



YOUNG, INDIGENOUS, AND HEALTHY

Recipes Inspired by Today's Native Youth

Compiled by Leah's Pantry

In collaboration with the San Diego American Indian Health Center

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San Diego American Indian
HEALTH CENTER





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Introduction

Young, Indigenous, and Healthy: Recipes Inspired by Today's Native Youth is a cookbook that was developed in partnership with the San Diego American Indian Health Center (SDAIHC) and Leah's Pantry. Our goal for this cookbook is to present delicious, healthy, low-cost, and culturally-competent recipes that include traditional Native American ingredients – like corn, squashes, beans, root vegetables, wild rice, fish, and game meats – while incorporating flavors enjoyed by more modern palettes.

To develop the recipes for this cookbook, we recruited both adults and youth community members from SDAIHC to develop vegetable-based recipes inspired by dishes from traditional Native American cuisine. In addition to our recipe testing sessions with adults, Leah's Pantry paired a series of youth nutrition education classes with recipe testing and video creation. This allowed the youth to learn about the foods that their ancestors commonly ate while also being able to highlight and broadcast what they learned to their peers online through recipe videos. Videos created by youth can be found on the EatFresh.org YouTube page at [youtube.com/user/LeahsPantry](https://www.youtube.com/user/LeahsPantry). The recipes included in this cookbook will be used in education programs, community outreach events, and at dinner tables throughout California.

The result is a delicious collection of healthy, simple dishes that people from any background will love. These recipes are found in English in this cookbook and can be found online in Spanish and Chinese by visiting [EatFresh.org](https://www.EatFresh.org). Enjoy!

Servings: 6
Serving Size: 1 cup
Ready In: 15 min.



A bright mix of fresh ingredients makes this salad both colorful and flavorful.

Ingredients

Dressing:

Juice of 1/2 lemon,
about 2 tablespoons
2 tablespoons olive oil
2 teaspoons honey
1/2 teaspoon ground cumin
1/2 teaspoon salt

Salad:

1 1/2 cups fresh or
frozen corn kernels
1 cup fresh or frozen
blueberries
1 cup cooked wild rice or
brown rice, slightly warm

Corn, Blueberry, & Wild Rice Salad

Ingredients (continued)

1 cucumber, finely diced
1/4 cup finely diced red
onion or sliced scallions
1/4 cup chopped fresh cilantro

Directions

1. Make the dressing: In a large serving bowl, combine lemon juice, olive oil, honey, cumin and salt. Whisk together with a fork.
2. Add corn, blueberries, rice, cucumber, red onion and cilantro. Stir together all ingredients to coat them evenly with dressing.
3. Serve immediately, or cover and refrigerate 1 hour to let flavors meld.

Chef's Tip

The rice will absorb flavors better if mixed with the dressing while a little warm. If using leftover cold rice, microwave or steam it briefly to rewarm.

Nutrition Information per Serving

Total Calories: 103	Fiber: 2.2 g
Total Fat: 2 g	Protein: 2.7 g
Sat. Fat: 0.3 g	Sodium: 198 mg
Carbohydrates: 21.3 g	

Servings: 6
Serving Size: 2 cups
Ready In: 5 hrs.



Stotoah bavi, or white tepary beans, are native to the Sonoran Desert of the Southwest. The O’odham have grown this smooth, sweet bean for centuries.

Ingredients

1 pound dried (about 2 cups dried/4 cups cooked) Stotoah Bavi (white tepary beans), or canned cannellini beans *see Chef’s Tip
8 cups water (plus more if needed)
1/2 medium onion, diced
2 cloves garlic, minced
3 carrots, chopped
4 stalks celery, chopped

White Tepary Bean Soup

Ingredients (continued)

2 bell peppers, chopped
1 potato, chopped
3 cups low-sodium chicken or vegetable stock
1 - 2 jalapeños, minced
1 tablespoon cumin
2 cups cooked cholla buds (optional)

Directions

1. In a large soup pot, combine beans, water, garlic and onions. Beans should be covered by at least 4 inches of water. Bring to a boil, skimming off foam from surface of water. Cover, reduce heat to low, and simmer gently for 3 to 4 hours. (Or combine in a slow cooker and cook on low for 8 hours.)
2. Add remaining ingredients and stir gently. If needed, add more water. Bring to a simmer, then cover and cook for another 40 minutes on low heat.

Nutrition Information per Serving

Total Calories: 203 Fiber: 10.4 g
Total Fat: 1.5 g Protein: 10.5 g
Sat. Fat: 0.4 g Sodium: 104 mg
Carbohydrates: 38 g

Chef's Tip

Cannellini beans work well in this soup, too. Use canned beans – rinsed and drained well – in place of cooking the beans.

When they're in season, cooked cholla buds are a delicious addition to this soup. Or, try garnishing with cooked asparagus tips and lemon juice just before serving.



Stotoah Bavi, also known as white tepary beans

Servings: 6
Serving Size: 2 cups
Ready In: 3 hrs.



A special stew that celebrates the return of successful hunters, this can be made with venison or beef.

Ingredients

1 pound venison or beef stew meat, cut into large chunks
2 medium onions, diced
8 cups water
6 cloves garlic, minced, or 2 teaspoons garlic powder
1 teaspoon fresh or dried rosemary, minced
1 teaspoon paprika
1 teaspoon salt

Warrior's Stew

Ingredients (continued)

3 tomatoes, seeded and diced, or 1 1/2 (15 oz.) cans low-sodium diced tomatoes
1 bell pepper, seeded and diced
2 medium potatoes, diced
2 carrots, sliced thickly (or 1/2 cup baby carrots)
1 cup fresh or frozen okra
1 cup fresh or frozen corn kernels
1 stalk celery, chopped
2 tablespoons chopped parsley
2 teaspoons ground black pepper
1/2 jalapeño chile, seeded and minced
Lemon wedges

Directions

1. In a heavy soup pot, combine the meat, onions, water, garlic, rosemary, paprika and salt. Bring to a boil over high heat. Reduce heat to very low, cover and simmer gently for 1 1/2 hours.

(continued on p. 9)

Nutrition Information per Serving

Total Calories: 275 Fiber: 5.9 g
Total Fat: 9.1 g Protein: 24 g
Sat. Fat: 3.3 g Sodium: 580 mg
Carbohydrates: 25.9 g

Directions (continued)

2. Stir in vegetables, parsley, chile and black pepper. Simmer, partially covered for 1 hour, or until meat is tender. If using frozen okra and/or corn, add to the pot during the last 15 minutes.
3. Squeeze lemon wedges over stew before serving. Serve with Whole Wheat Fry Bread (p. 19) or whole wheat bread.

Using Wild Game in Recipes

Until about 2000 BC, North Americans relied on game available regionally such as fish in coastal regions and buffalo in the Rocky Mountains and Plains. Even as farmed foods play an increasing role in local diets today, hunting still provides an important source of nutrition for many people.

Wild game such as rabbit, turkey, goose, bison, and venison can be used in place of conventional meats in recipes. These may supply nutrients no longer plentiful in farmed meats.

- Use wild birds in place of poultry in recipes.
- Venison, bison, or other large game can be used in place of red meats.
- Game tends to be lower in fat than farmed meat and benefits from slow cooking techniques.

Servings: 4
Serving Size: 1 cup
Ready In: 35 min.



Corn, beans and squash come together deliciously in this easy and colorful stew. Serve with warm flatbread for a quick weekday meal.

Ingredients

3 tablespoons olive oil
1 medium onion, finely diced
1 teaspoon salt
1/2 red bell pepper, finely diced, about 1/2 cup, divided
1/2 jalapeño chile, seeded and minced (optional)
6 cloves garlic, minced
1 1/2 teaspoon smoked paprika

Three Sisters Succotash

Ingredients (continued)

1 teaspoon ground cumin
1 small butternut squash, cut into 1/2-inch cubes
2 cups fresh or frozen corn (thawed)
2 cups canned pinto beans, drained and rinsed
2 cups low-sodium vegetable stock
Ground black pepper to taste
1/2 cup finely chopped cilantro
Lime wedges

Directions

1. Heat olive oil in a skillet. Add the onion and sprinkle with salt. Cook, stirring, until nicely golden.
2. Add half the bell pepper, chile, garlic, paprika and cumin. Stir and cook for 2-3 minutes, or until fragrant.
3. Add beans, corn, squash and stock. Bring to a boil.

(continued on p. 11)

Nutrition Information per Serving

Total Calories: 355 Fiber: 10.9 g
Total Fat: 12.3 g Protein: 12.3 g
Sat. Fat: 2 g Sodium: 762 mg
Carbohydrates: 54 g

Directions (continued)

4. Lower heat, cover and simmer just until vegetables are tender, about 15 minutes. Remove the lid. Continue cooking for 5-10 minutes to cook off the liquid and caramelize the vegetables.
5. Season with black pepper. Sprinkle with cilantro and the remaining, uncooked bell pepper. Serve with corn tortillas or whole wheat pita, along with lime wedges.

Servings: 6
Serving Size: 1 patty plus bun & toppings
Ready In: 20 min.



Naturally lean and full of flavor, bison meat is native to North America.

Ingredients

1 pound ground bison or lean turkey
1/2 cup cooked wild or brown rice, cooled
1 egg, lightly beaten
2 cloves garlic, minced
1/4 cup chopped parsley
1 tablespoon paprika
1/2 teaspoon salt
1/4 teaspoon black pepper
6 whole wheat hamburger buns

Bison Wild Rice Burger

Directions

1. Combine meat, rice, egg, and flavorings in a large bowl. Stir until all ingredients are evenly mixed.
2. Divide meat into 6 portions and form into thin patties.
3. Prepare a grill or heat a heavy skillet over medium-high. Working in batches if needed, cook patties over until very well browned on the bottom, about 5 minutes. Flip them carefully with a spatula, then continue cooking until done, another 3 to 5 minutes. (Avoid overcooking bison, as it can toughen.)
4. Serve on whole wheat bun with desired toppings.

Chef's Tip

To cook wild rice, combine 1 cup wild rice and 3 cups water in a saucepan. Bring to a boil, then cover, reduce heat, and simmer until grains are tender and some are puffed open, about 40 minutes.

Nutrition Information per Serving

Total Calories: 320 Fiber: 3.2 g
Total Fat: 11 g Protein: 27 g
Sat. Fat: 3.7 g Sodium: 530 mg
Carbohydrates: 30 g

Servings: 4
Serving Size: 1 (4 oz.) fillet
Ready In: 20 min.



A special dish that's very simple to make.

Ingredients

4 trout fillets, about 12 ounces
1/2 cup cornmeal or all-purpose flour
3 tablespoons dried sage
1/2 teaspoon salt
1/4 teaspoon black pepper
1 large egg
1/2 cup finely chopped walnuts or pecans
2 tablespoons chopped fresh parsley
1 lemon, cut into wedges
Nonstick cooking spray

Walnut-Crusted Rainbow Trout

Directions

1. Preheat oven to 400° F. Have a sheet pan or a 9x12-inch glass baking dish ready. If using a sheet pan, prep with nonstick cooking spray.
2. On a large plate, mix cornmeal, sage, salt and pepper with a fork. Coat fish fillets evenly with cornmeal mixture.
3. In a small bowl, combine remaining flour-sage mix with egg and nuts. Stir well. Spread and press into a thin layer on top of each fillet. Spray mixture with nonstick cooking spray.
4. Bake until fillets are cooked through, 8-10 minutes. Sprinkle with parsley and serve with lemon wedges.

Chef's Tip

Try almonds or pecans in place of walnuts. This nut crust is also excellent on fillets of salmon, cod, sole, tilapia or catfish.

Nutrition Information per Serving

Total Calories: 323	Fiber: 3 g
Total Fat: 17 g	Protein: 23 g
Sat. Fat: 2.7 g	Sodium: 359 mg
Carbohydrates: 20.5 g	

Servings: 4
Serving Size: 4 oz. fish, plus 1 cup
veg/fruit
Ready In: 45 min.



A bed of fruit and vegetables adds moisture and flavor as the salmon cooks.

Ingredients

1 pound salmon, preferably without skin
1/2 teaspoon salt
Ground black pepper, to taste
2 teaspoons olive oil
1 fennel bulb, sliced very thinly
1 orange, peeled and separated into wedges
4 sprigs fresh dill, or more to taste
1 jalapeño chile, sliced thinly, or 1/4 teaspoon dried chile flakes, optional
2 tablespoons lemon juice, about 1/2 lemon

Salmon with Roasted Fennel and Citrus

Directions

1. Preheat oven to 375°F.
2. In a large baking dish, combine fennel, orange wedges, chile, dill, lemon juice and half of the oil.
3. Season with salt and pepper. Place salmon on top of mixture and sprinkle with a little salt and drizzle with remaining oil.
4. Cook until the vegetables are soft and the salmon flakes easily, 12-15 minutes.
5. Remove from oven and divide salmon among 4 plates. Spoon vegetables over salmon and serve.

Chef's Tip

If salmon pieces are less than 1 inch thick, cook the bed of fennel and oranges for 15 minutes before placing fish on it and returning pan to the oven.

In place of the fennel bulb, use 3 stalks of celery. Slice them thinly at a sharp diagonal.

Nutrition Information per Serving

Total Calories: 233 Fiber: 3.2 g
Total Fat: 10.7 g Protein: 26 g
Sat. Fat: 1.5 g Sodium: 401 mg
Carbohydrates: 9.7 g



Discover: Fennel

Fennel is a pale green or white bulb-like root vegetable with a faint licorice taste. It is a great source of fiber, vitamin C, and potassium and has been used as a digestive aid for thousands of years.

Buy and Store It

- Fennel is available in grocery stores from fall to early spring.
- Choose fennel bulbs with some crisp stalks attached and a fresh licorice smell.
- Fennel can be stored in a refrigerator for about 3 days before losing its firmness and fragrance.

Prepare It

- Fennel root, stalks, leaves, and seeds are all edible raw or cooked.
- Add slices to a salad for extra crunch.
- Grilling, sautéing, and roasting fennel brings out its sweetness.

Servings: 8
Serving Size: 3 dumplings
Ready In: 40 min.



Serve these comforting dumplings with your favorite soup or stew.

Ingredients

2 1/2 cups whole grain blue or yellow cornmeal, masa or hominy grits
2 cups boiling water
1 (15.25-oz.) can cooked brown or red beans (about 1 1/3 cups)
1/2 teaspoon salt

Bean Dumplings

Directions

1. In a large pot, stir together cornmeal and boiling water until there are no lumps. Cook for 3 minutes over low heat, stirring constantly.
2. Rinse and drain beans. Add beans and salt to moistened cornmeal. Stir well.
3. Shape corn dough into small balls.
4. Drop the corn balls gently into a large pot of boiling water. Reduce heat to low and simmer the dumplings gently until cooked to the center, about 30 minutes.

Chef's Tip

To keep the dough from sticking to your palms, wet your hands with cold water before rolling each ball. While cooking the dumplings, do not let the water come to a fast boil, as they may fall apart.

Variations

Stir in sliced scallions, whole corn kernels, roast red peppers, minced jalapenos, ground cumin or garlic powder for extra flavor.

Nutrition Information per Serving

Total Calories: 136 Fiber: 3.6 g
Total Fat: 1.3 g Protein: 3.9 g
Sat. Fat: 0.2 g Sodium: 244 mg
Carbohydrates: 28 g



Step 1: 3 min.



Step 3: 6 min.



Step 4: 30 min.

Servings: 6
Serving Size: 1 cup
Ready In: 15 min.



Serve this delicious
mush with your favorite
vegetables or meat.

Ingredients

4 cups water
1 teaspoon salt
1 cup whole grain blue
or yellow cornmeal,
or hominy grits
1 cup fresh or frozen
corn kernels

Cornmeal Mush

Directions

1. Combine water and salt in a pot. Bring to a boil.
2. While stirring, slowly sprinkle in cornmeal. Reduce heat to low, cover and simmer 20 minutes. Stir occasionally.
3. Stir in corn kernels. Cover and simmer until cornmeal is tender and all water is absorbed, about 10 minutes more.

Chef's Tip

For another serving option, press the cooked mash into a lightly oiled baking dish and let cool completely. Cut into squares and serve at room temperature or reheat over a grill.

Variations

Try adding different ingredients for extra flavor, like scallions, minced jalapeños, ground cumin, or garlic powder.

Nutrition Information per Serving

Total Calories: 70	Fiber: 1.5 g
Total Fat: 0.7 g	Protein: 1.8 g
Sat. Fat: 0.1 g	Sodium: 297 mg
Carbohydrates: 15.2 g	

Servings: 8
Serving Size: 1 round
Ready In: 45 min.



Whole grain flour lends a nutty flavor and lovely color to the bread.

Ingredients

1 cup whole wheat flour
1 cup white whole wheat or all-purpose flour, plus extra for rolling
2 teaspoons baking powder
1 teaspoon sugar
1 cup fat-free milk or water
1/4 cup vegetable oil

Whole Wheat Fry Bread

Directions

1. In a mixing bowl, combine flours, baking powder, sugar and milk. Stir until the dough comes together.
2. Knead the dough on a lightly floured surface until smooth. Cover and let rest for 20 minutes. (Or wrap well and refrigerate overnight.)
3. Divide dough into 8 pieces. Roll each piece into a circle or an oval, using a little extra flour to keep the dough from sticking. Prick through dough several times with a fork.
4. Heat oil in a large skillet over medium. Cook bread until golden brown, about 3 minutes each side.

Chef's Tip

Resting the dough after kneading will allow you to roll out the rounds more easily. Pricking them with a fork or small knife helps keep them flat while cooking.

You can also cook the bread over a grill or in an oven. Mix 1 tablespoon oil into the dough. To bake, arrange rounds on a baking sheet and cook for 15 minutes at 425°F. To grill, cook to 3 to 5 minutes on each side over medium coals.

Nutrition Information per Serving

Total Calories: 182	Fiber: 2 g
Total Fat: 7.6 g	Protein: 4.6 g
Sat. Fat: 0.8 g	Sodium: 291 mg
Carbohydrates: 24.7 g	

Servings: 6
Serving Size: 1/2 cup
Ready In: 20 min.



A simple and delicious side dish with bright flavors and crunchy texture from the walnuts.

Ingredients

2/3 cup chopped walnuts, about 3 ounces
2 garlic cloves, minced
2 tablespoons lemon juice, about 1/2 lemon
2 tablespoons olive oil, divided
1 teaspoon salt
1/2 teaspoon freshly ground black pepper
2 large leeks, white and pale-green parts only, cut into half moons, about 1 1/2 cups

Zucchini and Leeks with Walnuts

Ingredients (continued)

2 large zucchini, cut into half moons, about 3 cups
1/2 cup chopped, fresh parsley

Directions

1. In a dry skillet, toast walnuts over medium heat. Stir often and cook until fragrant, about 5 minutes.
2. Transfer nuts to a large bowl. Then, add garlic, lemon juice and half the olive oil to the walnuts. Stir well, seasoning with salt and pepper.
3. In the same skillet, heat second half of the oil. Add vegetables and cook until tender, for 8-10 minutes. Stir occasionally.
4. Transfer vegetables to the bowl of dressed walnuts. Add parsley and toss gently to combine.

Nutrition Information per Serving

Total Calories: 158 Fiber: 2.2 g
Total Fat: 13.8 g Protein: 3.4 g
Sat. Fat: 1.5 g Sodium: 407 mg
Carbohydrates: 7.9 g



Steps 1 and 2:
6 min.



Step 3: 10 min.



Step 4: 1 min.

Servings: 8
Serving Size: 3/4 cup
Ready In: 40 min.



A delicious blend of autumn root vegetables full of nutrients that will leave you feeling satisfied.

Ingredients

2 medium parsnips, peeled and diced, about 2 cups
1/4 medium butternut squash, peeled and diced, about 1 1/2 cups
1/4 medium rutabaga, peeled and diced, about 1 1/2 cups
1 medium sweet potato, diced, about 1 cup
1/2 cup low-sodium chicken or vegetable stock
2 teaspoons oil
1 tablespoon dried sage

Root Vegetable Medley

Ingredients (continued)

1 teaspoon black pepper
1/2 teaspoon salt
2 tablespoons chopped parsley, for garnish

Directions

1. In a large pot, combine the vegetables, stock, oil, sage, pepper and salt. Bring to a boil, then cover and lower heat.
2. Cook 15-20 minutes, stirring a few times, just until tender. Avoid overcooking, or the vegetables will fall apart.
3. Transfer to a serving bowl. Sprinkle with parsley before serving.

Chef's Tip

To cut large winter vegetables more easily, microwave them for a short time. Pierce them a few times with a sharp paring knife or long skewer. Cook on high for 6 to 8 minutes, until slightly soft. Remove, let cool slightly, then peel and dice as needed.

Nutrition Information per Serving

Total Calories: 90 Fiber: 4.5 g
Total Fat: 1.4 g Protein: 1.6 g
Sat. Fat: 0.1 g Sodium: 210 mg
Carbohydrates: 19 g



Using the Whole Plant

Many common ingredients come from plants with other nutritious parts. Instead of throwing these parts away, experiment with ingredients like the following to reduce waste and stretch your food budget.

Leaves and Fronds

- The green tops of carrot and radish plants can be made into herb pesto or chimichurri.
- Fennel fronds can be chopped and used as a garnish.

Roots and Stalks

- Celery root (celeriac) is delicious raw, roasted, or boiled.
- Parsley and cilantro stalks can be minced and added to salads and herb sauces.
- Fennel stalks can be eaten just like the bulbs when tender.

Seeds

- Seeds from summer squashes, like cucumbers, can be eaten instead of discarded.
- Seeds from many hard squashes, like pumpkin, can be roasted and enjoyed as a snack.
- If you garden, consider saving seeds from your favorite vegetables and drying them to plant later.

Skins and Other Scraps

- The skins of carrots, beets, potatoes, and even some hard squashes are nutritious. Simply scrub well and prepare.
- Many fruit skins are edible: soft mango skins can be eaten raw as well as watermelon rind. Grated citrus rind can be used as a seasoning. Even banana peels can be fried and eaten!
- Vegetable scraps can be simmered slowly in water to make a nutritious mineral broth.

Servings: 6
Serving Size: 1 cup
Ready In: 20 min.



Related to melons and squash, chayote's smooth texture and mild flavor mixes well with other vegetables. Any type of seasonal greens can be used.

Ingredients

1 tablespoon olive oil
1 clove garlic, sliced thinly
2 medium chayote squash (about 1 pound), chopped into large pieces
1 (8 oz.) can hearts of palm, drained and sliced thickly
1 bunch mustard greens, chopped

Chayote, Hearts of Palm, and Mustard Greens

Ingredients (continued)

1 tablespoon lemon juice, or to taste
1/4 teaspoon salt
Ground black pepper, to taste

Directions

1. Heat oil in a large saucepan over medium-high heat. Add garlic and squash, and cook for about 10 minutes, stirring frequently.
2. Stir in greens. Cover and cook for about 5 minutes, or until greens are slightly wilted.
3. Add hearts of palm. Stir gently and cook for 1-2 minutes.
4. Drizzle with lemon juice. Season with salt and pepper.

Nutrition Information per Serving

Total Calories: 77 Fiber: 6.2 g
Total Fat: 2.9 g Protein: 4.7 g
Sat. Fat: 0.4 g Sodium: 156 mg
Carbohydrates: 11 g



Discover: Chayote

Chayote is a member of the same plant family as squash and melons. Its fruit, which looks like a pear and has a mild squash flavor, is the most commonly eaten part. Chayote is a good source of vitamin C and folate.

Buy and Store It

- Imported chayote is available year-round in produce markets.
- Choose fruits that are firm and without spots.
- Chayote can be stored in a refrigerator for up to a month.

Prepare It

- Chayote can be added to soups and stews, fried, or even eaten raw.

Servings: 6
Serving Size: 1 cup
Ready In: 45 min.



Large and dark green, poblanos are mild chiles. Roasting them gives a smoky flavor to this special side dish. Bell peppers work well in this, too.

Ingredients

- 2 cups blue or yellow cornmeal
- 2 pasilla or poblano chiles
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 5 cups water

Chef's Tip

To roast the peppers in an oven, cut the peppers lengthwise into four long pieces, remove the seeds, then broil until browned.


Roasted Poblano and Cornmeal Mush

Directions

1. In a large, heavy pot, toast the dry cornmeal over medium-high heat, stirring often, until it deepens in color and smells nutty. Take care not to burn it.
2. Slowly pour in 5 cups water and whisk until smooth. Bring to a boil, then cover, reduce heat to low and simmer until tender, about 30 minutes. Stir occasionally. If cornmeal is too thick or still gritty, stir in more water, 1/4 of a cup at a time. The consistency should be soft. Continue simmering.
3. Meanwhile, roast the poblanos. Place them directly on a gas flame of a stove burner set to high. (If you don't have a gas stove, see Chef Tip to the left for oven roasting.) Roast until they are evenly blackened, turning them with tongs for even cooking. Let cool slightly, then peel, seed, rinse and dice.
4. When the cornmeal is tender, stir in the roasted poblanos and season with salt and pepper. Season warm.

Nutrition Information per Serving

Total Calories: 214	Fiber: 2.9 g
Total Fat: 1 g	Protein: 4.4 g
Sat. Fat: 0.1 g	Sodium: 404 mg
Carbohydrates: 46 g	



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