



Reclaim your Body and Health

Nutrition Facts ~ and ~ Commodity Food Recipes For the California Indian Community

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This cookbook/nutrition guide was created from actual cooking demonstrations on local reservations in Mendocino County.

Cover Illustration: Shirley Murguia (1943–1997)

All of the recipes in this cookbook are appropriate for diabetics, people with heart disease, and people with most gastrointestinal problems. They are low in fat, have good fiber sources, and are delicious! We hope that you will begin to use these recipes every day to help your family stay healthy. We use commodity foods whenever possible. (Commodity items in the recipes are highlighted in **bold-face** type.)

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Seven Proven Ways To:

- **Decrease Weight**
- **Control Diabetes**
- **Control Heart Disease**
- **Control Gastro-Intestinal Problems**

Below are seven suggestions which can potentially change your life. These seven changes, along with a clear heart and mind will help keep you healthy. We cannot buy our health. No one can do these things for us; they are part of what we must learn to do in our lives. If you are overweight and inactive, you increase your risk for diabetes, cancer, and heart disease. Many California Indian families are affected by either diabetes and/or heart disease and these two diseases, along with alcohol and drug use, are the enemies of the California Indian people in the same way that European invaders were the enemy over 100 years ago. If you wish to improve your health, here are some basic tried and true things that you can do. Please note that these suggestions are not only for people who need to decrease weight, but will also help anyone who has diabetes, heart disease, most gastrointestinal problems, drug and/or alcohol recovery. The suggestions are also helpful to reduce your risk for cancer. Please notice that there really is a "best way to eat" to keep yourself healthy, and you can find great variety in this way to eat.

1. Eat Foods Low in Fat/Avoid High Fat Foods/Choose High Quality Fats (see list on page 17). Fried fast foods are fried with Trans Fat, a type of fat which causes heart disease (see Fats in Food and Disease on page 15). Most people with Diabetes also have Heart Disease. High Quality Fats are olive, canola, sesame, peanut oils, and nuts and seeds, and peanut butter. Eat 1 to 2 Tablespoons of a High Quality Fat every day. Eat only *small* amounts of High Quality Fats because any high fat food is the highest in calories. One gram of fat yields 9 calories. One gram of either protein or carbohydrates will yield only 4 calories. The more calories you eat, and the less physically active you are, the more weight you will carry. The higher your percentage of body fat, the less efficiently your body uses insulin, and over time your blood sugars will increase. A high percentage of body fat also increases your risk for heart disease. High fat foods cause many gastrointestinal problems such as heartburn, gallbladder disease, and chronic diarrhea. Eating large amounts of high fat foods will decrease your immune function, and increase your risk for cancer. Lastly, being overweight increases arthritis, joint and muscle pain. For losing weight, your goal is to eat no more than 40 to 50 grams of fat if you are a woman; and no more than 50 to 60 grams of fat if you are a man. The traditional Native American diet was low fat. Fats eaten

were naturally occurring food fats, such as nuts and seeds. Animal fat was prized because it was so scarce.

2. Eat Foods Very High in Fiber

(see list on page 12). High fiber foods such as beans, vegetables, fresh fruit, brown rice, corn, whole wheat bread, and high fiber cereals, help regulate your blood sugar; this is important for people with diabetes, as well as someone recovering from drug and or alcohol abuse. The craving for sugar after recovery is due to problems with blood sugar regulation. High fiber foods also help to lower your cholesterol and triglyceride levels. Most gastrointestinal problems, such as heartburn, constipation, and chronic diarrhea, can be helped by eating high fiber foods (and avoiding high fat foods!). Eating foods high in fiber helps you lose weight by creating a sense of satiety (satisfaction), so you'll eat less and still feel satisfied. High fiber foods also decrease your risk for cancer. Your goal is to take in more than 25 grams of fiber each day. The traditional Native American diet was very high in fiber.

3. Do Not Skip Meals

Do eat something in the morning, mid-day, and in the evening. Even if you wake up not feeling hungry, have a small bite to eat, such as fresh fruit and a piece of whole wheat toast. When you skip meals, you will overeat at the next meal, you will snack on more sweets and/or chips and sugar sodas, and you will tend to eat most of your calories in the evening, right before bed. Late night eating is a pattern of eating for obesity.

4. Do Not Overeat. Eat Slowly

Stop eating when you feel just satisfied, not full or stuffed. S-L-O-W down your eating. Eating rapidly means that you eat more. When you eat rapidly, your brain does not have enough time to register that you have had enough to eat, and you can overeat. Overeating is one of the main reasons for overweight; and overeating causes major digestive and elimination problems - heartburn, indigestion, diarrhea. The tremendous physical discomfort of overeating is just not worth it! When you overeat at meals, your children also learn to overeat, and the enemy of diabetes and heart disease claims another generation.

5. Avoid Extra Salt; Drink Plenty of No Sugar Fluids

Try to drink at least 48 ounces of water, or no sugar beverages a day; more if you are physically active, or have a fever. Water is your best beverage, followed by any tea (black, green, herbal), or coffee. Limit juice for adults and children to 8 oz. a day. While juice is a tremendous source of vitamins, minerals, and phytochemicals, it is also very high in calories. Many children

are drinking 500 calories, or more, of juice and sugar drinks a day. Too much when a 10 year old child requires only 1,000 to 1,500 calories.

The North Coast Indians did not use a lot of salt. The saltiest food in the diet was seaweed. But seaweed is rich in many minerals, not just sodium, the main mineral in salt. Sodium can increase blood pressure, and it can increase the loss of valuable calcium from the body. A trick to lower your use of salt is to take five bites of food before adding any salt. By the fifth bite, you'll be tasting the real flavor of the food, and see how delicious it is!

6. Avoid Foods Very High in Sugar. Avoid Sugar Soda and Sugar Drinks.

Drinking sugar sodas adds a tremendous amount of calories and sugar to your diet. Each 12 ounce can of sugar soda has 10 to 14 teaspoons of sugar, and 160 to 225 calories. Drinks such as Snapple, Gatorade or Arizona Ice Tea are no better; they too have 5 to 10 teaspoons of sugar per 12 ounces. If you want soda or Snapple type drinks, have the "diet" type. If you don't like the taste, then drink herb teas or cold water with lemon or orange peel. Candy, cake, cookies, pies, pastry, breakfast bars, and sugar coated breakfast cereals are all high in sugar, and many are also high in fat. A steady, large intake of these foods will cause marginal malnutrition. You replace nutritious food with food that will not meet your needs. Eating a small amount of these sweets is OK every once in a while, but do not eat them daily.

Note: Avoiding sugar does NOT mean you must avoid carbohydrates/starches. Do eat high quality starches such as whole grains: brown rice, corn, whole wheat bread, and corn tortillas.

7. Exercise! Stretch! Exercise!

Stretch in the morning when you first get up. Stretch often at work. Stretch each time you use the bathroom. Stretch before you go to bed. Find many opportunities during the day to stretch. Stretching helps keep us flexible, so important to avoid back and joint pain. The best exercise is to walk. It is free, and you'll only need a good pair of walking shoes. Do try to walk at least 30 minutes each day, more is better. Lastly, build muscle mass by doing pushups and lifting weights. Both men and women could greatly improve their health by building muscle. Good muscle tone helps increase the efficiency of insulin; your body uses less insulin to keep your blood sugar low. Adding muscle is very important for diabetics, and for weight loss. If moving creates pain, then move *slowly* and for *short periods*, but *frequently* throughout the day. Even if you can't walk, you can do upper body stretches for 2 or 3 minutes, every hour on the hour. The

more muscle you retain into your middle and elder years, the healthier you will be.

These 7 changes will take time to become a part of who you are. Embrace them, for they can save your life.

Children

Children are our gift for the future. It is our duty to protect and teach the children. It is also our duty to feed them the food that will allow their precious spirits to grow strong.

Each day a child needs the following nutrients:

High Protein: Sources: chicken; turkey; fish; all seafood; lean meat (beef, pork); eggs; cheese; cottage cheese; beans; tofu; wheat germ; nuts and seeds.

High Calcium: Sources: milk; yogurt; cheese; bones; cottage cheese; dark green vegetables (collard greens, bok choy, mustard greens); seaweed; almonds; molasses; tofu.

High Iron: Sources: lean meat (beef, pork); all seafood; beans; tofu; fish; chicken (dark meat); turkey (dark meat); iron enriched cereals; molasses; spinach; seaweed; liver.

High Vitamin C: Sources: green peppers; kiwi fruit; orange juice, oranges and all citrus fruit; cantaloupe; strawberries; broccoli; Brussels sprouts; parsley; papaya; mango.

High Vitamin A: Sources: dark green vegetables (spinach; bok choy; mustard greens; collard greens); sweet potato/yams; carrots; cantaloupe; mango; all deep yellow/orange flesh winter squash (butternut, acorn); liver.

When you ***Feed Your Child Each Day*** the following foods, then you will be sure to be giving them all of the nutrients they will need to grow strong and healthy:

- a small piece of chicken, fish or lean meat (the size of your child's palm)
- 2 cups low-fat milk (1% lowfat) or 2 oz. low fat cheese
- 1/2 to 1 cup vegetables
- 1/4 to 1/2 cup cooked beans (pinto, kidney, garbanzo, etc.)
- 2 pieces fresh fruit

- whole grain bread, brown rice, whole grain cereal, corn or whole wheat tortillas, pasta, noodles
- a high protein, high vitamin, high mineral source of fat (peanut butter, peanuts, sunflower seeds, pumpkin seeds, walnuts, almonds)

Try to avoid giving your child candy, cake, cookies, chips, soda, bottled sweet drinks, ice cream and fried fast food on a regular basis. This food is OK every once in awhile, but more than 2x per week can start to interfere with what your child needs nutritionally. Also, do not give more than 4 oz. (1/2 cup) of juice a day to children under 8 years old, and no more than 8 oz. a day to children 8 years and older. This is important so that your child doesn't fill up on juice. The juice is very high in calories, and will either fill up your child so they won't eat more nutritious food, or it will add extra calories, and extra weight. In other words, too much juice may lead to either marginal malnutrition and/or obesity.

Never give juice from a bottle. Sucking bottles of juice can lead to bottle mouth cavities.

The parent is responsible for what the child eats; the child is responsible for how much they eat. The child will know how much to eat; never make a child "finish everything on your plate." **As the adult, elder, you decide what will be eaten. Try to provide only food that will give your child excellent sources of protein, vitamins and minerals.**

Breakfast

If you have a job that begins in the morning, and you are required to be sharp and aware, capable of communicating well, capable of handling stressful situations, capable of being productive, then you need breakfast. If you have children who are in school and need to learn and use their cognitive abilities to their optimum, then your children need breakfast. Breakfast helps children's performance in verbal fluency and memory.

Parents eating breakfast helps our children to eat breakfast; they know that it's part of what is done each day.

Our brain is fueled by glucose, blood sugar. Our glucose supply begins to run low after about 6 to 12 hours after eating. If our glucose supply is not replenished with food, our brain doesn't function as well as it could. People who eat breakfast are more productive and capable of learning than people who don't eat breakfast. People who eat breakfast are less

likely to be overweight. Breakfast helps us not overeat later in the day. Breakfast supplies us with important vitamins/minerals which we may never make up later in the day. Breakfast eaters are better nourished than non-breakfast eaters.

But I'm not hungry when I wake up. OK, breakfast doesn't have to be eaten exactly when you wake up, just eat sometime in the morning, before you start the tasks that will require you to think clearly and concentrate and be productive. Take care of your bodily needs before you begin your work tasks. Have breakfast at work; take your morning work break a bit early and eat something. If your children get breakfast at school, great. If not, then make sure they eat before they leave the house, else they'll be day dreaming of food instead of paying attention in class. Most often people who are not hungry in the morning have had too much to eat the night before. If you're used to overeating at night, or used to eating late at night, you won't be hungry in the morning. Instead, you'll be bloated or queasy feeling, or very tired, or worrying about having to use the bathroom while you're at work or school. Not good circumstances for being productive and learning.

But I don't have time to eat breakfast. OK, it does take about 5 minutes to prepare and eat most simple breakfasts. Yes, only 5 minutes—try it yourself; time yourself one day. You'll be surprised how long 5 minutes is and all that can be accomplished in this short span of time. OK, so you don't have 5 minutes in the morning. I hear you. Then take something with you and eat it at work, or in the car.

But I don't like cereal and milk and breakfast foods. OK, so who said breakfast has to be cereal and milk and breakfast foods??? It can be leftover chicken and brown rice. It can be canned beans. It can be cottage cheese and fresh fruit. It can be a burrito or a tamale. It can be a potato. It can be a salad, or leftover vegetables. It can be two pieces of fresh fruit. There's no rule that says WHAT breakfast has to be; just that a human who has to be productive and function well in the morning needs to re-fuel the glucose so that the brain works clearly!

But I have diabetes, and my blood sugar is already high in the morning. People who have diabetes especially need to eat breakfast. With diabetes, I recommend eating a very high fiber cereal (such as Fiber One or All Bran) mixed into a lower fiber cereal such as oatmeal mush or Cheerios or Wheaties. I also recommend the addition of toasted wheat germ as an added source of protein and fiber. The high fiber cereal, and the added wheat germ, with or without milk, will help level out your blood

sugar in the morning, and will help keep you from experiencing too low a blood sugar before lunch time. It will help you not overeat at lunch time. If you do not like cereal food in the morning, then I recommend eating a small amount of protein (a piece of chicken, turkey, or fish; or beans; or an egg; or cottage cheese; or 1/4 cup nuts or seeds) along with a source of complex carbohydrate (whole wheat bread, or whole wheat tortilla, or brown rice, or noodles).

High morning blood sugars often mean that you are eating much too much at night, or very late at night. I recommend that your largest meal of the day be in the middle of the day, at noon time, and NOT in the evening. If morning blood sugars remain high, even after you've stopped overeating at night, then you may need an adjustment of your diabetic medication, and should talk with your doctor.

But if I eat breakfast, I'm hungry all day and can't stop eating. OK, this is a common complaint and typically occurs when what is eaten for breakfast is too high in sugar. Like sweet rolls, sugar coated cereals, toast with jelly, donuts, cake, pie, pancakes with syrup. I don't consider these foods breakfast foods. They're candy! They're dessert! I don't recommend candy or dessert for breakfast! When a small amount of protein and a complex carbohydrate is eaten together for breakfast (see the suggestions above under diabetes), then you will not feel that sense of wanting to eat everything in sight.

Breakfast Recommendations:

- Oatmeal mush with added Fiber One cereal and toasted wheat germ. With or without 1% milk. With or without fresh fruit or orange juice.
- A whole grain cold cereal (Cheerios, Wheaties, Shredded Wheat, Total) with added toasted wheat germ. With 1% milk. With or without fresh fruit or orange juice.
- Two slices of whole grain toast with low-fat or no-fat cheese melted on top.
- Two eggs with two slices of whole wheat toast, or with potatoes cooked with cooking spray.
- Potatoes cooked with cooking spray and a slice of ham, and an egg.
- A whole grain bagel or whole grain toast with peanut butter.
- A whole grain bagel or whole grain toast with low fat or non-fat cottage cheese.
- Whole wheat pancakes, an egg, and fresh fruit.
- Fresh fruit and cottage cheese.
- Leftover chicken and brown rice and vegetables.
- Leftover porkchop (lean) and a slice of whole wheat bread.
- Leftover salad with added beans or tunafish.
- A turkey or chicken sandwich.

Pregnancy

Now that you are pregnant, give your baby the very best.

Eat these nutrient dense foods Each Day:

Protein: Have a protein source at each meal:

- lean meat, poultry, fish, seafood* (2–3 ounces)
- beans (pinto, kidney, garbanzo, etc.) (1/2–1 cup)
- low fat or non fat cottage cheese (1/4–1/2 cup)
- low fat or non fat cheese (1–2 ounces)
- eggs (up to 7 a week, not fried, use PAM spray),
- wheat germ (Kretchner's Toasted) (2 Tbls. to 1/4 cup)
- nutritional yeast (Red Star at the Co-op) (1–2 Tbls.),
- nuts and seeds, best unsalted (1/4 cup)

Calcium: 3 to 4 cups milk/yogurt a day.

- milk (1% low-fat or non-fat)
- yogurt (low-fat or non-fat),
- cheese (always eat sparingly; eat low-fat if you must avoid fat)
- canned fish with their bones (salmon, sardines, etc.)*
- tofu
- molasses
- dark green leafy vegetables (kale, turnip greens, beet greens, etc.)

Iron: Eat high iron foods.

All the foods high in protein are also high in iron (except for cheese and cottage cheese), so if you're eating high protein foods with each meal, you'll also be eating high iron, as well as high zinc. Other high iron foods:

- enriched cereals (look for ones that provide 45% iron, or more, of the % D.V. (percent Daily Value for iron),
- molasses (add to milk, hot cereal, decaf coffee, hot chocolate, yogurt or orange juice),
- dark green leafy vegetables (spinach, mustard greens, Swiss chard, etc.),
- dried fruit (prunes, peaches, apricots, cherries, raisins)

Folate: (or folic acid) 2 or more servings a day.

- dark green leafy vegetables (beet greens, collard greens, kale, mustard greens, spinach, Swiss chard, turnip greens, water cress) (1/2 cup)
- broccoli, brussels sprouts, beets, bok choy (1/2 cup)
- asparagus, cabbage, Chinese or Napa cabbage (1/2 cup)
- wheat germ (2 Tablespoons to 1/4 cup)

- orange or grapefruit juice (8 oz., 100% juice)
- cooked dry beans, peas, lentils (1 cup cooked)
- enriched breads and flour, and fortified cereals

(*Women who are pregnant, or who are planning a pregnancy, should avoid more than 6 ounces of fish per week due to potential mercury levels in fish).

Make each meal and snack count! Give your baby the very best!

Folic Acid

Folic acid, or folate, is a member of the B-vitamin family. The B vitamins are a family of vitamins that act as enzymes (triggers) in the chemical reactions which convert food energy into the chemical energy used by the body for fuel. In other words, when we eat an apple, the energy (calories) in the apple needs to be changed into energy that the body can directly use, and B-vitamins make that happen. In addition to working as an enzyme, folic acid also has a very special role. Folic acid is the chemical backbone of the two molecules that “think” for our cells. DNA and RNA make up the cell’s brain, the nucleus. Without folic acid, our body can’t make either DNA or RNA, the genetic brains of our body. Now this is an extremely important thing for pregnant women, and for women who want to get pregnant. If there isn’t enough folic acid floating around in the body, then the fetus won’t develop as well as she/he could. In fact, without enough folic acid, there is high risk for spinal malformations in the fetus. Such high risk that the government has ordered all enriched white flour to be fortified with folic acid. This is extremely good news for all future babies and their families.

The fortification of enriched flour with folic acid is not only good for pregnant women, and women who will soon become pregnant, it is also good for anyone at high risk for heart disease. Heart disease is the leading cause of death in the U.S.A., thus ALL American adults are at high risk. Folic acid may help prevent heart disease. Anyone who has diabetes is twice as likely to get heart disease. So by adding folic acid to all enriched flour, the government is doing something that will help everyone. Enriched flour is that which is used to make almost all commercial baked goods (bread, wheat cereals, pizza dough, tortillas, noodles, pasta, pies, cakes, cookies). Folic acid is also added to “fortified” breakfast cereals, such as Total, Corn Flakes, Cheerios, Kix, Special K, etc. In addition to obtaining folic acid in enriched flour, and fortified cereals, I would recommend you eat **food naturally high in Folic Acid**, such as:

- beans (all dry legumes: pinto, kidney, garbanzo, blackeye, etc. beans)
- dark green leafy vegetables (spinach, bok choy, Swiss chard, beet tops, watercress, Romaine lettuce, mustard greens, kale, collards— add these to soups and salads)
- cabbage and brussels sprouts (chop and add to your salads, burritos, tacos **or** cook with sweet potatoes – yum!)
- wheat germ
- orange juice

I recommend eating beans each day; adding wheat germ to breakfast cereal, yogurt or frozen low fat ice cream; drinking mainly orange or grapefruit juice for your juice; and eating one of the dark green leafy vegetables each day. Add the dark greens to spaghetti sauce, all soups and salads.

Seaweed

Seaweed, our gift from the sea, was a staple of the North Coast Indian diet before the European invasion. Many families still go to the coast and harvest their own seaweed. Seaweed is a good source of many minerals: calcium, iron, potassium, and magnesium. Seaweed and bones (chewing on the soft, cooked portion of small bones) used to be the primary source of calcium for North Coast Indians. There are many varieties of seaweed, all are good; find the ones you like.

How to use Seaweed:

- Eat it dry, just like you would eat pretzels. It is very salty this way, so would not be good for someone with high blood pressure or heart disease.
- Toast it in a very hot (450 degree) oven. Add the toasted seaweed to salads, or sprinkle it over rice, or just eat it as is. This idea is from Mary Jane Nevarez, Redwood Valley Tribe, from her mother, Florida Hansen. Again, this is very salty, and not recommended for anyone with high blood pressure or heart disease.
- Add it to salads. Soak seaweed in water, then wring it out with clean hands, and add it to your favorite salad.

Cook with Seaweed: (when using seaweed in cooking, you will not need to add extra salt)

- Add seaweed to any soup to give the soup a delicious, rich flavor.
- Add seaweed to beans, either when you cook the beans from scratch, or when you heat canned beans.

- Mash it with cooked sweet potatoes or the **commodity canned yams**. Add soaked, then wrung out seaweed to the hot yams or sweet potatoes. For a bit of extra sweetness, also add 2 Tablespoons of molasses (the molasses will add extra iron). Mash together with a potato masher. The taste is wonderful.
 - Add seaweed to sauteed vegetables. Saute drained and rinsed **commodity carrots, onions and swiss chard or spinach**, in a skillet that has been PAM sprayed and you've added 2 teaspoons sesame or canola oil. Add soaked, then wrung out seaweed and cook till the vegetables are done. No need to add salt, the seaweed is naturally salty.
 - Add seaweed to fish, **commodity tuna or salmon**. Add soaked, then wrung out, seaweed to a tuna or salmon salad made with non-fat or low-fat mayonnaise.
 - Add seaweed to your favorite stew.
 - Add seaweed to brown or wild rice. Add some dry seaweed to brown or wild rice before cooking.
 - Add seaweed to the Brown Rice Salad on page 25.
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How To Cook Vegetables

Many people ask me about cooking vegetables; how to make them tasty, and inviting to eat... inviting even for the kids who seem to avoid vegetables with a passion. I have found that if you eat vegetables in a soup, or stew, or casserole, or as part of a one dish meal with meat or beans (e.g. stir fry), then everyone will enjoy them. I recommend that all adults eat at least 2 cups of vegetables each day, and children eat 1 cup each day. It doesn't matter if the vegetables are fresh, frozen, raw or canned— just eat more vegetables!

Suggestions:

- Add vegetables to spaghetti sauce. Broccoli, Swiss chard, carrots, green beans and of course mushrooms, onions, celery and green peppers go well.
- Add more vegetables to tacos, and burritos. Not just lettuce and tomatoes, but also try shredded carrots, cabbage, green peppers, mushrooms, cilantro and raw spinach.
- Add vegetables to sandwiches. Try different lettuces - Romaine, Green Leaf, Red Leaf, Butter Lettuce. Also try sprouts, sliced tomatoes, sliced peppers, sliced cucumbers, sliced carrots, raw spinach, and onions.
- Add vegetables to soups. Carrots, onions, celery, turnips, parsley, parsnips, green beans, broccoli, cauliflower, mushrooms, spinach,

tomatoes, swiss chard, bok choy, mustard greens, collard greens, kale, beet tops, beets, peas. In fact any vegetable will go well with soup.

- Add vegetables to omelettes or scrambled eggs. Spinach, onions, parsley, mushrooms, swiss chard, bok choy, broccoli, mustard greens, red or green peppers; also the Mexican cactus: nopales.
 - Add vegetables to casseroles. Peas, carrots, broccoli, cauliflower, Brussels sprouts, celery, swiss chard, kale, spinach, and beets.
 - Add vegetables to macaroni & cheese. Use the low-fat Macaroni & Cheese recipe in this recipe book (page 23) and add vegetables for more texture and flavor. Try the same vegetables that are next to casseroles (right above).
 - Add vegetables to homemade, or take home & bake pizza. Green peppers, onions, broccoli, mushrooms, spinach go great.
 - Add more vegetables (good variety) to your salads. Commodity carrots, peas, spinach, and green beans will go great. So will onions, cucumbers, green peppers, beets, peas, artichoke hearts, broccoli, cauliflower, jicama, watercress, parsley.
 - Add more vegetables to your stews. See the vegetables for soup.
 - Use vegetables for snacks. Raw or cooked or canned, any vegetable will do. An especially delicious snack is a sweet potato cooked in the microwave, or baked in the oven.
 - Roast carrots, beets, onions, potatoes, sweet potatoes, winter squash, asparagus, eggplant, green beans, corn, etc. in a hot, 425 degree oven. Pam Spray a cookie sheet, place washed, cut up vegetables on it; sprinkle on some pepper, garlic powder, oregano, basil, or Mrs. Dash; sprinkle on a few drops of olive or sesame seed oil; bake till vegetables are soft.
 - Eat vegetables with non-fat salad dressings. Another great snack idea.
 - Eat vegetables raw. They are crispy and delicious all by themselves.
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Fats in Food and Disease

The type and quality of fat you consume on a routine basis will profoundly affect your total health, and specifically the health of your heart and vascular system. Vascular related diseases (diabetes, high blood pressure, stroke, high cholesterol) were responsible for 40% of American deaths in 1999. That same year, 23% of American deaths were caused by cancer. Both cancer and vascular related diseases are affected by the type of fat in your diet. Male impotence, though not fatal, is also considered a vascular disease.

SATURATED and TRANS FATS are proven to create heart and vascular

disease. Many people are aware that saturated fat raises cholesterol levels; few people know that trans fat raises cholesterol levels as much as saturated fat does. Both saturated and trans fats may also be implicated in causing cancer. These fats also affect inflammation, aggravating arthritis and heart disease. These are the worst fats to eat.

SATURATED FATS are found primarily in: beef, pork, lamb, poultry skin; and milk fat.

LIMIT: beef, pork, and lamb to no more than 8 ounces a week. Choose the leanest cuts of beef, pork, lamb you can afford. Purchase round steak or London Broil on sale, have the butcher grind them, and use for hamburger.

Switch To: any fish, any seafood, no skin chicken or turkey. Of the 21 plus meals most people eat a week, try to eat 3 to 4 fish/seafood meals a week,* and try to eat 3 to 4 tofu, tempeh, or bean meals a week. (*Women who are pregnant, or who are planning a pregnancy, should avoid more than 6 ounces of fish per week due to potential mercury levels in fish).

AVOID milk fat: butter, 2% and whole milk, high fat cheese, premium and regular ice cream; full fat yogurt, sour cream, cottage cheese, cream cheese. Eat high fat cheese as a delicacy, infrequently, and in small amounts.

Switch To: a tub margarine (Olivio is a great one), non-fat or 1% milk, low fat (less than 4 grams fat/ounce) cheese, 1% cottage cheese; low-fat or non-fat yogurt, sour cream and cream cheese. Cook with olive or canola oil, not margarine or butter.

TRANS FATS, or PARTIALLY HYDROGENATED OILS, are found primarily in: fried restaurant and frozen foods: French fries, fried onion rings, fried chicken, fried fish, fish sticks, fried cheese and grilled cheese sandwiches. Trans fat is also found in: stick margarine, cookies, crackers, pie crusts, micro-wave popcorn, donuts, corn dogs, biscuits, and Top Ramen. **AVOID these trans fats.**

Switch To: deli turkey or ham sandwiches, grilled chicken sandwiches, tub margarine, low fat/non-fat whole grain crackers (Akmak, Rye Crisp), low fat microwave popcorn. Make your own homemade cookies with canola oil and half white, half whole wheat flour. Eat bagels, or oatmeal, instead of donuts or pastries for breakfast.

The *best* oils to use are those that are high in **monounsaturated fats: olive and canola.** Buy oil in small quantities and store in the refrigerator. Use all oils and fats sparingly. Eat **naturally occurring food fats:** have small amounts of nuts & seeds (1/8 to 1/4 cup), or peanut butter, or sunflower seed butter, or avocado daily.

OMEGA 3 FATTY ACIDS help reduce inflammation (arthritis); they protect against cancer by enhancing the immune system; and they help prevent heart and vascular disease. Primary sources of Omega 3 fatty acids are: fish, seafood, flax seeds, flax seed oil. Increase fish/seafood meals to 3 to 4 a week. Add ground flax seeds to yogurt, cereal, or soups.

Eat Less Fat/Eat High Quality Fat

High Fat Foods	replace with	Low Fat Foods
Avocado		contains good fat, eat 1/4 of whole
Bacon		Canadian bacon or ham
Butter		no more than 1 tsp., or use lowfat margarine
Cheese		nonfat or lowfat cheese
Chocolate candy (<i>cocoa butter</i>)		Cocoa Powder
Coconut/coconut oil.....		eat rarely
Chips (<i>corn, potato, Doritos, Cheezits, etc.</i>)...		Lowfat or baked chips
Crackers (<i>Ritz, Triscuits, Chicken-in-Basket, etc.</i>)		Akmak, Wasa, RyKrisp, , etc.
Cream		Skim (NF) evaporated milk
Cream cheese.....		Nonfat or lowfat cream cheese
Creamed soups.....		Lowfat creamed soups
Egg yolks (<i>limit to 4/week</i>)		Egg whites and only 1 yolk
Fried fast foods		Grilled food/roasted/salad bar
Fried food at home		Bake, BBQ, Broil, Roast
Gravy.....		Au Jus or lowfat gravy
Half & Half.....		Lowfat milk or fat-free half & half
Hot dogs		Lowfat dogs (1–3 gram fat/dog)
Ice cream.....		“Lite” ice cream or yogurt (0–3 grams fat per 1/2 cup)
Lard		Avoid
Lunch meats (<i>bologna, salami</i>).....		98% fat free cuts, or ham
Margarine.....		Lowfat margarine, use tub not stick
Mayonnaise		1 tsp. regular, or 1 Tbsp. low fat
Microwave popcorn (<i>regular</i>)		Air popped or microwave “lite”
Mocha mix		LF milk or Fat free half & half
Non-dairy creamer		Nonfat evaporated milk, or Fat free half & half
Nuts (<i>almonds, walnuts, cashews, etc.</i>).....		do eat 1/8 to ¼ cup daily, best unsalted
Oils (<i>all oils</i>)		1 tsp. oil (best is olive or canola) or PAM spray

High Fat Foods	replace with	Low Fat Foods
Olives		Limit to: 4 to 6; or have pickles
Peanuts/peanut butter		2 Tbsp. (1 Tbsp. = 8 grams fat)
Palm oil/palm kernel oil		Avoid
Pork rinds		Avoid
Pot pies		Don't eat the crust
Poultry skin.....		Eat only the flesh of poultry
Red Meat (4 legs) Beef, Pork, Lamb		Maximum 6 to 8 oz. per week
Ribs (<i>pork or beef</i>)		One bite only or AVOID
Salad dressing.....		Nonfat/lowfat dressings, or homemade with olive oil
Sausage		Ground turkey and spices, or Healthy Choice Lowfat
Seeds (<i>sunflower, pumpkin, sesame, etc.</i>).....		Do eat either nuts or seeds, small amount, daily
Sour cream		Nonfat sour cream (very tasty!)
Sweets (<i>cookies, cake, pie, donuts, pastry</i>)		Limit to max 2x a week, small amounts. Use dried fruit to substitute for candy.
Whole milk		Nonfat or 1% lowfat milk

Note: Avocados, all Nuts and Seeds, and Peanut Butter are natural food fats which contain high quality fats. They work to **help** people with Diabetes, Heart Disease, High Blood Pressure, and Arthritis/Inflammation. Do eat avocados, nuts, seeds—small amounts daily, unless you have a specific disease (such as pancreatitis) where you cannot eat high fat foods.

Fiber and Plant Foods

Fiber is only found in plant food. Any food that grows on trees or in the ground contains fiber, such as: fruit, vegetables, legumes, grains, herbs and spices, nuts and seeds. Fiber is that portion of plant materials which we cannot digest; the part of food that doesn't get absorbed into our blood stream. It passes through our small, than large intestine and works to create a well formed stool. More than this, it is vitally important for our total health. Eating plant food has been proven to be a part of **excellent treatment for: obesity, diabetes, high blood pressure, high cholesterol, heart disease, constipation, diarrhea, and irritable bowel syndrome.** It is also vital in treating the low blood sugar which may be experienced with **alcohol and drug recovery**, and with some types of anxiety.

Plant foods help you to;

Control Blood Sugar: eating a high fiber diet will regulate, or level out our blood sugar. This is important for people with **diabetes**, and those who are in **recovery from drug or alcohol abuse**.

Decrease Blood Cholesterol: eating a high fiber diet will help decrease cholesterol levels by as much as 20 to 25 percent. Every *one* percent drop in cholesterol lowers your risk for heart attack by *two* percent.

Reduce Weight by Creating a Feeling of Satiety, or Satisfaction: eating a high fiber diet will add bulk or roughage, thus help you to feel satisfied and help you to eat less calories. The high fiber also helps you absorb less calories.

Decrease Risk for Cancer: plant foods provide **PHYTOCHEMICALS and ANTI-OXIDANTS** which protects our immune system, thus helping to fight heart disease, cancer, and all infections.

Decrease Blood Pressure and Reduce Risk for Stroke and Heart Disease: eating a high plant food diet, along with two to four servings of low-fat dairy foods, will reduce blood pressure. Plant foods provide folate, or folic acid which will decrease homocystine levels. High homocystine is a predictor of heart disease.

Form A Normal Stool: high fiber foods provide the bulk or roughage needed to create a healthy, well regulated stool. High fiber foods help control **Constipation, Diarrhea, and Irritable Bowel Syndrome**. High fiber foods will also help prevent diverticulosis. If you already have been diagnosed with diverticulosis, then you will want to avoid: nuts, seeds, and popcorn. Note that the seeds of berries, cucumbers, kiwi, and tomatoes are fine to eat.

To increase plant foods, I recommend eating each day:

2 to 3 pieces of fresh fruit (fruit in season is freshest and best)

2 to 3 cups of vegetables (cooked or raw)

1/2 to 1 cup bran or whole grain cereal or grains AND 2 to 4 slices whole grain bread

1/2 to 1 cup of legumes (dry, cooked beans, peas, lentils)—canned beans are OK to use

1 to 2 servings of a soy product (tofu, tempeh, soy milk, soy burgers, soy hot dogs, soy cheese)

1/8 to 1/4 cup nuts or seeds OR 1 to 2 Tablespoons of a natural nut or seed butter

The most nutritious vegetables are: dark green leafy vegetables (spinach, swiss chard, bok choy, collard, mustard, turnip, and beet greens lettuces); cruciferous vegetables (cabbage, broccoli, cauliflower, brussels sprouts, turnips, radishes); tomatoes; peppers; garlic; onions; and orange colored vegetables (carrots, sweet potatoes, winter squash).

All fresh fruit is nutritious. Please avoid more than 8 ounces on any juice each day. Do not use juice to substitute for fruit or vegetables. Excess juice just adds extra calories.

Good Variety Is Best!

Food	fiber grams
General Mill's Fiber One Cereal, 1/2 cup	13
Kellogg's All-Bran with Extra Fiber Cereal, 1/2 cup	13
Kellogg's Bran Buds Cereal, 1/3 cup	11
Kellogg's All Bran Cereal, 1/2 cup	10
Beans, cooked (pinto, kidney, garbanzo, etc.) 1/2 cup	5 to 8
Lentils, 1 cup, cooked	7
Post Raisin Bran Cereal, 1 cup	7
Wasa Crackers, several varieties, 3 crackers	6 to 9
Nabisco Shredded Wheat Biscuits, 2	6
Bean soups, 1 cup	5
Oatmeal, cooked, 1 cup	4
Tortilla Chips, No Oil, 15 to 20 chips	2 to 4
Fresh Fruit, 1 medium piece or 1 cup berries	2 to 4
Vegetables, cooked, 1/2 cup	2 to 4
Whole grain, whole wheat bread, 1 slice	2 to 3
Rice, brown, cooked, 1/2 cup	2
Rice, white, cooked, 1/2 cup	1
White or French bread, 1 slice	1
Spaghetti or Pasta, cooked, 1/2 cup	1
Vegetables, raw— 1/2 cup (lettuce, tomatoes, cucumbers, mushrooms, peppers)	0 to 1

Your goal is to eat 25 to 35 grams of fiber each day.

Sample Meal Plan

The following is a sample, or suggested meal plan putting together all of the suggestions I've made. Use water, herbal, black, or green teas, unsweetened mineral water, 1% milk, coffee or diet soda to drink. This sample meal plan provides: approximately 1800 to 2000 calories. This plan is appropriate for any one with Diabetes, Heart Disease, High Blood Pressure, or to help you lose weight. Eating this way is not expensive, having poor health is.

- **Morning**

1 cup cooked oats with 2 Tablespoons toasted wheat germ sprinkled on top. Add 1% milk, and have 1 cup orange juice, *or* fresh fruit.

- **Snack**

1 banana *or* any fresh fruit
¼ cup unsalted nuts or seeds

- **Mid-Day**

1 cup cooked beans (as chili beans, *or* in soup, *or* a burrito, *or* added to a salad *or* spaghetti)

1 cup brown rice , *or* pasta, *or* 2 sl. whole wheat bread, *or* 2 tortillas (corn or whole wheat)

1 cup vegetables (cooked or raw; canned, fresh or frozen—just get the vegetables in!)

Example: Try the Mexican Rice and Beans (p.19) and serve with Spinach/Corn Salsa (p.26) and baked or low-fat corn chips.

- **Snack**

A piece of fresh fruit, *or* vegetables, *or* 1/4 cup dried fruit, *or* 1/2 cup canned fruit

- **Evening**

2 to 4 ounces chicken, *or* turkey, *or* fish, *or* seafood, *or* very lean beef (such as **Commodity ground beef**)

1 cup brown rice *or* pasta *or* potatoes *or* 2 sl. whole grain bread *or* 2 tortillas

1 cup vegetables (cooked or raw; canned, fresh or frozen—just get the vegetables in!)

Example: Try the Chinese Chicken and Vegetables (p.17) and serve with brown rice.

- **Snack**

1/2 to 1 cup Pumpkin Custard (p. 28) *or* 1 cup fruit yogurt *or* ½ cup low fat ice cream

All of the recipes in this cookbook are appropriate for diabetics, people with heart disease, and people with most gastrointestinal problems. They are low in fat, have good fiber sources, and are delicious! We hope that you will begin to use these recipes every day to help your family stay healthy. We use **commodity foods** whenever possible. (**Commodity items in the recipes are highlighted in bold-face type.**) Of course, if you do not have the specific Commodity Food item in the recipes, you can use regular chicken, turkey, canned or fresh vegetables and fruit. We recommend using ground turkey to replace the Commodity ground beef. We do not recommend eating more than 8 ounces (one half pound) of lean beef or pork per week. Lean beef or pork, or deer, can be substituted for chicken in these recipes.

Bok Choy and Beans

Serves 4

2 cans **vegetarian beans** or 3 cups cooked kidney or pinto beans
 1 can **carrots**, drained and rinsed
 1 can tomato sauce
 1 medium onion, diced
 4 garlic cloves, chopped OR several dashes garlic powder
 6 to 8 large Bok Choy leaves and stems, cleaned and cut**
 black pepper or cayenne pepper optional



Place all ingredients into a large pot and cook altogether till the Bok Choy is tender. If you have a microwave, you can cook this in the microwave, on high, also till the Bok Choy is tender. Serve on top of rice or noodles. This is a very easy to prepare, delicious meal. It will become a favorite.

**If you don't have fresh Bok Choy (a Chinese leafy vegetable), you may substitute one can of spinach, drained and rinsed.

Fast, Easy Spaghetti

Serves 4

8 oz. spaghetti noodles, cooked till just tender
 Spaghetti Sauce:
 1 Tablespoon olive or **vegetable oil**
 1 medium onion, diced
 2 to 6 garlic cloves, diced
 1 medium fresh bell pepper, diced (optional)
 1/2 pound fresh mushrooms, cubed (optional)
 2 cans tomato sauce
 1 can whole tomatoes
 1 tsp. dried oregano
 1 tsp. dried basil
 1/4 tsp. fennel or anise seeds
 several dashes black or crushed red pepper
 1/2 pound Commodity **ground beef**, cooked and drained of all fat
 4 Tablespoons parmesan cheese



Cook the **ground beef** and drain off all fat. Wipe off any excess beef fat from the skillet, and add the olive or **vegetable oil**. Add onion and garlic and cook over medium heat till onion is golden. Add the bell pepper and mushrooms, and cook till wilted. Add the tomato sauce, tomatoes and spices and let all ingredients simmer over low heat for about 20 to 40 minutes. (*Optional:* add swiss chard to cook in sauce.) Serve over the spaghetti noodles, adding a Tablespoon of parmesan cheese on top of each dish. Serve with a tossed salad.

Chicken Fritters

Serves 8

(This recipe may also be used with **commodity canned salmon**.)

1 large **can chicken**, rinsed and drained (or 2 pounds chicken breast, cut up)
 1/2 cup **egg powder**
 1/2 cup **nonfat dry milk powder**
 1 cup water
 1 cup cornmeal
 dashes black or cayenne pepper
 dashes of garlic powder
 dashes of Mrs. Dash (spice mix)
 1/8 teaspoon salt



In a large colander, rinse the chicken of all fat and salt. In a large bowl mix the **egg powder**, **milk powder**, water, pepper and garlic powder together. Add in the chicken. Next mix in the cornmeal. Mix all well. Take small amounts of this mixture and with clean wet hands, form into patties. PAM spray a heavy skillet, heat, and cook the patties till golden brown. Chicken fritters are delicious and fun to make. A great dish to let the kids make. Serve with mashed potatoes and spinach or a salad. You can substitute canned salmon for the canned chicken.

Chinese Chicken and Vegetables

Serves 6 to 8

1 **can chicken**, rinsed under hot water (or 2 pounds chicken breasts, cut up)
 6 to 8 cloves garlic, peeled and diced
 1/2 inch fresh ginger root, peeled and diced
 1 Tablespoon sesame oil
 1 large fresh bell pepper, cored and sliced
 4 stalks celery, washed and sliced
 4 stalks bok choy, washed and sliced
 2 small stalks broccoli, washed and sliced
 3 large carrots, peeled and sliced, or 1 **can carrots**, rinsed & drained
 2 cups bean sprouts
 2 cups fresh mushrooms, washed and sliced
 1 medium onion, peeled and sliced
 1 1/2 tablespoons soy sauce
 1/8 teaspoon cayenne pepper, or to taste
 PAM spray



Drain and thoroughly rinse the **canned chicken** under hot running water to remove as much of the salt and fat as you can. Wash, dice, cut and slice all the vegetables before heating the oil. PAM spray a large frying pan or

wok, add the sesame oil and heat with a moderate flame. Add the oil, garlic, and ginger and cook till the garlic begins to soften. Use sesame oil (available in the Chinese/Japanese section of the grocery store) because it has a delicious flavor and you do not need more than the 1 tablespoon to get this wonderful flavor into your food. Add the rinsed chicken and stir into the garlic, ginger. Next add all of the vegetables, longer cooking ones first: start with the carrots, then broccoli, then bok choy, then celery, then bell pepper, then mushrooms, then onions, end with the bean sprouts. If you don't have all of these vegetables, don't worry, any combination will do. Try to keep it colorful! Add the soy sauce and cayenne pepper. Turn the heat up and stir till all the vegetables are crispy cooked. Serve over brown rice or spaghetti or any noodles.

Italian Chicken and Vegetables

Serves 6 to 8

1 **can chicken**, rinsed under hot water (or 2 pounds chicken breast, cut up)
 6 to 8 cloves garlic, peeled and diced, or 1/4 teaspoon garlic powder
 1 large onion
 2 Tablespoon olive oil or **vegetable oil**
 1 medium fresh bell pepper, cored and sliced
 4 stalks celery, washed and sliced
 1 can whole tomatoes
 1 can tomato sauce
 2 small stalks broccoli, washed and sliced
 1 **can carrots** or 2 large carrots
 1 **can potatoes**
 1 **can spinach** or **green beans**
 1 cup fresh mushrooms, washed and sliced
 1 heaping teaspoon Italian seasoning
 or 1/2 teaspoon of dried oregano and basil
 1/4 teaspoon anise or fennel seed
 pepper to taste



Drain and thoroughly rinse the **canned chicken** under hot running water to remove as much of the salt and fat as you can. Open, drain and rinse (you're rinsing off much of the salt) **carrots, potatoes, spinach, or green beans**. PAM spray a large stew pot. Add the oil and gently heat; then add the garlic and onion and cook till the onion begins to soften and becomes translucent. Do not cook onion on a high flame! Then add the whole tomatoes and tomato sauce. Stir. Next, add the Italian seasoning and anise/fennel seed. Then, add the rinsed **chicken** and stir it in. Next, add the broccoli and mushrooms, stir. Then, add the **canned vegetables (carrots, potatoes, spinach)**. Cook over moderate flame for about 30

minutes, or until the broccoli is fork tender. Serve over brown rice or spaghetti or elbow macaroni. This is a lovely one-dish meal. You may add 2 cups of kidney, or garbanzo beans, to add more protein, iron, potassium, and folate (folic acid) especially great for pregnant women, teen girls, and anyone with heart disease, high blood pressure, or diabetes. Serve this with whole wheat sourdough bread and a fresh salad. Delicious.

Mexican Rice and Beans

Serves 6 to 8

6 cups cooked brown rice
4 cups cooked *or* canned pinto beans *or* kidney beans
6 to 8 cloves garlic, peeled and diced
1 large onion, peeled and diced
1 Tablespoon olive oil *or* vegetable oil
1 large fresh bell pepper, cored and diced
3 stalks celery, washed and sliced
1 can whole tomatoes
1 can tomato sauce
2 teaspoons chili powder
1/2 teaspoon cumin powder
cayenne pepper to taste



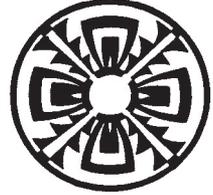
PAM spray a large skillet. Add the oil and gently heat; then add the garlic and onion and cook till the onion begins to soften and becomes translucent. Then add the bell pepper and celery. Stir. Next add the whole tomatoes and tomato sauce. Stir. Then add the chili powder, cumin powder and cayenne pepper (careful!!! cayenne pepper is hot!) Cook over moderate heat till the pepper and celery just begin to soften. Next stir in the cooked rice and beans. Serve with a large green salad. Use romaine or leaf lettuce. Use a low fat or non fat salad dressing. Add fresh or canned spinach into the salad to add more folic acid to the meal. Beans and dark green leafy vegetables are high in folic acid. Folic acid (or folate) is a B vitamin which is vital for all women of child bearing age, pregnant women, and anyone at high risk for heart disease. See section on Folate, or Folic Acid, page 12.

A Note About Brown Rice: Use 2 cups water to each cup of raw brown rice. Brown rice takes about twice as long to cook compared to white rice. The extra cooking time is totally worth it. Brown rice is delicious, satisfying, and contains fiber and phytochemicals which help diabetes, heart disease, high blood pressure, and cancer reduction. Make brown rice your family's favorite!

Hungarian Chicken Paprikas

Serves 6 to 8

1 **can chicken**, rinsed under hot water (or 2 pounds chicken breast, cut up)
 1 Tablespoon vegetable oil
 1 very large onion, peeled and diced
 4 garlic cloves, peeled and diced
 2 large fresh bell peppers, cored and cut into medium chunks
 Approximately 2 to 4 Tablespoons Hungarian* Paprika
 PAM spray



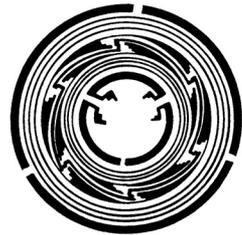
Drain and thoroughly rinse the canned chicken under **HOT** running water to remove as much of the salt and fat as you can. If you don't have a very large onion, then use 2 medium size ones. Pam spray a large Dutch oven. Add the oil and gently heat. Add the onion and garlic, and cook gently (on low to medium heat) until the onions are translucent. Add the chicken, bell peppers, and paprika. Cover the Dutch oven and cook for about 25 minutes. Serve over **RICE** or egg noodles or any **NOODLES**. Serve with a lovely salad and/or with canned **SPINACH** and **CARROTS**. This is a tasty, easy, fast recipe that you can whip up in a short amount of time, and your family will love it.

**Note:* If you can't find Hungarian Paprika, use any Paprika available. The Hungarian Paprika will have the best flavor.

Chicken Tacos

Serves 8 to 12

1 **can chicken**, rinsed well (or 2 to 3 pounds chicken breast, cooked and shredded)
 3 cups cooked pinto beans, *or* 2 cans of pinto *or* chili beans
 3 cups cooked brown rice
 4 medium fresh tomatoes, diced
 1 large white or red onion, diced
 1 large bell pepper, diced
 2 cups romaine lettuce, diced
 2 cups cabbage, diced
 corn or whole wheat flour tortillas
 chili powder, 1 Tablespoon
 picante or taco sauce



Cook the pinto beans (add 1 Tablespoon chili powder while cooking, for more flavor), or use 2 cans of canned pinto, or chili beans, liquid and all. Next cook the rice (1 and 1/2 cups uncooked rice + 3 cups water = 3 cups

cooked rice). Then rinse the chicken under very hot water (to remove as much of the fat and salt as possible), and drain. Next wash, clean and dice up all of the vegetables (tomatoes, onion, pepper, lettuce, and cabbage). Place each ingredient in a small bowl. Then heat (but do not fry with any oil) either the corn or flour tortillas in a very hot skillet. When the skillet is hot enough, the tortilla will not stick. Assemble your taco, add the picante or taco sauce and enjoy!

Enchiladas

Serves 8 to 12

1 **can chicken**, rinsed well, (or 2 to 3 pounds chicken breast, cooked and shredded)
1 can whole tomatoes
1 large can enchilada sauce
large package of corn tortillas
4 oz. low-fat cheese, shredded
1 small can olives, drained
4 chili peppers, chopped
1 medium onion, chopped
chili powder and/or cayenne pepper (optional)
PAM Spray



Drain and rinse the canned chicken under hot water to remove as much of its extra fat as possible. Separate the tomatoes from their liquid, chop the tomatoes, and put aside the tomato liquid (we'll use it later). Shred the cheese; chop the chili peppers and onions. The chili pepper can be as hot as you like. Try different kinds, to see how hot you want them. If you do not have chili peppers, you can spice up the enchilada sauce by adding chili powder and/or cayenne pepper to taste. Place the enchilada sauce in a large bowl, and dip each corn tortilla into the sauce. Pam spray a large baking dish, or a large skillet (you can either bake the enchiladas, or cook them on the stove). Place the dipped tortilla in the baking dish or skillet, add a small amount of the chicken, chili peppers, onions, and tomatoes. Roll up the tortilla, and wedge it tight in the pan. Continue dipping, filling, rolling up as many tortillas as will fit in the pan, placing them tight against each other so that they stay rolled up. Pour the remainder of the enchilada sauce, and the tomato liquid over the enchiladas. Next sprinkle the shredded cheese and the drained olives over the enchiladas. Cover and either bake at 350 degrees till the cheese melts and the liquid bubbles; or cook on a low to medium flame in the covered skillet on the stove. Serve this delicious dish with a green salad or the Spinach/Corn Salsa (see recipe page 30). Your family will love this.

Low Fat Tasty, Macaroni and Cheese

Serves 4

8 oz. (half pound) elbow noodles, cooked till just tender
 1 pint (2 cups) low-fat cottage cheese
 4 oz. (8 Tablespoons) grated parmesan cheese
 several dashes black or cayenne pepper



In a large bowl, mix together the cottage cheese, 6 Tablespoons parmesan cheese, and the pepper. Fold in the cooked noodles, and transfer to a shallow baking dish. Sprinkle with the remaining 2 Tablespoons of parmesan cheese and bake at 350 degrees till the top layer of parmesan cheese is golden brown. See page 10 for ideas to add vegetables into your macaroni and cheese.

Tamale Pie

Serves 8 to 12

6 cups cooked pinto beans, or 4 cans chili beans
 2 cups **cornmeal**, uncooked
 8 cups water
 1 can whole tomatoes, drained
 1 can corn, drained
 4 small chili peppers, diced
 (you choose how hot you want them!)
 1 medium bell pepper (optional)
 1 large onion, diced
 1 teaspoon cumin
 1 Tablespoon chili powder
 4 oz. low-fat cheese, shredded
 small can sliced black olives, drained (optional)
 PAM Spray



Cook the pinto beans till fork tender. (see note below) Add the uncooked cornmeal to the water and stir to mix well. Cook over medium heat till it is just beginning to thicken into a mush. While the cornmeal is cooking, stir frequently. Pam spray a lasagna size oven pan. Place half of the cooked cornmeal mush on the bottom of the pan, smooth evenly. Mix the beans, drained tomatoes, drained corn, diced peppers, cumin, and chili powder together in a large bowl. Add this bean mixture on top of the cornmeal mush, and smooth evenly. Then place the remainder of the cornmeal mush on the bean mixture, and smooth evenly. Cover with the shredded cheese. Drained sliced olives may also be added (optional). Bake in a 375 degree oven till the cornmeal has a nice golden crust under the cheese.

Serve this delicious dish with the Spinach/Corn Salsa and a green salad. Note: If you do not wish to cook your own beans, you may use canned chili, or pinto or canned kidney beans, or even **commodity vegetarian beans**. Drain and rinse all of the canned beans.

Rice Salad

Serves 6 to 8

3 to 4 cups cooked brown rice*
 1/2 **can chicken**, rinsed well (or 1 pound chicken breast, cooked and shredded)
 2 cans carrots, drained and rinsed
 2 cans peas, drained and rinsed
 4 medium fresh tomatoes, diced
 1 large white or red onion, diced
 A few dashes of cayenne pepper
 A few dashes of garlic powder
 A dash of salt
 Any low fat or fat free salad dressing (fat free French is recommended)



Cook rice (2 cups uncooked brown rice cooked in 4 cups water will yield 4 cups cooked brown rice) and place in a large bowl. (See "Note on Brown Rice, page 25.) Drain and rinse the canned chicken to remove as much of the fat as possible. Add the chicken to the cooked rice. (If you do not have commodity chicken, use about 2 cups of diced or shredded cooked chicken.) Drain and rinse the peas and carrots and add to the rice. Next, dice the tomatoes and onion and also add this to the chicken and rice. Add the cayenne pepper (this is hot hot hot, so use just a little); garlic powder, and salt is optional. Feel free to add any other spices or spice combination that you like (example: curry powder, chili powder). Try adding seaweed, either dry & crushed, or soaked in water and wrung out. This dish lends itself to your creative talents. Make it as spicy and flavor ful as you wish with different spices and vegetables. You can add beans, green peppers, celery, or any raw or cooked vegetable. Mix all ingredients together and top with the low fat or fat free dressing. This is a wonderful, colorful dish to make for a picnic or a pot luck, or on a hot summer day when you do not want to do much cooking. If you have leftovers, eat it for lunch the next day. *You can use elbow macaroni, or any small, medium size pasta, instead of rice.



Spinach/Corn Salsa

Serves 6 to 8

- 2 cans spinach, drained
- 1 can whole kernel corn, drained
- 1 can tomatoes, with its juice
- 1 small white or red onion, peeled and diced
- 1 or 2 medium to large, fresh tomatoes, diced
- 3 cloves garlic, peeled and diced (*best to use fresh garlic, not powdered, for this salsa*)
- Several sprigs of cilantro, diced fine
- 1 to 2 Tablespoons olive or **vegetable oil**
- Several splashes of Balsamic or Red Wine Vinegar
- 1 or 2 dashes of cayenne pepper
- or 1 hot, fresh Jalapeno pepper, diced
- 1 or 2 dashes Mrs. Dash spice mix (optional)



Mix all ingredients together into a bowl. Crush the tomatoes, mix well. Make it as hot and spicy as you wish. Serve at room temperature, or from the refrigerator. Use as salsa for baked chips, or use as a side vegetable dish. This is a very, very tasty dish and a great way to get your family to eat spinach!

Better Than Mix Pancakes

Makes 8 to 10 pancakes

- | | |
|--|---------------------------------|
| 1 cup white flour | 1 teaspoon baking soda |
| 1/2 cup oatmeal (uncooked) | 1 teaspoon baking powder |
| 1/4 cup wheat germ (Kretchner's toasted) | 1/4 teaspoon salt |
| 1/2 cup non-fat dry milk powder | water (approximately 1 1/2 cup) |
| 1/4 cup dry egg mix | PAM spray |
| 1 Tablespoon vegetable oil | |

Mix all the ingredients together in a large mixing bowl. Slowly add the water and stir together. Add enough water so that you make a thin, but not runny, batter. Let batter sit for about 5 minutes. Drop batter by a large Tablespoon onto a very hot griddle which has been coated with PAM spray. Turn pancakes over when bubbles appear on top. Serve with fresh fruit, or fruit cocktail, or any canned fruit or applesauce.

You can *make your own Pancake Syrup*:

- 1 teaspoon imitation Maple Syrup extract
- water (about 1 cup)
- sugar to taste



Add the Maple Syrup extract into the water. Add sugar to taste and stir well. A delicious maple syrup for pennies.

Pumpkin Pie

Serves 8 to 12, or filling for 2 pies

Pumpkin Custard

4 cans (15 oz.) pumpkin (see note below)	1 cup sugar (white or brown)
1 cup egg mix	1/3 cup raisins (optional)
1 cup non-fat dry milk powder	2 teaspoons cinnamon
1/2 cup Kretchner's toasted wheat germ or corn meal	1 teaspoon pumpkin pie spice (optional)
1 cup water	1 tablespoon vanilla extract
PAM Spray	

Note: If you do not have **commodity canned pumpkin**, you may use **commodity sweet potato** instead. Just drain (but do not rinse) the sweet potato first.

Place the **pumpkin (or sweet potato)** in a large mixing bowl. Add the **egg mix, dry milk powder**, wheat germ or **corn meal**. (Do not use both wheat germ and corn meal, it'll be too dry!). Add the water, sugar, raisins (if you don't have raisins, it'll still taste great), spices, and vanilla extract. Use a potato masher, or electric beater and mix all ingredients together. Pam spray a lasagna size pan and pour in the custard. Even it out with a spoon, and bake at 350 degrees for 30 to 40 minutes, or until a toothpick comes out clean. This is a very delicious dessert that you can make for Thanksgiving, Christmas or any special holiday. Or, you can enjoy this custard anytime of the year. It is extremely nutritious: very rich in beta carotene (this helps make vitamin A and helps reduce or risk for cancer and macular degeneration, a cause of blindness in the elderly), a good source of iron and potassium, and a fair source of protein. You may also use this custard as your pumpkin pie filling. Use any commercial pie crust; the above recipe will fill 2 large crusts. or, for a very special tasting crust (and no trans fat), try the following:

Pumpkin Pie Crust

1 pound box Ginger Snaps
1/4 cup tub margarine or butter
PAM Spray



Place the entire box of ginger snaps in a large plastic bag. With a rolling pin, crush the ginger snaps till they are crumbs. Place in a large bowl and cut in the margarine or butter. Pam Spray 2 large pie pans, pat in the ginger snaps so that they make a crust around the sides and bottom. Pour in the Pumpkin Custard and bake till a toothpick comes out clean, about 30 to 40 minutes.



Prayer

Oh Great Creator
I am grateful to you
for my life, for my home
for my family, for my friends.

I am grateful for
the food I eat
and for my health.

Creator, grant me strength
to do what I must
to maintain my health.

M.E. Farkas, 1996



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