

## Blackberry Dumplings

Traditional

### Tip:

Using mashed blackberries instead of just juice, adds fiber to this recipe. You can use frozen or fresh. Just think, if you pick your own blackberries, you are also getting some exercise!

### Gather Ingredients:

6 cups fresh or frozen blackberries  
½ cup of blackberry juice after mashing berries  
1 cup self rising flour  
½ cup sugar  
½ cup Splenda



### Nutrition Facts

Servings per Recipe: 15  
Serving Size: ½ cup

Calories per Serving: 90  
Total Fat: 0g  
Saturated Fat: 0g  
Cholesterol: 0mg  
Sodium: 115mg  
Total Carbohydrate: 22g  
Dietary Fiber: 2g  
Sugars: 10g  
Protein: 1g

%DV Vit A: 0%  
%DV Vit C: 10%  
%DV Calcium: 2%  
%DV Iron: 2%

### Steps:

1. Mash berries in a 2 quart saucepan. Pour out ½ cup juice.
2. Add sugar and Splenda to mashed berries.
3. Add juice to flour and mix into a dough.
4. Roll out dough very thin on a floured board.
5. Cut into strip ½ inch wide and 2 inches long.
6. Drop dumplings into boiling blackberries and juice, cover and cook for 10-12 minutes.

## Brown Beans

Traditional

### Tip:

Add lean, sliced ham to give the beans the flavor of pork without the grease of bacon. Tomatoes add some vitamin C to this high iron food for better iron absorption.

### Gather Ingredients:

2 cups dry pinto beans  
5 cups water  
4 slices lean ham  
1 can stewed tomatoes  
1 clove garlic  
lite salt and pepper to taste

### Nutrition Facts

Servings per Recipe: 6  
Serving Size: 1 cup

Calories per Serving: 270  
Total Fat: 1.5g  
Saturated Fat: 0g  
Cholesterol: 10mg  
Sodium: 170mg  
Total Carbohydrate: 47g  
Dietary Fiber: 14g  
Sugars: 5g  
Protein: 18g

%DV Vit A: 6%  
%DV Vit C: 20%  
%DV Calcium: 10%  
%DV Iron: 25%

### Steps:

1. Rinse and sort beans.
2. Mix all ingredients in crock pot.
3. Cook in crock pot at medium to medium-high heat for 6-8 hours until desired consistency.

## Fried Corn

Traditional

### Tip:

The use of vegetable spray makes this unfried, fried recipe a healthy option. The addition of peppers and onions, add more fiber, lots of vitamin C and lots of color.

### Gather Ingredients:

4 frozen (4 inch) ears of corn or 2 fresh ears of corn  
½ cup chopped fresh red pepper  
½ cup chopped fresh green pepper  
¼ cup chopped onion  
lite salt and pepper to taste



### Nutrition Facts

Servings per Recipe: 4  
Serving Size: ½ cup

Calories per Serving: 80  
Total Fat: 0.5g  
Saturated Fat: 0g  
Cholesterol: 10mg  
Sodium: 105mg  
Total Carbohydrate: 16g  
Dietary Fiber: 2g  
Sugars: 4g  
Protein: 2g

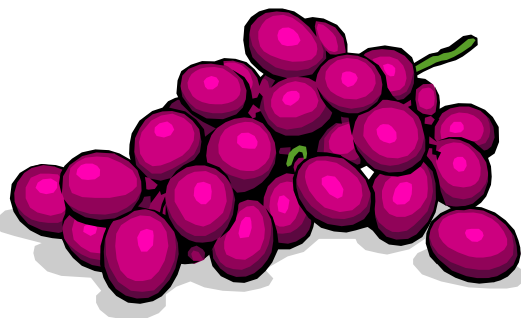
%DV Vit A: 0%  
%DV Vit C: 70%  
%DV Calcium: 0%  
%DV Iron: 0%

### Steps:

1. Thaw frozen ears of corn then cut kernels off. If using fresh corn, husk ears then cut kernels off (uncooked).
2. Spray a skillet with vegetable spray.
3. Add corn, peppers and onions to skillet. Cover and cook until desired tenderness.
4. Season to taste with lite salt and pepper.

## Grape Dumplings

Traditional



### Nutrition Facts

Servings per Recipe: 20  
Serving Size: 2 dumplings

Calories per Serving: 35  
Total Fat: 0.5g  
Saturated Fat: 0g  
Cholesterol: 0 mg  
Sodium: 40mg  
Total Carbohydrate: 6g  
Dietary Fiber: 0g  
Sugars: 1g  
Protein: 0g

%DV Vit A: 0%  
%DV Vit C: 0%  
%DV Calcium: 0%  
%DV Iron: 0%

### Gather Ingredients:

- 1 cup flour
- 1 ½ teaspoons baking powder
- 2 teaspoons sugar
- ¼ teaspoon salt
- 1 tablespoon shortening
- ½ cup grape juice

### Steps:

1. Mix flour, baking powder, sugar, salt and shortening.
2. Add juice and mix into stiff dough.
3. Roll dough very thin on floured board.
4. Cut into strips ½ " wide and 2" long.
5. Drop into boiling grape juice, cover and cook for 10-12 minutes.

**Kanuchi**

**Traditional**

**Tip:**

Just one simple change can make a big difference in calories by using a sugar substitute instead of sugar. Kanuchi balls can be fresh or kept in freezer for months if well wrapped.

**Gather Ingredients:**

- 1 kanuchi ball
- water
- cheesecloth
- about 2 cups cooked rice or hominy
- 1 cup Splenda

\*Note: Nutrient analysis is an approximation, especially for protein content.

**Nutrition Facts**

Servings per Recipe: 8  
 Serving Size: 1 cup

Calories per Serving: 182  
 Total Fat: 9g  
     Saturated Fat: 0g  
 Cholesterol: 0mg  
 Sodium: 0mg  
 Total Carbohydrate: 15g  
     Dietary Fiber: 0g  
     Sugars: 0g  
 Protein: 1.3g

%DV Vit A: 0%  
 %DV Vit C: 0%  
 %DV Calcium: 0%  
 %DV Iron: 0%

**Steps:**

1. Place kanuchi ball into large saucepan with about 2 cups water and bring to a boil to dissolve ball.
2. Using a strainer, strain the kanuchi to get out the big pieces of shell. Pour hot boiling water over shells to get some more of the nut meat off the shells.
3. Throw away the shells.  
 Line the strainer with cheesecloth and strain the kanuchi again.  
 Pour boiling water over remaining shells in strainer/cheesecloth to rinse more nut meat out.
4. Throw away cheesecloth with the shells.
5. Pour the kanuchi back into saucepan or pitcher.  
 Add about ½ - 1 cup sugar substitute to taste.
5. Stir in about 2 cups cooked rice or hominy.
6. Serve hot in a cup with a spoon as a beverage.

Makes about 1 gallon depending upon size of kanuchi ball.

## Lean Indian Taco

### Tip:

Use skillet bread in place of fry bread in Indian tacos or with beans.

### Gather Ingredients for Skillet Bread:

1 cup self rising flour  
½ -¾ cup skim milk

### Steps:

1. In a bowl pour 1 cup flour.
2. Make well in the middle of the flour
3. Pour milk into well and mix with hand. As batter becomes stiff, form 6 balls and flatten each into 4 inch x ½ inch pieces.
4. Heat flat griddle and lightly grease with small amount of canola oil.
5. Place flattened pieces onto hot griddle and cook on each side until browned.

## Traditional

### Nutrition Facts

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Servings per Recipe: 6  
Serving Size: 1 taco

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Calories per Serving: 432  
Total Fat: 11g  
Saturated Fat: 4.5g  
Cholesterol: 52mg  
Sodium: 546mg  
Total Carbohydrate: 52g  
Dietary Fiber: 8.5g  
Sugars: 5g  
Protein: 31.5g

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%DV Vit A: 14%  
%DV Vit C: 17%  
%DV Calcium: 26%  
%DV Iron: 20%

### Gather Ingredients for Taco:

6 4-inch pieces of skillet bread  
3 cups pinto beans, boiled without oil  
12 ounces cooked extra lean ground beef  
3 cups lettuce, chopped  
1 medium red tomato, chopped  
½ medium onion, chopped  
3 ounces shredded lower fat cheddar cheese  
Fat-free sour cream  
Salsa

### Steps:

1. Add ½ cup beans, 2 ounces cooked beef, 1 cup total lettuce, tomato, onion, and about 1 tablespoon shredded cheese to skillet bread.
2. Add 2 tablespoons fat free sour cream and salsa, if desired.

## Poke Salad

Traditional

### Tip:

Use a small amount of canola oil instead of bacon grease to decrease the saturated fat yet still add a little extra flavor. Poke salad is a very nutrient dense food and can be found right out most people's back door (in the south). It's a free 5 A Day vegetable!

### Gather Ingredients:

8 cups raw, young, tender poke greens (and cochana if you have any)  
water  
1 tablespoon canola oil  
lite salt  
hot pepper sauce or balsamic vinegar to taste

### Nutrition Facts

Servings per Recipe: 4  
Serving Size: ½ cup

Calories per Serving: 60  
Total Fat: 3.5g  
Saturated Fat: 0g  
Cholesterol: 0mg  
Sodium: 300mg  
Total Carbohydrate: 3g  
Dietary Fiber: 2g  
Sugars: 1g  
Protein: 2g

%DV Vit A: 70%  
%DV Vit C: 15%  
%DV Calcium: 10%  
%DV Iron: 6%

### Steps:

1. Wash and clean greens.
2. Put greens in a skillet with enough water to cover greens. Boil down greens until dark green.
3. Drain greens.  
Rinse greens with water.  
Put greens back in skillet and add enough water to barely cover greens.  
Cook in new water for a few minutes.
4. Add vegetable oil and stir gently with a fork until greens are glossy.
5. Serve hot.
6. Season with lite salt and hot pepper sauce or balsamic vinegar as desired.

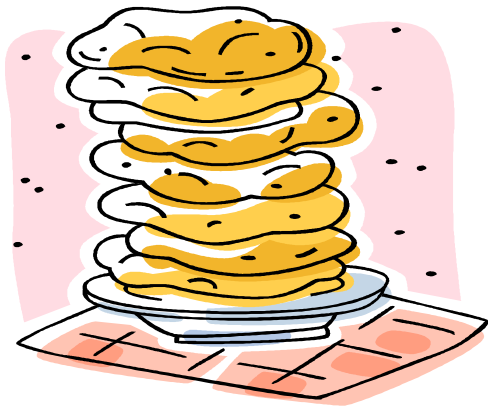
## Skillet Bread

### Tip:

Skillet bread is the low fat sister to the well known fry bread. Use skillet bread in place of fry bread in Indian tacos or with beans.

### Gather Ingredients:

1 cup self rising flour  
½ -¾ cup skim milk



## Traditional

### Nutrition Facts

Servings per Recipe: 6  
Serving Size: 1: 4 inch piece

Calories per Serving: 90  
Total Fat: 0g  
Saturated Fat: 0g  
Cholesterol: 0mg  
Sodium: 290mg  
Total Carbohydrate: 19g  
Dietary Fiber: <1g  
Sugars: 1g  
Protein: 4g

%DV Vit A: 0%  
%DV Vit C: 0%  
%DV Calcium: 10%  
%DV Iron: 6%

### Steps:

1. In a bowl pour 1 cup flour.
2. Make well in the middle of the flour
3. Pour milk into well and mix with hand. As batter becomes stiff, form 6 balls and flatten each into 4 inch x ½ inch pieces.
4. Heat flat griddle and lightly grease with small amount of canola oil.
5. Place flattened pieces onto hot griddle and cook on each side until browned.



## Watercress Salad

Traditional

### Tip:

A delicious low fat version of the wilted salad made with bacon grease. Watercress is packed with lots of vitamin A and vitamin C.

### Gather Ingredients:

40 sprigs of watercress  
4 tablespoons balsamic vinegar or any other kind  
2 tablespoons canola oil  
1 tablespoon sugar or sugar substitute

### Nutrition Facts

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Servings per Recipe: 4  
Serving Size: ¼ of recipe

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Calories per Serving: 90  
Total Fat: 7g  
Saturated Fat: 0.5g  
Cholesterol: 0mg  
Sodium: 10mg  
Total Carbohydrate: 5g  
Dietary Fiber: 0g  
Sugars: 5g  
Protein: <1g

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%DV Vit A: 25%  
%DV Vit C: 20%  
%DV Calcium: 4%  
%DV Iron: 0%

### Steps:

1. In a small bowl, combine vinegar, oil and sugar until sugar is dissolved to make dressing.
2. Wash and clean watercress and put in 4 salad bowls or 1 large bowl.
3. Sprinkle dressing over salads and serve cold.

## Wild Onions and Eggs

Traditional

### Tip:

Use egg substitute in place of regular eggs to cut down on the fat and cholesterol in this tasty spring delicacy. Wild onions are high in both vitamin C and iron!

### Gather Ingredients:

2 cups wild onions, chopped into 3-4 inch pieces  
water  
1 cup egg substitute  
lite salt or salt to taste

### Nutrition Facts

Servings per Recipe: 4  
Serving Size: ½ cup

Calories per Serving: 50  
Total Fat: 0g  
Saturated Fat: 0g  
Cholesterol: 0mg  
Sodium: 115mg  
Total Carbohydrate: 3g  
Dietary Fiber: 1g  
Sugars: <1g  
Protein: 9g

%DV Vit A: 4%  
%DV Vit C: 180%  
%DV Calcium: 10%  
%DV Iron: 15%

### Steps:

1. Gather onions and clean well.
2. Put onions and water to cover onions in a skillet and cook at medium heat until onions are tender.
3. Slowly add egg substitute, stirring onions with a fork as you add.
4. Cook until eggs are cooked. Add small amount of salt or lite salt to taste
5. Serve hot.