

TRIBAL FOODS DISTRIBUTION PRESENTS

Eating Healthy ON A BUDGET

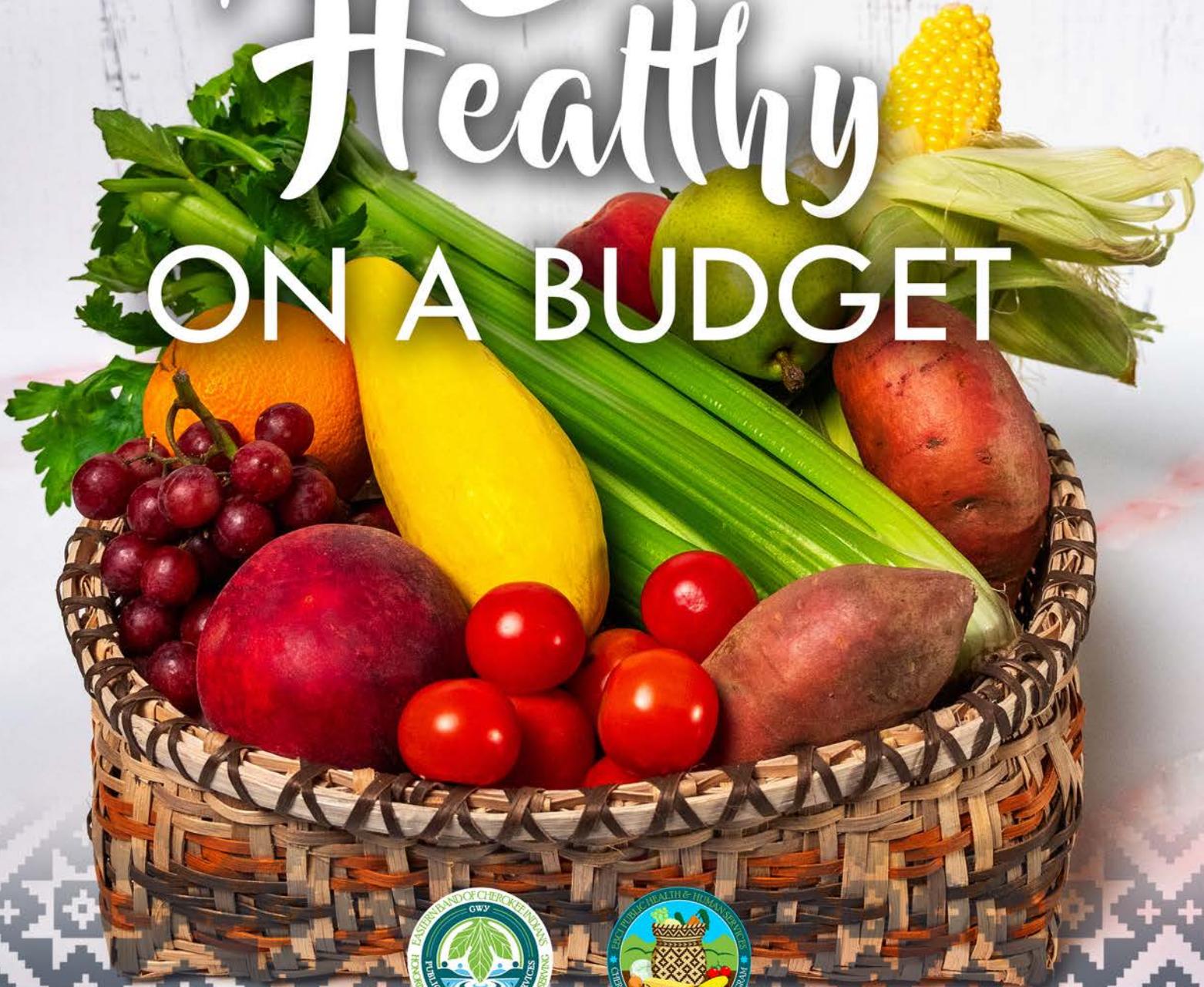


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Eating Healthy ON A BUDGET

Eating is one of life's greatest pleasures and also one of life's daily chores. In a perfect world, healthy and delicious food would be an easy affordable choice for everyone to enjoy.

While there are thousands of excuses and barriers that could keep us from eating in a way that brings the body the nourishment it needs to fight off disease, money does not have to be one of them!

Each bite of food you eat can be seen as a choice. One choice brings you disease and one choice fuels your body to ensure you stay healthy and strong.

In this cookbook I hope to help you understand how to cook meals on a budget and how to get the most medicine out of each bite.

All recipe and price per serving information was estimated at the time the cookbook was made from local WNC grocery store prices.

The Eastern Band of Cherokee Indians Food Distribution Program hopes that you enjoy our cookbook.



Tips For Eating and Shopping Well

1. Waste Not, Want Not

Plan meals with ingredients that can be used in multiple ways. For example; roast a chicken (pg. 15) and save the bones to make chicken broth (pg. 16). Save your vegetable scraps for the week and make a wonderful vegetable broth.

EAT YOUR LEFTOVERS FOR LUNCH! If you are interested in saving money and eating healthier...a great way to start is by avoiding eating your lunch at a restaurant. For this reason we decided to leave lunch recipes out of our cookbook and encourage you to eat your leftovers. If you do decide to eat your lunch at a restaurant you might try these tips:

- Make half of your plate fruit and vegetables.
- Get half of your lunch to-go and enjoy the meal the next day.
- Make it a treat by getting something you have truly been craving.
- Save money and make a healthy choice by choosing water with your meal instead of sweet tea or soda.

2. Buy in Bulk

Buying larger portions can usually save you money per serving size. Look at the image below to learn how to tell if you are getting a good value buying in bulk .

The image below shows two different price tags. In the first one, the retail price is \$1.62 for one 32 oz. yogurt. The unit price, in the red box, is \$0.05 per oz. In the second one, the retail price is \$0.72 for one 6 oz. yogurt, but the unit price is \$0.12 per oz. Based on the unit price, you can determine that the larger, 32 oz. yogurt is the better buy because you are getting more for your money



3. Shop Around the Outside Aisles of the Grocery Store

This will help you avoid a lot of processed high sugar, high fat, low nutrition foods. If you keep to the outside aisles you can find your veggies, fruit, meat, and dairy without venturing into the tempting aisles of processed foods.

5. Read Nutrition Labels Even For Foods You Think May Be Healthy

Ingredients and nutrient content can vary a lot. When there's more than one choice, compare labels. Choose the item with the lowest amounts of sodium, saturated fat and added sugars.

Start with the Serving Information at the Top

This will tell you the size of a single serving and the total number of servings per container (package).

Next, Check Total Calories Per Serving and Container

Pay attention to the calories per serving and how many calories you're really consuming if you eat the whole package. If you double the servings you eat, you double the calories and nutrients.

The next section of information on a nutrition label is about the amounts of specific nutrients in the product.

Limit Certain Nutrients

Check key nutrients and understand what you're looking for. Not all fats are bad, and total sugars can include both natural and added sugars. Limit the amounts of added sugars, saturated fat and sodium you eat, and avoid trans fat. When choosing among different brands or similar products, compare labels and choose foods with less of these nutrients when possible.

Get Enough of the Beneficial Nutrients

Make sure you get enough of the nutrients your body needs, such as: calcium, choline, dietary fiber, iron, magnesium, potassium, and vitamins A, C, D and E.

Understand % Daily Value

The % Daily Value (DV) tells you the percentage of each nutrient in a single serving, in terms of the daily recommended amount. If you want to consume less of a nutrient (such as saturated fat or sodium), choose foods with a lower % DV (5 percent or less). If you want to consume more of a nutrient (such as fiber), choose foods with a higher % DV (20 percent or more).

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	16%
Saturated Fat 1g	2%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Here Are More Tips For Getting As Much Health Information As Possible From The Nutrition Facts Label:

- Remember that the information shown in the label is based on a diet of 2,000 calories a day. You may need less or more than 2,000 calories depending upon your age, gender, activity level, and whether you're trying to lose, gain or maintain your weight.
- When the Nutrition Facts label says a food contains "0 g" of trans fat, but includes "partially hydrogenated oil" in the ingredient list, it means the food contains some trans fat, but less than 0.5 grams per serving. So, if you eat more than one serving, you could end up eating too much trans fat.
- The U.S. Food and Drug Administration (FDA) regulates the Nutrition Facts label seen on packaged foods and drinks. In 2016, the FDA released changes to the label to make it easier to see how many calories and added sugars are in a product and to make serving sizes more realistic. These changes are still being implemented throughout the food industry, so for now you may see the redesigned version shown here or the old original version.

*Source: 2015-2020 Dietary Guidelines for Americans



Breakfast



Omelet

Serves 2
50-80 cents a serving

INGREDIENTS

- 4 eggs
- ½ of a small onion diced
- ¼ cup of grated cheese
- ½ cup of your favorite left over veggies, examples are mushrooms, spinach, bell peppers, left over baked potato slices or tomatoes.
- Salt and pepper (just a pinch)
- Pick a spice. I like cayenne pepper, dill, or an Italian seasoning.
- A small amount of olive oil or cooking spray



STEPS

1. Place eggs and spice in a bowl and whisk together with a fork. Spray or put olive oil in the pan and sauté the onion and vegetables for about 2 minutes and set aside.
2. Add the egg to the hot pan and swirl to coat the surface evenly. Flip the egg over cooking the other side. Add veggies and cheese.
3. Once the egg is fully cooked, fold the egg in half with your spatula. Cut in half to share.

A Bit About Eggs

According to the USDA the average price for a dozen extra larges eggs is \$2.12 and medium eggs are \$1.89. Making it an affordable and delicious choice for getting protein.

Tip

Fill omelet with peppers, onions, spinach, and top with salsa.

Nutrition Facts

Calories: 190 | Carbohydrates: 2.5g | Protein: 15g | Fat: 13.5g | Saturated Fat: 5.7g | Cholesterol: 342mg
Sodium: 217mg | Potassium: 195mg | Dietary Fiber: 0.5g | Sugar: 1.4g | Vitamin D: 33mcg | Calcium: 159mg
Iron: 2mg

Healthy Banana Oat Muffins

Total recipe \$3.88
Servings: 24
16 cents per serving

INGREDIENTS

- 4 large ripe bananas (smashed)
- 3 cups oats
- 1 tsp vanilla extract
- * mix-ins of your choice
(see below for details)



STEPS

1. Preheat your oven to 350 degrees and generously grease a mini muffin pan.
2. In a large bowl, mix together the smashed banana, oats and vanilla.
3. Add in the mix-ins of your choice. Stir to combine.
4. Spoon the mixture into your muffin pan, filling them up close to the top.
5. Bake for 15-18 minutes and allow to cool for 5 minutes.
6. Store any leftovers in the fridge for up to 5 days.

Recipe Notes

Bananas vary in size, but here is an idea of what your banana mixture should look like. Not too dry but not too banana-y.

*Looking for mix-ins ideas?

Chocolate chips, chopped nuts, peanut butter, raisins, coconut, chia seeds, cinnamon, dried cranberries, blueberries, strawberries, sea salt, and more.

Want to make a variety?

Instead of stirring your mix-ins into the banana oat mixture, fill your muffin cups up about half way, add in a few mix-ins, top with more banana oat mixture, and then top with more mix-ins. Add raisins, crasians, or berries to make them sweet.

Nutrition Facts

Calories: 70 | Carbohydrates: 15g | Protein: 1.6g | Fat: 0.7g | Saturated Fat: 0.1g | Cholesterol: 0mg
Sodium: 1mg | Potassium: 120mg | Dietary Fiber: 1.6g | Sugar: 5.8g | Vitamin D: 0mcg | Calcium: 7mg
Iron: 1mg

To make "My Plate Approved", add 1 cup of fruit



Breakfast



Breakfast



Egg Scramble

70-90 cents per serving

Prep Time: 6 minutes

Cook Time: 4 minutes

Total Time: 10 minutes

Servings: 1

INGREDIENTS

- ¼ diced red onion
- 2 oz diced precooked bacon
- ¼ diced red bell pepper
- ¾ cup baby spinach leaves
- 2 large eggs
- ¼ cup chopped chives
- Salt and pepper to taste



PREPARATION

1. In a medium sized jar add the diced onion, bacon, bell pepper and baby spinach in that order.
2. Add 2 whole eggs into the jar and close the lid (uncracked until ready to cook).
3. Refrigerate the jar until you are ready to prepare your breakfast. (No more than 3 to 4 days).

COOKING

1. Remove the lid and the eggs.
2. Microwave the first 4 ingredients in the jar on high for 90 seconds.
3. Stir the ingredients (be careful the jar will be hot).
4. Crack the eggs into the jar.
5. Add ½ the chives and season with salt and pepper to taste.
6. Gently mix the eggs into the bacon and vegetables.
7. Microwave for a 1 to 2 minutes until cooked through.
8. Garnish with the remaining chives and serve.

Nutrition Facts

Calories: 298 | Carbohydrates: 9g | Protein: 24g | Fat: 13.5g | Net Carbohydrates: 6g | Fiber: 3g

Pumpkin Pancakes

Total: 40 mins

Servings: 6 at 37cents per serving.

Yield: 12 pancakes

INGREDIENTS

- 1 ½ cups milk
- 1 cup pumpkin puree
- 1 egg
- 2 tablespoons vegetable oil
- 2 cups all-purpose flour
- 3 tablespoons brown sugar
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- 1 teaspoon ground allspice
- 1 teaspoon ground cinnamon
- ½ teaspoon ground ginger
- ½ teaspoon salt



STEPS

1. In a bowl, mix together the milk, pumpkin, egg, and oil. Combine the flour, brown sugar, baking powder, baking soda, allspice, cinnamon, ginger and salt in a separate bowl. Stir into the pumpkin mixture just enough to combine.

2. Heat a lightly oiled griddle or frying pan over medium high heat. Pour or scoop the batter onto the griddle, using approximately 1/4 cup for each pancake. Brown on both sides and serve hot.

Nutrition Facts

Calories: 278 | Carbohydrates: 45.8g | Protein: 7.9g | Fat: 7.2g | Cholesterol: 35.9mg | Sodium: 608.1mg

My Cherokee Plate Tip: Serve with spiced apples on top, or fruit like berries, bananas, and nuts.



Breakfast



Dinner



My Cherokee Plate
Approved

Roasted Chicken

\$1.60 Per Pound = \$1.20 Per Serving

With Added Potato and Greens 2.00 Per Person

Yields: 6 servings (a serving size of chicken looks like the palm of your hand)

INGREDIENTS

- One 2- to 3-pound farm-raised chicken
- Kosher salt and freshly ground black pepper
- 2 teaspoons minced thyme (optional)
- Unsalted butter
- Dijon mustard

Serve with a baked potato and Greens to make the perfect “My Cherokee Plate”

STEPS

1. Preheat the oven to 450°F. Rinse the chicken, then dry it very well with paper towels, inside and out. The less it steams, the drier the heat, the better.
2. Salt and pepper the cavity, then truss the bird. Trussing is not difficult, and if you roast chicken often, it's a good technique to feel comfortable with. When you tie a bird, the wings and legs stay close to the body; the ends of the drumsticks cover the top of the breast and keep it from drying out. Trussing helps the chicken to cook evenly, and it also makes for a more beautiful roasted bird.
3. Now, salt the chicken—I like to rain the salt over the bird so that it has a nice uniform coating that will result in a crisp, salty, flavorful skin (about 1 tablespoon). When it's cooked, you should still be able to make out the salt baked onto the crisp skin. Season to taste with pepper.
4. Place the chicken in a sauté pan or roasting pan and, when the oven is up to temperature, put the chicken in the oven. I leave it alone - I don't baste it, I don't add butter; you can if you wish, but I feel this creates steam, which I don't want. Roast it until it's done, 50 to 60 minutes. Remove it from the oven and add the thyme, if using, to the pan. Baste the chicken with the juices and thyme and let it rest for 15 minutes on a cutting board.

Tip

Save carcass and make broth with it. Recipe on next page.

Nutrition Facts

Calories: 142 | Carbohydrates: 0g | Protein: 26.7g | Fat: 3.1g | Saturated Fat: 0.9g | Cholesterol: 73mg
Sodium: 64mg | Potassium: 220mg | Dietary Fiber: 0g | Sugar: 0g | Vitamin A: 17mg | Calcium: 13mg
Iron: <1mg

Chicken Broth

Because you are using scraps this broth is free

INGREDIENTS

Use the carcass of one rotisserie chicken or a roasted chicken you made yourself.

Place in large stock pot. Add garlic cloves, a whole onion, Carrot tops and peels (about 1 cup), celery bottoms and tops (about 3 cups), and any other vegetable that is about to go bad in the fridge.

Add spices (ginger powder, garlic powder, onion powder, salt (just a pinch), pepper, lemon juice, and any dried spices you desire).

Add enough water to cover all chicken and vegetables.



STEPS

1. Cover and heat the water to just under a boil over medium-high heat.
2. Reduce the heat to a very low simmer, so that 1 or 2 bubbles break the surface of the broth about once a minute.
3. Skim any fat and scum from the surface with a ladle, large spoon, or skimmer. Cook for two hours.
4. Strain the broth, using a pasta strainer into a larger pot. Cool then add to jars. It will save in the refrigerator for one week.

Nutrition Facts

Servings: 1 cup

Calories: 145 | Carbohydrates: 8g | Protein: 21g | Fat: 14g | Saturated Fat: 4g | Cholesterol: 61mg
Sodium: 80mg | Fiber: 2g | Sugar: 4g

Dinner



 My Cherokee Plate
Approved

Dinner



My Cherokee Plate
Approved

BBQ Chicken Salad

\$2.20 per person
Total Time: 30 minutes
Servings: 4-6

INGREDIENTS

- 3 boneless skinless chicken breasts (may also use canned chicken)
- 1½ cups prepared barbecue sauce
- salt and pepper, to taste

FOR SALAD

- 3 hearts Romaine lettuce, rinsed then chopped
- 1 can (15 ounces) black beans, rinsed and drained
- 1 bag (10 ounces) frozen corn, cooked
- 1 cup sliced cherry tomatoes
- 1 cup shredded Colby Jack cheese
- 1/4 cup chopped red onion
- 1/2 cup cilantro chopped
- ½ cup of chopped yellow or orange bell pepper

TOPPINGS

- Tortilla strips
- Barbecue sauce
- Salad dressing of choice

STEPS

1. Place chicken breasts in a greased insert of a medium to large crock pot. Season with just a bit of salt and pepper. Cover with lid and cook on low heat for 3 to 4 hours, or just boil chicken until cooked.
2. Carefully remove chicken and shred chicken with two forks.
3. Pour barbecue sauce over the chicken and toss to coat chicken in sauce.
4. To assemble the salad, place chopped romaine lettuce in a very large salad bowl OR in individual bowls. Top with barbecue chicken, beans, corn, tomato, cheese, onion and cilantro. Top salad with tortilla strips, more barbecue sauce (if desired) and dressing of choice. Gently toss to combine. Serve and enjoy!

Nutrition Facts

Calories: 411 | Carbohydrates: 58.2g | Protein: 26.5g | Fat: 9.2g | Saturated Fat: 5.3g | Cholesterol: 29mg
Sodium: 163mg | Potassium: 1403mg | Dietary Fiber: 13.4g | Sugar: 4.6g | Vitamin D: 0mg | Calcium: 32.6mg
Iron: 5mg

Slow Cooker Italian Meatball Soup

Prep Time: 15 mins

Cook Time: 6 hrs 5 mins

Total Time: 6 hrs 20 mins

Servings: 10

(serving size: 2 cups)

• Price \$1.11 per serving

• Meatballs frozen \$4.52

• Carrots 30 cents

• Onion 50 cents

• Celery 30 cents

• Diced Tomatoes \$1.40

• Spinach \$1.00

• Pasta 75 cents

• Chicken broth \$2.27

• Parmesan Cheese 5 cents

INGREDIENTS

- 3 medium carrots, sliced
- 2 ribs celery, sliced
- 1 medium yellow onion, diced
- Garlic, diced
- 1 tsp dried Italian seasoning
- 1/4 tsp black pepper
- 1 bay leaf
- 12 oz frozen Italian meatballs - (the fully cooked kind)
- 32 oz chicken broth - (reduced sodium)
- 2 cups water
- 2 (15 oz each) cans diced tomatoes with Italian seasonings
- 3/4 cup dry ditalini pasta
- 3-5 oz fresh baby spinach
- Sprinkle of freshly grated Parmesan cheese - (optional and not included in point value)



STEPS

1. To a 6 quart or larger slow cooker, add carrots, celery, onion, Italian seasoning, black pepper, bay leaf, meatballs, broth, water, wine, and canned tomatoes.
2. Stir to combine, cover and cook on LOW for 6-7 hours, until vegetables are tender and flavors are combined.
3. Stir in ditalini pasta(or any pasta if you are using spaghetti just break it up first), cover and cook on HIGH for 15 minutes, until pasta is tender. Remove bay leaf and stir in spinach until wilted.
4. Serve hot, and sprinkle with parmesan cheese.

Tip

If the noodles soak up all the broth, just add more!

Nutrition Facts

Calories: 170 | Carbohydrates: 13g | Protein: 9g | Fat: 7g | Saturated Fat: 2g | Cholesterol: 24mg | Sodium: 386mg | Potassium: 317mg | Sugar: 1g | Fiber: 1g | Vitamin A: 77.8% | Vitamin C: 5.8% | Calcium: 3.7% | Iron: 5.5%

My Cherokee Plate Tip: This recipe is already “My Cherokee Plate” approved, but adding a nice salad is a great way to get extra veggies.



Dinner



 My Cherokee Plate
Approved

Dinner



My Cherokee Plate
Approved

Mexican Chicken Soup

Prep Time: 5 minutes
Cook Time: 30 minutes
Total Time: 35 minutes

Servings: 6
\$1.32 per serving

INGREDIENTS

- 1 pound Boneless Skinless Chicken Thighs
- 4 cups Chicken Broth
- 1 cup Canned Tomatoes, undrained (also consider using a jar of salsa or 2 cans of Rotel instead)
- 1 cup Celery, chopped
- 1 cup Carrots, chopped (also consider a cup of fresh or frozen corn)
- 1/2 cup Whole Grain Rice, or other small grain rice (I like to use 1 cup of leftover rice or a drained can of hominy)
- 1/2 cup onions, chopped
- 5-6 sprigs Cilantro, with stems
- 1 tablespoon Minced Garlic
- 1 teaspoon Ground Cumin
- 1/2 teaspoon salt
- 1 teaspoon pepper
- 1 medium Lime
- 2 tsp. Olive Oil

STEPS

1. In a large pot heat 1 tsp. olive oil then add chicken. Turn chicken to fully cook.
2. After the chicken is fully cooked use silicone tongs and remove the chicken and shred it. Place chicken back into the pot with the remaining tsp of olive oil. Add rice, onions, garlic, carrots, and celery. Stir and slowly add in the cumin, pepper and salt. This process should take 2-3 minutes.
3. Add Chicken broth and tomato's and let simmer until rice is fully cooked.
4. While the soup is cooking remove the leaves of the cilantro from the stalks and chop.
5. After the soup is fully cooked add cilantro
6. Squeeze in the lime or lemon juice.
7. Serve the soup as is, or with slices of avocado stirred in at the last minute. I like to serve with additional lime wedges, warmed corn tortillas, or crushed tortilla chips.

Quick Tips

- Chicken. If you want to use chicken breast for this recipe, cut it into small pieces and cook as directed. You can use chicken breasts, chicken thighs, chicken drumsticks, Even canned chicken....all the chickens! You can also use a rotisserie chicken to make the broth and the shredded chicken in the soup.
- Vegetables. Similarly, you can vary the vegetables to suit your taste. Top with a jalapeno for spice!
- Water or Broth. You may also want to use chicken stock, chicken bouillon, bouillon cubes, or chicken broth for this instead of water.
- Corn Tortillas or Chips. I also like to serve this with warmed corn tortillas or even crushed tortilla chips on top.

Nutrition Facts

Calories: 263kcal | Carbohydrates: 21g | Protein: 15g | Fat: 13g | Fiber: 2g | Sugar: 4g

Hibachi Chicken

Total Time: 15 minutes
Serves: 4 people
\$1.12 per person

INGREDIENTS

- 3 Tbl Soy Sauce
- 2 Tbl Honey
- 1 Tbl Vegetable Oil Or Sesame Oil
- Juice from 1 Lime
- 2 cloves garlic, minced
- 1 tsp sesame seeds (optional)



STEPS

1. Marinate 1 pound of cubed chicken in this sauce for about 30 minutes before cooking.
2. Cook in pan or wok until chicken is cooked through. (Remove from pan and cook your Hibachi Vegetables.)

Nutrition Facts

Calories: 200 | Carbohydrates: 12g | Protein: 23g | Fat: 5.8g | Saturated Fat: 0.7g | Cholesterol: 0mg
Sodium: 678mg | Potassium: 58mg | Sugar: 9.1g | Fiber: 0.7g | Calcium: 18mg | Iron: 1mg

Hibachi Vegetables

Total time: 15 minutes
Serves: 4 people
\$4.90 total or \$1.23 a serving

INGREDIENTS

- 1 Tablespoon Oil
- 2 Tablespoons Butter
- 1 teaspoon ginger minced or 1 teaspoon ginger powder
- 1 teaspoon garlic minced
- 1 zucchini cut into strips
- 1 cup broccoli cut into small florets
- 1 cup mushrooms sliced
- 2 teaspoons soy sauce (2 packets from Chinese restaurant)



STEPS

1. Heat oil and butter in a large wok. Add garlic and ginger, sauté for a few seconds.
2. Add Zucchini, onion, broccoli and mushrooms. Cook for 10-12 minutes.
3. (add cooked chicken if desired. See recipe above.)

Nutrition Facts

Calories: 103 | Carbohydrates: 4.2g | Protein: 2.1g | Fat: 9.4g | Saturated Fat: 4.1g | Cholesterol: 15mg
Sodium: 204mg | Potassium: 266mg | Sugar: 1.6g | Fiber: 1.3g | Calcium: 22mg | Iron: 1mg



Dinner



My Cherokee Plate
Approved

Dinner



My Cherokee Plate
Approved

Creamy Wild Rice, Mushroom and Ramp Soup

By Rose James

\$2.80 per serving (less if you foraged the ramps and mushrooms)

Servings: 6

INGREDIENTS

- 10 oz. Wild Rice
- 2 or 3 boneless and skinless chicken breasts
- 2 1/4 cups chicken broth
- 1/4 cup olive oil
- 1/4 cup unsalted butter
- 1 large onion – chopped
- 4 large carrots – chopped
- 3 large celery stalks – chopped
- 3 cloves garlic – diced
- 5 ramps diced
- 16 oz. sliced mushrooms – either regular white or Baby Bella
- kosher salt and freshly ground black pepper – to taste
- 1 teaspoon onion powder
- 1 teaspoon rosemary
- 1 teaspoon thyme
- 3/4 cup all-purpose flour
- 8-9 cups low sodium chicken broth
- 1 1/2 cups milk
- 1/2 cup half and half
- extra broth for leftovers (if needed)

STEPS

1. In a medium stock pot, bring 2 1/4 cups chicken broth to a boil. Add wild rice, and reduce heat to a fast simmer (medium low heat). Place lid on tightly and cook until rice is al dente, or approximately 45-50 minutes (or possibly a few extra minutes). Check towards the end to make sure there is enough broth and that the pan doesn't burn. You may need to add just a bit more broth. Fluff with a fork.
2. In a large stock pot, heat olive oil and butter over medium heat. Add Diced Chicken and sauté until cooked. Add onion, carrots, celery, mushrooms, and spices (onion powder, rosemary, thyme, kosher salt and pepper). Sauté for 5-6 minutes or until the veggies begin to soften. Add garlic during the last 30 seconds.
3. Then add flour and stir for 3 minutes, to fully incorporate the flour. Add approximately 8 cups chicken broth and bring to a boil. Reduce heat to a simmer and stir until thickened, approximately 15-20 minutes.
4. Add cooked wild rice to the soup, along with the milk and the half and half, and let simmer for another 10-15 minutes. Serve hot.

White Earth Wild Rice

The wild rice of the White Earth Reservation is an all natural grain that grows untamed in the cool clear waters of northern Minnesota. The rice kernel itself is actually a cereal grain produced from an annual water grass plant that rises to a height of three to eight feet with the seed pods emerging above the water's surface. Wild rice is one of only two cereal grains that are native to North America, and is the state grain of Minnesota.

Wild rice contains a good balance of proteins, carbohydrates and fiber. A serving of wild rice provides 6.5g protein and 35g carbohydrates, while providing 3g fiber.

Nutrition

Calories: 350 kcal | Carbohydrates: 50g | Protein: 16g | Fat: 17g | Saturated Fat: 7g | Cholesterol: 23mg
Sodium: 390mg | Potassium: 896mg | Fiber: 5g | Sugar: 8g | Vitamin A: 6458IU | Vitamin C: 11mg
Calcium: 125mg | Iron: 2mg

Chicken with Parmesan Noodles and Steamed Broccoli

Total Time: 20 mins

Servings: 6

7.62 for entire recipe

INGREDIENTS

- 1 9 ounce package refrigerated angel hair pasta, or other long noodle-shape pasta such as fettuccine or linguine
- 4 large carrots, thinly sliced or exchange for zucchini noodles or cherry tomatoes
- 2 tablespoons butter
- 1 ½ pounds skinless, boneless chicken breast halves, cut into bite-size pieces
- 6 tablespoons purchased basil pesto
- ¼ cup finely shredded Parmesan cheese
- Olive oil (optional)
- Fresh basil (optional)
- One bag of frozen broccoli for a side dish
- 1 cup of cherry tomatoes

STEPS

1. Cook pasta according to package directions.
2. Meanwhile, in 12-inch skillet cook carrots in 1 tablespoon melted butter over medium heat for 3 minutes. Add chicken; cook and stir 4 to 5 minutes or until no pink remains in chicken. Add 4 tablespoons pesto; toss to coat.
3. Drain pasta. Return to pan; toss with remaining butter and pesto. Serve with chicken mixture. Sprinkle pasta with Parmesan cheese and ground black pepper. Drizzle with olive oil and top with basil. Makes 6 servings.

Nutrition Facts

Calories: 390 | Carbohydrates: 28g | Protein: 33g | Fat: 16g | Saturated Fat: 5g | Cholesterol: 114mg
Sodium: 369mg | Fiber: 3g

Dinner



 My Cherokee Plate
Approved

Dinner



Serve with salted spinach and mashed potatoes to make it “My Cherokee Plate” approved.



Homemade Salisbury Steak

Total Time: 50 mins

Servings: 4 servings

\$2.22 per serving

INGREDIENTS

FOR STEAKS

- 1 pound ground beef
- 1 green pepper finely chopped
- ¼ cup bread crumbs
- 1 large egg
- 2 teaspoons ketchup
- 1 teaspoon mustard
- ½ teaspoon dried parsley
- ½ teaspoon dried onion powder
- ¼ teaspoon fine sea salt
- 1 teaspoon oil

FOR GRAVY

- 2 tablespoon butter
- 2 tablespoons flour
- 1 ½ cups beef stock
- 1 teaspoon ketchup
- 1 teaspoon Worcestershire sauce
- ½ teaspoon dried onion powder
- ½ pound brown button mushrooms sliced

STEPS

MAKE THE BEEF PATTIES

1. Combine beef mixture: Place all ingredients for the steaks (EXCEPT for the oil) in a large bowl and mix well (I use an electric mixer with the hook attachment because it's way less messy).
2. Shape patties: Shape beef mixture into 4-6 firm patties. I make a shallow indentation in the middle to help them keep their shape during cooking.
3. Brown patties: Heat the oil in a large skillet and brown the steaks from both sides, 3-5 minutes each. Remove to a plate.

COOK THE GRAVY

1. Make roux: In the same skillet (DON'T wipe it!), melt the butter over medium heat. Stir in the flour and cook until starting to brown - do not let it get too dark, or it will be bitter. Pour in the stock, stirring very well.
2. Season gravy: Season gravy with ketchup, Worcestershire sauce and onion powder, then add the mushrooms, bring to a boil, then simmer for 5 minutes.
3. Finish cooking the steaks: Place the steaks in the gravy and cook, covered for 10-15 minutes or until cooked through.

Recipe Tips

Meat: Traditionally, it's an all-beef recipe. But if you want to change it up, you can also use a mix of pork and beef. Or even ground turkey, if you want.

Oven instructions: 30 minutes, covered, in the oven will cook your steaks, too.

Internal temperature: Remember, however you cook your steaks, make sure they reach in internal temperature of 160°F to be safe!

Nutrition

Calories: 306kcal | Carbohydrates: 13g | Protein: 30g | Fat: 14g | Saturated Fat: 6g | Cholesterol: 126mg
Sodium: 580mg | Potassium: 831mg | Fiber: 1g | Sugar: 3g | Vitamin A: 355IU | Vitamin C: 25.1mg
Calcium: 39mg | Iron: 4.1mg

Bison Stuffed Peppers

Total Time: 1 hr

Servings: 8

Serving Size: ½ of a stuffed red pepper

\$1.67 per serving

INGREDIENTS

- 4 red peppers halved & seeds and stem removed
- 1 medium onion diced
- 1 carrot diced
- 3 cloves garlic grated
- 20 ounces ground bison (or beef turkey, etc.)
- 2 cups sliced mushrooms
- 2 tablespoons dried oregano
- 1 tablespoon dried thyme
- 1 tablespoon Worcestershire sauce
- 1 tablespoon whole grain mustard
- 1 teaspoon salt
- ½ teaspoon chili flakes
- 2 tablespoons tomato paste
- 14 ounce can tomato sauce low sodium
- 1 cup cooked farro (or brown rice, bulgur, spelt, etc.)
- ½ cup shredded parmesan cheese
- fresh parsley minced – optional garnish

STEPS

1. Pre-heat oven to 350 degrees and place red pepper halves in a large glass baking dish; set aside.
2. Heat a large sauté pan over medium heat. Spray with cooking spray and add diced onion and carrot. Cook onion until softened, 3-4 minutes.
3. Add grated garlic to the pan and heat 30 seconds before adding ground bison. Bump heat up to medium-high and brown the bison while breaking it down with a wooden spoon. While bison is browning, throw in the mushrooms and spices (oregano through chili flakes.)
4. Once mushrooms have lost most of their moisture and bison is nicely browned and starting to form a crust (after about 10 minutes), stir in the tomato paste. Use wooden spoon to help incorporate paste into the meat mixture.
5. Pour in the tomato sauce and cooked farro. Stir to combine and cook for an additional 2-3 minutes until mixture is warmed through. Check for seasoning and adjust accordingly before removing pan from the heat.
6. Fill each pepper half with a heaping half cup of the bison and farro mixture. If there is leftover mixture simply add it to the pan around the peppers.
7. Sprinkle a tablespoon of shredded parmesan on top of each stuffed pepper. Cover pan with foil and bake until peppers are soft, about 30-40 minutes.
8. Optional: Once peppers are cooked, remove foil from the pan and broil peppers for 30-60 seconds to brown the cheese and form a bubbly crust on top.
9. Garnish with freshly minced parsley to serve.

Nutrition Facts

Calories: 173 | Carbohydrates: 20.1g | Protein: 20.8g | Fat: 3.5g | Saturated Fat: 1.5g | Polyunsaturated Fat: 2g
Trans Fat: 0g | Cholesterol: 50mg | Sugar: 6.8g | Fiber: 4.7g | Sodium: 700mg |

Dinner



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Hawaiian Ham Shish Kabob

Total Time: 15 minutes

10 skewers

\$2.10 for two kabobs or \$10.51 total

INGREDIENTS

- 4 tablespoons soy sauce
- ½ cup orange or pineapple juice if you are using fresh pineapple if not just use the juice from the can of pineapple
- 2 garlic cloves (minced)
- 1 whole ham steak
- 1 red onion
- 1 orange or yellow pepper
- 8 ounces mushrooms
- ½ fresh pineapple (peeled with core removed) or one can reserve juice for marinade

STEPS

1. To assemble the skewers, cut the ham, onion, pepper, mushrooms and fresh pineapple into 1" cubes and thread onto metal or wood skewer sticks (if wood, soak sticks for at least 20 minutes in water so that the sticks don't burn) , alternating ingredients.
2. To make the grilling sauce, combine the pineapple juice, soy sauce, garlic cloves in small sauce pan. Bring to a boil, then reduce heat to low and simmer for at least 10 minutes. Allow to cool before use.
3. Cover skewers with grilling sauce. This can be done ahead of time and then stored in the refrigerator, if needed.
4. To cook skewers, heat grill to medium-high and sear each side for about 5 minutes until all ingredients have been heated through and have nice sear marks.

Kabob Options

- Steak and asparagus
- Chicken, onion, squash, zucchini
- Shrimp, red pepper, pineapple
- Mushrooms, zucchini, squash, onion (serve with grilled chicken)
- Steak and broccoli

Kabob Sauces

- Teriyaki
- Italian dressing
- Soy sauce mixed with sugar
- Orange juice and soy sauce mixed for an Asian flavor

Nutrition Facts

Calories: 197 | Carbohydrates: 29g | Protein: 12.1g | Fat: 4.8g | Saturated Fat: 1.5g | Sugar: 19.1g | Fiber: 4.2g
Cholesterol 29mg | Sodium 1392mg | Vitamin D: 163mcg | Calcium: 54mg | Iron: 3mg | Potassium: 578mg

Cabbage Sausage Soup

\$1.80 per serving
Total Time: 50 mins
Servings: 6

INGREDIENTS

- 1 tablespoon Olive Oil
- 14-16 ounces Kielbasa Sausage sliced into bite sized pieces (use a fully cooked variety)
- 1 Medium Onion finely diced
- 2 Carrots sliced into rounds or half rounds depending on their size
- 2 Celery Ribs sliced or diced
- 3 Garlic Cloves minced
- ½ teaspoon Dried Oregano
- ¼ teaspoon Dried Thyme
- ¼ teaspoon Black Pepper
- Pinch Rosemary
- 6 cups Chicken Broth
- 1 pound Small Red Potatoes cut into bite sized pieces
- 1 ½ pound Green Cabbage chopped into bite sized pieces
- Salt if need at the end

STEPS

1. Heat the olive oil in a large pot over medium heat. When the oil is hot, but not smoking, add the sausage. Cook the sausage for 2 minutes, stirring frequently.
2. Add the onions, carrots and celery to the pot. Cook the vegetables for 3-4 minutes, stirring frequently.
3. Add the garlic, oregano, thyme, black pepper and rosemary. Cook for 1 minute, stirring frequently.
4. Add the chicken broth and stir, while gently scraping any bits off the bottom of the pot. Raise the heat to high and bring the broth to a boil. Lower the heat to medium-low, cover the pot and simmer the soup for 10 minutes.
5. Add the potatoes and the chopped cabbage to the soup.
6. Raise the heat to high and bring the cabbage soup to a boil. Lower the heat to medium-low and cook 10-15 minutes or until the potatoes are fork tender and the cabbage is wilted. Keep the soup at a simmer and stir occasionally.
7. Taste the cabbage soup and add salt, if needed. As a reference we added ½ teaspoon to our finished soup.

Nutrition Facts

Calories: 348kcal | Carbohydrates: 25g | Protein: 14g | Fat: 22g | Saturated Fat: 7g | Cholesterol: 46mg
Sodium: 1490mg | Potassium: 979mg | Fiber: 5g | Sugar: 6g | Vitamin A: 3508IU | Vitamin C: 68mg
Calcium: 91mg | Iron: 3mg

Dinner




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Baked Salmon with Potatoes and Green Beans

Total Time: 40 mins
Total \$3.11 per serving
Servings: 4

INGREDIENTS

- 1 pound of potatoes, quartered * anything from sweet potatoes to baking potatoes will work.
- 2 tbsp olive oil
- 1½ tsp salt, divided
- ½ tsp fresh ground black pepper, divided
- 4 (6 ounces each) salmon filets, skin on or off
- 4 tbsp butter, melted
- 1 tsp sea food seasoning.
- 4 cloves garlic, minced
- 2 tbsp freshly squeezed lemon juice
- 1 tbsp sugar or honey
- 1 pound fresh green beans, trimmed. Frozen green beans will need to be steamed according to package. *broccoli can be substituted here but make sure all the pieces are cut around the same size so that it cooks at the same time.
- lemon slices, for garnish

STEPS

1. Heat oven to 400°F.
2. Toss together potatoes with the oil, 1/2 teaspoon salt, and 1/4 teaspoon pepper. Spread out in an even layer on a large rimmed baking sheet.
3. Roast potatoes for 13 to 15 minutes, or until just tender and starting to brown a bit.
4. Remove from oven; push potatoes to one side of the sheet pan and arrange salmon fillets down the center.
5. Melt butter in a small mixing bowl and whisk in garlic, seafood seasoning of your choice, lemon juice, and brown sugar. Remove 1-1/2 tablespoons of the butter-garlic mix and set aside.
6. Rub salmon evenly with the remaining butter mixture.
7. Add the green beans to the other side of the pan and toss with the 1 1/2 tablespoons melted butter mix.
8. Season everything with the remaining salt and pepper.
9. Return to oven and continue baking for 10 minutes, or until the potatoes are golden and fork-tender and salmon is cooked through at 145°F or when you look at the fish it has no darker pink in the middle. The center of the fish will match the color of the top of the fish.
10. If you want extra browning on top of the salmon, put pan under the broiler for the last 2 to 3 minutes of cooking.
11. Serve with lemon slices.

Nutrition Facts

Calories: 521kcal | Carbohydrates: 26g | Protein: 39g | Fat: 30g | Saturated Fat: 10g | Cholesterol: 124mg
Sodium: 1066mg | Potassium: 1553mg | Fiber: 6g | Sugar: 7g | Vitamin A: 1200IU | Vitamin C: 28mg
Calcium: 105mg | Iron: 6mg

Sheet Pan Salmon Primavera

Prep Time: 15 mins
Cook Time: 40 mins
Servings: 4
\$3.00 Per serving

INGREDIENTS

- 1 to 1 and 1/2 pound salmon fillet allow about 1/3 pound per person
- 2 lemons one sliced, one for juicing
- 1/4 cup flavorful extra virgin olive oil plus more for brushing
- 1 tsp Italian herb seasoning
- 1 Tbsp minced fresh or dried rosemary
- 1-2 cloves garlic minced
- 1/2 tsp salt and fresh cracked black pepper to taste

ASSORTED VEGETABLES, ABOUT 5 CUPS

- Leeks, ramps, or onions
- Brussels sprouts
- carrots
- turnips
- asparagus
- squash
- cherry tomatoes
- new potatoes
- summer squash or zucchini
- cauliflower

STEPS

1. Preheat oven to 425F
2. Line a baking sheet with heavy duty foil, making sure to cover the entire surface and sides.
3. Whisk together the olive oil, juice of 1 lemon, seasoning, rosemary, garlic, salt, and pepper.
4. Trim and slice your vegetables, if necessary. You can keep them whole if small. Put them in a large bowl and toss with the dressing, making sure to get all surfaces coated.
5. Method 1 ~ if you are going to give your veggies a head start in the oven, arrange them on the sheet pan and roast, uncovered, for 15 minutes in the preheated oven. Remove from the oven, and make space in the center for the salmon. Put the lemon slices down, then top with the salmon. Brush the salmon with any leftover dressing. Cover the whole pan tightly with foil and roast for 25 minutes. Open the foil and finish under the broiler if you'd like extra browning.
6. Method 2 ~ Put the sliced lemons in the center of your pan, and top with the salmon fillet. Arrange the vegetables around the salmon. Brush the salmon with any remaining dressing. Cover the whole pan with foil, crimping the edges to seal. Bake for 25 minutes. Open the foil and finish under the broiler if you'd like extra browning.

Nutrition Facts

Calories: 368 | Total Fat: 20.4g | Saturated Fat: 3g | Cholesterol: 50mg | Sodium: 736mg | Carbohydrates: 21.8g
Dietary Fiber: 11.6g | Total Sugars: 0g | Protein: 26.4g | Vitamin D: 0mcg | Calcium: 104mg | Iron: 3mg
Potassium: 858mg

Dinner



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Big Batch



Blue Cornmeal Cornbread

Prep: 10 min
Cook: 35 min
Servings: 16
Yields: 1 9x9 inch baking dish
22 cents per serving

INGREDIENTS

- 1 cup blue cornmeal
- 1 cup all purpose flour
- 5 teaspoons of baking powder
- ¼ cup white sugar
- 1 pinch of salt
- 2 eggs, beaten
- 1 cup milk
- ½ cup butter



STEPS

1. Preheat oven to 350F and grease a 9x9 inch baking dish (or your cast iron skillet)
2. Mix cornmeal, flour, baking powder, sugar and salt into a bowl and sift 3 times.
3. Stir the eggs and milk into the cornmeal mixture. Place the butter into the prepared baking dish and melt in the preheated oven. Mix hot melted butter into the cornmeal mixture. Transfer cornmeal mixture into the prepared baking dish.
4. Bake on the center rack in the preheated oven for 30-35 minutes, until the edges of the cornbread pull away from the sides of the dish, and a tooth pick inserted into the center comes out clean. Let cool 10 minutes before cutting.

Nutrition Facts

Calories: 141 | Protein 2.9g | Carbohydrates 16.5g | Fat 7.1g | Cholesterol 39.7 mg | Sodium 208mg

Honey Lime Slaw

26 cents a serving

Servings: 4

INGREDIENTS

- 2 tbsp. mayonnaise
- 1 tsp. honey
- 3 tbsp. fresh lime juice
- 1 pinch Kosher salt
- 1/2 small red cabbage (about 1 lb), cored and shredded
- 1 small jalapeño, seeded and thinly sliced



STEPS

1. In a large bowl, whisk together mayonnaise, honey, 2 tablespoons lime juice, and pinch salt.
2. Toss with cabbage and jalapeño. Let sit. The longer the better but make it at least 25 min.

Nutrition Facts

Calories: 39 | Total Fat: 2.5g | Saturated Fat: 0.4g | Cholesterol: 2mg | Sodium: 92mg | Carbohydrates: 5.1g
Dietary Fiber: 0.1g | Total Sugars: 2.3g | Protein: 0.2g | Vitamin D: 0mcg | Calcium: 4mg | Iron: 0mg
Potassium: 27mg

Big Batch



Big Batch



Black Bean and Corn Salad

Prep Time: 10

Total Time: 10

Servings: 6

\$1.22 per serving

• Salmon Price: \$6.98

• Potatoes \$1.00

• Green Beans \$2-4 depending
on if fresh or frozen

• Lemon: 50 cents

• Butter: 94 cents

• Total \$3.11 per serving

• Servings: 4

INGREDIENTS

- 3 cups black beans rinsed if canned
- 2 ears of corn kernels removed (about 2 cups) Canned (drained) or Frozen (thawed)
- 1 small green pepper
- 1 cup cherry tomatoes sliced in half
- 3 tbs diced red onion
- 2 tbs fresh lime juice
- 1 tbs chopped cilantro
- 1/2 tsp salt or to taste
- 2 tbs Italian salad dressing
- Avocado diced (add right before serving)

STEPS

1. In a large bowl, stir together the black beans and vegetables. I like raw corn right off the cob, but you can cook it briefly if you'd prefer.
2. Add the cilantro, lime juice, and salt. Taste the salad and add more salt or other seasonings as desired.
3. Refrigerate in an airtight container. Add avocado right before serving. Serve cold or at room temperature.

Nutrition Facts

Calories: 151kcal | Carbohydrates: 29g | Protein: 9g | Fat: 1g | Saturated Fat: 1g | Sodium: 203mg
Potassium: 482mg | Fiber: 9g | Sugar: 3g | Vitamin A: 251IU | Vitamin C: 26mg | Calcium: 28mg | Iron: 2mg

Spicy Pickled Eggs

Prep Time: 5 minutes
Total Time: 5 minutes
Yield: 18 eggs
15 cents per egg

INGREDIENTS

- 18 hard boiled eggs
- 3 cups white vinegar
- 1 1/2 cups water
- 1 tablespoons sugar
- 2 tablespoons coarse salt
- 1 jalapeño pepper, sliced
- 6–8 springs fresh dill
- 4 bay leaves
- 1/2 large white onion, thinly sliced
- 2 garlic cloves
- 1–2 tablespoons pickling spice



STEPS

1. In a large saucepan, combine vinegar, water, sugar and salt. Heat over medium, stirring occasionally, until sugar and salt have dissolved. Remove from heat and allow mixture to cool completely.
2. Distribute eggs and remaining ingredients between 2 quart-sized mason jars. Top with cooled brine and cover.
3. Refrigerate for about 7–10 days before serving.

Recipe Notes

This easy recipe will teach you how to make old fashioned pickled eggs with a quick brine seasoned with jalapeño, garlic and dill. No canning necessary.

Nutrition Facts

Calories: 92 | Total Fat: 5.3g | Saturated Fat: 1.6g | Cholesterol: 186.5mg | Sodium: 839.4mg
Carbohydrates: 2.2g | Dietary Fiber: 0.3g | Sugars: 1.7g | Protein: 6.4g | Calcium: 32.6mg

Big Batch



Big Batch



Quick Fridge Pickled Vegetables

Prep Time: 15 mins
Cook Time: 2 mins
Total Time: 17 mins

37 cents a serving
Servings: 4 servings

INGREDIENTS

- 1 cup vinegar*
- 1/2 cup water
- 1/2 cup shredded carrots
- 1/2 cup shredded radish
- 1/3 English cucumber (cut into matchsticks)
- 1/2 red onion (sliced thin)
- 1 clove garlic, minced
- 1 TBSP chopped green onion
- 1/2 tsp sea salt
- 1/2 tsp sugar (skip for whole30)
- 1/4 tsp dried oregano leaves



STEPS

1. Wash and dry a medium-large mason jar.
2. If you're not using pre-shredded carrots and radish, slice into matchsticks along with your cucumber. I use the slicer on my cheese + veggie grater/slicer to slice the radish and cuke in to thin slices, then chop lengthwise into thin strips. It's so super speedy!
3. Bring water and vinegar to a boil in a medium saucepan.
4. Add green onion, garlic, sea salt, oregano, and sugar. Stir until sugar dissolves and remove from heat. Allow pot to cool 5-10 minutes.
5. Place the veggies in your mason jar and slowly pour the hot vinegar mixture over the veggies. If you'd like to enjoy them slightly al dente (vs. soft) feel free to let the liquid cool even more before adding it to the jar.
6. Allow your jar to cool to room temperature then slap on the lid and pop in the fridge. That's it!
7. They can be enjoyed that very day and will be a bit more slaw-like and al dente at first. The longer these tasty veggies sit in the fridge the more flavors will intensify and the more they'll soften up too!

Recipe Notes

Quick Fridge Pickled Vegetables make the ultimate topping for tacos, burgers, and more! Featuring a blend of carrots, cucumber, radish, and onion, this healthy recipe is fast and flavorful!

Nutrition

Calories: 33 | Carbohydrates: 5g | Sodium: 311mg | Potassium: 141mg | Fiber: 1g | Sugar: 2g | Vitamin A: 2715IU
Vitamin C: 5.4mg | Calcium: 20mg | Iron: 0.2mg



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