



ACORN BREAD

Ingredients:

- | | |
|-------------------------------|--------------------------|
| 1 package of active dry yeast | 2 tablespoons honey |
| 2 cups whole wheat flour | 2 tablespoons olive oil |
| 2 cups acorn flour | 1 teaspoon salt |
| 1 ½ cups very warm water | 1 teaspoon baking powder |

Instructions:

1. In a large bowl, dissolve yeast in 1/2 cup very warm water.
2. Add the honey, oil, salt, baking powder, and 1 cup whole wheat flour to the yeast mixture; using a hand mixer, blend for 2-3 minutes.
3. Slowly add more water and 1 cup flour to yeast mixture. Add the acorn flour slowly stirring by hand to form a soft dough that is not sticky to handle.
4. Turn out on floured surface; knead until smooth and elastic for 6-8 minutes.
5. Place dough in a lightly oiled bowl with oil; turn to coat both sides. Cover and place in warm area and let rise until double in size. About a 90 minutes.
6. Punch down and turn out on a floured surface. Knead and shape into a loaf.
7. Place on cookie sheet and let rise until doubled in size for about a 30 minutes. Preheat oven to 375 degrees Fahrenheit.
8. After dough has doubled in size, bake in oven for 30-45 minutes. Remove from oven and let cool for 5 minutes. Serve hot or cold. This meal is recommended to be enjoyed with a salad of miner's lettuce to increase the nutritional value of the whole meal.

Serves: 18 Slices

Serving Size: 1 Slice

Prep Time: 120 Minutes

Cook Time: 30-45 Minutes

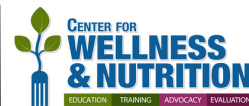
Nutrition Information Per Serving:

190 Calories per serving, 2g of total sugar (0g of added sugar), 150mg of sodium, 26g carbohydrates, 3g fiber, 4g protein, 10g fat.

Recipe developed by Lois Fluke (Sherwood Valley Band of Pomo Indians Tribal Member)

For information on CA Native Traditional Foods and Food Sovereignty visit: <https://cimcc.org/>

Funded by USDA SNAP, an equal opportunity provider. Visit www.CalFreshHealthyLiving.org for healthy tips.





QUAIL & MUSHROOMS

Ingredients:

- | | |
|------------------------|--------------------------------------|
| 3 slices bacon | ½ teaspoon black pepper |
| 1 ½ cups sliced onion | 3 cups sliced mushrooms |
| 3 cloves minced garlic | 1 ½ teaspoons balsamic vinegar |
| 8 whole quail | 2 cups low sodium chicken broth |
| ¼ cup acorn flour | 1 teaspoon salt |
| | ⅛ teaspoon cayenne pepper (optional) |

Instructions:

1. In a large skillet, over medium-high heat, fry the bacon until crispy. Drain bacon, set a side.
2. Add the flour to the skillet stirring to make a brown roux. Keep stirring for 8 minutes.
3. Stir in the onion and garlic; sauté for 3 minutes or until wilted (If needed, add olive oil).
4. Add the mushrooms and continue to cook for 2 minutes.
5. Add the chicken stock and balsamic vinegar; stirring constantly until well mixed. Bring to a boil.
6. Cut the quail down the middle of the breast and season with salt, pepper, and cayenne pepper.
7. Add the quail to the mushroom mixture and reduce heat and simmer for 30 minutes.
8. Finish off the dish by adding chopped bacon back in and serve with a salad of miner's lettuce to increase the nutritional value of the whole meal.

Serves: 8

Serving Size: 4 Ounces

Prep Time: 15 Minutes

Cook Time: 60 Minutes

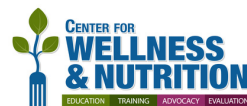
Nutrition Information Per Serving:

300 Calories per serving. Less than 1g of total sugar (0g of added sugar).
475mg of sodium, 7g carbohydrates, Less than 1g fiber, 26g protein, 19g fat.

Recipe developed by Lois Fluke (Sherwood Valley
Band of Pomo Indians Tribal Member)

For information on CA Native Traditional Foods
and Food Sovereignty visit: <https://cimcc.org/>

Funded by USDA SNAP, an equal opportunity provider.
Visit www.CalFreshHealthyLiving.org for healthy tips.





COASTAL SALMON BLACKBERRY SALAD

Ingredients:

- | | |
|--|--|
| 3 cups of fresh blackberries | ½ cup of claytonia perfoliate or spinach |
| 3 tablespoons of balsamic vinegar (optional) | ¼ teaspoon of sea salt (optional) |
| 1 ½ tablespoons of maple syrup | ¾ teaspoon of black pepper (optional) |
| 2 Wild Pacific Salmon fillets (3oz each) | ½ cup of goat or feta cheese, crumbled |
| | ¼ cups black walnuts, chopped |

Instructions:

1. Prepare a small pot over medium heat. Wash produce items before use.
2. Add 1 cup of blackberries, balsamic vinegar, and maple syrup to small pot. Mash blackberries as they become heated. Simmer sauce for 15 minutes and remove from heat. Sauce will thicken as it cools.
3. Prepare to grill salmon fillets. Oil the grill. Wash and pat salmon dry. Lightly coat with olive oil cooking spray and sprinkle with salt and pepper (optional). For best quality and to prevent flaking use a fish grill basket.
4. Grill salmon covered for 7-10 minutes, turning one time. Salmon is cooked when it flakes easily.
5. Put spinach greens on two plates. Top with the remaining blackberries, cheese, walnuts, and optional balsamic vinegar dressing. Place grilled salmon on top and cover with blackberry sauce.

*Nutritional Information provided based on recipe without modifications.

Serves: 2

Serving Size: 3 Ounces

Prep Time: 10 Minutes

Cook Time: 25 Minutes

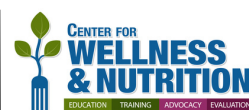
Nutrition Information Per Serving:

310 Calories per serving, 11g of sugar, 190mg of sodium, 18g carbohydrates, 6g fiber, 33g protein, 13g fat.

Many of the Tribes in the Coastal Regions of California have eaten salmon, blackberries, and black walnuts as traditional foods since time immemorial.

For information on CA Native Traditional Foods and Food Sovereignty visit: <https://cimcc.org/>

Funded by USDA SNAP, an equal opportunity provider. Visit www.CalFreshHealthyLiving.org for healthy tips.





VENISON MEATBALLS WITH MUSHROOM SAUCE

Ingredients:

- | | |
|--------------------------------------|--|
| 1 tablespoon of olive oil | 2 pounds of ground venison
(or substitute/mix with ground turkey) |
| 2 onions, sliced | 1 egg |
| 2 cups of low sodium vegetable stock | 3 slices of whole wheat bread
soaked in 1 cup of non-fat milk |
| 1 pound tomatoes, diced | $\frac{3}{4}$ teaspoon of black pepper (optional) |
| 8 oz of mushrooms, sliced | $\frac{1}{4}$ teaspoon of sea salt (optional) |
| 2 bay leaves | |

Instructions:

1. Wash produce items before use.
2. Prepare the sauce by heating the olive oil in a large pot. Add the onions to the pot and cook until they brown.
3. Add the vegetable stock, tomatoes, mushrooms, and bay leaves. Cook on low for 30-45 minutes.
4. Prepare the meatballs by mixing together the egg, soaked bread, salt (optional), pepper (optional), and venison. Season to taste with traditional herbs and spices. Shape mixture into meatballs using 2 tablespoons of mixture at a time.
5. Put meatballs on a baking sheet and bake at 350 degrees F for 20-25 minutes or until cooked through.
6. Serve meatballs with sauce, along with a salad of claytonia perfoliate to increase the nutritional value of the whole meal.

*Nutritional Information provided based on recipe without modifications.

Serves: 5

Serving Size: 1 Cup

Prep Time: 15 Minutes

Cook Time: 50 Minutes

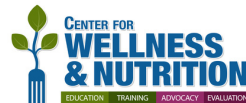
Nutrition Information Per Serving:

360 Calories per serving, 10g of sugar, 330mg of sodium, 21g carbohydrates, 4g fiber, 47g protein, 10g fat.

Many of the Tribes in the Coastal Regions of California have eaten venison and mushrooms as traditional food since time immemorial.

For information on CA Native Traditional Foods and Food Sovereignty visit: <https://cimcc.org/>

Funded by USDA SNAP, an equal opportunity provider. Visit www.CalFreshHealthyLiving.org for healthy tips.





THREE SISTERS STEW

Ingredients:

- | | |
|--|--|
| 1 teaspoon ground cumin | 1 medium yellow squash, diced |
| 1 teaspoon kosher salt | 1 (15-ounce) can, low sodium pinto beans, drained (or fresh) |
| ½ teaspoon black pepper | 1 (15-ounce) can, low sodium black beans, drained (or fresh) |
| 1 pound trimmed pork loin, cut into 1-inch cubes (or meat alternative) | 1 (14.5-ounce) can low sodium diced tomatoes (or fresh) |
| 2 tablespoons neutral oil, such as canola or vegetable | 2 cups canned, low sodium, or frozen corn kernels (or fresh) |
| 1 large yellow onion, diced | 1 (4-ounce) can roasted green chiles |
| 3 garlic cloves, minced | ½ bunch fresh cilantro, roughly chopped |
| 4 cups turkey or chicken stock, ideally homemade or low sodium | |

Instructions:

1. Combine cumin, salt, and pepper in a small bowl. Sprinkle seasoning over pork cubes and toss to combine.
2. Heat oil in a Dutch oven or large heavy-bottomed saucepan over medium-high heat until it simmers. Add pork, in batches, and cook, until lightly browned, 5-6 minutes. Transfer pork to a bowl and set aside.
3. Add onion to pan and sauté, stirring occasionally, until translucent, 5-7 minutes.
4. Add garlic and sauté, stirring occasionally, 2-3 minutes.
5. Return pork to pan, along with stock and squash, and bring to a boil. Reduce heat to medium-low and simmer, covered, for about 30 minutes.
6. Add beans, tomatoes, corn and chiles, cook uncovered, over medium heat until stew has thickened, about 40 minutes.
7. Add cilantro and season to taste with salt and pepper.

Serves: 6

Serving Size: 1 1/2 Cups

Prep Time: 15 Minutes

Cook Time: 60 Minutes

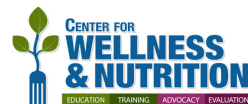
Nutrition Information Per Serving:

360 Calories per serving, 6g of total sugar (0g of added sugar), 1080mg of sodium, 42g carbohydrates, 11g fiber, 31g protein, 10g fat.

The Three Sisters Legend can be found in various tribes around North America. The Three Sisters are represented by corn, beans, and squash planted together and they are an important facet of Indigenous culture and foodways. Tribes across California have eaten corn, beans, and squash together as a traditional food since time immemorial.

Funded by USDA SNAP, an equal opportunity provider.

Visit www.CalFreshHealthyLiving.org for healthy tips.





Serves: 6

Serving Size: 1 Cup

 **Prep Time:** 15 Minutes

Cook Time: 25 Minutes

Nutrition Information Per Serving:

140 Calories per serving, 3g of total sugar (0g of added sugar), 660mg of sodium, 16g carbohydrates, 4g fiber, 8g protein, 5g fat.

NOPALES SALAD

Ingredients:

- 2 cactus pads (spikes removed)
- 1 cup roma tomatoes, approximately 2-3 chopped tomatoes
- 1 fresh jalapeno or serrano chile, chopped (optional: remove the seeds to reduce heat)
- 1 cup chopped onion (yellow, red or white)
- 1 (15 ounce) canned low sodium pinto beans, drained (or 1.5 cups fresh cooked beans)
- 1 bunch cilantro, chopped (approximately 1 cup of chopped cilantro)
- 1 lemon, juiced
- 1 teaspoon salt (optional)
- 1 cup queso fresco or feta cheese (optional)

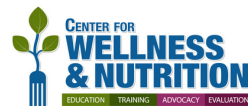
Instructions:

- 1. Rinse cactus pads with cool water, and peel or trim off any blemished or discolored areas. Caution when handling the spikes.
- 2. Slice them into long strips or dice into cubes and cook (grilled or boiled) for 15-20 minutes or until tender. Caution: overcooking cactus pads will take on a slimy taste and texture.
- 3. In a large bowl, combine the tomatoes, chile, onions, drained beans, cilantro, lemon juice and cooked cactus pads.
- 4. Toss to mix evenly.
- 5. Add salt to taste and/or top with crumbled cheese, if desired.

Many of the Tribes in the Southern Coastal Region of California have eaten nopal cactus as a traditional food since time immemorial.

Funded by USDA SNAP, an equal opportunity provider.

Visit www.CalFreshHealthyLiving.org for healthy tips.





CHIA OF THE VALLEY CALIFORNIA PARFAIT

Ingredients:

- 3-4 tablespoons of chia seeds (use more for thicker consistency)
- 1 cup of non-fat milk (can use plain dairy, coconut, almond, oat, or cashew)
- ½ tablespoon of maple syrup, honey, agave, or monk fruit sweetener
- ½ tablespoon of vanilla (optional)

Toppings: Fresh fruit: blackberries, strawberries, currants, or huckleberries and nuts (walnuts, almonds, hazelnuts).

Instructions:

1. Combine chia seeds, milk, sweetener, and optional vanilla. Mix well. Let the mixture sit for 5 minutes.
2. Add another tablespoon of chia seeds, mix again, and refrigerate for at least 30 minutes or overnight.
3. Mixture can be stored up to 5 days in an airtight container.
4. Wash berries before serving. When ready to serve, top with berries and nuts.

*Nutritional Information provided based on recipe without modifications.

Serves: 2

Prep Time: 15 Minutes

Serving Size: 1 Cup

Cook Time: 35 Minutes

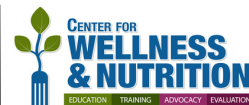
Nutrition Information Per Serving:

180 Calories per serving, 10g of sugar, 70mg of sodium, 20g carbohydrates, 8g fiber, 8g protein, 8g fat.

Many of the Tribes in Southern Region of California have eaten chia as a traditional food since time immemorial.

For information on CA Native Traditional Foods and Food Sovereignty visit: <https://cimcc.org/>

Funded by USDA SNAP, an equal opportunity provider. Visit www.CalFreshHealthyLiving.org for healthy tips.





Serves: 6

Prep Time: 5 Minutes

Serving Size: 2/3 Cup

Refrigerate Time: 3 hours

Nutrition Information Per Serving:

160 Calories per serving, 8g of total sugar (0g of added sugar), 65mg of sodium, 20g carbohydrates, 10g fiber, 4g protein, 7g fat.

DARK CHOCOLATE BERRY CHIA PUDDING

Ingredients:

- ½ cup chia seeds
- 2 tablespoons unsweetened cocoa powder
- 2 cups unsweetened almond milk, unsweetened coconut milk, or oat milk)
- 2 tablespoons maple syrup (or alternative sweetener)
- ½ teaspoon vanilla extract
- 2 cups fresh or frozen berries

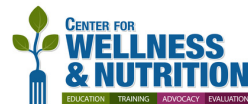
Instructions:

1. In a mixing bowl, whisk to combine the chia seeds and the cocoa powder.
2. Slowly whisk in almond milk until all the cocoa powder is dissolved.
3. Whisk in the maple syrup and vanilla.
4. Cover the bowl and refrigerate for at least 3 hours or overnight.
5. For serving, divide chia pudding equally between bowls and top with berries.

Many of the Tribes in Southern Region of California have eaten chia and berries as a traditional food since time immemorial.

Funded by USDA SNAP, an equal opportunity provider.

Visit www.CalFreshHealthyLiving.org for healthy tips.





Serves: 8

Prep Time: 40 Minutes

Serving Size: 1/4 Cup

Cook Time: 10 Minutes

Nutrition Information Per Serving:

300 Calories per serving, 21g of total sugar (17g of added sugar), 0mg of sodium, 25g carbohydrates, 3g fiber, 5g protein, 23g fat.

PINE NUT MUSH

Ingredients:

- 2 cups pine nuts (tūba)
- 1 tablespoon honey
- 1 cup elderberry (hubichia)

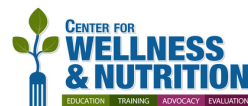
Instructions:

1. Roast 2 cups of pine nuts (tūba) in a pan on medium-high heat for 5-10 minutes until the pine nutshell splits.
2. Remove the roasted pine nuts (tūba) from pan to cool. Once the pine nuts (tūba) are cooled, remove the shell. The pine nuts (tūba) should be dry to the touch. If the pine nuts (tūba) are not dry, air dry the pine nut (tūba) until dry to the touch.
3. Blend the dry, roasted pine nuts (tūba) into a flour-like consistency.
4. Remove the blended pine nut (tūba) into a bowl. Add warm water and mix for an oatmeal-like consistency.
5. Add 1 tablespoon of honey to the pine nut mush.
6. Wash berries before serving. Top with elderberries (hubichia). Optional topping alternatives for elderberries are currant (wuupia) and buckberry (wiu'pia).

Notes: We recommend harvesting local CA pine nuts (tuba). Warning some commercially sourced pine nuts from other areas can occasionally cause people to experience a bitter or metallic taste. (Destailats, et al. "Botanical Origin of Pine Nuts," Journal of Toxicology 2011.1)

Recipe developed by Mary Davis of the Bishop Paiute Tribe. Many of the Tribes in the Eastern Sierras have eaten Pine Nuts as a traditional food since time immemorial.

Funded by USDA SNAP, an equal opportunity provider.
Visit www.CalFreshHealthyLiving.org for healthy tips.





Serves: 6

Serving Size: 1 Muffin

🕒 **Prep Time:** 18 Minutes

Cook Time: 20 Minutes

Nutrition Information Per Serving:

250 Calories per serving, 8g of total sugar (6g of added sugar), 390mg of sodium, 30g carbohydrates, 4g fiber, 6g protein, 14g fat.

BUCKWHEAT BLUEBERRY MUFFINS

Ingredients:

(Dry Ingredients)

- ½ cup buckwheat flour
- 6 tablespoons almond flour
- 2 tablespoons coconut sugar
- 1 teaspoon baking powder
- ½ teaspoon sea salt

(Wet Ingredients)

- 1 small ripe banana
- 2 eggs
- ¼ cup melted unsalted butter
- 2 tablespoons honey
- ½ teaspoon vanilla
- 1 cup blueberries, fresh or frozen

Streusel Topping:

- 2 tablespoons sliced almonds
- 1 tablespoon buckwheat flour
- 1 tablespoon coconut sugar
- 1 teaspoon cinnamon
- ¼ teaspoon sea salt

Instructions:

1. Preheat oven to 350 degrees F.
2. Combine all dry ingredients in a mixing bowl and mix well.
3. Combine all wet ingredients (except blueberries) in a small bowl and mix together. Pour the wet ingredients into the dry and stir to combine.
4. Mix together all streusel toppings in a small dish.
5. Fill muffin cups almost to the top. Top with blueberries then add a teaspoon of streusel mix to the top of each muffin.
6. Bake at 350 degrees F for 20 minutes.

Recipe Developed by Riverside San Bernardino County Indian Health Tribal Consortium submitted by Afua Khumalo. Many tribes in the Eastern Region of California have eaten Buckwheat as a traditional food since time immemorial.

Funded by USDA SNAP, an equal opportunity provider.

Visit www.CalFreshHealthyLiving.org for healthy tips.

