

Nutrition Packet

SEPTEMBER





Cedar-Braised Beans (Yields 2 ½ to 3 cups)

INGREDIENTS*

- 1 cup **dried beans** (any kind)
- 3 cups cold water
- One 5- to 6-inch branch of cedar
- Salt and freshly ground juniper and leek powder to taste

Source: LTBB Odawak FDPIR and Community Health programs

*Ingredients in **bold** are available through the Tribal FDPIR program in your community.

LINKS:

Youtube: <https://youtu.be/ipq3YVbIYm0>

Instagram: https://www.instagram.com/tv/CSwtqXmHKUa/?utm_source=ig_web_copy_link

Facebook: <https://www.facebook.com/InterTribalCouncilMichigan/videos/557566872347986/>

Download: https://itcmi-my.sharepoint.com/:v:/g/personal/mwillette_itcmi_org/Eflll6csfclln9ZlIRfs7LkBKy-7CESysna1CdZ6cEmWUG?e=EBMDiD

INSTRUCTIONS

1. Wash your hands before preparing food.
2. Sort the beans and remove broken beans and clumps of dirt or stones. Put the beans in a large pot or bowl and cover with 3 inches of water. Allow the beans to soak for at least 6 hours or overnight.
3. Drain the beans and transfer them to a medium saucepan or soup pot. Add 3 cups of cold water to the pot and lay the cedar over the beans.
4. Set the pot over high heat and bring it to a boil.
5. Cover the pot, reduce heat and let simmer until the beans are very soft. Begin tasting the beans after 25 minutes of simmering. Remove and discard the cedar.
6. Drain and reserve the cooking liquid for soups and stews. Season to taste with salt, ground juniper and leek powder.
7. Serve the beans or store in a covered container in the refrigerator for up to 4 days or freeze.

NOTES AND IDEAS:

- For Maple Beans: Stir 1 to 2 Tablespoons of maple syrup OR maple sugar into the pot before removing the beans from the stove.
- For Mashed Beans: Add the beans and a little of the cooking liquid into a large bowl. Using either an immersion blender, a food processor fitted with a steel blade, a blender, or a potato masher, to purée the beans to make a thick paste. Season the mashed beans with salt, leek powder and ground juniper.
- If you do not have juniper, use some ground rosemary and black pepper instead.
- “Just a small branch of cedar adds flavor to these beans and helps to stimulate digestion and strengthen the immune system. We make up a big batch of these beans each week, then work them into a variety of dishes—appetizers, soups, and entrées. The first step is to soak the beans before cooking; it cuts the time in half. (This recipe is easily doubled or tripled.)
- “We like to use a mix of heirloom beans for a variety of colors, textures, and flavors. Because of the varied cooking times, we cook them separately and then combine them in a soup, hot dish, or salad before finishing the dish. Be sure to save the bean cooking water for a stock to use in soups and stews.” —Sean Sherman with Beth Dooley in their 2018 Beard Award-winning cookbook, *The Sioux Chef's Indigenous Kitchen*.

From *The Sioux Chef's Indigenous Kitchen* by Sean Sherman with Beth Dooley (University of Minnesota Press, 2017). Copyright 2017 Ghost Dancer, LLC. All rights reserved. Used by permission of the University of Minnesota Press.

Tomato Corn Soup

INGREDIENTS*

- 2 Tablespoons **vegetable oil**
- 1 **celery** rib, chopped
- 1 small **onion**, chopped
- 1/4 cup chopped **green pepper**
- 2 - 15.5 oz. cans **diced tomatoes**
- 1 - 12.5 oz. **canned chicken**, chopped into ½ inch pieces
- 2 - 15.5 oz cans **whole kernel corn** OR **cream style corn**
- ¼ to ½ teaspoon salt
- Dash of black pepper
- 1 teaspoon cumin (optional, but gives soup a Southwestern flavor)
- 1 Tablespoon dried parsley OR 2 Tablespoons fresh parsley, minced
- 1 green onion, finely chopped (optional, but tasty)

Source: LTBB Odawak FDPIR and Community Health programs

*Ingredients in **bold** are available through the Tribal FDPIR program in your community.

INSTRUCTIONS

1. Wash your hands before preparing food.
2. Add vegetable oil to a large saucepan or kettle, sauté the celery, onion and green pepper until tender.
3. Stir in tomatoes, chicken and corn. Bring to a boil. Reduce heat; cover and simmer for 20 minutes. Add additional water if needed.
4. Add salt, black pepper, cumin and parsley (if using). Bring to a boil. Reduce heat; simmer, uncovered, for 5 additional minutes. Garnish with green onion and serve.

NOTES AND IDEAS:

- This soup is good with the chicken or without it.
- Smoked fish is really good added to this soup at the end of cooking and before serving.
- One 15.5 oz. can of **black**, **light red kidney** or **pinto beans** could be added to this soup. Drain and rinse before adding.



Healthy Lunches

The cost of going out for lunch can add up quickly over a month. Bringing a lunch to work or school can trim your budget and it is usually healthier. By making your own lunches, you can control portions and choose healthier ingredients. Plan satisfying lunches that have at least two of the following food groups:

PROTEIN FOODS:

- Good choices include lean meats, chicken or turkey without the skin, eggs, beans, fish canned in water, nut butter, and tofu. Be aware that many deli meats are high in salt.

DAIRY:

- Good choices include fat-free milk, low-fat yogurt, and reduced-fat cheeses. To save money, buy large tubs of yogurt and divide into your own single-serving containers.

GRAINS:

- Choose breads, crackers, and pastas with a whole grain (like whole wheat) listed as the first ingredient. Whole grains like brown rice, cracked wheat, or quinoa, tossed with vegetables, chopped nuts, and a low-fat dressing, make tasty salads.

FRUITS:

- Choose in-season fresh fruits, dried fruits, or fruits canned in water or natural juices.

VEGETABLES:

- Choose in-season fresh vegetables. To save money, prep your own veggies at home instead of buying pre-cut vegetables like carrot sticks.

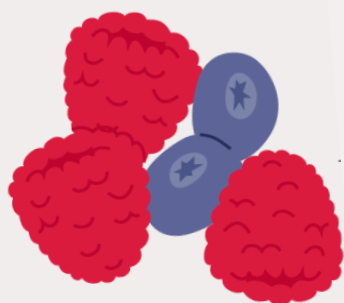
Here are 5 lunch ideas to get you started:

LEFTOVERS

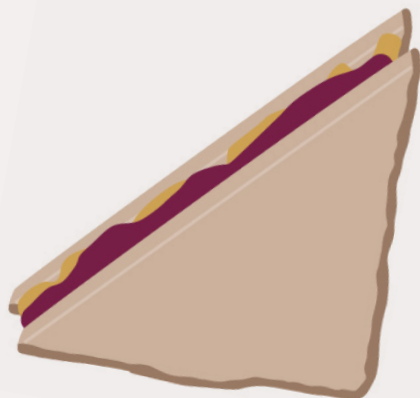
- Wrap leftovers in a corn or whole wheat tortilla or in a sandwich wrap. Try fillings like beans and rice, chili, stew, or chicken. Add some lettuce and reduced-fat cheese, and then pack fresh fruit or vegetables to balance the meal.
- **Food groups:** Grains, protein foods, dairy, and fruits or vegetables

TUNA SALAD

- Create a salad with chopped lettuce or spinach, 3 ounces of canned tuna packed in water, sliced apple, and 1 or 2 tablespoons of light vinaigrette or mayonnaise. Add some shredded cheese, or pack some string cheese to round out this lunch.
- **Food groups:** Protein foods, fruit, dairy, and vegetables



Healthy Lunches (continued)



TIPS FOR PACKING & STORING A LUNCH

- Make lunches the night before to save time in the morning.
- Keep lunches in a refrigerator or an insulated lunch bag with an ice pack. Lunches with perishable foods that sit at room temperature for over 2 hours may not be safe to eat and should be discarded.
- Instead of buying a drink in a can or bottle, pack water or another beverage in an insulated bottle.
- Save money by packing foods in reusable containers instead of plastic bags. Wash thoroughly after each use.

MEDITERRANEAN SANDWICH

- Spread 2 tablespoons of hummus in a whole wheat pita pocket. Add 1 ounce of reduced-fat Swiss cheese, sliced cucumber, and chopped tomatoes. Toss cucumber and tomato in 1 teaspoon olive oil and lemon juice for extra flavor. You can also make your own hummus to save more money.
- **Food groups:** Protein foods, grains, dairy, and vegetables

YOGURT PARFAIT

- Start with plain or flavored low-fat Greek yogurt. Then pack your favorite toppings in small containers or sealable bags, such as granola, whole grain cereal, fresh or dried fruit pieces, and nuts. As another option, try making a parfait with savory add-ins such as cucumbers, tomatoes, peppers, olives, and avocados.
- **Food groups:** Dairy, grains, protein foods, and fruits or vegetable

PB&J

- Spread 2 tablespoons of peanut butter plus 1 or 2 teaspoons of jam on 100% whole wheat bread for a perfect lunch. Add low-fat yogurt and fruit as side dishes. Mix up this classic sandwich and try other nut or seed butters, such as almond, hazelnut, or sunflower butter. You can also add banana slices, raisins or dried cranberries, or some chopped nuts or seeds to add flavor and nutrition to your sandwich.
- **Food groups:** Protein foods, grains, dairy, and fruit



GOING LEAN WITH PROTEIN

Some foods with protein are high in saturated fat. Eating too much saturated fat can increase the risk of heart disease or stroke. To limit saturated fat, it is important to choose lean protein foods.

THESE TIPS CAN HELP:

- Choose lean cuts of beef, such as loin, sirloin, round, and chuck.
- Choose ground beef labeled as at least 90% lean.
- Remove skin from poultry before eating.
- Trim fat from meats before cooking.
- Broil, grill, microwave, roast, poach, or boil meats instead of frying.
- Drain off the fat when browning ground meats.
- Cook dry beans, peas, and lentils without adding animal fats, like lard or ham hocks.
- Choose leaner lunch meats, such as turkey, ham, and roast beef. Limit regular bologna or salami.

Protein

WHAT DOES PROTEIN DO?

Protein is 1 of 3 main building blocks of food, along with carbohydrate and fat. It plays many important roles in your body:

PROTEIN BUILDS

- Throughout life, you need protein to build cells, tissues, and muscles. Protein is especially important during times of growth (such as infancy, childhood, and pregnancy) and as part of daily life for older adults.

PROTEIN REPAIRS

- Protein helps your body heal cuts and wounds.

PROTEIN PROTECTS

- Protein helps your immune system build antibodies that protect you from disease.

DOES EATING EXTRA PROTEIN MAKE YOU STRONGER?

Eating extra protein does not directly increase the size or strength of your muscles. Exercise strengthens muscles. The amount of protein in a typical diet is usually enough to build cells and tissue. For some athletes who also need more calories, getting slightly more protein may help to build and maintain muscle.

HOW MUCH PROTEIN DO YOU NEED?

Here are some general guidelines for the amount of protein that most healthy people need each day. If you have certain medical conditions, you may need more or less protein. Check with your doctor or dietitian to find out how much protein you need.

RECOMMENDED DAILY AMOUNTS OF PROTEIN:

- Males 14- to 18-years-old: 52 grams (g)
- Males 19-years-old and older: 56 g
- Females 14-years old and older: 46 g

FOR FEMALES WHO ARE PREGNANT OR BREASTFEEDING:

- during pregnancy and while breastfeeding: 71 g

Which Foods Have Protein?

FOOD SERVING	PROTEIN	GRAMS
Chicken, breast, skinless, boneless, cooked	3 ounces	27.3
Beef, top sirloin, trimmed, broiled	3 ounces	24.7
Pork, top loin roast, boneless, roasted	3 ounces	23.1
Salmon, sockeye, baked	3 ounces	22.5
Hamburger, 85% to 89% lean, cooked	3 ounces	21.2
Whey protein powder	1 scoop (44 grams)	21.0
Tuna, water packed, drained	3 ounces	20.1
Fish, cod, cooked	3 ounces	17.4
Tempeh*	½ cup	16.9
Cottage cheese	4 ounces	14.0
Yogurt, Greek, fruit, fat-free	6 ounces	13.7
Bagel*	1 medium (105 grams)	11.1
Veggie burger or soy burger, unprepared*	1 patty (70 grams)	11.0
Soy nuts*	1 ounce	10.8
Edamame, shelled, cooked*	½ cup	9.3
Lentils, cooked*	½ cup	8.6
Skim milk	1 cup	8.2
Split peas, cooked*	½ cup	8.1
Whole milk	1 cup	7.7
Black beans, cooked*	½ cup	7.3
Yogurt, fruit, low fat	6 ounces	7.3
Pasta, spaghetti, cooked*	1 cup	7.2
Peanut butter*	2 tbsp	7.1
Almond butter*	2 tbsp	6.7
Kidney beans, cooked*	½ cup	6.7
Cheddar cheese	1 slice (28 grams)	6.5

FOOD SERVING	PROTEIN	GRAMS
Chickpeas, cooked*	½ cup	6.3
Soy milk*	1 cup	6.3
Egg	1 large	6.3
Almonds*	1 ounce (22 whole)	6.0
Pinto beans, cooked*	½ cup	6.0
Pistachios, shelled*	1 ounce	6.0
Oatmeal, cooked*	1 cup	5.8
Sunflower seeds*	1 ounce	5.8
Flaxseeds*	1 ounce	5.1
Amaranth grain, cooked*	½ cup	4.7
Chia seeds*	1 ounce	4.7
Whole-wheat bread*	1 slice (36 grams)	4.5
Green peas, cooked*	½ cup	4.3
Walnuts*	1 ounce	4.3
Rice, cooked*	1 cup	4.2
Quinoa, cooked*	½ cup	4.0
American cheese	1 slice (21 grams)	3.6
Wild rice*	½ cup	3.3
Baked potato*	2 × 5 inches	3.1
Bulgur, cooked*	½ cup	2.8
Pecans*	1 ounce	2.6
Hummus, commercial*	2 tbsp	2.3
Spinach, cooked*	½ cup	2.2
Corn, cooked*	½ cup	2.2
Broccoli, chopped*	½ cup	1.9
Almond milk*	1 cup	1.4
Rice milk*	1 cup	0.7
Coconut milk*	1 cup	0.5

Note: Plant sources are indicated by a *.

Source: US Department of Agriculture, Agricultural Research Service. FoodData central, 2019.

Aatebagaa Giizis – Changing Leaves Moon

8TH MOON LESSON – SEPTEMBER

ANISHINAABEMOWIN	PRONUNCIATION	ENGLISH
Dagwaagin	Duh-gwah-gin	Autumn
Waatebagaa Giizis	Wah-tay-buh-gah-gee-zis	Changing Leaves Moon
Nishwaaswi	Nih-shwah-swih	Eight
Manoomin	Muh-new-min	Wild Rice
Manoominike	Muh-new-mih-nih-kay	Go Ricing
Jiimaan	Jee-mawn	Canoe
Gidasigan	Gih-duh-sih-gun	Parched Wild Rice

*In the White Earth Indian Community, the 8th Moon is called Changing Leaves Moon. What is the name for the 8th Moon in your community? Who would you ask to find out?

MANOOMIN (WILD RICE) IS OUR RELATIVE

WILD RICE NUTRITION INFO:

- Wild rice is an aquatic grain—it grows in water with the seed heads growing up and out of the water
- Is gluten free, low in fat, and high in minerals like iron, phosphorus, and potassium
- Has many B-vitamins including thiamine, riboflavin and niacin
- Uncooked wild rice contains more than 12% protein, (more than white rice and many other grains)



13 Moons of Anishinaabe Nutrition: A Nutrition Curriculum Based of Traditional Anishinaabe Foods

This project was funded in whole or in part by the USDA's Supplemental Nutrition Assistance Program Education through the Michigan Department of Health and Human Services and the Michigan Fitness Foundation.