

# Taste of the Metro



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### 3 steps in Preparing Manoomin( good berry)

- Measure
- Wash
- Cook



Measure out how much rice you want to cook. . *Note that the rice will at least double when cooked sometimes a bit more depending on the rice.* Now pour the rice into a bowl and add enough warm water to wash the rice. Using your fingers too swish the rice around, any debris will float to the top and water will look dark. Then slowly pour water out and add clean water again, repeat this process until the water runs clear. Once it's cleaned, drain as much of the water out that you can or use a colander. Add the rice to a pan with double the water (example 1 cup of rice will need 2 cups of water). Cover and bring to a boil, turn down heat to medium and let simmer, cook about 20 minutes or so. Rice is usually cooked separate and other ingredients added to it or it is added to other dishes, except for soup then it is usually added raw and cooked while soup is cooking.

**Always take the time to wash your rice.** Faith Littlewolf

## Appetizer

### Deviled Eggs

- 6 boiled eggs cut in half
- 3 TBS mayonnaise or miracle whip
- 1 tsp yellow mustard
- 2 tsp curry powder(totaste)
- paprika (optional)



Boil eggs for 8 to 10 minutes, cool under cold running water. Peel and cut in half then place yolks in a bowl and add the mayo, mustard and curry powder, mash and mix well. Then add the mixture by the spoonful to the egg halve and top with paprika. Cover and chill.

Faith Littlewolf: Given to me by my beloved grandmother Maefred Arey

### Hot Wings

- Approximately 18 chicken wings
- Salt, pepper and cayenne to season
- 1 stick butter
- 1/3 cup hot sauce any kind you like
- Ranch or blue cheese dressing for dipping



Remove the tips from the chicken wings using a sharp knife and divide each wing into 2 at the joint. Rinse well and pat dry. Season the chicken with salt, pepper, and cayenne then bake or deep fry until cooked completely through. While chicken is cooking, melt butter and pour into a large bowl then mix in the hot sauce. Coat the cooked wings with the hot sauce mixture. Dip and enjoy

Faith Littlewolf: Adapted recipe off the internet

### **Hummus with Cilantro**

- 1 -16 oz can of chickpeas or garbanzo beans
- 1/4 cup liquid from can of chickpeas (or liquid if you cook from scratch)
- 3-5 TBS lemon juice (depending on taste)
- 1 & 1/2 tsp tahini
- 2 cloves garlic, crushed
- 1/2 teaspoon salt
- 2 TBS olive oil
- 1 TBS cilantro, finely chopped (or more to your taste)



Drain chickpeas and set aside liquid from can.

Combine remaining ingredients in blender. Add liquid from chickpeas. Blend for 3-5 minutes until thoroughly mixed and smooth.

Place in bowl; create a shallow well in the center of the hummus. Add a small amount (1-2 tablespoons) of olive oil in the well. Garnish with extra cilantro (optional).

\*\*Use hummus in place of mayo on a sandwich, use as dip for veggies, with pita bread or however you choose.

[Sonoma Paiz: Taken from the internet](#)

## *Salads*

### **Cucumber Salad (Asian Thai Cucumber Salad)**

- 1/3 cup distilled white vinegar
- 1/3 cup white sugar
- 1/2 tsp ground coriander
- 1/2 tsp crushed red pepper flakes
- 1/2 tsp salt
- 2 lbs cucumbers - halved, seeded and sliced
- 1/2 cup finely chopped red onion
- 1 - 2 roma tomatoes, chopped
- 2 TBS chopped fresh cilantro
- 2 TBS chopped fresh mint
- 1/4 cup chopped roasted peanuts
- Fresh Mint Sprigs (optional)



Whisk together the vinegar, sugar, coriander, red pepper flakes, and salt in a salad bowl until the sugar is dissolved.

Stir in the cucumbers, onion, tomatoes, cilantro and chopped mint. Toss to coat with dressing.

Cover and refrigerate for 1 hour to blend the flavors.

Before serving, toss again with chopped peanuts and garnish with sprigs of fresh mint.

[Janice LaFloe: Recipe courtesy of allrecipes.com](#)

### **Marinated Greek Cucumber Salad**

- 2 large cucumbers, washed and sliced
- 1/4 cup red onion, diced
- 1 garlic clove, minced
- 1 TBS fresh dill, minced
- 4 TBS lemon juice
- 1 & 1/2 TBS honey
- 1 & 1/2 TBS olive oil
- Salt and pepper to taste
- 4 ounces feta cheese, crumbled



In a small bowl, whisk together the garlic, dill, lemon juice, honey and olive oil. In a large bowl, toss the sliced cucumbers and red onion with the dressing. Season with salt and pepper and marinate in the refrigerator for 30 or so minutes. Sprinkle with feta cheese just before serving. [Sonoma Paiz: Taken from the internet](#)

### **Marinated Veggie Salad**

- 3 large tomatoes
- 3 large cucumbers
- 3 large green pepper
- 1 Medium onion
- 1 standard size bottle of Zesty Italian salad dressing

Wash, deseed and cut into bite size pieces the first 3 veggies. Slice the onion into rings and then mix all the veggies together. Now place the veggies into a gallon size ziplock baggy and pour the whole bottle of dressing into the bag of veggies. Marinate overnight on the refrigerator. Flip the bag it at least once while marinating to soak the veggies evenly. When ready to serve, drain oil using a colander and discard. Prepare it the night before and forget about it until it's time to serve.

[Faith Littlewolf: Learned this recipe while employed at Tom's Resort of Cass Lake, MN back in the late 70's](#)

### **Wild Rice and Grape Salad: (about a quart and a half)**

- 3 cups cooked rice
- 1 cup seedless green grapes, halved
- 1 small can water chestnuts, sliced
- 1/2 cup celery chopped medium-fine
- 1 big bunch green onions chopped medium fine
- 1/2 cup slivered or sliced almonds
- 1 cup Hellmans mayo, do not use substitutes

Stir vegetables and mayo into rice, stir grapes in gently. If too thick, thin with a little milk. Taste for seasoning. Refrigerated, this will keep several days. Improves it to make it the day before, so the mayo sinks in and blends a little. If you do make it in advance, don't add any more seasoning until you taste it the next day. You can also put leftover chopped up chicken or turkey in this salad, if you're going to take this somewhere, be sure to keep it chilled in a cooler until time to eat.

[Elizabeth Lonelodge: Copyright 1995 Paula Giese](#)

## Soups

### Buffalo Stew (Tanka-me-a-lo)

- 2 Stalks of celery, cut 1 inch long
- 1 Can stewed tomatoes
- 2 lbs of buffalo stew meat, cut into 1 inch cubes
- 4 Quarts water
- 2 lbs of red or white potatoes... (not russets)
- 1 Cup barley

Brown the buffalo cubes on high heat until seared about 3 min Add 4 quarts of water, potatoes and carrots and boil until veggies are tender. Add stewed tomatoes and celery and barley cook an additional 5 minutes. Remove from fire and place into baking dish. Bake at 425 degrees for 30 minutes. Remove from oven and enjoy. Note: this stew tastes really great, you can use elk or bear or even rabbit in place of buffalo.

Darlene Labelle Manzanares: Recipe taken from Today's Native Dish's origin Cherokee

### Butternut Squash Soup

- 2 large butternut squash (remove skins and seeds) cut into 2 inch chunks
- 1 tsp salt
- 2 TBS maple sugar
- 1 cup of vegetable broth
- Pumpkin seeds roasted
- Chives



Place squash in a large saucepan and cover and cover with water and vegetable broth. Cook until fork tender: drain and reserve liquid. Mash with potato masher leaving some of the squash in chunks. Slowly stir liquid back into squash and stir until mixed. Add the maple syrup and salt. Serve with roasted pumpkin seeds and chives sprinkled on top.

Jennifer Bendickson

### Chicken Wild Rice Soup (Heather's Version)

- olive oil
- 1 large onion
- 2 chicken breasts (or 4 thighs) cleaned and cubed (Or 2 Cups cooked chicken)
- 1 cup sliced carrots
- 2 stalks celery
- 4 small potatoes
- Salt
- Pepper
- 6 cups low sodium or homemade chicken stock
- 2 cups wild rice (rinsed until water is clear)
- 1 cup cream
- Fresh thyme and sage sprigs (or ½ tsp each dried)

continued

Heat a large soup pan and add enough olive oil to sauté vegetables and chicken. Start with onion and add chicken (if using uncooked). Once chicken begins to brown, add the other vegetables. Season with salt and pepper. Sauté another 10 minutes until onions are translucent and vegetables are starting to soften. Add rice and broth. (This is also the time to add the chicken if you are using cooked chicken.) Bring to a boil and simmer on low until rice is tender (about 30 minutes) and chicken and vegetables are cooked. Add herbs toward the end of simmering time. Turn heat off and stir in cream. Check and adjust for seasoning. Remove sprigs if using fresh herbs. **Heather Reynolds**

### **Wood-Tick Soup**

- 1 lb. of wild rice
- 1 lb. of bacon
- 2 TBS tablespoons of butter/margarine
- 4-Stalk of celery
- Med onion
- 2- Regular cans of Chicken broth
- 2- 10 ¾ oz cans of Cream of Mushroom soup

2- 10 ¾ oz cans of Cream of Chicken soup

Wash and Soak Wild Rice overnight

Fry Bacon and drain bacon grease (you can add bacon grease if you want for flavor)

Cut Celery and Onions into small pieces

Sauté butter, add celery and onions, set aside

Boil Wild rice for two minutes then simmer for a half an hour.

Combine wild rice, bacon, soups and chicken broth along with the sautéed celery and onions add two cans of water and simmer for half an hour.

**Kay Tellinghuisen: Recipe given to her by Carol Rainy**



## *Main Dish's*

### **Baked Bean Hot Dish**

- 4-6 cans of any type of beans
- 2 lbs of hamburger
- 1 tsp seasoning salt
- 1 cup of bacon or sausage or ham or some of each
- 1 large onion chopped
- 1 cup of brown sugar
- 4 TBS ketchup
- 1 TBS molasses
- Salt & pepper

Brown hamburger and drain well, return to pan and add seasoning salt and chopped onion cook till onion is softened. Drain and reserve liquids from the beans. Mix hamburger and beans together. Dice bacon and/other meat(s) that you will be using and add to hamburger and bean mixture. Stir in brown sugar, **continued**





ketchup and molasses. Salt and pepper to taste mix well. Transfer mixture to a covered baking dish adding the bean liquid to your desired consistency. Bake covered for 30 to 40 minutes in at 350 degrees. Uncover and bake additional 15 to 20 minutes adding additional liquid if desired.

Faith Littlewolf: Given to me by my best friend Sharon McKenna who got it from an elderly lady from Canada

### **Breakfast Casserole**

Prepare ahead the night before:

- 2 Lbs pkg hash browns (Prefer Simply Potatoes in dairy case)
- 8-10 eggs depending on size(extra large)
- 3 cups of milk
- 2 cups shredded cheddar cheese
- 1 Lbs cooked breakfast sausage
- 1 large onion chopped
- 1 green pepper chopped
- Salt and pepper to taste

In a 9x13 inch baking dish grease the bottom and sides of the pan.

Cook sausage until brown add chopped onion and green pepper, set aside.

Put hash brown on the bottom of the pan, spreading out to cover the entire pan.

Add sausage, onion and green pepper over the top spreading out over hash browns.

Sprinkle the cheddar cheese over the mixture.

Reserve a ½ cup for later.

In a large bowl mix eggs and milk together, once mixed pour over the entire dish.

Cover and place in refrigerator overnight.

The next morning uncover and bake for 1 hour at 350 degree. Remove and sprinkle with remaining cheese on top. Cut into squares. Jennifer Bendickson

### **Chicken Alfredo (Pasta with Cream Chicken and Broccoli)**

- 1 package of pasta (12 oz)
- 4 cups of broccoli flowerets (frozen package)
- 1 TBS butter
- 3/4 lbs of chicken
- 1/3 cup of onion
- 1 can Cream of Chicken
- 1/2 cup of milk
- 1/2 cup of water
- 3 oz of packaged cream cheese
- 3/4 cup of Parmesan Cheese

Prepare pasta as directed

Prepare broccoli as directed

Melt butter and fry up the chicken

In a small bowl, whisk milk, soup, water and then cream cheese

Add mixture to chicken and heat until boiling; reduce heat to low until chicken is cooked

Remove from heat and add Parmesan Cheese add to pasta and broccoli. Janice LaFloe: Recipe by Leona LaFloe





### Hmong Potato String Noodles Stir – Fry

- 1lb ground chicken breast
- 1 bag of potato string noodles
- 1 can of baby corn
- 1 can of bamboo shoots
- 1 cup straw mushrooms
- ½ cup green onions
- ½ cup cilantro
- cooking oil
- salt & pepper
- siracha sauce
- soy sauce
- oyster sauce



Soak the potato string noodles in hot water till soften. Drain and cut into short strands (5-6 inches) set aside. Cut the baby corn, bamboo shoots and straw mushrooms into bite size pieces. Pour a little oil into a pan and cook chicken until completely cooked. Add the chopped up vegetables to the chicken. Now add the salt, siracha salt, soy sauce and oyster sauce to the chicken and vegetable mixture and stir until completely cooked. Then add the potato string noodles and mix well, cook until noodles are nice and soft. Garnish with green onion and cilantro. Serve warm with budeena bread and fresh orange or apple.

Fay Hopkins: Taken from CCR&R Outreach Newsletter

### Home Made Pizza Rolls

- 1 lbs of lean ground beef
- 1 lbs of bulk pork sausage
- 1 regular jar of pizza sauce
- 1 lb of mozzarella cheese
- 1 package of egg roll wrappers. It will have instructions on how to prepare the paste to seal and fold the wrapper once you put on the filling.
  - Flour
  - Water
- Oil to fry

Brown the burger and sausage either together or in separate pans. Drain very well then add the pizza sauce to the meat, heat through and add the shredded cheese stirring until melted and blended into the meat mixture. Set aside to cool a bit. *Follow the instructions on the back of the egg roll package to prepare the paste sealing wrapping and frying.* Spoon about 2-3 TBS of meat mixture onto a wrapper. Heat oil to a medium heat setting and cook on both sides until crisp. Once cooked drain into a paper towel lined pan to drain the excess oil then transfer onto a clean lined pan or plate. I serve this with cottage cheese and a fruit because it is very rich. This meat mixture will use all the egg roll wrappers so you will get 19 pizza rolls.

Faith Littlewolf: I came up with the recipe when my kids were small, believing that anything they can put in a box I can make at home.



### **Meatballs and Spaghetti**

- ½ cup of olive oil
- 3 large onions
- 2TBS minced garlic
- 6 cup Prego Italian meat sauce
- 4 fresh basil leaves, chopped
- 1 tsp crushed red pepper
- 6 slices thawed Pepperidge Farm Garlic Toast, diced
- ½ cup whole milk
- 1 ½ lbs ground beef
- 2 eggs
- ¼ cup grated parmesan cheese

Heat ¼ cup oil in a 6-quart saucepot over medium heat. Add c cups onion and the garlic and cook until onion is tender. Stir the sauce, basil and red pepper in the saucepot. Remove the saucepot from the heat.

Place the bread into a large bowl. Pour the milk over the bread. Stir and press the bread into the milk to coat let stand 5 minutes.

Add the beef the beef, remaining onion, eggs and cheese to the bread mixture.

Mix the beef mixture thoroughly and shape firmly into 12 (3 inch) meatballs. Place the meatballs onto a baking sheet. Cover and refrigerate for 15 minutes.

Heat the remaining oil in a 12 inch skillet over medium–high heat. Add the meatballs in batches and cook until they’re well browned.

Add the meatballs to the sauce mixture. Finish cooking over medium heat for 15 minutes or until the meatballs are cooked through. Serve over noodles and with additional Pepperidge Farm Garlic Bread.

Deb Lund

### **Nopalitos Con Arror**

- 2 cloves of garlic
- 1 med onion
- 4-5 cups long grain white rice, cooked
- Ground black pepper
- 30oz jar Goya Nopalitos (Marinated Prickly Cactus) drained
- Goya Adobo Seasoning with Cunimo (Has Salt) 1 lb ground beef
- 28 oz jar crushed tomatoes, in heavy puree
- Cumino to taste
- Mexican oregano to taste
- Cilantro to taste

In large skillet, sauté onion and garlic

Add ground beef, cook, and drain, return to skillet

Add tomatoes and nopalitos, heat thoroughly. Don’t over cook

Season to taste. Serve over rice.

Note: You can make this meal stretch further by making more rice and learning the meat/cactus mixture per portion served.

Darlene Labelle Manzanares: Recipe taken from Today’s Native Dishes’ offered by Susan Marie –Kennedy...who learned this from a family recipe. Origin Cherokee

### **Spinach-Wild Rice Casserole (about 2 1/2 quarts)**

- 4 cups cooked wild rice
- 4 eggs
- 1 tsp salt
- 1/2 tsp pepper
- 1/2 lb cheese grated fine
- 4 TBS chopped parsley
- 2 lbs washed fresh spinach
- 2 big bunches green onions
- 1 cup sunflower seeds
- 2 TBS sesame seeds
- 4 TBS butter

Beat 4 eggs with salt, pepper, stir into rice. Stir in cheese and parsley. Tear stems from spinach and chop these tough stems very fine. Fry them lightly with 2 big bunches of green onions chopped fine (including most of the green part). Tear up or chop coarsely the spinach leaves and stir them into the frying pan to wilt a little. Then stir it all into the rice mix. Stir in some sunflower seeds. Taste for seasoning. Pack into 1 or 2 greased heavy casseroles. Top with toasted sesame seeds and 2 Tbsp melted butter sprinkled around on top. Bake at 350 degrees for 35 minutes, uncovered. Goes well with sweet-baked squash, pumpkin or candied sweet potatoes.

Liz Lonelodge

### **Tator Tot Hot Dish**

- 2 lbs. of lean burger
- Black pepper and onion powder to season the burger as its browning
- 1 regular size can of Campbell's cream of chicken soup or cream of mushroom  
1/2 soup can of milk or a little less or more depending on how moist you like it
- 1 to 2 cans of green beans drained or whatever veggies you want to use.
- 1 cup of cooked wild rice (optional)
- 1 regular size bag of Ore Ida tator tots
- Shredded cheese optional (as much as you like)

Brown the hamburger and drain very well. Add your soup and milk to the meat and stir all together. Place the meat mixture evenly onto a bottom of a cake pan. Lay evenly the drained vegetables atop of the meat then the cooked wild rice and lastly the tator tots. Pre heat oven and cook according to the directions on the tator tot bag. When done turn off oven and pull out of the oven and sprinkle the cheese on top of the hot dish then put back into the warm oven until cheese is melted.

Faith Littlewolf: Recipe was given to me by my mother Shirley Mae LaDuke back in the late 70's



## Other

### Faith's Fry Bread recipe (Steps written in detail for the person who has never made fry bread)

- 6 cups of flour
- 2 TBS of Baking Powder
- 1 TBS salt
- 3 TBS sugar or more depending on how sweet you want it
- 2 & 1/2 cup of warm water
- 1/2 cup of milk
- Oil to fry depending on the size skillet being used



Mix together the dry ingredients by hand and then make a well by pushing the dry ingredients to the side of bowl.

Add all liquid into middle of the well.

Start to stir the liquid with a fork and pull in the flour from the side of bowl.

Continue doing this until a sticky ball of dough is formed, you will have flour left on the side of bowl.

Now start using your hands to add and knead the flour from the side of bowl into the sticky dough until there is no flour left.

At this point you start adding and kneading flour a handful at a time to the dough. Keep repeating this until the dough feels like elastic and pulls off the fingers easily. Pat dough into a ball. Dough should spring back when pressed lightly with finger

Now lightly oil a clean bowl and coat all sides of dough by rolling/flipping it around in the oiled bowl, cover and let rest at least half an hour or longer

Add oil to skillet, oil should be about half way up the skillet

Heat the oil a couple notches above medium and let it get good and hot about 10 minutes depending on your stove. If oil is too hot it will cook the dough too fast and/or burn it on the outside and be raw on the inside. If it's not hot enough it won't brown the dough or fluff up. This takes practice and getting to know your stove.

In the mean time while oil is heating prepare two pans lined with paper towel:

- First pan is used to place the bread into it when it comes out of the frying pan to collect the excess oil
- Second pan is used to serve the bread once the oil is drained off

Ready to fry:

Lightly oil a clean space on your counter to work the dough

Tear a chunk of dough off and roll into a tube shape, then use your thumb and index finger to squeeze off a piece of dough to make your dough balls. The size depends on what you use it for. You can cook as many that will fit into your skillet but leave a little space between them.

Pat the dough balls down flat and even. Then poke a little hole in the middle with your finger, it will look like the hole closes but that's ok it hasn't. Purpose of the hole is that so the oil can come through the bread to cook it throughout.

Place dough in skillet and fry about 2 minutes on each side, dough should float and rise as it cooks. Again this takes practice.

As a batch is frying, prepare your dough balls for the next batch; remember you need to work fast and constant I like my bread soft and light golden brown, some people like it crispier. Just cook a little longer.

With practice you will develop your own techniques.

Faith Littlewolf: Enrolled tribal member of the Leech lake Band of Ojibwe,

### Great Potatoes

- 5 -6 potatoes washed sliced like French fries or cubes
- Olive oil,
- Black pepper,
- Garlic,
- One large red onion,
- Braggs Amino.

Can be baked in oven or toaster oven for 1 ½ hours on 350 or in a Crockpot for 2 hours on high.

Theresa Collins: (Braggs Vegetarian Cookbook adaptation made)

### Ham and Broccoli Muffins

- 1 & 1/2 cups reduced fat all purpose baking mix
- 1 cup finely chopped cooked ham or Canadian bacon
- 2 cups shredded 2% reduced fat and well cheese, divided
- 1 (10oz) package frozen chopped broccoli, thawed and well drained
- 1/2 cup fat free milk
- 1TBS butter, melted
- 1 large egg, lightly beaten
- Vegetable cooking spray



Combine baking mix, chopped ham 1 & ¾ cups shredded cheese, and broccoli in bowl; make a well in the center of mixture.

Stir together milk, butter and lightly beaten egg until well blended add to cheese mixture stirring just until moistened. Place paper baking cups in muffin pans and coat well with cooking spray. Spoon batter into paper baking cups, filling ¾ full. Sprinkle top evenly with remaining ¼ cup cheese. Bake at 425 for 18 minutes or until golden brown Let stand 2 to 3 minutes before removing from pans

Fay Hopkins: Recipe taken from Southern Living Magazine, January 2007

### Maple Wild Rice with Berries

- 1 cup uncooked wild rice (rinsed until water is clear)
- 3 cups water
- 3 cups berries – mixed and in season. (strawberries, blueberries, raspberries, blackberries, cranberries)
- Real maple syrup to taste
- nutmeg and cinnamon to taste

Cook the rice until done (about 30 minutes) and water is absorbed. You can add fresh or dried cranberries to the water while cooking. Remove from heat and mix in the remaining berries, syrup and spices. (Cooked apples also taste good.) Serve warm. If you like, serve with milk or cream. Heather Reynolds



### **Roasted Beets with Fresh Horseradish Cream**

- 1 1/2 lbs of beets
- 1/3 cup crème fraiche or sour cream
- 2 TBS finely grated peeled horseradish or drained bottled
- 1/4 tsp freshly grated lemon zest
- 2 tsp unsalted butter
- 1 TBS minced fresh chives



Scrub the beets, wrap them tightly in 2 foil packages, and roast them on a baking sheet in the middle of a preheated 350 F oven for 1 to 1 1/2 hours, or until they are tender.

Unwrap the beets carefully, discarding any liquid that may have accumulated in the foil, and let them cool until they can be handled. Peel and halve the beets and cut them into 1/4 inch slices.

In a small bowl, stir together the crème fraiche (or sour cream), the horseradish to taste, the zest and salt and pepper to taste. In the skillet, cook the beets with salt and pepper to taste in the remaining 1 tablespoon butter over moderately high heat, stirring for 2 to 3 minutes or until they are hot.

Top the beets with the horseradish cream and sprinkle the cream with the chives and salt and pepper to taste

[Janice LaFloe: recipe courtesy of Gourmet](#)

### **Somali Cabbage**

- 1 small head of cabbage sliced
- 1 medium onion chopped
- 2 carrots grated
- 1 tsp Cumin powder
- 1 tsp coriander powder
- 1 chili pepper to taste
- 2 tsp lemon juice
- Salt & pepper

Heat oil on a medium heat sauté onion for 3-5 minutes. Add the cabbage, carrots and chili pepper, stir fry until cabbage is soft. Stir in cumin, coriander lemon juice and season with salt and pepper. Lower the heat and cook until the cabbage is cooked through.

[Fay Hopkins: Taken from CCR&R Outreach Newsletter](#)

### **Squash and Sweet Potatoes**

- 2 medium size sweet potatoes
- 1 small or medium squash
- 1/4 cup maple syrup
- 3 TBS olive oil

Cut potatoes and squash in cubes rinse and mix in olive oil and maple, stir then pour into a non stick pan. Cook for about hour and half at 325

[Theresa Collins](#)

### Wild Rice Loaf

- 4 cups wild rice cooked with 2 cubes of chicken bouillon
- 2 cups of bread crumbs
- 8 oz pkg of cheddar cheese
- 2 extra large eggs
- 1 green pepper diced
- ½ cup of diced onion
- 2 cups milk
- 1tsp salt
- ½ tsp pepper

Heat oven to 325 degree. Grease a 9x3 inch loaf pan with oil. Mix all ingredients together in mixing bowl. When thoroughly mixed pour into loaf pan. Place loaf pan in cake pan filled with water. Cook in oven 1 hour or longer until when tested with knife, comes out clean. Let rest for 15 minutes then loosen with knife and turn over onto a serving dish. Can be served with mushroom gravy.

Jennifer Bendickson

## Dessert

### Fruit Cocktail Cake (Child Friendly)

- Beat 2 eggs

Add

- 1 tsp vanilla
- 1 cup sugar
- 1 & 1/2 cup flour
- 1/4 tsp salt
- 1 tsp soda
- 1 medium can fruit cocktail with juice too!

Place in 13 x 9 inch cake pan no need to grease & flour pan or you can. I do out of habit.

Sprinkle as little or as thick as you want with brown sugar to create a crispy topping

Bake at 325 for 45 minutes

Faith Littlewolf: Given to me from beloved stepmother Delores Simons back in 1992

### Indian pudding

- 1/4 cup cornmeal
- 2 TBS white rum
- 2 cups whole milk cold
- 2 cups of whole milk scalded
- 1/2 cup molasses
- 1 tsp salt
- 1/4 cup sugar
- 1 tsp cinnamon or ginger
- 4 TBS butter    **continued**



Step one: mix the cornmeal with the cold milk to pour easily. Stir until smooth. Add slowly 2 cups of the scalded milk in the top of a double boiler cook for 20 minutes or until thick.

Step two: Add molasses, salt, sugar, cinnamon (or ginger) and butter. Pour into a buttered pudding dish and pour over the balance of the cold milk and rum.

Step three: Set in pan of hot water and bake for 3 hours in a 250 degree oven, let stand ½ hours before serving. Serve topped with vanilla ice cream. This pudding should whey or separate.

[Darlene Labelle Manzanares: Recipe taken from Today's Native Dish's offered by Joseph Brant. Origin Abenaki](#)

### **Latino Apple Crisp**

- 4-5 medium apples
- 1/4 cup quick cooking oatmeal
- 1/4 cup flour
- 1/2 cup brown sugar
- 1 TBS cinnamon
- 1/4 cup margarine



Preheat oven to 350 degrees. Grease the sides and bottom of a square pan. Remove the cores from the apples and slice. Spread the apples on the bottom of the pan. Cut the margarine into small pieces and put into a medium size bowl. Add the oatmeal, brown sugar, flour and cinnamon. Using 2 knives cut the margarine into the mixture until it looks like small crumbs. Sprinkle the mixture over the top of the apples. Bake for 20 minutes.

[Fay Hopkins: Taken from CCR&R Outreach Newsletter](#)

### **Peanut Butter Balls**

- 3/4 cup honey
- 1 cup peanut butter
- 3 cups oats
- 1/2 cup ground flax seeds
- Any combination of chocolate chips, nuts, or dried fruit

Mix all ingredients together and roll into balls. Chill at least one hour or overnight to prevent stickiness.

[Sonoma Paiz: Taken from the internet](#)



### **Strawberry-Rhubarb Sauce**

- 2 cups (1 pint) fresh strawberries, hulled and sliced
- 1/2 cup sugar
- 2 cups chopped (1/4 in pieces) rhubarb (2 large stalks)
- Fresh or frozen juice and zest from 1 orange (about 1/4 cup orange juice and 1/2 tablespoons orange zest)

In a medium bowl, toss slices strawberries with sugar; set aside.

In a medium pot, combine rhubarb and orange juice and, over low heat, bring to a simmer.

Cook the rhubarb until barely soft, about 3 minutes. Add in strawberries and let cook for another 2-3 minutes -- DO NOT OVERCOOK or the color turns grey.

Set aside to cool slightly. Toss with orange zest. Serve over cake or Ice cream.

[Janice LaFloe: Recipe courtesy of the Star Tribune](#)

### **Turtle Pumpkin Pie**

- 1/2 cup plus 2 TBS Caramel ice cream topping
- 1 Honey Maide Graham Crust (6 oz)
- 1/2 cup plus 2 TBS chopped Pecans - divided
- 2 packages (3.4 oz each) JELLO Vanilla Instant Pudding
- 1 cup cold Milk
- 1 cup canned Pumpkin
- 1 teaspoon ground Cinnamon
- 1/2 tsp ground Nutmeg
- 1 tub (8 oz) Cool Whip

Beat with a whisk until blended the vanilla pudding, milk, pumpkin, cinnamon, and nutmeg

Stir in 1 1/2 cups of Cool Whip.

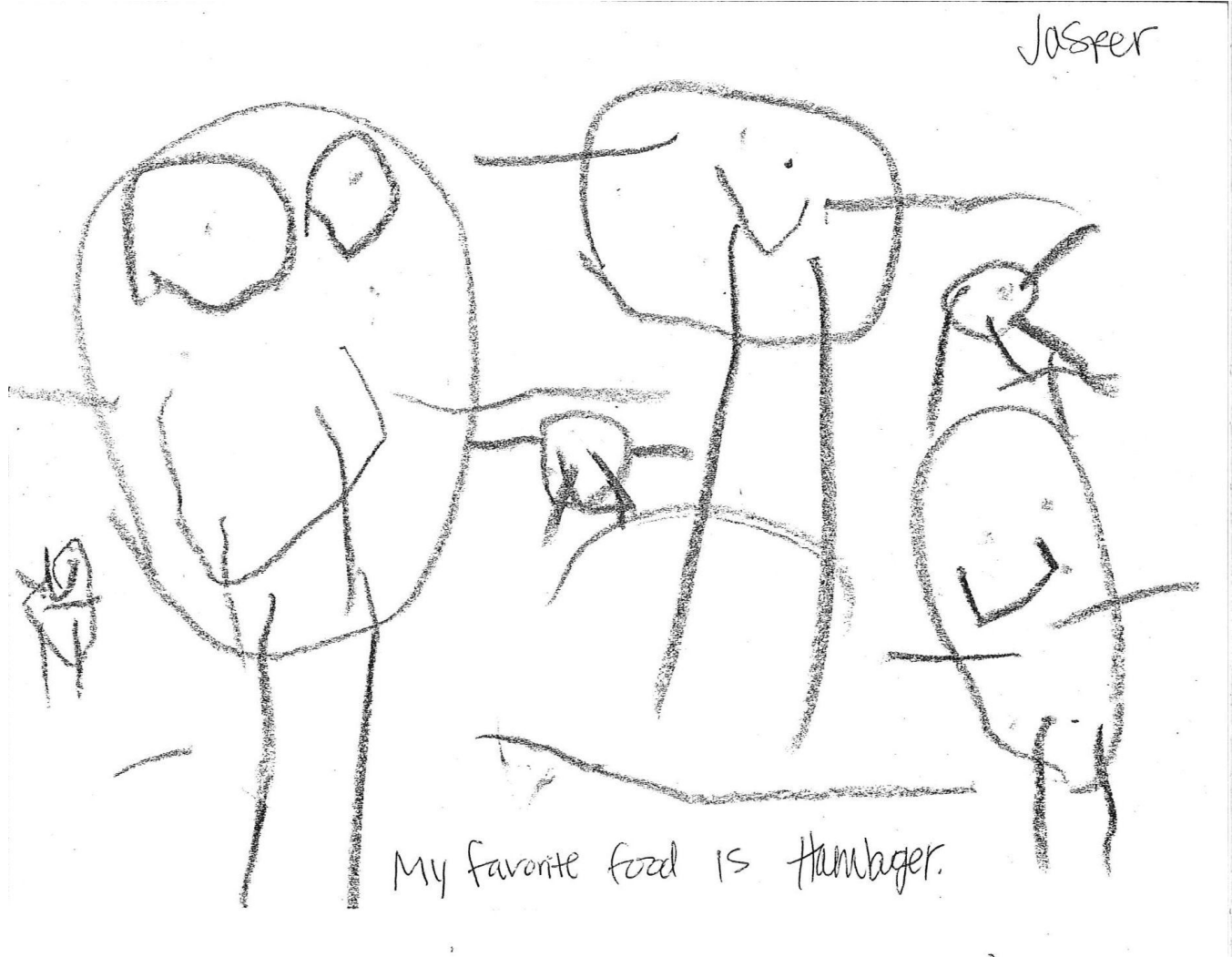
Pour 1/4 cup of caramel topping onto graham crust. Sprinkle with 1/2 cup of nuts.

Spoon the whisked ingredients onto the crust.

Refrigerate 1 hour. Top with rest of Cool Whip pour remaining caramel topping and nuts onto top.

[Janice LaFloe: Recipe courtesy of Kraft](#)





These recipes have been compiled by members of the Metro Work Group to give to the American Indian families and children of the metro area, in hopes that as a family they can prepare and enjoy these delicious dish's together.