



BAKED WALLEYE

SERVINGS
2-3

PRE-PREP TIME
0
MINUTES

PREP TIME
15
MINUTES

COOK TIME
15
MINUTES

INGREDIENTS:

- 2 walleye fillets, 4 ounces (120 g) each
- 2 garlic cloves, minced
- 1 tbsp (15 ml) butter, melted
- 1 tsp (5 ml) pepper
- 1 tsp (5 ml) basil or oregano or thyme, dried or 1 tbsp (15 ml) fresh
- Zest of one lemon

Serve with vegetables and rice. Try brown rice for extra nutrients!

Recipe by: Eugene Jeong

Eugene moved to Canada in 2004 to study nutrition at McGill University. Her work life included the Community Kitchen in downtown Thunder Bay where everyone shared knowledge and skills about health and traditional cooking.

METHOD:

1. Preheat oven to 400°F.
2. Mix melted butter, minced garlic, pepper, herbs and lemon zest. Pour the mixture over the fillets.
3. Bake 15 minutes or until the fish is opaque.

Steps to fillet the fish:

- Cut behind the front fin towards the backbone.
- Once you hit the backbone, turn your knife towards the tail.
- Cut straight down the backbone to the tail.
- To remove the ribcage on the fillet, place your knife at the edge of the rib cage and slice about 1 inch deep.
- Slice down $\frac{1}{8}$ th of an inch on the other side of the ribcage. Remove the ribcage.
- Remove any other bones.





NOTES FROM the cook

Our finished meal gives you a very tasty and healthy meal for two.

Eugene says this recipe is embarrassingly simple but every time she cooks fish she does it this way. This recipe can help in the prevention and management hypertension, diabetes and heart disease. It can be used to learn about different herbs and spices. Don't be afraid to try different herbs and spices! Some omit the garlic and others like to add chopped shallots to add flavour.

Help others be aware of food safety practices. Remember to bring ice to store the fish you catch. Safe handling means no more than 2 hours above 4 degrees C. (If you have to transport the walleye at all, when you filet, leave one inch of skin on the fish.)

“If you have to transport the walleye at all, when you filet, leave one inch of skin on the fish.”

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BANNOCK

Lusknikn

SERVES
12

PRE-PREP TIME
0
MINUTES

PREP TIME
5
MINUTES

TOTAL TIME
35
MINUTES

INGREDIENTS:

- 5 cups (1250 ml) white flour
- 1 tsp (5 ml) salt
- 4 tsp (20 ml) baking powder
- ½ cup (125 ml) vegetable oil or melted non – hydrogenated margarine
- 2 ¼ cups (310 ml) water or 1% milk
- 1 tbsp (15 ml) melted non-hydrogenated margarine (once the bannock is baked)

You can make the bannock in any shape by baking it in different shaped pans.

Recipe by: Rosemary Marshall

Rosemary is from Potlotek, Richmond County, Nova Scotia. She was born on Chapel Island, in a family of 11 children, 7 boys and 4 girls. William Butler and Rosemary have 3 wonderful children and a grandson. She is now working as a Mi'kmaw language translator and transcriber for Potlotek Education.

Some adaptations have been made to the original recipe.

METHOD:

1. Preheat the oven to 350°F.
2. In a large bowl, mix together all the dry ingredients.
3. Make a well in the middle of the flour and fill it with some liquid and oil or margarine. Stir it in gently with a spoon or fork.
4. Continue adding liquid until a soft ball of dough forms. You might have to add more liquid or flour as you stir.
5. Leave enough flour on the side of the bowl so you can knead the bread and then pat it into a bread pan.
6. Inside the bowl, gently knead the dough for about a minute.
7. Pat the dough flat into a bread pan of your choosing. We used a 10" round cake pan.
8. Make a cross on the bread and then cut it into sections. The cut is about ¼" deep.
9. Bake for about 45 minutes or until the sides and top are golden brown.
10. Take out of the oven. Spread margarine over the top to make it soft.
11. Cover with a clean dish towel, let cool.





NOTES FROM the cook

Each time I make Lusknikn it reminds me of my mom, who passed away when we were young. I feel that she is still a part of me and she is still helping me to be the way that I am. I know that who I am is because of who she was.

When I made Lusknikn for my aunt she told me that I make Lusknikn so very carefully. Must be made with love.

When we were young we would stand around our table and watch our mom make Lusknikn. She would have the flour in a large bowl and she would let us add the baking powder, salt and let us mix it up.

**“...Must be made
with love.”**

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BIRCH SYRUP BEANS



INGREDIENTS:

- 3 cups (750 ml) dry white navy beans
- 1 tsp (5 ml) mustard
- 2 tsp (10 ml) ketchup
- ¼ cup (60 ml) unsweetened birch syrup
- 1 small chopped onion (optional)
- 6-8 cups (1.5-1.75 l) of water
- Salt and pepper to taste

You can substitute any type of meat or vegetable stock for the salt pork.

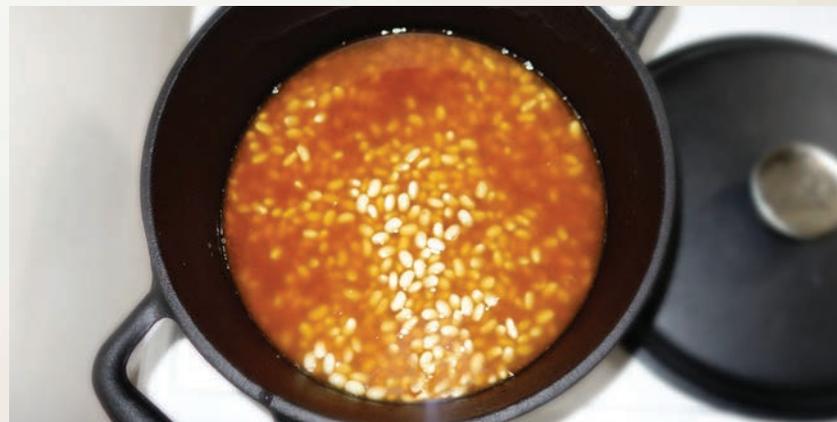
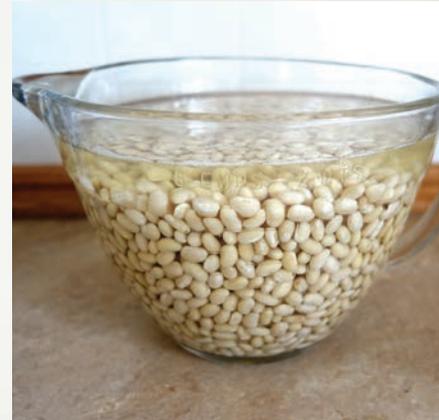


Recipe by:
Teresa Trudeau
Teresa is from Wikwemikong First Nation on Manitoulin Island in northern

Ontario. She has 7 children and 6 grandchildren. She currently works as the Traditional Health Coordinator at Anishnawbe Mushkiki in Thunder Bay, Ontario.

METHOD:

1. Soak beans overnight in water (at least 12 hours).
2. Preheat the oven to 275°F.
3. Drain the water.
4. Place beans in a 5-6 litre oven-safe baking dish. A dutch oven works well.
5. Mix beans in the dish with the rest of the ingredients. Make sure the water fully covers the beans.
6. Bake for 2-2 ½ hours, stirring every 30-60 minutes, until beans are soft and most of the liquid is absorbed.
7. Beans can also be made in a slow cooker. Leftover beans can be frozen.



Some adaptations have been made to the original recipe.

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NOTES FROM the cook

Birch syrup was traditionally prepared by First Nations, usually following the maple sap harvest. It is much thicker and less sweet than maple syrup (similar to molasses) and requires a greater ratio of sap to make the birch syrup – therefore takes more time to make and is more valuable.

It can be difficult to find commercial birch syrup, but there are multiple online suppliers. In a pinch you could use maple syrup or molasses.

There are traditional medicinal benefits of birch syrup - “trees are medicines.” This recipe doesn’t contain any refined sugar and requires very little salt. The dish is a good source of fibre, an inexpensive protein, and easy for seniors to eat.

**“Especially good with
fresh caught fish in the
summertime.”**

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CHAR ANTIPASTO



INGREDIENTS:

- 2.5 lb (1 kg) fresh or frozen char (half a medium-sized fish)
 - fresh fish can be stored in the fridge up to 2 days
 - frozen fish should be thawed in the fridge for up to 2 days
- 2 green peppers finely chopped
- 1 red, yellow and orange pepper, finely chopped
- 1 head cauliflower, finely chopped
- 1 head celery, finely chopped
- 1 large onion, finely chopped
- 1 can (398 ml) medium chopped green beans, drained
- 2 cans (284 ml each) mushroom pieces, drained
- 2 large cans (796 ml each) diced tomatoes, including juice
- 1 can (341 ml) corn niblets, drained
- 1 jar (1L) garlic dill pickles, drained and finely chopped
- 1 jar (375 ml) sweet pearl onions, drained
- 1 jar (375 ml) stuffed Manzanilla olives, drained
- 1 tbsp (15 ml) minced garlic
- 2 tbsp (30 ml) hot chili sauce
- 1 bottle (1L) ketchup
- 1/3 cup (100ml) white vinegar

Recipe by: Millie Kuliktana

Millie, from Kugluktuk, Nunavut, calls herself a retired educator but as health permits, Millie is actively involved in the caring for her extended family and sharing of her talents, passions and energy within the lucky western Arctic community of Kugluktuk, Nunavut and beyond.

Some adaptations have been made to the original recipe.

METHOD:

1. Place the fillet skin down into a pan of water. Poach the fillet at 350°F in the oven for approximately 30 minutes. *Timing depends on the thickness. It is done when you see the white scum on top and it starts to flake.*
2. Meanwhile, in a large pot, add the rest of the ingredients.
3. Once the char is ready, add it all into the pot.
4. Mix well and bring to a full boil on stove and simmer for at least 20 minutes.
5. Fill sterilized jars with the hot antipasto leaving ¼ inch headspace.
6. Secure the lids and screw caps onto jars.
7. Place filled, sealed jars into a hot bath and bring to a rolling boil for 10 minutes.
8. After cooling, check that the lids curve downwards and do not move when pressed. Label and date each jar before storing in the refrigerator.





NOTES FROM the cook

I am an educator. I grew up in the best of both worlds and adapted life skills from both worlds into my life. Now I am a mom and grandmother who loves to feed her family.

Food Safety: Since this fish dish is not made using a pressure canner, it is best to store it in the fridge and eaten within a few weeks. Throw out unopened jars with a broken seal, or once opened has a strong, fishy smell. Throw out jars that have been open for more than 3-4 days.

I decided if I put my mind to it I can make some char antipasto and not just wish I had some. This is the first time my recipe has been put down in writing. I hope you enjoy it!

“The secret ingredient is the hot chili sauce.”

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CORN SOUP



INGREDIENTS:

- 2 cups (500 ml) white Indian (hominy) corn
- 1 cup (250 ml) cooked or canned red kidney beans, drained
- ¼ cup (60 ml) hard wood ashes or 2 tsp (10 ml) baking soda
- ½ pound (225 g) salt pork, cut in half inch cubes
- 2 large onions, sliced
- 3 cups (750 ml) of potatoes, diced, boiled then drained
- 4 cups (1L) of whole milk (optional)
- 2 cups (500 ml) of water
- Salt and pepper to taste

You can substitute any type of meat or vegetable stock for the salt pork.

Recipe by: Anonymous

This recipe was submitted by an attendee at the Aboriginal Nutrition Network's Revitalizing Connections Gathering in Thunder Bay in May 2014.

METHOD:

1. Cover corn with water and simmer with ash or baking soda for 2 hours.
2. Rinse corn and remove loose skins. Set aside.
3. In the same pot, fry salt pork with the onions until onions are softened.
4. Add corn, beans, potatoes, water and milk.
5. Bring to a simmer. Ready to serve.



Some adaptations have been made to the original recipe.

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NOTES FROM THE dietitian

Goes very well with bannock or oven bread.

It can be difficult to find Indian corn, but other varieties can be substituted. Canned, cooked hominy corn can commonly be found at the supermarket.

It is interesting to watch the corn as it turns from its dried white form to dark yellow when either hard wood ashes (the traditional way) or baking soda is added to the cooking water. This process helps to release additional amino acids and B vitamins from the corn.

“Watch the corn as it turns from white to dark yellow.”

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FISH CAKES



INGREDIENTS:

- 1-2 lbs ($\frac{1}{2}$ - 1 kg) fish
- 2 small onions, chopped
- 1 $\frac{1}{2}$ cups (375 ml) bread crumbs per lb of fish (i.e. 3 cups for 2 lbs of fish)
- 1 tsp (5 ml) salt
- $\frac{1}{4}$ tsp (1 ml) pepper
- Lard or butter for cooking

Optional Sauce:

- 2 tbsp (30 ml) butter
- 2 tbsp (30 ml) flour
- 1 cup (250 ml) milk
- $\frac{1}{2}$ tsp (2 ml) salt
- $\frac{1}{8}$ tsp (0.5 ml) pepper
- $\frac{1}{2}$ tsp (2 ml) curry powder

Try the optional sauce to add some curry flavour to the fish cakes.

Recipe by: Cheryl Herman

Cheryl currently lives in Prince Albert, Saskatchewan and originally lived in a northern community called LaLoche. She has fond memories of growing up. She used to go berry picking and eat outside, cooking fish with potatoes and bannock. Cheryl learned this recipe from her mom.

Some adaptations have been made to the original recipe.

METHOD:

1. Cut fish into chunks and mix together in a bowl with onions, bread crumbs, salt and pepper.
2. Put mixture through a meat grinder or a food processor.
3. Form ground mixture into patties – if you make the patties 3 inches in diameter and $\frac{1}{2}$ inch thick with 2 lbs of fish you should get approximately 18 fish cakes.
4. Fry the patties in lard or butter for 5 minutes on each side.

Optional Sauce:

1. Melt butter in a saucepan over medium heat.
2. Slowly stir in flour.
3. Cook and stir about 3-5 minutes.
4. Gradually stir in milk.
5. Add salt, pepper, and curry powder.
6. Stir constantly until mixture is smooth and thick. Cook until just boiling.





Irene Herman, mother of Cheryl Herman, at work in the kitchen.

NOTES FROM the cook

I was never much for eating fish, jack fish in particular, but when my mom made these fish cakes I found a different perspective. These are delicious. Although it might seem a lot of work using a meat grinder, it was a wonderful treat to eat.

Every spring we would snare fish at the rapids. There was an abundance of fish! Our family would make fish fillets, make dried fish and we would use some of the fish to make these fish cakes. This recipe was a family tradition every spring and once or twice at other times of the year.

This delicious fish cake recipe can be served with mashed potatoes and a side of mixed vegetables or corn.

“This recipe was a family tradition...”

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HONEY GARLIC MOOSE

SERVINGS
8

PRE-PREP TIME
0
MINUTES

PREP TIME
20
MINUTES

COOK TIME
30
HOURS

INGREDIENTS:

- 1 tbsp (15 ml) vegetable oil
- 2 lbs (1 kg) moose meat, well-trimmed of sinew and cut into slices
- 1 large onion, sliced
- 1 large green pepper, sliced
- 1 small red pepper, sliced
- 1 small yellow pepper sliced
- 2 cloves garlic, finely diced
- ¼ cup (60 ml) honey
- Salt and pepper to taste

**You can substitute
beef or caribou
for moose in this
recipe.**

Recipe by: Liz Boyer

Liz is from Batchewana First Nation. She has been married 42 years and has worked at the band office about this long. She is the mother of four children, two sons and two daughters, however, her one daughter, and one son have passed away. She loves cooking and offers a sit-down, family supper every Sunday. Her family's favourite recipe is honey garlic moose with wild rice and corn.

Some adaptations have been made to the original recipe.

METHOD:

1. In a large frying pan, fry the onions on medium heat until soft. Stir frequently.
2. Remove from the pan. In the same pan, fry the moose meat and garlic until the moose meat is browned on all sides.
3. Add in the cooked onions and peppers.
4. Continue cooking until the peppers have reached the level of preferred crispness.
5. Stir in the honey and turn off the heat. Taste the sauce and add more honey if necessary. Season with salt and pepper to taste.



NOTES FROM the cook

Processed meats are high in cholesterol and saturated fat. This recipe uses healthy lean wild meat and veggies.

This recipe is a big hit with my family and friends. Teenagers can help chop the vegetables.



I used to like plain moose meat in my younger years then grew up not liking it anymore. I wanted to start eating it again so I decided to “doctor it up” with garlic and onions and have enjoyed it ever since.

**“I decided
to doctor it up
with garlic and
onions...”**

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JERKY

SERVINGS
1
ZIP LOC BAG

PRE-PREP TIME
0
MINUTES

PREP TIME
15
MINUTES

COOK TIME
2
HOURS

INGREDIENTS:

- 3 lbs (1.4 kg) round steak of beef or venison partially frozen
- ¼ cup (60 ml) soya sauce
- ½ tsp (2 ml) garlic powder
- ½ tsp (2 ml) onion salt
- ¼ tsp (1 ml) pepper
- 2 tsp (10 ml) liquid smoke

“ You can substitute lean beef with elk, caribou, moose or bear. ”

Recipe by: Taneisha Dumas

Taneisha Dumas, a university student from Rorketon, Manitoba, sent in this recipe that is simple to make and great for sharing or eating as a snack. Over 30 years ago Taneisha's dad had a hunting partner who passed this recipe on. It was always an item her dad would take along for hunting/gathering trips into the bush. Now, Taneisha enjoys it especially on long trips.

Some adaptations have been made to the original recipe.

METHOD:

1. Slice partly frozen meat into thin strips, cutting with the grain.
2. Add soya sauce, garlic powder, onion salt, pepper, and liquid smoke in a large zip lock bag or large bowl and mix well.
3. Add the sliced meat to the mixture and marinate for 4 to 6 hours in the refrigerator.
4. Spread strips of meat on wire rack, but cover the bottom of the oven with foil.
5. Bake at 200°F for 1 to 2 hours, checking the level of dryness every so often.
6. Turn off oven and let the jerky cool in the oven.





NOTES FROM the cook

Fall hunting is always the best time to make this recipe when there is lots of fresh meat. However jerky makes a great snack anytime, especially when you are travelling.

Make sure you cut the meat **WITH** the grain. Cut it thin so you can enjoy the flavour more and there is less chewing.

You can substitute lean beef with elk, caribou, moose or bear.

“Make sure you cut the meat with the grain...”

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REDBERRY RELISH

SERVINGS
9
CUPS

PRE-PREP TIME
8
HOURS

PREP TIME
2
HOURS

COOK TIME
40
MINUTES

INGREDIENTS:

- 8 cups (2 L) red berries (partridge berries or cranberries)
- 8 cups (2 L) yellow onions, finely chopped
- 4 cups (1 L) white sugar
- 1 tsp (5 ml) salt
- 1 tsp (5 ml) black pepper
- 1 tsp (5 ml) ground cinnamon
- 2 tsp (10 ml) pickling spice in a spice ball or cheese cloth
- 1 cup (250 ml) white vinegar

For a milder taste, use half the amount of pickling spice.

Recipe by: Barbara Crawford

Barbara Crawford is of Inuit descent, a mother of two and a grandmother of 4 who worked as a school secretary for 37 years. Barbara likes to go out on the land to hunt and gather where she resides near Goose Bay, Labrador. Her husband grows a large garden of root crops, peas and beans, to name a few.

Some adaptations have been made to the original recipe.

METHOD:

1. Add all ingredients to a large pot and leave overnight to soak, covered with lid.
2. The next day, bring the berry mixture to a boil for 10 minutes.
3. Remove pickling spice ball.
4. Reduce heat to a simmer and leave on heat, uncovered, for 1 hour.
5. While berry mixture is simmering, sterilize the jars and lids in a pot of boiling water. Check out <http://www.bernardin.ca/intro.htm> for canning information.
6. Use tongs to remove hot jars and lids from hot water. Keep the jars hot to help get a good seal.
7. Pour berry mixture into sterilized jars and fasten on the lids (always use new lids). Seal by boiling in an inch of water for 10 minutes.





NOTES FROM the cook

My mother-in-law was well known as a fabulous cook and this is her recipe. It was served on special occasions and was looked forward to each year. It is the perfect addition to Thanksgiving turkey or any wild meat dish.

My mother told me that the doctor demanded to see the barrel full of red berries to get people through the winter.



I stay away from the processed foods. I enjoy eating fresh, whole foods.

“This recipe takes patience, and cooks slowly, so stir often.”

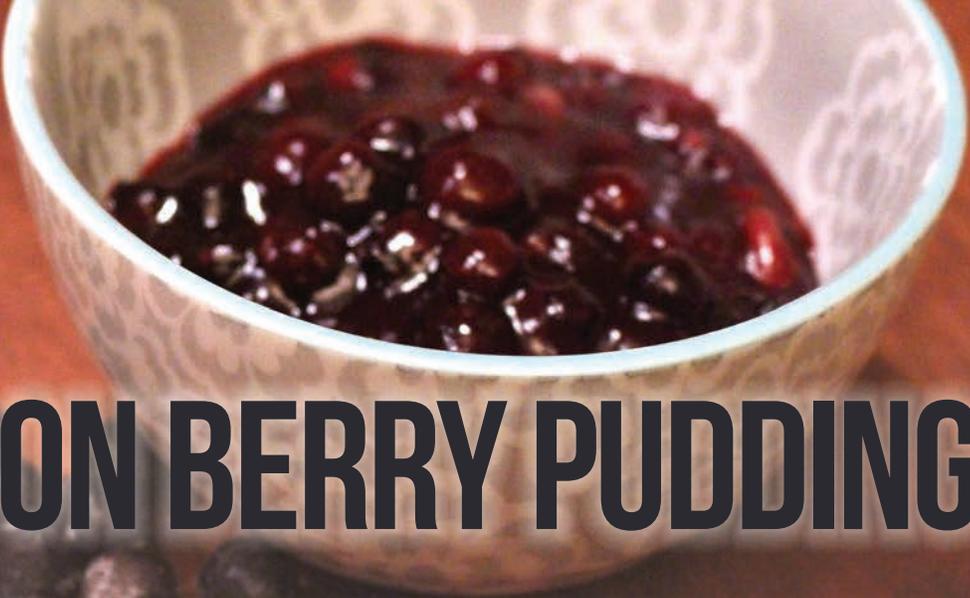
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SASKATOON BERRY PUDDING

SERVINGS
4
CUPS

PRE-PREP TIME
0
MINUTES

PREP TIME
5
MINUTES

COOK TIME
40
MINUTES

INGREDIENTS:

- 2 cups (500 ml) Saskatoon berries (fresh or frozen)
- ½ cup (125 ml) white sugar
- 2 cups (500 ml) water
- ½ cup (125 ml) flour

The Saskatoon name comes from the Cree word misâskwatômina which means ‘the fruit of the tree of many branches’.

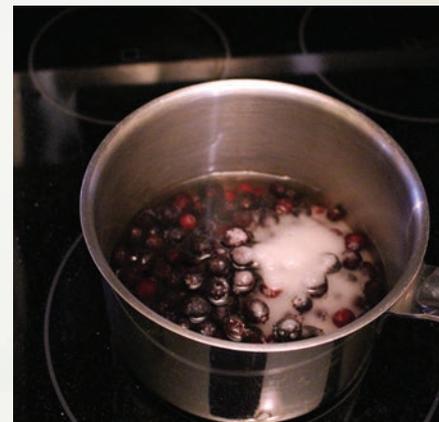
Recipe by: Anonymous

This recipe was submitted by an attendee at the Aboriginal Nutrition Network’s Revitalizing Connections Gathering in Thunder Bay in May 2014.

Some adaptations have been made to the original recipe.

METHOD:

1. Combine the berries, 1 ½ cups of water and the sugar in medium size pot.
2. Bring it up to a boil on high heat.
3. Turn it down to low and let it simmer for 30 minutes.
4. Put the flour into a small bowl. Add ½ cup of water and mix well.
5. Add the flour mixture to the berries and cook the mixture on low for 10 minutes to make it thicker.



A close-up photograph of a white ceramic bowl filled with dark, glossy Saskatoon berries. The bowl is placed on a wooden surface, and several individual berries are scattered around its base. The lighting is warm, highlighting the texture of the berries and the wood.

NOTES FROM THE dietitian

Saskatoon berries are also known by other names such as shadbush, juneberry and prairie berry. Although they look similar to blueberries, they have a unique earthy flavour that is delicious in preserves and pies or right off the bush.

Since berries are packed with tiny seeds, their fibre content is typically higher than that of many fruits. Frozen berries are just as nutritious as fresh as they are frozen at their peak ripeness.

According to the Saskatoon Berry Institute of North America, the Saskatoon name is an Anglicization of the Cree word *misâskwatômina* which means “the fruit of the tree of many branches”. Saskatoons are used in traditional foods such as pemmican.

“The fruit of the tree of many branches.”

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THREE SISTERS' SOUP

SERVINGS
6

PRE-PREP TIME
0
MINUTES

PREP TIME
5
MINUTES

COOK TIME
30
MINUTES

INGREDIENTS:

- 1 medium yellow onion, chopped
- 1 large celery rib, chopped
- 1 tbsp (15 ml) canola oil
- 1 tsp (5 ml) curry powder
- 6 cups (1.5 L) low/no sodium chicken broth
- 2 cups (500 ml) yellow or cooked hominy corn
- 2 cups (500 ml) of red kidney beans, rinsed
- 1 $\frac{3}{4}$ cup (482 ml) of canned or homemade pumpkin puree
- 5 fresh sage leaves or $\frac{1}{2}$ tsp dried

**Fresh ingredients
are best, but
canned can be used
instead.**

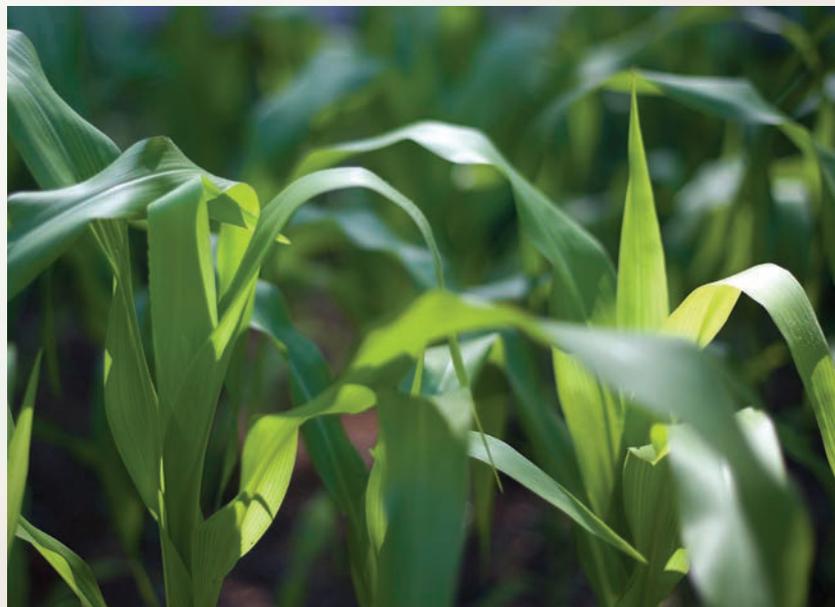
Recipe by: Jessica Drummond

Jessica is a Registered Dietitian from Mitchell, southwestern Ontario who has experience in diabetes, long term care and home care. She is a self-professed "Foodie" whose hobby is cooking and she loves trying new recipes.

Some adaptations have been made to the original recipe.

METHOD:

1. Add onions, celery, canola and curry spice to a large saucepot and bring to medium heat on stovetop for 5 minutes or until onions are translucent.
2. Add broth to pot and bring to a slow boil.
3. Add corn, kidney beans and bring to a boil for 10 minutes.
4. Lower to medium heat then add the pumpkin and the sage.
5. Simmer for 20 minutes, stirring occasionally.
6. Remove from heat and serve.





NOTES FROM the cook

I found this recipe from a cookbook when I was involved in making a cookbook in university, but wanted to find a healthy version. This recipe came from the American Heart Association.

Fresh ingredients are best, but canned can be used if they are rinsed to remove the salt.

These three plants are complementary growing partners in the garden.

**“Can be consumed
as a meal and can be
frozen for later.”**

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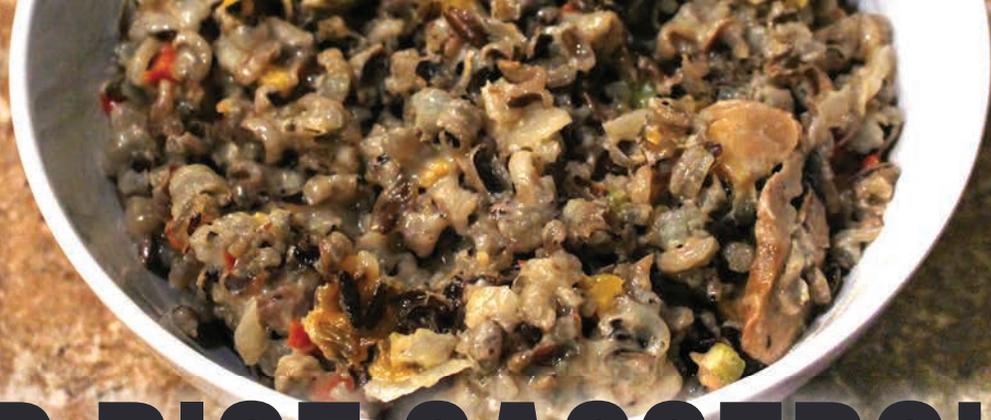


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WILD RICE CASSEROLE



INGREDIENTS:

- 1 ¼ cups (300 ml) uncooked wild rice
- 5 cups (1250 ml) water
- ½ cup (125 ml) liquid chicken stock
- 2 cans (284 ml each) cream of mushroom soup
- 1 can (284 ml) mushrooms, drained
- ½ cup (125 ml) each of red, yellow and green pepper, chopped
- 1 onion, chopped
- Salt and pepper to taste
- Cayenne pepper to taste
- ½ cup (125 ml) shredded cheese (optional)

Wild rice is native to North America and is cultivated in the prairies.

Recipe by: Anonymous

This recipe was submitted by an attendee at the Aboriginal Nutrition Network's Revitalizing Connections Gathering in Thunder Bay in May 2014.

METHOD:

1. Put the rice and water in a medium sized pot.
2. Bring it up to a boil on high heat.
3. Turn it down to low, cover with a lid and let it simmer for 45 minutes.
4. Once cooked, drain excess water off of rice. Preheat the oven to 350°F.
5. Combine all ingredients in a casserole dish; the cooked rice, chicken stock, mushroom soup, mushrooms, onion, peppers and spices.
6. Cover with lid or aluminum foil. Bake for 1 hour at 350°F.
7. Optional: At the end, sprinkle with shredded cheese and bake uncovered for another 15 minutes.
8. Serve warm.



Some adaptations have been made to the original recipe.

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NOTES FROM THE dietitian

Despite its name, wild rice is actually a semi-aquatic grass and is not part of the rice family at all! It grows in shallow, slow moving water near the shores of lakes, rivers and streams.

Wild rice is native to North America and is cultivated in the prairies. It is higher in protein and fibre than white rice and will help you feel full longer.

This casserole contains ingredients from three food groups: *grain products*, *fruit and vegetables*, and *milk and alternatives*. Serve it with a food from the *meat and alternatives* group like fish or chicken for a complete meal.

“Wild rice will help you feel full longer.”

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