

Kale Yeah 
I 

RSBCIH's *Native Healing*

FOOD

FAIR

Recipe Book



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Schedule

- 3:00pm Registration/Vendors**
- 3:50pm-4:20pm Welcome-Mark Jensen
Bird Singers/Blessing
Native Plant Educator Interview with
Aaron Saubel by Afua Khumalo**
- 4:20pm-4:45pm Healing Garden-Valerie Dobesh**
- 4:45pm-6pm Booths & Vendors Open**
- 4:45pm-5:15pm Terry Goedel-Native American
Hoop Dancing**
- 5:30pm-5:45pm Adult Tai Chi-Daniel Mazza**
- 4:45pm-5:45pm Kid's Fun Zone-Shellbi Gallemore**
- 6:00pm Booths/Vendors/Raffles/Closing**

Booths will open at 4:45pm. No booths or vendors will be open from 3:50pm-4:45pm

Presented by:



- Baby-n-Me Fair August 2020
(909)-864-1097 ext 4764
- W.E.L.L. Classes at all sites
16 week sessions learning ways to feel better, have energy, and lose the weight WITHOUT dieting.
(909) 864-1097 ext 4764
- World Breastfeeding Event August 2020
- Cooking Food Demos monthly
(909) 864-1097 ext 4764
- Wholesome Nations Eats Guide-www.rsbcih.org (Resources Tab)
-
- Monthly Healthy Options Classes at San Manuel
(951) 849-4761 ext 4722
- Monthly Healthy Options Classes at Soboba
(951)849-4761 ext 4722
- Mini Olympics May 2, 2020 Soboba Reservation-Sports Complex
(951)-849-4761 ext 4781
- Fitness Reward Program (951)849-4761 ext 1151
- San Manuel, Barstow, Pechanga Fitness Classes
(951)849-4761 ext 4721
- Soboba, Morongo, Torres Martinez, Anza Fitness Classes
(951)849-4761 ext 1155



Diabetes Team



Schedule

- 3:00pm Registration/Vendors**
- 3:50pm-4:20pm Welcome-Mark Jensen
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Native Plant Educator Interview with
Aaron Saubel by Afua Khumalo**
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Diabetes Team

Chia Fruit Water

Chia seeds aid in managing blood sugar, provide natural energy, alleviate constipation, reduce inflammation, reduce blood pressure, promote weight loss and aid in cancer prevention and treatment.

Food is Medicine-Pharmacy Department



Chia Fruit Water

Chia seeds aid in managing blood sugar, provide natural energy, alleviate constipation, reduce inflammation, reduce blood pressure, promote weight loss and aid in cancer prevention and treatment.

Food is Medicine-Pharmacy Department



Ingredients

- Container (water bottle, jar, pitcher, cup)
- Spoon
- Chia seeds
- Fruit
- Water/juice
- Stevia

Directions

1. Place water in container.
2. Add Chia to water (single serving -3 tbsp. of chia per cup of water. The more chia you add , the thicker the consistency)
3. Stir well, let sit for a few minutes until gelatinous
4. Add fruit or juice (stevia may be added to sweeten)
5. Stir it all together and enjoy

Chia fruit water is best when served cold, and a good modification to note is that the chia is easier digested when grinded.

Ingredients

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- Spoon
- Chia seeds
- Fruit
- Water/juice
- Stevia

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Chia fruit water is best when served cold, and a good modification to note is that the chia is easier digested when grinded.

Bison Street Tacos

Wild game meats have health benefits when compared to meats from domesticated or farm-raised animals. Examples of wild game include venison, bison, rabbit and elk. The fact that wild game animals eat their natural diet and are very active in the wild contributes to the lower fat content of the meat. Additionally, eating greens in the wild contributes to a lower content of pro-inflammatory omega-6 fatty acids and a higher content of anti-inflammatory omega-3 fatty acids. Furthermore, wild game meat is a good source of protein and minerals such as iron and zinc.

Food is Medicine-Nutrition Department



Bison Street Tacos

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Food is Medicine-Nutrition Department



Ingredients

- Ground bison meat
- Corn “street taco” tortillas
- Cilantro
- Radish
- Onion
- Lime
- Fresh red or green salsa (optional)

Directions

1. Brown the bison meat on a skillet until fully cooked.
2. While cooking the bison meat, chop or dice the onions, cilantro and radishes.
3. Warm corn tortilla on a skillet.
4. Top the corn tortilla with the bison meat, onions, cilantro and radish. Top with your choice of salsa and a squeeze of lime.

Ingredients

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- Corn “street taco” tortillas
- Cilantro
- Radish
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- Lime
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Venison Stew

Wild game meats have health benefits when compared to meats from domesticated or farm-raised animals. Examples of wild game include venison, bison, rabbit and elk. The fact that wild game animals eat their natural diet and are very active in the wild contributes to the lower fat content of the meat. Additionally, eating greens in the wild contributes to a lower content of pro-inflammatory omega-6 fatty acids and a higher content of anti-inflammatory omega-3 fatty acids. Furthermore, wild game meat is a good source of protein and minerals such as iron and zinc.

Food is Medicine-Nutrition Department



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Food is Medicine-Nutrition Department



Ingredients

- 1 lb. boneless venison
- 3 parsnips cut in 1" cubes
- 3 carrots cut in 1" cubes
- 3 turnips cut in 1" cubes
- 3 yucca cut in 1" cubes
- Salt and pepper to taste
- Corn starch to thicken if needed

Directions

1. Cut venison into 1" cubes.
2. Brown the venison meat in 1 tbsp. of olive oil.
3. Add meat to 6 quarts of boiling water and simmer for 30 minutes.
4. Add vegetables. Add salt and pepper to taste.
5. Bring back to a boil, then simmer until vegetables are tender. Add corn starch to thicken, if needed.
6. Serves 5

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- 1 lb. boneless venison
- 3 parsnips cut in 1" cubes
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Elk Burgers

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Food is Medicine-Nutrition Department



Ingredients

- 5 - 4 oz. elk burger patties
- 2 - 3 pickle chips per burger
- 1-2 slices of tomato and onion per burger
- Lettuce leafs
- Sliced cheese of your choice
- Salt and pepper to taste
- 5 Wheat buns

Directions

1. Cook patties over medium heat in a pan on stove top .
2. Season to taste with salt and pepper.
3. Cook patties to 165 degrees internal temperature.
4. Warm wheat buns. Place cheese on patty and toppings to form burger.

Ingredients

- 5 - 4 oz. elk burger patties
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Buckwheat Blueberry

Muffins

Buckwheat promotes heart health, lowers blood pressure, manages diabetes, improves digestion, promotes skin and hair health, provides antioxidants that help to strengthen the immune system, and provide relief from constipation.

Food is Medicine-Nutrition Department



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Food is Medicine-Nutrition Department



Dry Ingredients

- 1/2 cup buckwheat flour
- 6 tbsps. almond flour
- 2 tbsps. coconut sugar
- 1 tsp. baking powder
- 1/2 tsp. sea salt
- Wet Ingredients
- 1 small ripe banana
- 2 eggs

- 1/4 cup melted butter
- 2 tbsps. honey
- 1/2 tsp. vanilla
- 1 cup blueberries , fresh or frozen
- Streusel Topping
- 2 tbsps. sliced almonds
- 1 tbsp. buckwheat flour
- 1 tbsp. coconut sugar
- 1 tsp. cinnamon
- 1/8 tsp. sea salt

Directions

1. Preheat oven to 350 degrees F.
2. Combine all dry ingredients in a mixing bowl and mix well. Then, combine all wet ingredients (except blueberries) in a small bowl and mix together. Pour the wet ingredients into the dry and stir to combine, without over mixing.
3. Mix together all streusel toppings in a small dish.
4. Fill muffin cups almost to the top. Top with blueberries then add a tsp. of streusel mix to the top of each muffin.
5. Bake at 350 degrees F for 20 minutes.

Dry Ingredients

- 1/2 cup buckwheat flour
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- Wet Ingredients
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Cranberry Orange Cookies

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Food is Medicine-Nutrition Department



Dry Ingredients

- 1/4 cup buckwheat flour
- 2 cups whole grain pastry flour
- 1/2 tsp. baking soda
- 1/4 tsp. baking powder
- 1/2 tsp. of salt
- 1 cup dried cranberries

- 3/4 cup unsalted butter
- 3/4 cup packed brown sugar
- 1 tsp. vanilla
- 1 egg
- 1 tbsp. grated orange zest
- 2 tbsps. orange juice

Wet Ingredients



Directions

1. Preheat oven to 350 degrees F.
2. Combine all dry ingredients in a mixing bowl (except cranberries) and mix well. Then, combine all wet ingredients in a small bowl and mix together. Pour the wet ingredients into the dry and stir to combine, without over mixing. Add cranberries.
3. Make 2 inch balls and place on greased cookie sheet.
4. Bake at 350 degrees F for 8-10 minutes.

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Blueberry Banana Overnight Oats

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Blueberry Banana Overnight Oats

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Ingredients

- 1 cup rolled oats
- 2 cups non-dairy milk
- 1/3 cup pure maple syrup
- 1 tbsp. chia seeds
- 1 tsp. ground cinnamon
- 2 small bananas, peeled and chopped
- 1 cup fresh blueberries
- 1/2 cup chopped walnuts

- Pinch of salt
- 1 tsp. vanilla
- Homemade granola sprinkled on top before serving

Directions

1. Mix ingredients in a casserole dish and place in refrigerator overnight. In the morning, give it a stir and enjoy cold with granola on top. Keeps in the refrigerator for 2-3 days.

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Bean Salsa

Pinto Beans are particularly rich in kaempferol, a flavonoid associated with impressive health benefits. Many animal and test-tube studies link it to repressed cancer growth. It is also rich in fiber thus helping to manage weight.



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Ingredients

- Either 6 cups of cooked pinto or black beans (homemade is best, if you use canned be sure to drain them)
- 1 large purple onion, chopped
- 1 cup roasted and peeled green chilies , chopped
- 1-2 fresh jalapenos (for hot salsa) or 1/2 cup pickled jalapenos (for mild/medium salsa), chopped
- 1 tbsp. vegetable or olive oil
- Garlic, salt and pepper to taste.

Directions

1. Mix ingredients in a casserole dish and place in refrigerator. Enjoy over food or with chips.

Ingredients

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- 1 large purple onion, chopped
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- Garlic, salt and pepper to taste.

Directions

1. Mix ingredients in a casserole dish and place in refrigerator. Enjoy over food or with chips.

White Sage Tea

White Sage is considered a medicinal herb that has been used for generations. It can be steeped into a tea for calming effects. The tea is also used for sore throats and is thought to help with stomach aches.



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Ingredients

- 1 tbsp. fresh sage leaves or 1 tsp. dried sage
- 1 cup of water
- 1 wedge of lemon (optional)
- Honey to sweeten (optional)

Directions

1. Bring water to a boil. Remove from heat and add sage in the water. Let steep for about 3-5 minutes. Strain, pour in cup and add lemon and honey, if desired. Enjoy hot or cold!

Ingredients

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- 1 cup of water
- 1 wedge of lemon (optional)
- Honey to sweeten (optional)

Directions

1. Bring water to a boil. Remove from heat and add sage in the water. Let steep for about 3-5 minutes. Strain, pour in cup and add lemon and honey, if desired. Enjoy hot or cold!

Chocolate-Chia Seed Pudding

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Food is Medicine-Native Challenge Department



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Ingredients

- 2 cups unsweetened almond milk
- 1/4 cup + 2 tbsps. chia seeds
- 1/4 cup + 2 tbsps. honey
- 1/4 cup cocoa powder
- Pinch of sea salt

Directions

1. Place all ingredients in medium size bowl and whisk until cocoa powder has dissolved. Place in the refrigerator, covered, for about 6 hours or until the chia seeds turn jelly-like and the mixture thickens. Stir periodically.

Ingredients

- 2 cups unsweetened almond milk
- 1/4 cup + 2 tbsps. chia seeds
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- 1/4 cup cocoa powder
- Pinch of sea salt

Directions

1. Place all ingredients in medium size bowl and whisk until cocoa powder has dissolved. Place in the refrigerator, covered, for about 6 hours or until the chia seeds turn jelly-like and the mixture thickens. Stir periodically.

Pumpkin Seed Trail Mix

For such a small seed, pumpkin seeds are packed full of valuable nutrients. Eating only a small amount of pumpkin seeds can provide a substantial amount of healthy fats. Because of this, pumpkin seeds have been associated with health benefits; such as improved heart health and prostate health. The zinc packed in pumpkin seeds also promote quality skin health.

Food is Medicine-Quality Management Department



Pumpkin Seed Trail Mix

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Food is Medicine-Quality Management Department



Ingredients

- 1/4 cup pumpkin seeds
- 1/4 cup sunflower seeds
- 2 tbsps. dried cranberries

Directions

1. Mix seeds and cranberries together in a bowl. Store in an airtight container.
2. Add to baggie and enjoy on the go.

Ingredients

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- 1/4 cup sunflower seeds
- 2 tbsps. dried cranberries

Directions

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2. Add to baggie and enjoy on the go.

Mesquite Chocolate-Banana Smoothie

Mesquite powder is made from the leguminous seed pods of the drought-tolerant and native mesquite plant. It can be used as a flour or sweetener, and it has a sort of caramel, nutty flavor. Mesquite powder is high in protein and fiber, so it digests slowly which means you feel full for longer and enjoy more stable levels of energy. It is also a great source of calcium, iron, lysine, manganese, zinc, and potassium.



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Ingredients

- 3/4 to 1 cup almond milk
- 1 tsp. lucuma powder
- 1/2 tsp. maca powder
- 1/2 tsp. mesquite powder
- 2 tsp. raw cacao powder
- 1 cup frozen bananas

Directions

1. Add all ingredients into blender and blend until smooth. Add additional almond milk to reach your desired consistency. Yields 1 serving.

Ingredients

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- 1/2 tsp. mesquite powder
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- 1 cup frozen bananas

Directions

1. Add all ingredients into blender and blend until smooth. Add additional almond milk to reach your desired consistency. Yields 1 serving.

Baked Zucchini and Squash Spears

Squash is believed to be the oldest cultivated food in North America. Squash have a very rich nutritional profile that consist of various nutrients, vitamins, and minerals. The list includes substantial amounts of vitamin A, as well as significant amounts of vitamin C, vitamin E, and B-vitamins; as well as magnesium, potassium, manganese, copper, phosphorus, calcium, and iron.



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Ingredients

- 1 tbsp. olive oil, divided
- 1/3 cup parmesan cheese, grated
- 1/2 tsp. dried thyme
- 1/2 tsp. dried oregano
- 1/4 tsp. garlic powder
- 1/2 tsp. kosher salt
- 1/4 tsp. ground black pepper
- 2 whole zucchinis, quartered lengthwise

- 2 whole yellow squash, quartered lengthwise

Directions

1. Preheat oven to 350 degrees F. Line a rimmed cookie sheet with parchment paper and then lay an oven safe cooling rack over the parchment paper. Rub the cooling rack with half of the olive oil to coat, set aside.
2. In a small bowl, combine parmesan cheese, thyme, oregano, garlic powder, kosher salt and pepper.
3. Place sliced zucchini and squash in a medium mixing bowl and drizzle with remaining olive oil. Toss to coat evenly. Add the parmesan-spice mixture and toss to coat.
4. Place zucchini and squash spears onto prepared cooling rack on baking sheet. Sprinkle any remaining parmesan-spice mixture over the zucchini and squash. Place in oven and bake until tender, about 15-18 minutes.

Ingredients

- 1 tbsp. olive oil, divided
- 1/3 cup parmesan cheese, grated
- 1/2 tsp. dried thyme
- 1/2 tsp. dried oregano
- 1/4 tsp. garlic powder
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3. Place sliced zucchini and squash in a medium mixing bowl and drizzle with remaining olive oil. Toss to coat evenly. Add the parmesan-spice mixture and toss to coat.
4. Place zucchini and squash spears onto prepared cooling rack on baking sheet. Sprinkle any remaining parmesan-spice mixture over the zucchini and squash. Place in oven and bake until tender, about 15-18 minutes.

Cactus Salad Wrap

Prickly pear cactus is unique because it was used as both a food and a medicine. Native Americans made a poultice from mature pads as an antiseptic and for treating wounds, burns, and boils. Tea was made to treat urinary tract infections and to help the immune system. Now research shows that consuming the prickly pear cactus helps to lower cholesterol and reduce diabetes and cardiovascular disease risk.



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Ingredients

- 2 pounds cactus pads
- 4 roma tomatoes
- 1 large white onion
- 12 sprigs of cilantro
- 6 oz. ranchero cheese
- 1/2 tsp. salt, more if needed
- 6 corn tortillas
-

Directions

1. Cooking the cactus: Cut the cactus pads into 1/4" x 1/2" pieces. Place the cactus in a large pan and cover with 2" of water. Turn the heat on high and bring water to a boil. Reduce heat to medium. Skim the slime during cooking until the cactus no longer releases any. (about 10 minutes).
2. Dice the tomatoes and onion. Chop the cilantro and crumble the cheese.
3. Add all of the ingredients into a mixing bowl and gently mix well.
4. Taste the salad before adding additional salt as the cheese is salty. The salad is best eaten fresh, but will keep refrigerated for 2 days.

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- 4 roma tomatoes
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- 6 oz. ranchero cheese
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2. Dice the tomatoes and onion. Chop the cilantro and crumble the cheese.
3. Add all of the ingredients into a mixing bowl and gently mix well.
4. Taste the salad before adding additional salt as the cheese is salty. The salad is best eaten fresh, but will keep refrigerated for 2 days.

Pine Nut Trail Mix

Pine Nuts have a reputation for being a high calorie food, and it's true! Their high caloric content comes from fats. As most nuts are, pine nuts are rich in monounsaturated fatty acids like oleic acid. This fatty acid helps to lower LDL or "bad cholesterol" and increases HDL or "good cholesterol" in the blood.

Food is Medicine-Lab Department



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Food is Medicine-Lab Department



Ingredients

- Equal amounts of:
- Pine Nuts
- Walnuts
- Almonds
- Pistachios
- Dried Blueberries
- Golden Raisins
- Chopped Figs

- 60% Cacao Chocolate Chips

Directions

1. Mix all of the ingredients in a bowl. Store in an airtight container. Fill baggies with trail mix for an on the go snack.

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Grilled Corn on the Cob

Corn has plenty of fiber that helps to alleviate constipation. Corn is loaded with plant compounds that are linked to a lower risk of eye diseases.



Grilled Corn on the Cob

Corn has plenty of fiber that helps to alleviate constipation. Corn is loaded with plant compounds that are linked to a lower risk of eye diseases.



Ingredients

- 8 ears unhusked corn
- All natural canola oil for grill grate
- 1/4 cup extra virgin olive oil, plus additional
- Coarse salt and freshly ground black pepper to taste

Directions

1. Fill a large bowl with cold water, set aside.
2. Carefully peel back the husks leaving them attached to the base of the corn. Remove and discard silk.
3. Pull husks back over corn and place in bowl of cold water. Let soak for 10 minutes.
4. Heat grill to medium-high. Remove corn from water. Drain and pat dry. Lightly oil the grill grate and place the corn on the hot grates for 3 minutes. Turn and grill for another 3 minutes.
5. Remove from heat and carefully pull back the husks exposing the corn. Generously brush corn with olive oil and return to grill. Turn corn with tongs to lightly char grill marks on corn, about 15 minutes.
6. Remove from heat and sprinkle with salt and pepper as desired. Serve with additional olive oil.
7. While not a necessary step, soaking the corn in water before grilling allows corn to steam inside husk, creating a juicier kernel. For added punch of flavor, use dried spices, fresh herbs or flavored oils.

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Dandelion Greens Salad

These bitter greens are packed with calcium, iron, and vitamins A, K, and E. They also contain lutein and zeaxanthin, which are believed to help protect the eye from cataracts and macular degeneration. They also provide anti-inflammatory effects in the body. Even the bitterness of the flavor is said to have health benefits.



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Ingredients

- 1/2 pound torn dandelion greens
- 1/2 red onion, chopped
- 2 tomatoes, chopped
- 1/2 tsp. dried basil
- Salt and pepper

Directions

1. Toss all of the ingredients in a bowl. Add salt and pepper to taste.

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Directions

1. Toss all of the ingredients in a bowl. Add salt and pepper to taste.

Crispy Yucca Fries

Yucca helps to stimulate circulation, improve digestion, reduce inflammation arthritis treatment, and relieve pain.

Food is Medicine-Nutrition Department



Crispy Yucca Fries

Yucca helps to stimulate circulation, improve digestion, reduce inflammation arthritis treatment, and relieve pain.

Food is Medicine-Nutrition Department



Ingredients

- 1-2 yucca root aka cassava, depending on size
- 2-3 tbsp. coconut oil
- 1/2 tsp. salt
- Black pepper
- Garlic powder

Directions

1. Over high heat on the stove, heat about 8 cups of water until bubbles begin to form. Add salt to water.
2. Preheat oven to 425 degrees F.
3. As the water heats, cut off the ends of the yucca. With a potato peeler, peel off the thick layer of brown skin completely.
4. If the yucca is long, cut it in half before slicing it into "fries", about 1/2 " thick. Leave out the tough fibrous core.
5. Place the yucca in the just-bubbling water and bring to a boil. Allow to cook for 10-15 minutes, or until the yucca is fork tender. Don't let it get soft.
6. Drain yucca and pat dry with paper towels. Toss the fries with coconut oil, salt, pepper and garlic. Coat completely, then line a large baking sheet with parchment paper.
7. Arrange the yucca in a single layer on the parchment paper, spacing each one a bit to ensure crispy texture.
8. Bake for 30 minutes, turning over in middle of cooking time. They're done when golden brown. Serve with dip.

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Acai Chia Smoothie

Chia seeds aid in managing blood sugar, provide natural energy, alleviate constipation, reduce inflammation, reduce blood pressure, promote weight loss and aid in cancer prevention and treatment.

Food is Medicine-Diabetes Department



Acai Chia Smoothie

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Food is Medicine-Diabetes Department



Ingredients

- 1 Pack Sambazon Original Blend Super fruits pack
- 1 frozen banana
- 1 cup of coconut milk or coconut water
- 1/2 cup frozen pineapple
- 1 tbsp. of chia seeds
- 2 tbsps. of water

Directions

1. In a small bowl, mix the chia seeds and water. Allow to sit for about 10 minutes so that the chia seeds begin to soften and gel.
2. Blend everything together in a blender and serve. Sprinkle unsweetened coconut as a topping (optional).

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Grilled Cactus

Prickly pear cactus is unique because it was used as both a food and a medicine. Native Americans made a poultice from mature pads as an antiseptic and for treating wounds, burns, and boils. Tea was made to treat urinary tract infections and to help the immune system. Now research shows that consuming the prickly pear cactus helps to lower cholesterol and reduce diabetes and cardiovascular disease risk.

Food is Medicine-Diabetes Department



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Food is Medicine-Diabetes Department



Ingredients

- 2 medium size cactus pads, needles removed
- 1 tbsp. vegetable oil
- Salt and pepper to taste
- 2 slices of your favorite melting cheese (optional)
- Ingredients for chunky tomato sauce
- 2 tbsp. canola oil
- 1 small yellow onion, finely chopped
- 1 jalapeno, stemmed, seeded and finely chopped

- 2 tbsps. finely chopped cilantro leaves
- Kosher salt and pepper, to taste

Directions

1. Warm your griddle or cast iron grill. Brush the oil on each side of the cactus pad.
2. Place the cactus on your griddle and cook over medium heat, turning until tender, about 8 minutes.
3. If using a cast iron grill, cook until marked and tender. Just before serving, top with slice of cheese to melt. Season with salt and pepper.
4. Chunky tomato sauce: Heat oil in a pan, add all ingredients, add salt and pepper to taste. Saute all the ingredients for 5-8 minutes. Serve over grilled cactus and enjoy!

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Chunky Tomato Sauce

Tomatoes are loaded with potassium, vitamin C and lycopene. Lycopene is a pigment that gives helps reduce risk of heart disease, diabetes, strokes, and prevent macular degeneration too. Tomatoes are non-starchy and also have a low glycaemic index. Tomatoes are high in fiber and have low-calories, which help you keep your weight in check lowering your risk of diabetes.

Food is Medicine-Diabetes Department



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Food is Medicine-Diabetes Department



Ingredients

- 2 tbsp. of canola oil
- 1 small yellow onion, finely chopped
- 1 jalapeño, stemmed, seeded, and finely chopped
- 4 plum tomato, cored, seeded, and finely chopped
- 2 tbsp. thinly sliced fresh cilantro leaves
- Kosher salt and freshly ground black pepper, to taste

Directions

1. Put the 2 tbsp of oil in the frying add all ingredients to the oil.
2. Add salt and pepper to taste.
3. Sauté all the ingredients for 5 to 8 minutes.
4. Then serve over your grilled Nopales and enjoy!

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Mason Jar Oats

Chia seeds aid in managing blood sugar, provide natural energy, alleviate constipation, reduce inflammation, reduce blood pressure, promote weight loss and aid in cancer prevention and treatment.

Food is Medicine-Diabetes Department



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Food is Medicine-Diabetes Department



Ingredients

- Slivered almonds
- Chopped walnuts
- Chia seeds
- Flax seeds
- Fresh berries
- Banana
- Dried cranberries, blueberries, cherries
- Raisins

- Your choice of milk or water
- Raw sugar and honey
- 3/4 cup oats

Directions

1. Make sure your mason jar is clean and remove the lid.
2. Fill mason jar with oats and any toppings that you like.
3. Add your choice of milk or water. We like vanilla almond milk.
4. Place the lid back on the jar and store in the refrigerator overnight.
5. In the morning, just grab and enjoy your delicious overnight oats !

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Walnut Stuffed Dates

Dates are a very nutritious source of energy that are filled with cancer fighting antioxidants. They are also rich in fiber. Dates may promote and ease natural labor for pregnant women when consumed during the last few weeks of pregnancy.

Food is Medicine-Nutrition Department



Walnut Stuffed Dates

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Food is Medicine-Nutrition Department



Ingredients

- 1/2 cup dried pitted dates
- 1/2 cup walnuts or pecans



Directions

1. Cut a small slit in the date and stuff with nuts. Store in an airtight container. Fill a baggy for an on the go snack.

Ingredients

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Directions

1. Cut a small slit in the date and stuff with nuts. Store in an airtight container. Fill a baggy for an on the go snack.

Elderberry Syrup

The berries and flowers of elderberry are packed with antioxidants and vitamins that may boost your immune system. They can help tame inflammation, lessen stress, and help protect your heart, too. Some experts recommend elderberry to help prevent and ease cold and flu symptoms.

Food is Medicine— Nursing/Medical Departments



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Food is Medicine— Nursing/Medical Departments



Ingredients

- 3/4 cup dried elderberries
- 3 cups water
- 1 tsp. dried cinnamon or 1 cinnamon stick
- 1 tsp. dried cloves or 4 whole cloves or 1 drop clove essential oil
- 1 tbsp. fresh ginger or 1 tsp. dried ginger or 1 drop ginger essential oil
- 1 cup raw honey

Directions

1. In a large pot, bring the elderberries, water, cinnamon, cloves and ginger to a boil.
2. Reduce the heat, cover and simmer until the liquid has reduced by half, about 40-45 minutes.
3. Allow the liquid to cool, and then drain the liquid using a fine mesh strainer or cheese cloth.
4. Press all liquid out of the berries using the back of a wooden spoon.
5. Add the raw honey and mix well.
6. Store in an airtight container in the refrigerator for up to 2 months..

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- 1 cup raw honey

Directions

1. In a large pot, bring the elderberries, water, cinnamon, cloves and ginger to a boil.
2. Reduce the heat, cover and simmer until the liquid has reduced by half, about 40-45 minutes.
3. Allow the liquid to cool, and then drain the liquid using a fine mesh strainer or cheese cloth.
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Sweet Potato Applesauce

Muffins

Sweet Potatoes are nutrient-rich root vegetables are great sources of vitamins and minerals. They're especially rich in Vitamin A, which helps protect the enamel on your teeth and ward off cavities.

Food is Medicine-Dental Department



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Muffins

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Food is Medicine-Dental Department



Ingredients

- 2 cups sweet potato applesauce (see below for recipe)
- 1 1/2 cups self-rising flour
- Coarse sugar for sprinkling (optional)

cored and coarsely chopped

- 1-2 medium sweet potatoes, peeled and coarsely chopped
- 1/4 cup water

Ingredients for sweet potato apple sauce:

- 6-8 large apples (honey crisp or any you choose) peeled,

Directions

1. To make applesauce: Place the ingredients in a slow cooker, cover and cook on high for 3 hours or low for 6-8 hours until well softened. Blend with an immersion blender unless you prefer a chunkier texture. Cool and store in the refrigerator or freeze.
2. To make muffins: Preheat oven to 350 degrees F. In a large bowl, blend together the sweet potato applesauce and the flour, stirring until well blended. Spoon the batter into a prepared muffin tin, filling each cup about 3/4 full. Sprinkle tops of each muffin with coarse sugar, if using.
3. Bake for about 25 minutes or until a toothpick inserted into a muffin comes out clean. Cool for a few minutes in the pan before removing to cool completely on a wire rack.

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Waba Grill Salmon Combo

Salmon is one of the best sources of long chain Omega-3 fatty acids. Omega-3 fatty acids are helpful in the treatment and prevention of high blood pressure. Along with causing heart and kidney problems, untreated high blood pressure can also affect your eyesight and lead to eye disease. Hypertension can cause damage to the blood vessels in the retina, the area at the back of the eye where images focus. This eye disease is known as hypertensive retinopathy. The damage can be serious if hypertension is not treated.

Food is Medicine-Eyecare Department



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Food is Medicine-Eyecare Department



Ingredients

- Salmon
- Brown rice
- Steamed cabbage, broccoli, and carrots



Tips

1. Order brown rice.
2. Order veggies or better yet get extra veggies.

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- Salmon
- Brown rice
- Steamed cabbage, broccoli, and carrots



Tips

1. Order brown rice.
2. Order veggies or better yet get extra veggies.

Apricot Tart

Apricots are an excellent source of beta carotene, lutein, zeaxanthin, and vitamins C and E. These nutrients protect your eyes against damage. Apricots are a good source of soluble fiber, which feeds your healthy gut bacteria and may boost digestive health. Eating potassium-rich foods, such as apricots, may help prevent high blood pressure and reduce your risk of stroke.

Food is Medicine-Nutrition Department



Apricot Tart

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Food is Medicine-Nutrition Department



Ingredients

- 1 cup finely chopped dried apricots
- 1/4 cup sugar
- 1 tbsp. butter
- 1/8 tsp. pumpkin spice
- 2 tbsps. Orange juice

- 1 1/2 cups raw walnuts or pecans
- 1/4 cup quick oats
- 1/8 tsp. salt
- 1 1/2 cups pitted dates

• Ingredients for crust:

.....

Directions

1. Add apricots to a saucepan and enough water to come 1 inch above apricots in saucepan. Simmer for 20 minutes or until thickened.
2. Stir in sugar, butter and pumpkin spice. Add orange juice. Cook until texture is like jam.
3. Stir, cool and store in refrigerator in airtight container until ready to use.
4. Preheat oven to 400 degrees F.
5. Blend all ingredients for crust in a food processor. Press into pie pan or cookie sheet.
6. Spoon and spread apricot filling into crust and bake at 400 degrees F for about 10-15 minutes or until golden brown.

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Blue Cornbread

Blue corn has a lower glycemic index than yellow corn so it is digested more slowly for a steady source of energy. The cancer fighting anthocyanins in the corn, which are the same healthy compounds found in berries and red wine.

Food is Medicine-Quality Management Department



Blue Cornbread

Blue corn has a lower glycemic index than yellow corn so it is digested more slowly for a steady source of energy. The cancer fighting anthocyanins in the corn, which are the same healthy compounds found in berries and red wine.

Food is Medicine-Quality Management Department



Ingredients

- 3 tablespoons unsalted butter, melted, plus butter for baking dish
- 1 cup cornmeal
- 1/2 and 2 TBS cup all-purpose flour
- 1/2 cup and 2 TBS cups whole wheat pastry flour
- 1 tablespoon sugar
- 1 1/2 teaspoons baking powder

- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 2 large eggs, lightly beaten
- 1 1/2 cups buttermilk
- 2 TBS chia seeds
- 1/4 cup corn kernels-optional

Directions

1. Preheat the oven to 425 degrees F. Lightly grease an 8-inch baking dish.
2. In a large bowl, mix together the cornmeal, flours, sugar, baking powder, baking soda, chia seeds, and salt.
3. In a separate bowl, mix together the eggs, buttermilk, and butter. Pour the buttermilk mixture into the cornmeal mixture and fold together until there are no dry spots (the batter will still be lumpy). Pour the batter into the prepared baking dish.
4. Bake until the top is golden brown and tester inserted into the middle of the corn bread comes out clean, about 20 to 25 minutes. Remove the cornbread from the oven and let it cool for 10 minutes before serving.

Optional: Top with wojapu sauce, honey, eat with chili. Up to you :)

Ingredients

- 3 tablespoons unsalted butter, melted, plus butter for baking dish
- 1 cup cornmeal
- 1/2 and 2 TBS cup all-purpose flour
- 1/2 cup and 2 TBS cups whole wheat pastry flour
- 1 tablespoon sugar
- 1 1/2 teaspoons baking powder

- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 2 large eggs, lightly beaten
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Wojapi Sauce

Chokeberries grow on shrubs of the Rosacea family. They're rich in fiber, vitamin C, and powerful antioxidants that may have heart-healthy, immune-boosting, and anticancer properties.

Food is Medicine-Quality Management
Department



Wojapi Sauce

Chokeberries grow on shrubs of the Rosacea family. They're rich in fiber, vitamin C, and powerful antioxidants that may have heart-healthy, immune-boosting, and anticancer properties.

Food is Medicine-Quality Management
Department



Ingredients

- 1 1/2 cups frozen blueberries
- 1 1/2 cups frozen chokeberries
- 1 cup fresh (or frozen) cranberries
- 2 Tablespoons honey
- 1 TBS chia seeds

Directions

1. Place the frozen (or fresh) berries and chia seeds in a crock pot (slow cooker).
2. Cook on low for 3-4 hours, stirring after each hour.
3. Puree half of the berry mixture with a handheld blender. I like to retain the second half "as-is" to keep the texture of some of the berries.
4. Add 2 tablespoons of honey (or other sweetener of your choice). Stir gently to combine.
5. Store in the refrigerator for up to two weeks.

Tip: Experiment with fresh or frozen berries. Mix up the ratios too (more chokeberries and less cranberries, add cherries, etc.)

Adapted from from Tocabe, a Native American restaurant in Denver, CO.

Ingredients

- 1 1/2 cups frozen blueberries
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Adapted from from Tocabe, a Native American restaurant in Denver, CO.

Quail Kabob

Quail protein helps regenerate tissue and cells in nails, skin, hair, and it also can increase production of hormones and enzymes. Compared to chicken, for example, quail meat has 4 times more vitamin C, 3 times more iron than chicken meat and an 4% more iron than beef sirloin! Quail meat has vitamin A whereas chicken meat has none.

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Ingredients

- 2 lbs boneless skinless quail cut into 1 inch cubes
- Cherry tomatoes
- 1 cup low sugar apricot preserves
- ¼ cup olive oil
- 3 Tbs honey Dijon mustard
- 1 Tbs low sodium soy sauce
- 1 Tbs orange juice

- 6 finely minced garlic cloves
- 4 rosemary sprigs
- Salt and black pepper

Servings: 6 Kabobs

Directions

1. If using wooden skewers soak for 30 minutes.
2. In a Ziploc bag, add preserve, olive oil, honey mustard, soy sauce, orange juice, minced garlic, whole rosemary sprigs, dash of salt and pepper and mix together in bag. Reserve 1/3 cup of the mix and set aside. Add quail to remaining marinade in the bag.
3. Marinade at least 2 hours to overnight. At 8 hours turn the bag occasionally.
4. When ready to cook, drain the quail from the marinade.
5. Thread 1" quail squares onto skewers alternating with cherry tomatoes.
6. Preheat grill to medium heat.
7. Add skewers to grill, and cook, turning occasionally, until quail is completely cooked through, reaching an internal temperature of 165° F, about 10 min. Brush skewers with marinade cooking for an additional 1-2 minutes.
8. Garnish with green onions and sesame seeds, if desired.

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Prickly Pear & Watermelon

Slushie

Prickly pear helps with diabetes, high cholesterol, and obesity. It has antiviral and anti-inflammatory properties. Prickly pear cactus can decrease blood sugar levels in people with type 2 diabetes. Some research also suggests that prickly pear cactus extract may lessen the unpleasant effects of a hangover, possibly due to its anti-inflammatory effects. Prickly pear have calcium needed for strong teeth, bones, and lowering cholesterol.

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Ingredients

- 1 prickly pear, peeled and diced
- ½ cup watermelon
- 1 teaspoon lemon juice
- 1 peeled orange
- ½ teaspoon mint fresh
- Ice (optional)



Directions

1. Add all ingredients into the blender and blend on high for a minute, until everything is well combined.
2. Divide into 2 cups and serve.

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Thank you to the Board of Directors for their support and the Morongo Tribe for Hadley's baskets and use of the Community Center.

We would also like to acknowledge the following:

Valerie Dobesh, Terry Goedel, Aaron Saubel, Mark Jensen, Tekla Diaz, Morongo Public Works, Mr. Siva, Bill Thompson, Richard Corbin, Frank Briones, DJ Kool Breeze, Malki Museum, Allen Maranan, RSBCIHI Maintenance, Diabetes Program, Native American Resource Center, Native Challenge, Nutrition Department and all the RSBCIHI departments that participated. Each one of you made this event possible. Thank you to those that donated raffles prizes.

Thank you everyone for your knowledge, time,  willingness to participate!



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RSBCIH's
**FOOD
FAIR**

Presented by:



Diabetes Team

