cook time:** 20 minutes

## TURKEY QUINOA STUFFED PEPPERS

This go-to, one-pot wonder is simple, impressive, and packed full of nutrition!

### INGREDIENTS

1 cup quinoa, washed and uncooked  
1 clove garlic, minced  
1 shallot, or a small onion, chopped  
1 jalapeño, seeded and chopped  
½ medium-sized zucchini, diced  
1 ½ cup stock (chicken or vegetable)  
½ cup corn, fresh or frozen  
¼ tsp each chili powder, black pepper and cumin  
½ tsp sea salt  
1 lb ground turkey  
4 large bell peppers, cut in half and seeded

### INSTRUCTIONS

In a large pot, combine the quinoa, garlic, onion, jalapeño, zucchini and stock, bring to a boil and then lower heat to medium. For about 25 minutes, let this pot simmer until all quinoa is fully cooked. In the meantime, brown the turkey with a little oil in a sauté pan on medium heat. Oh, and don't forget to give it a little salt and pepper seasoning. Add the turkey to the quinoa pot once the quinoa is fully cooked. Preheat your oven to 350 degrees and put some parchment paper down on a baking sheet. Pack the peppers with the quinoa mixture and bake them in the oven for 20 minutes.

**Serves:** 5-6

**Prep time:** 75 minutes



# DESSERTS

## GLUTEN-FREE WILD RICE AND APPLE PIE BARS

These apple pie bars are a dessert you will not feel even remotely guilty about. They are so fun to make! Warning: it's going to be hard to only eat one. The baked apples are delicate, caramelized, and drip with flavor. The topping is crunchy and pops in your mouth, all on top of a super simple sunflower base, which is a protein-packed disk of delight.



### INGREDIENTS

#### APPLE MIXTURE

3 apples, cored and sliced  
¼ cup pure maple syrup  
1 cup water

#### SUN DOUGH

2 cups sunflower seeds, toasted and unsalted  
1 cup pepitas, toasted and unsalted  
½ cup wild rice, popped  
¼ cup pure maple syrup  
1 TBS cinnamon  
½ cup water

#### TOPPING

½ cup walnuts, toasted and crushed  
2 cups sunflower seeds, toasted and unsalted, crushed  
1 cup pepitas, toasted and unsalted, crushed  
½ cup wild rice, popped, crushed  
¼ cup dried cranberries, roughly chopped  
¼ cup pure maple syrup

### INSTRUCTIONS

#### APPLE MIXTURE

In a saucepot, add apples, water and maple syrup and simmer until apples are soft and liquid is cooked down (approx. 15 min). Remove from heat and let cool.

#### SUN DOUGH

Preheat oven to 325 degrees. In a food processor, add all ingredients EXCEPT WATER and blend until a smooth paste. Add water little by little until dough forms into a ball in the food processor. Grease a small 8 X 8 baking pan and press dough into the bottom until even. Bake for 15 minutes and remove from oven.

#### TOPPING

In a mixing bowl, add all ingredients and toss for an even mixture.

#### BARS

Using the baked dough in the 8 X 8 baking dish, spoon apples evenly over the dough. Cover with the topping mixture and bake for 8 minutes. Remove from heat and cool. Once cool, cut into squares and serve!

**Serves:** 9

**Prep time:** 20 minutes

**Cook time:** 20 minutes

## MIXED BERRY THUMBPRINTS

Thumbprint cookies are super fun for kids to make, but people of all ages LOVE them. Gluten-free, dairy-free, sugar-free cookies? Yes! You won't believe it until you try it. They are also packed with healthy fats, which help fight heart disease, and vitamin E and other antioxidants to fight inflammation in the body. You can use almost any berries you want—whatever you can find growing in your area, frozen or dried.

### INGREDIENTS:

#### SUN DOUGH

3 cups sunflower seeds, toasted and unsalted  
½ cup wild rice, popped (optional)  
¼ cup pure maple syrup  
½ cup water  
1 TBS salt



#### BERRY SAUCE

½ cup blackberries  
½ cup strawberries  
½ cup blueberries  
½ cup raspberries  
¼ cup pure maple syrup  
½ cup water

### INSTRUCTIONS

#### SUN DOUGH

Preheat the oven to 325 degrees. In a food processor using the knife blade, add all ingredients EXCEPT WATER and blend into a smooth paste. Add water little by little until dough forms into a ball in the food processor. Using a small ice cream scoop, scoop out small 2 oz dough balls onto a parchment-lined sheet pan. Gently press dough balls into cookie-shaped patties and indent with thumb to create a well in the center. Add a small spoonful of berry sauce to each cookie and bake for 16 minutes or until golden on edges. Remove from the oven and let cool before serving.

#### BERRY SAUCE

Add all ingredients into a saucepot and simmer until berries are broken down. Using a hand blender or regular blender, carefully purée hot liquid until smooth. Continue to simmer down if necessary until the sauce is thick enough to coat a spoon.

**Serves:** 12

**Prep time:** 15 minutes

**Cook time:** 16 minutes

## SWEET POTATO CHOCOLATE BITES

Looking for something to get your sweet tooth under control while still enjoying life? Give these nutrition-packed brownie bites a try!

### INGREDIENTS

2 sweet potatoes, baked whole at 350 degrees for 1 hour  
1 cup cranberries, dried and unsweetened, soaked in  
½ cup hot water for 15 min and puréed in blender  
¼ cup agave syrup  
2 TBS flax seed, ground  
1 tsp baking powder  
1 TBS salt  
¼ cup cocoa powder, dark  
¼ cup sunflower oil  
½ cup hazelnut flour  
1 TBS vanilla extract  
¼ cup cocoa nibs

### INSTRUCTIONS

Preheat oven to 350 degrees. Remove skin from baked sweet potatoes (be careful if they're still hot!). In a mixing bowl or food processor, add all ingredients EXCEPT COCOA NIBS and mix until smooth and consistent. Using a small ice cream scoop, scoop out small 2 oz dough balls onto a parchment-lined sheet pan. Gently shape dough balls into cookie-shaped patties. Sprinkle with cocoa nibs and gently press into patties. Bake for 15 minutes, then let cool before eating!

**Serves:** 6

**Prep time:** 15 minutes

**Cook time:** 20 minutes

## BEVERAGES

### SPICY DANDELION CHAI

Deeee-licious dandelion root! This non-caffeinated beverage is a nod to spices and to your innards. Dandelion and all its buddies in this blend efficiently support digestion. Make this a daily part of your wellness routine and the stamina of dandelion will lend itself to you as well.



### INGREDIENTS

½ cup dried dandelion root  
½ tsp each cinnamon, cardamom and ginger powder (if you like heaty spice, add a peppercorn)

### INSTRUCTIONS

Put four cups of cold water in a saucepan with the herb mixture and bring to a boil. Once boiling, reduce to a simmer for 20 minutes. Strain out the herbs from the tea and you've got a dandelion chai concentrate. Add 1 cup of chai concentrate to 1 cup of hazelnut milk (see recipe). If you need to, add some honey to sweeten things up.



## SUPER PEPPY NETTLE INFUSION

This super infusion of nettle tea is a great way to get all your vitamins and minerals in one shot! Make a large batch and keep it in the fridge for up to three days to save yourself some time and you'll notice how much more energy you will have.

### INSTRUCTIONS

Bring four cups of water to a boil. Meanwhile, blend together 2 tablespoons of dried stinging nettle leaf and 2 tablespoons of dried peppermint leaf. Put the tea blend in a quart mason jar or a bowl that will hold four cups of water. Pour hot water over the nettle-peppermint mixture, cover the tea and allow it to steep up to 8 hours. This allows time for the plants to give up more of their minerals, making a deep tonic that will make you shine! Strain and serve.

**Serves:** 6

**Prep time:** 8 hours

## FRESH HAZELNUT MILK

Creamy, buttery, crunchy and sweet, hazelnuts inspire our earthborn senses. Charred shells found in ancient middens from Scotland to the Pacific Northwest, dated at 9,000 years old, share a story of our collective ancestors cultivating and consuming hazelnuts since the Stone Age. Nourishing the ancestors, these perfect packages of nutrition are a high-protein, healthy fat-bestowing, mineral and vitamin-dense food source. But they are more than food, they are also medicine.

### INSTRUCTIONS

Combine one cup of raw hazelnuts with two cups of water in a blender and mix for two minutes. Let the mixture sit overnight, or eight hours, and then strain the nut shrapnel from the liquid and you've created hazelnut milk! An elixir rich in magnesium, manganese and vitamin E. Add a splash of maple syrup or vanilla and use this as an alternative to milk. Think of it as a hazelnut tea, if that helps you.



## FRESH CRANBERRY CIDER

Tart, crisp and instantly cooling – cranberries are packed with phytochemicals, antioxidants, antivirals and antibacterial actions that ward off unwanted free radicals in the body. As if that wasn't enough power packed into this teeny fruiting body, they also assist in treating inflammation with a high Vitamin C and manganese content. These lively little fruits contain a compound called proanthocyanins, which work to impede the ability for bacteria like E-coli to adhere to the lining of the bladder, making them an effective treatment for urinary tract infections. This combination culminates in the ability to clear heat from inflamed tissues, specifically in the liver, kidneys and bladder.

Make your own fresh juice by simmering 1 cup of berries in 6 cups of water for 20 minutes. After the berries have popped open and released their medicine, strain out the burst berries and serve! Add a splash of maple syrup to sweeten it up a bit and drink warm or cold. If you have leftovers, refrigerate! It will last for three days in the fridge!

## WILD CONIFER AND MAPLE TEA

You can mix and match evergreens in this nutrient-dense tea that has 4 times more vitamin C than an orange! This makes it an excellent way to get over 100% of your daily vitamin C intake. It tastes great, and is also an immunity builder with so many great nutritional benefits. It's a fun family project to identify the trees around you, gather the fronds, and then make the tea at home.



### INGREDIENTS

Cedar or Pine  
or Spruce or Fir  
or all four!  
Pure maple syrup  
Water  
4 cups (loosely  
packed) fresh  
green conifer  
boughs (rinsed)  
1 gallon water  
¼ - ½ cup pure  
maple syrup

### INSTRUCTIONS

1. Place all ingredients in a pot and simmer for 30 - 40 min
2. Strain and serve hot, or cool and serve over ice

**Serves:** 8

**Prep time:** 15 minutes

**Cook time:** 40 minutes

## ICED BERRY AND AGAVE

Berry tea will win you friends and health! It's refreshing and will give you a little boost of energy to get through your day. It's a great way to add nourishing fluids to your diet when you get tired of your typical beverage. This can be used as an appetite suppressant to buy you time until your next meal, as it is so yummy!

### INGREDIENTS

1 cup blackberries  
1 cup strawberries  
1 cup blueberries  
½ cup agave  
8 cups water

### INSTRUCTIONS

Place all ingredients into a large pot and bring to a simmer. Simmer until berries break down, then using a hand blender, blend until smooth. Remove from heat and place into a pitcher. Cool in refrigerator before serving over ice. Enjoy!

**Serves:** 8

**Prep time:** 5 minutes

**Cook time:** 40 minutes

## ROSEHIP, SAGE AND HONEY TEA

You will not believe how much of a citrus kick you get with this tea! The rosehips in here are not kidding around- they contain ten times the amount of vitamin C as an entire orange. Sage gives it a twist to boost the flavor profile!



### INGREDIENTS

½ cup rose hips,  
dried and seeded  
½ cup sage, fresh  
½ cup honey  
8 cups water

### INSTRUCTIONS

Place all ingredients into a large pot and bring to a simmer for 30 minutes. Remove from heat and strain, then serve hot, or serve over ice and enjoy!

**Serves:** 8

**Prep time:** 5 minutes

**Cook time:** 30 minutes





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