

Acorn Squash



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Acorn squash is a winter squash that looks like a ribbed acorn and has a sweet, nutty, yellow flesh.

How To Use It

Acorn squash can be baked, roasted, boiled, or cooked in the microwave.

How To Store It

Store in a cool, dry area away from sunlight. Wash just before use. Refrigerate after cooking.

Why Eat It?

Acorn squash is rich in key nutrients such as fiber, vitamin C, potassium, vitamin A, and antioxidants to support health.

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Easy Baked Acorn Squash

Makes 4 servings



Ingredients

- 2 acorn squash
- 4 tablespoons maple syrup or honey (can replace with $\frac{1}{4}$ teaspoon ground black pepper per squash half for a savory flavor)

Directions

Wash hands with soap and water.

1. Preheat oven to 400 °F.
2. Cut acorn squash in half and scoop out seeds.
3. Fill a baking pan with about $\frac{1}{2}$ inch of water.
4. Place the squash in the pan, flesh side up. If they are lopsided, slice the underside horizontally so the bottom sits flat on the pan.
5. Add 1 tablespoon maple syrup or honey (or ground pepper if you prefer a savory flavor) to each half and spread evenly across the flesh.
6. Bake for about 1 hour, or until flesh is tender.
7. Serve as a side with meat or another main dish.



*Recipe adapted from
American Indian Health and Wellness Project.*

Blue Cornmeal



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Blue cornmeal is a whole grain made from blue corn that has been dried and finely ground.

How To Use It

Blue cornmeal can be baked into muffins, breads, and rolls or used as a breading for baked fish, chicken, or pork.

How To Store It

Keep package tightly closed in a cool, clean, dry place.

Why Eat It? Whole grains are an important source of fiber and as part of a healthy diet, may help reduce cholesterol levels, support a healthy weight, and lower risk of heart disease and type 2 diabetes.

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Blue Cornmeal Pancakes *Makes 12 servings*



Ingredients

- $\frac{3}{4}$ cup blue cornmeal
- $\frac{1}{4}$ teaspoon salt
- 1 cup water, boiling
- $\frac{1}{2}$ cup milk
- 2 tablespoons margarine, melted
- 2 tablespoons egg mix + $\frac{1}{4}$ cup water or 1 egg
- $\frac{3}{4}$ cup flour
- 2 teaspoons baking powder
- Cooking spray
- Light syrup or honey (optional)

*Recipe adapted from
Chickasaw Nation Nutrition Services, Get Fresh Initiative.*

Directions

Wash hands with soap and water.

- 1.** In a large bowl, mix the cornmeal and salt. Stir in the boiling water until the ingredients are wet. Cover and let stand for 3 minutes.
- 2.** In a separate bowl, mix the milk, melted margarine, and egg or egg mix and water mixture. Add to the cornmeal mixture.
- 3.** Add flour and baking powder to the bowl and mix until combined.
- 4.** Heat a large skillet over medium heat and spray with cooking spray.
- 5.** Spoon $\frac{1}{4}$ cup of the batter on the skillet. When bubbles appear, flip, and cook the other side until golden brown. Serve with syrup, honey, yogurt, or fresh fruit if desired.



Frozen Blueberries



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A small purple fruit that is a good source of fiber and vitamin C and can be used to sweeten any meal.

How To Use Them

Frozen blueberries can be used in smoothies, fruit salads, or baked into breads and muffins.

How To Store Them

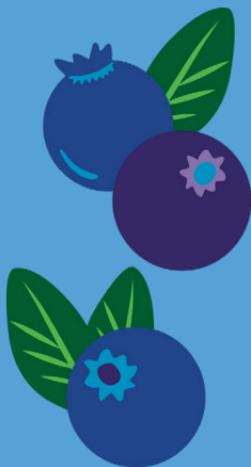
Store in the freezer at or below 0 °F until ready to use. Thaw according to package instructions or use frozen.

Why Eat Them?

An overall healthy diet rich in fruit may reduce risk for heart disease and certain cancers.

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Corn, Blueberry, and Wild Rice Salad *Makes 8 servings*



Ingredients

- 6 ears sweet corn, husked (or 1 ½ cups frozen corn or canned corn, drained)
- 1 cup frozen blueberries
- 1 small cucumber, finely diced
- ¼ cup finely chopped red onion
- ¼ cup chopped fresh cilantro
- 1 cup wild rice, cooked
- 1 jalapeno pepper, seeded and finely chopped
- 4 tablespoons lime juice
- 4 tablespoons olive oil
- 2 tablespoons honey or maple syrup
- ½ teaspoon ground cumin
- ½ teaspoon salt

Recipe adapted from First Nations Development Institute.

Directions

Wash hands with soap and water.

1. In a large pot, bring salted water to a boil. Add corn. Cook covered for 5 minutes, or until tender. If using corn on the cob, remove corn from the cob after cooking.
2. In a serving bowl, combine corn, blueberries, cucumber, red onion, cilantro, wild rice, and jalapeno.
3. For dressing: in a screw-top jar, combine lime juice, oil, honey, cumin, and salt. Cover and shake well to combine. If you do not have a screw-top jar you can whisk ingredients in a small bowl.
4. Add dressing to salad and toss.

Salad is best enjoyed if covered and refrigerated overnight or up to 24 hours.



Frozen Catfish



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Catfish is a mild white fish with a moist texture. This product comes in frozen fillets.

How To Use It

Catfish fillets may be baked, broiled, or grilled. Serve with tartar or yogurt sauce, lemon, or over rice or vegetables.

How To Store It

Store in the freezer at or below 0 °F until ready to use. Thaw according to package instructions.

Why Eat It?

Catfish is low in calories and packed with lean protein, heart-healthy fats, vitamins, and minerals.

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Ingredients

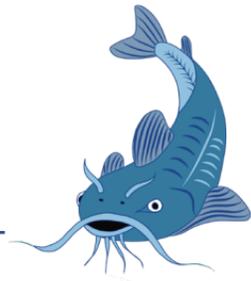
- Cooking spray
- 4 tablespoons cornmeal
- ½ tablespoon paprika
- ½ teaspoon garlic powder
- ½ teaspoon onion powder
- ½ teaspoon oregano
- ¼ teaspoon black pepper
- ¾ teaspoon lemon pepper seasoning, no salt added
- ⅛ teaspoon salt
- 1 lb. catfish fillets, frozen, thawed, drained

Recipe adapted from
Chickasaw Nation Nutrition Services, Get Fresh Initiative.

Directions

Wash hands with soap and water.

1. Preheat oven to 400 °F. Spray a baking sheet with cooking spray.
2. Combine cornmeal and spices in a shallow dish.
3. Dip each fillet in the cornmeal mixture. Coat evenly.
4. Place fillets on a baking sheet.
5. Bake 20–25 minutes flipping catfish halfway through. Catfish should reach a final internal cook temperature of 145 °F as measured with a food thermometer before serving.



Frozen Ground Bison



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A lean ground meat that is a traditional food for many Native American communities. This product comes frozen.

How To Use It

Frozen ground bison can be used in casseroles, lasagna, and chili or as stuffing for squash. Use in place of ground beef or turkey.

How To Store It

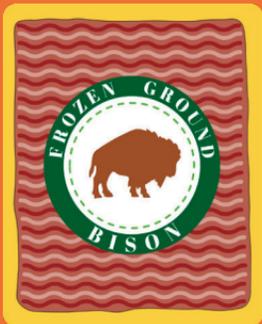
Store in the freezer at or below 0 °F until ready to use. Thaw according to package instructions.

Why Eat It?

Bison contains protein which helps build healthy bones, muscles, skin, and blood.

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Bison Chili

Makes 10 servings



Ingredients

- 2 lbs. ground bison
- 1 small onion, diced
- 2 cans tomato sauce, no salt added (15 oz. each)
- ½ teaspoon black pepper
- ½ teaspoon garlic powder
- ¼ teaspoon cumin
- 2 teaspoons chili powder
- ¼ teaspoon cayenne pepper
- 1 ½ cups kidney beans, cooked, drained

Recipe adapted from
Chickasaw Nation Nutrition Services, Get Fresh Initiative.

Directions

Wash hands with soap and water.

1. In a large skillet, over medium-high heat, cook ground bison and onions until meat is brown and onion is translucent.
2. Drain any excess fat.
3. Add tomato sauce, spices, and beans.
4. Let simmer on low for at least 20 minutes. Bison should reach a final internal cook temperature of at least 160 °F as measured with a food thermometer before serving.



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Frozen Peas



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Peas are a starchy vegetable seed that comes from a pod. Peas are part of the legume family like beans.

How To Use Them

Add frozen peas to soups, chilis, and casseroles. Thawed peas can be added to salads.

How To Store Them

Store in the freezer at or below 0 °F until ready to use. Thaw according to package instructions or use frozen.

Why Eat Them?

Peas add flavor, color, fiber, and potassium to any meal and are naturally low in calories.

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Chicken Soup for the Soul

Makes 4 servings



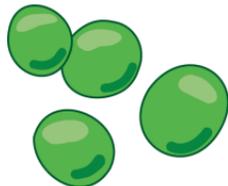
Ingredients

- 1 stalk of celery, chopped
- 1 carrot, chopped
- 1 onion, chopped
- 1 cup frozen peas
- 5–6 cups of low-sodium chicken broth
- 1 cup of cooked chicken, cubed, or canned (drained)
- ½ cup uncooked rice, macaroni, or small noodles

Directions

Wash hands with soap and water.

1. Combine celery, carrots, onions, peas, and chicken broth in a pot. Bring to a boil.
2. Add chicken and reduce heat.
3. Add rice, macaroni, or noodles.
4. Simmer on low until rice, macaroni, or noodles are tender and flavors are mixed. Chicken should reach a final internal cook temperature of 165 °F as measured with a food thermometer before serving.



Frozen Salmon



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Salmon is a flaky fish with flesh ranging from orange to dark red in color. This product comes in frozen fillets.

How To Use It

Salmon fillets can be baked, broiled, or grilled.

How To Store It

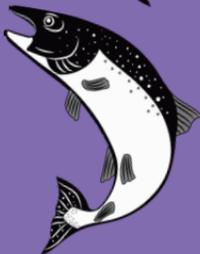
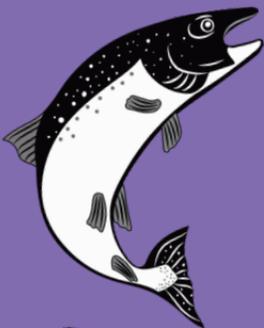
Store in the freezer at or below 0 °F until ready to use. Thaw according to package instructions.

Why Eat It?

Salmon is a great source of omega-3 fatty acids which, as part of a healthy diet, may help reduce the risk of heart disease.

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Lemon Pepper Salmon Patties

Makes 5 servings



Ingredients

- ¾ cup breadcrumbs
- ¼ cup reduced fat mayonnaise
- 1 egg, slightly beaten (can also use dried egg mix)
- ½ teaspoon lemon pepper
- 7 oz. frozen salmon, thawed, drained, and finely chopped (optional to remove the skin)
- Cooking spray

Recipe adapted from
Chickasaw Nation Nutrition Services, Get Fresh Initiative.

Directions

Wash hands with soap and water.

1. Mix breadcrumbs, mayonnaise, egg, and lemon pepper in a medium bowl. Add salmon and mix.
2. Measure ⅓ cup of salmon mixture (packed) and form into a round patty. Repeat until you have five salmon patties.
3. Spray a skillet with cooking spray and set stove to medium heat.
4. Place the salmon patties in the skillet and cook until light brown, 5–7 minutes. Flip the patties and cook on the other side until brown. Salmon should reach a final internal cook temperature of 145 °F as measured with a food thermometer before serving.



Frozen Walleye



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Walleye is a flaky, mild-flavored white fish that can be prepared in many ways.

How To Use It

Walleye can be baked or broiled in the oven, pan-seared on the stove top, or grilled.

How To Store It

Store in the freezer at or below 0 °F until ready to use. Thaw according to package instructions.

Why Eat It?

Seafood contains omega-3 fatty acids which as part of an overall healthy diet may help reduce the risk of heart disease.

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Sautéed Walleye with Tarragon *Makes 2 servings*



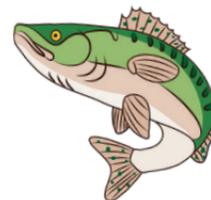
Ingredients

- 2 walleye fillets (4–6 ounces each), thawed and patted dry
- Salt and ground pepper
- 1 generous teaspoon chopped fresh tarragon or parsley (or ½ teaspoon dried)
- 2 tablespoons butter
- Fresh lemon wedges (optional)

Directions

Wash hands with soap and water.

1. Season walleye on the flesh side with salt and pepper.
2. Sprinkle with tarragon or parsley and press lightly into the flesh to help it stick.
3. Melt the butter in a pan over medium-high heat.
4. Place the fillets seasoned side down in the pan, tilting the pan to make sure the butter surrounds the fillets, and cook for about 3 minutes.
5. Gently flip the fillets and cook on the second side, about 2 minutes. Walleye should reach a final internal cook temperature of 145 °F as measured with a food thermometer before serving.
6. Plate and serve immediately with lemon wedges.



Whole Grain Rotini



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Whole grain rotini is a spiral-shaped pasta that can be used in many ways.

How To Use It

Boil whole grain rotini and use in hearty, flavorful pasta dishes, soups, casseroles, and salads.

How To Store It

Store dry pasta in a cool, clean, dry place. Store cooked pasta in the refrigerator.

Why Eat It?

Whole grains are an important source of fiber and when consumed as part of a healthy diet, may help reduce cholesterol levels and may lower your risk of chronic diseases.

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Zesty Pasta Primavera Salad

Makes 10 servings



Ingredients

- 2 cups whole grain rotini pasta, uncooked¹
- 3 tablespoons vegetable oil
- 3 tablespoons lemon juice
- 2 ½ teaspoons Italian seasoning
- ⅛ teaspoon red pepper flakes
- 1 ½ cup cucumber, chopped
- ½ cup cherry tomatoes, halved
- ½ cup carrots, sliced
- ¼ cup red onion, minced
- 3 tablespoons parmesan cheese

¹Other types of whole grain pasta may be used in place of the whole grain rotini.

Recipe adapted from
Chickasaw Nation Nutrition Services, Get Fresh Initiative.

Directions

Wash hands with soap and water.

1. Cook pasta according to the package directions.
2. Drain and set aside.
3. In a large bowl, whisk oil, lemon juice, Italian seasoning, and red pepper flakes.
4. Add cooked pasta, cucumber, tomato, carrots, red onion, and parmesan cheese to the dressing.
5. Mix well and chill for 2 hours before serving.





Wild rice has long, black whole grains with a nutty flavor and can be used in many ways.

How To Use It

Wild rice is great on its own but is often used in soups, casseroles, stuffing, or pilafs.

How To Store It

Store uncooked wild rice tightly sealed in a cool, clean, dry place. Once prepared, store in the refrigerator.

Why Eat It?

Wild rice is an excellent source of fiber. Dietary fiber may contribute to heart health and support healthy digestion, yet many individuals do not consume enough dietary fiber.

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Wild Rice Muffins

Makes 12 servings



Ingredients

- Cooking spray
- 1 ½ cup bakery mix
- ¼ cup sugar
- 2 teaspoons cinnamon
- 2 bananas, mashed
- ¾ cup milk
- ¼ cup applesauce
- 1 cup wild rice, cooked
- ¼ cup walnuts, chopped (optional)

Directions

Wash hands with soap and water.

1. Preheat the oven to 400 °F. Spray a 12-cup muffin pan with cooking spray.
2. In a medium bowl, mix bakery mix, sugar, and cinnamon.
3. In a separate bowl, mix bananas, milk, and applesauce.
4. Add banana mixture to dry mixture and stir.
5. Fold in wild rice and nuts.
6. Spoon ¼ cup of the batter into each muffin cup. Bake for 20–25 minutes.

*Recipe adapted from
Chickasaw Nation Nutrition Services, Get Fresh Initiative.*

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