



Reclaim your Body and Health

Nutrition Facts

~ and ~


Commodity Food Recipes

*For the California North Coast
Indian Community*

By Mary E. Farkas, M.S., R.D., M.A.



SHERWOOD VALLEY COMMODITY DISTRIBUTION FOOD PROGRAM
CONSOLIDATED TRIBAL HEALTH PROJECT, INC.



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Table of Contents

Nutrition Factspages **2–13**

Seven proven ways to decrease weight, control diabetes, control heart disease, and control gastro-intestinal problems	2–4
Children	5–6
Pregnancy	6–7
Folic Acid	7–8
Seaweed	9
How to Cook Vegetables	10
Low Fat Foods	11
High Fiber Foods	12
Sample Meal Plan	13

Commodity Food Recipespages **14–28**

(alphabetically):

Bok Choy and Beans	14
Chicken Fritters	16
Chicken Tacos	21
Chinese Chicken and Vegetables	17
Enchiladas	22
Hungarian Chicken Paprikas	21
Italian Chicken and Vegetables	18
Macaroni and Cheese, Lowfat	23
Mexican Rice and Beans	19
Pancakes, better than mix	27
Pumpkin Pie, custard, crust	28
Rice Salad	25
Spaghetti, fast, easy	15
Spinach/Corn Salsa	26

All of the recipes in this cookbook are appropriate for diabetics, people with heart disease, and people with most gastro-intestinal 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.)

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 things 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 and heart disease. Many North Coast 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 North Coast 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 gastro-intestinal problems, drug and/or alcohol recovery**. The suggestions are also helpful to **reduce your risk for cancer**. Please notice that there is really 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

(see list on page 11). High fat foods get *stored* as body fat; the more fat you eat, the more fat gets stored. The higher your percentage of body fat, the less efficiently your body uses insulin, thus blood sugars increase. A high percentage of body fat also increases your risk for heart disease. High fat foods also cause many gastrointestinal problems such as heartburn, gallbladder problems, and chronic diarrhea. Eating large amounts of high fat foods decreases your immune function, and

puts you at greater risk for cancer. Lastly, being overweight increases arthritis, joint and muscle pain. For *weight loss*, your goal is to eat no more than 30 to 40 grams of fat if you are a woman; and no more than 40 to 50 grams of fat if you are a man.

2. Eat Foods Very High in Fiber

(see list on page 12). High fiber foods such as beans, vegetables, 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 weight loss 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.

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 toast. When you skip meals, you will tend to overeat at the next meal.

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 fast means that you eat more. When you eat fast, 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 Water.

Try to drink at least 48 to 64 ounces of water a day; more if you are physically active, or have a fever. 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 food, and see how delicious it is!

6. Avoid Regular Soda, Sugared Drinks, and Food Very High in Sugar.

Drinking regular 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! Drinks such as Snapple or Gatorade or Arizona Ice Tea are no better — they too have about 10 teaspoons sugar per 12 ounces. 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.

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* 20 minutes each day. 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. The more you move, the more you lose!

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 orange flesh winter squash (butternut, acorn); liver.

To be sure your child gets the nutrients above,

Feed Your Child Each Day:

- **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**
- **bread, rice, cereal, 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.** 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 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* she eats. As the adult, *you* decide *what* will be eaten. Try to provide only food that will give your child excellent sources of protein, vitamins and minerals. The *child* will know *how much* to eat.

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 (3 to 4 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 (ok to eat if you don't need to avoid fats)

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; low-fat if you must avoid fat)
- canned fish with their bones (salmon, sardines, etc.)
- tofu
- molasses
- dark green leafies (kale, collards, 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, you'll also be eating high iron, as well as high zinc. **Other high iron foods:**

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

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

- dark green leafy vegetables (spinach, collard greens, swiss chard, mustard greens, beet greens) ($\frac{1}{2}$ cup)
- broccoli, brussels sprouts, beets, bok choy ($\frac{1}{2}$ cup)
- asparagus, cabbage, Chinese or Napa cabbage ($\frac{1}{2}$ cup)
- wheat germ (2 Tablespoons to $\frac{1}{4}$ cup)
- orange or grapefruit juice (8 oz. — 100% juice)
- cooked dry beans, peas, lentils (1 cup cooked)
- enriched breads and flour and fortified cereals

***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 group 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 the two molecules which “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 get pregnant, it's also good for **anyone at high risk for heart disease**. As heart disease is the leading cause of death in the U.S.A., *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 which 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)**
- **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**
- **wheat germ**
- **orange juice**

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

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 - 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 Nevarez, Redwood Valley Tribe, from her mother**. 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.
- Add seaweed to any soup to give the soup a delicious 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 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 rice. Add some dry seaweed to rice before cooking.
- Add seaweed to the Rice Salad on page 25.

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. stirfry), 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.
- **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.
- **Eat vegetables with non-fat salad dressings.** Another great snack idea.
- **Eat vegetables raw.** They are crispy and delicious all by themselves.

Eat Less Fat

High Fat Foods	<i>replace with</i>	Low Fat Foods
Avocado		Any salad green or jicama
Bacon		Canadian bacon or ham
Butter		No more than 1 tsp., or lowfat margarine
Cheese		nonfat or lowfat cheese
Chocolate candy (cocoa butter)		Cocoa Powder
Coconut/coconut oil		<i>Avoid</i>
Chips (corn, potato, Doritos, Cheezits, etc.)		Lowfat baked chips
Crackers (Ritz, Triscuits, Chicken-in-Basket, etc.)		Wasa, RyKrisp, Snackwell, etc.
Cream		Skim (NF) evaporated milk
Cream cheese		Nonfat cream cheese
Creamed soups		Lowfat creamed soups
Egg yolks (limit to 3/week)		Egg whites and only 1 yolk
Fried fast foods		Grilled food/salad bar/pasta
Fried food at home		Bake, BBQ, Broil, Microwave
Gravy		Au Jus or lowfat gravy
Half & Half		Lowfat milk
Hot dogs		Lowfat dogs (1–3 gram/dog)
Ice cream		“Lite” ice cream or yogurt (0–3 grams fat per ½ cup)
Lard		<i>Avoid</i>
Lunch meats (bologna, salami)		98% fat free turkey coldcuts, or white meat chicken, or tuna
Margarine		Lowfat margarine
Mayonnaise		Lowfat or nonfat mayo
Microwave popcorn (regular)		Air popped or microwave “lite”
Mocha mix		Nonfat Mocha mix or LF milk
Non-dairy creamer		Nonfat creamer or nonfat evaporated milk
Nuts (almonds, walnuts, cashews, etc.)		Eat very little (¼ cup = 18 grams fat!!!)
Oils (all oils)		1 tsp. oil or PAM spray
Olives		Limit to 3 or 4 or have pickles
Peanuts/peanut butter		1 Tbsp. only (1 Tbsp. = 8 grams fat)
Palm oil/palm kernel oil		<i>Avoid</i>
Pork rinds		<i>Avoid</i>
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 (pork or beef)		One bite only or AVOID
Salad dressing		Nonfat/lowfat dressings
Sausage		Ground turkey and spices or Healthy Choice Lowfat
Seeds (sunflower, pumpkin, sesame, etc.)		Eat very little (¼ cup = 18 grams fat!!!)
Sour cream		Nonfat sour cream (very tasty!)
Sweets (cookies, cake, pie, donuts, pastry) ..		One bite only of regular or small amount of nonfat sweets
Whole milk		Nonfat or 1% lowfat milk

Fiber

Fiber is only found in plant food. Food of animal origin (meat, fish, eggs, cheese, milk, etc.) contains no fiber. Fiber is that portion of plant food which is totally or partially indigestible. It is good that our body cannot totally digest fiber; the undigested fiber adds a great deal of bulk or roughage to our bowel movement. The fiber helps regulate our bowel movement, making it softer if we are constipated, and making it firmer if we have diarrhea. Fiber also helps control our blood sugar - important for diabetics, as well as for anyone who is in recovery from drug and or alcohol abuse. Eating a high fiber diet will level out our blood sugar - helping it to stay low if we have diabetes, and helping it not drop too low if we are in recovery. Foods high in fiber also help reduce cholesterol and triglyceride levels, important to help prevent and treat heart disease. High fiber foods significantly reduce your risk for cancer. Foods high in fiber are also very high in necessary vitamins and minerals. Lastly, a high fiber diet creates a feeling of satiety, or satisfaction when we eat. We will be able to eat more bulk and feel full, yet take in less calories. This is very helpful for weight loss.

Eat High Fiber Each Day!

<i>Food</i>	<i>fiber grams</i>
General Mill's Fiber One Cereal, $\frac{1}{2}$ cup	13
Kellogg's All-Bran with Extra Fiber Cereal, $\frac{1}{2}$ cup	13
Kellogg's Bran Buds Cereal, $\frac{1}{3}$ cup	11
Kellogg's All Bran Cereal, $\frac{1}{2}$ cup	10
Post Raisin Bran Cereal, $\frac{1}{2}$ cup	8
Beans, cooked (pinto, kidney, garbanzo, etc.) $\frac{1}{2}$ cup	5 to 8
Lentils, 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, $\frac{1}{2}$ cup	2 to 4
Whole grain, whole wheat bread, 1 slice	2 to 3
Rice, brown, cooked, $\frac{1}{2}$ cup	2
Rice, white, cooked, $\frac{1}{2}$ cup	1
White or French bread, 1 slice	1
Spaghetti or Pasta, cooked, $\frac{1}{2}$ cup	1
Vegetables, raw — $\frac{1}{2}$ 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 herb tea, unsweetened mineral water, 1% milk, or diet soda to drink. 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.

• Snack

1 banana or any fresh fruit

• Mid-Day

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

1 cup rice, or pasta, or 2 sl. bread, or 2 tortillas

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, non-fat corn chips.

• Snack

A piece of fresh fruit, or vegetables, or $\frac{1}{4}$ cup dried fruit, or $\frac{1}{2}$ 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 rice or pasta or potatoes or 2 sl. 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 rice.

• Snack

$\frac{1}{2}$ to 1 cup Pumpkin Custard (p.28) or One piece of fresh fruit

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.)



Bok Choy and Beans

Serves 4

- 2 cans **vegetarian beans**
or 4 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 or two cans of **spinach, drained and rinsed.

Fast, Easy Spaghetti

Serves 4

8 oz. **spaghetti noodles**, cooked till just tender

Spaghetti Sauce:

2 teaspoons 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 **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 and non-fat/low-fat dressing.



Chicken Fritters

Serves 8

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

1 can **chicken**, rinsed and drained

$\frac{1}{2}$ cup **egg powder**

$\frac{1}{2}$ 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)

$\frac{1}{8}$ 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 with non-fat/low-fat dressing.



Chinese Chicken and Vegetables

Serves 6 to 8

- 1 can **chicken**, rinsed under *hot* water
- 6 to 8 cloves garlic, peeled and diced
- $\frac{1}{2}$ 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
- 2 cups bean sprouts
- 2 cups fresh mushrooms, washed and sliced
- 1 medium onion, peeled and sliced
- $1\frac{1}{2}$ tablespoons soy sauce
- $\frac{1}{8}$ 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 **rice** or **spaghetti** or any noodles.

Italian Chicken and Vegetables

Serves 6 to 8

- 1 can **chicken**, rinsed under *hot* water
- 6 to 8 cloves garlic, peeled and diced
- 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 $\frac{1}{2}$ teaspoon of dried oregano and basil
- $\frac{1}{4}$ 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. PAM spray a large stew pot, add the oil and heat with a moderate flame. 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 whole tomatoes and tomato sauce. Stir. Next, add the Italian seasoning and anise/fennel seed. Then, add the rinsed chicken and stir it into the garlic and onion. 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 **rice** or **spaghetti** or **elbow macaroni**.

This is a lovely one-dish meal. You may add 2 cups of 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 french bread and a fresh salad. Delicious.

Mexican Rice and Beans

Serves 6 to 8

- 6 cups cooked **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.



Hungarian Chicken Paprikas

Serves 6 to 8

- 1 can **chicken**, rinsed under *hot* water
- 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

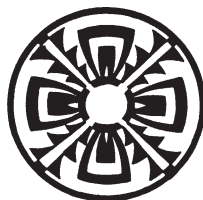
Drain and thoroughly rinse the canned chicken under HOT running water to remove as much of the salt and fat as you can. If you don't have a very large onion, then use 2 medium size ones.

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.



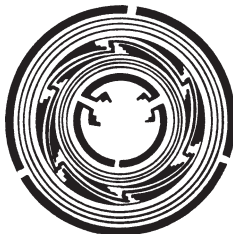
Chicken Tacos

Serves 8 to 12

1 can **chicken**, rinsed well
3 cups cooked **pinto beans**
3 cups cooked **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 flour tortillas
picante or taco sauce
chili powder

Cook the pinto beans (add 1 Tablespoon chili powder while cooking, for more flavor). Next cook the rice (1 and $\frac{1}{2}$ 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.

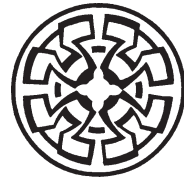
Assemble your taco, add the picante or taco sauce and enjoy!



ENCHILADAS

Serves 8 to 12

1 can **chicken**, rinsed well
1 can **whole tomatoes**
1 large can enchilada sauce
large package of corn tortillas
4 oz. non-fat or 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 26). Your family will love this.

Low Fat Macaroni and Cheese

Serves 4

8 oz. **elbow noodles**, cooked till just tender
1 pint (2 cups) non-fat or low-fat cottage cheese
3 oz. (6 Tablespoons) parmesan cheese
several dashes black or cayenne pepper

In a large bowl, mix together the cottage cheese, 4 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 @ 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.



Note: Commodity items are highlighted in **bold-face** type.

Tamale Pie

Serves 8 to 12

- 6 cups cooked **pinto beans**
- 2 cup **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 350 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 pinto beans, or canned kidney beans, or commodity **vegetarian beans**. Drain and rinse all of the canned beans.

RICE SALAD

Serves 6 to 8

3 to 4 cups **cooked rice***
1/2 can **chicken**, rinsed well
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 rice cooked in 4 cups water will yield 4 cups cooked rice) and place in a large bowl. 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 flavorful 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 macaroni instead of rice. Also try using brown 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
- Several sprigs of cilantro, diced fine
- Several splashes of Balsamic *or* Red Wine Vinegar
- 1 tablespoon olive oil
- 1 *or* 2 dashes of cayenne pepper
or 1 hot, fresh Jalapeno pepper, diced
- 1 *or* 2 dashes Mrs. Dash spice mix

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 **flour**
1/2 cup **oatmeal** (uncooked)
1/4 cup wheat germ (Kretchner's toasted)
1/2 cup **non-fat dry milk powder**
1/4 cup **dry egg mix**
1 teaspoon baking soda
1 teaspoon baking powder
1/4 teaspoon salt
water (approximately 1¹/₂ cup)
PAM spray

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 fruit cocktail, or any canned fruit or applesauce.

You can make your own

Pancake Syrup:

1 teaspoon imitation Maple Syrup extract
sugar to taste
water, about 1 cup

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



Pumpkin Pie Pumpkin Custard

Serves 8 to 12, or filling for 2 pies

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

Note: If you do not have commodity 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 cornmeal, 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 (the precursor of vitamin A), and 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*, try the following:

Pumpkin Pie Crust

1 pound box Ginger Snaps $\frac{1}{4}$ cup 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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