



Back to
the
Table

Food Fair
Recipe Collection





FOOD FAIR & BACK TO THE TABLE CONFERENCE

Our relationships with food and each other have gotten used to being at a distance. Food is picked up from the drive-through on the way home from work or school. We eat our meals on the couch, at the counter, in the car, etc. And our loved ones are in their separate rooms or dining at different times.

What is most convenient might not be the best for our relationships and our well-being. With planning and preparation, we can make nutrition fit in to our busy schedules and connect us to each other again.

Let's bring our health and loved ones "Back to the Table!"



Veggie Egg Bites



INGREDIENTS

olive oil cooking spray
2 ½ cups chopped vegetables of your choice
such as spinach, onions, and peppers
1 cup cheddar cheese shredded
12 eggs
2 tsp Dijon mustard
¼ tsp curry powder optional
1 tsp smoked paprika optional
salt and pepper to taste



DIRECTIONS

1. Preheat oven to 350 degrees F.
2. Lightly spray the muffin tin with cooking spray.
3. Spray a non-stick skillet with cooking spray, and heat over medium-high heat. Add veggies and cook for 5-7 minutes, until just softened. Drain off any excess liquid, and set aside to cool.
4. Whisk the eggs, mustard, curry powder, smoked paprika, salt and pepper in a mixing bowl.
5. Divide the vegetables evenly among the 12 cups in the muffin tin. Top with cheddar cheese.
6. Carefully pour the egg mixture over the veggies and cheese, filling each cup evenly.
7. Bake for 18-20 minutes, until the eggs begin to puff up.
8. Allow the egg bites to cool. Then remove from the pan, and refrigerate for up to 5 days.

Notes

These egg bites can be reheated or served cold.

Sunday Pancakes



INGREDIENTS

- 1 cup favorite pancake mix
- 1 cup of oats
- 1 Tablespoon hemp seeds
- 2 Tablespoons chia seeds
- 2 Tablespoons ground flaxseed
- 1 Tablespoon ground cinnamon
- 1 Tablespoon vanilla
- 2 cups water



DIRECTIONS

Directions:

1. Add oats in a blender until fine grain.
2. Add all ingredients except water in a bowl and mix.
3. Add water, it will be runny at first but within a few minutes will thicken due to chia seeds and flaxseeds.
4. Add mix to a medium hot griddle and enjoy.

Top with fresh fruit, peanut butter, homemade compote, or maple syrup.

Veggie Omelet with Chicken Or Black Beans



- 4 tablespoon olive oil
 - 8 large eggs
 - 1 teaspoon salt
 - 1 teaspoon ground black pepper
 - 1 cup red onion finely diced
 - 1 Cup Diced Tomatoes
 - 1 cup sliced mushrooms
 - 1 cup red bell pepper finely diced
 - 2 cup baby spinach leaves
 - 1 cup shredded cheddar cheese
 - 3 oz shredded chicken or Black Beans
- Optional: Jalapenos

INGREDIENTS



SERVINGS 4 SERVING
PREP TIME 5MINUTES MINUTES
COOK TIME 8MINUTES MINUTES
TOTAL TIME 13MINUTES MINUTES

DIRECTIONS

·Heat olive oil in a non stick pan over medium heat. Add onion, mushrooms, red bell pepper. Season with $\frac{1}{4}$ teaspoon salt and ground black pepper. Saute for 3-4 minutes or until softened. Add the spinach and let it wilt (about 1 minute), then transfer the veggies to a small bowl and set aside.

·Wipe the skillet clean with paper towels. In a small bowl, whisk together the eggs with water and $\frac{1}{4}$ teaspoon of salt. Pour the egg mixture into the pan, using a spatula to spread them to the edges of the pan. Cook for 1-2 minutes until the bottom is very lightly browned.

·Add the veggie mixture over half of the omelet. Spread the cheese over the veggies, and then carefully fold the empty half of the omelet over the fillings. Slide the omelet onto a plate and serve immediately.

Rotisserie Chicken Taco



FOR THE CHICKEN:

- 500 grams boneless skinless chicken thighs
(or chicken breasts)
- 2 tablespoons olive oil
- 1 tablespoon lime juice freshly squeezed
- 1 teaspoon chili powder
- 1 teaspoon smoked paprika
- 1 teaspoon cumin
- 1 teaspoon garlic powder
- ½ teaspoon salt
- ½ teaspoon black pepper

INGREDIENTS



FOR THE TACOS:

- 8 corn tortillas
- 1 cup shredded lettuce
- ½ cup shredded cheddar cheese
- 1 lime cut into wedges

Quick Southwest Chicken Salad



- 1 lb cooked shredded chicken about 3 breasts
 - 1 can (15.5 oz) black beans rinsed and drained
 - 1 can (15.25 oz) corn drained
 - $\frac{3}{4}$ cup cherry tomatoes quartered
 - $\frac{1}{2}$ cup red onion chopped
 - $\frac{1}{4}$ cup pepitas
 - 1 cup shredded cheddar cheese
 - $\frac{1}{2}$ cup baby spinach
 - $\frac{1}{2}$ cup roman Lettuce
 - $\frac{1}{4}$ cup Cilantro
- Optional: 1-2 fresh jalapeños seeded, chopped

INGREDIENTS



DRESSING

- $\frac{3}{4}$ cup mayo
- $\frac{1}{4}$ cup fresh lime juice
- 1 tablespoon chili powder
- 1 teaspoon garlic powder
- 1 teaspoon cumin
- $\frac{1}{4}$ teaspoon paprika
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{2}$ cup Skim Milk

Corn Pico De Gallo



16 ounces corn frozen or canned
1 ½ limes juice only
½ large bunch fresh cilantro,
¼ medium red onion about 1/2 cup
1 cups tomatoes, optional
½ jalapeno, optional
½ teaspoons salt
¼ - ½ teaspoons pepper
½ teaspoon garlic Powder

INGREDIENTS



Bison Chili



INGREDIENTS



- 1 Lb. Ground Bison
- 15oz Can Pinto Beans or 1.5 cup Cooked Pinto Beans
- 1 Medium Green Bell Pepper, Chopped
- 1 Medium Onion, Chopped
- 16oz Can Corn or 1.3 Cups Frozen Corn
- 16oz Can Cut Carrots
- 16oz Can Diced Tomatoes or 4 Medium Diced Tomatoes
- 1/2 tsp. Garlic Powder or 3 Garlic Cloves, Chopped
- 2 Tbs. Chili Powder
- 1 tsp. Cumin
- Optional: 2 Serrano Chilies, Diced

DIRECTIONS

1. Cook onion, green pepper, garlic and bison on medium-high heat for 10 minutes.
2. Add tomatoes, corn, carrots and spices. Stir thoroughly.
3. Cover and let simmer for 55 min.
4. Drain and add in pinto beans and stir.
5. Cook and additional 15 minutes and enjoy!

Cauliflower Tot Cassarole



1/2 lb. ground bison
2 Tbsp. all-purpose flour
2 cups whole milk
Kosher salt
Freshly ground black pepper
Pinch of cayenne
Green Giant cauliflower tots
Shredded cheddar cheese

INGREDIENTS



DIRECTIONS

Step 1 In a medium skillet over medium heat, cook bison, breaking up with a wooden spoon, until no pink remains, 5 to 8 minutes.

Step 2 Sprinkle with flour and cook, tossing, until coated, about 1 minute. Add milk, increase heat to medium-high, and bring to a boil. Reduce heat to medium-low and simmer, stirring occasionally, until thickened, 5 to 7 minutes; season with salt, black pepper, and cayenne.

Step 3 Bake cauliflower tots in conventional oven or air fryer according to package directions.

Step 4 Arrange cauliflower tots on a platter or divide among plates. Ladle gravy over. Sprinkle with shredded cheese.

Whole Wheat Fry Bread



1 cup Whole wheat flour
1 cup white, whole wheat, or all-purpose flour (plus extra for rolling)
2 tsp Baking powder
1 tsp Sugar
1 cup Fat-free milk or water
1/4 cup Vegetable oil

INGREDIENTS



DIRECTIONS

1. In a mixing bowl, combine flours, baking powder, sugar and milk. Stir until the dough comes together.
2. Knead the dough on a lightly floured surface until smooth. Cover and let rest for 20 minutes. (Or wrap well and refrigerate overnight.)
3. Divide dough into 8 pieces. Roll each piece into a circle or an oval, using a little extra flour to keep the dough from sticking. Prick through dough several times with a fork.
4. Heat oil in a large skillet over medium. Cook bread until golden brown, about 3 minutes each side.

Tip: Top with whole beans, ground turkey, low-fat cheese, lettuce, tomato and avocado

Mediterranean Chop Salad

2 heads romaine lettuce chopped, about 6 cups
1 pint grape tomatoes quartered
1 cup Persian cucumbers chopped
15 ounce can chickpeas drained and rinsed
 $\frac{1}{4}$ cup red onions finely chopped
 $\frac{1}{4}$ cup pitted Kalamata olives sliced
 $\frac{1}{4}$ cup crumbled feta cheese
1 tablespoon parsley chopped



For the dressing:
 $\frac{1}{4}$ cup olive oil
3 tablespoons lemon juice
2 teaspoons Dijon mustard
1 garlic clove pressed
 $\frac{1}{2}$ teaspoon oregano
 $\frac{1}{4}$ teaspoon salt
 $\frac{1}{4}$ teaspoon black pepper

INGREDIENTS



DIRECTIONS

1. Assemble the salad in a large bowl by placing the chopped lettuce first, then arranging lines of the remaining ingredients on top of the chopped lettuce.
2. To prepare the dressing, whisk together all the ingredients for the dressing in a small mason jar until emulsified.
3. When ready to serve, pour the dressing on top of the salad. Garnish with parsley. Toss if you prefer to keep the salad untossed for best presentation.

Cucumber Salad



1 cucumber, thinly sliced
1 red onion, thinly sliced
2 Tbs. rice vinegar
1 Tbs. red flakes
1 Tbs salt
1 Tbs. sugar
1 Tbs black pepper
2 Tbs soy sauce
2 Tbs. sesame oil
2 Tbs. chili sesame oil

Optional:
sesame seeds
chopped green onions

INGREDIENTS



DIRECTIONS

1. Combine cucumbers and onions in a bowl
2. Whisk together, rice vinegar, soy sauce, red pepper, red flakes, salt, pepper, and sugar until sugar dissolves.
3. Pour vinegar mix over cucumbers and onions and toss to coat.
4. Allow to stand for 5 minutes before serving.

Ground Turkey & Zucchini Skillet



- 1tbsp olive oil
- 1lb ground turkey
- 1tbsp minced garlic
- 2 medium zucchini- diced
 - ½ onion- diced
 - 2 bell peppers- diced
- 1 can black beans- drained and rinsed (15oz)
 - 1 can corn- drained (15oz)
 - 1 can diced tomatoes (14.5oz)
 - 1 can diced green chiles (4oz)
- 1 packet reduced sodium taco seasoning (or make your own)
- ½ cup shredded cheddar cheese

SERVE WITH
CILANTRO LIME
BROWN RICE

INGREDIENTS

DIRECTIONS

1. While rice is cooking, heat a large skillet on medium high heat and add 1tbsp olive oil. Brown the ground turkey.
 2. Add onion, minced garlic, and taco seasoning and cook for 1 minute.
 3. Stir in zucchini, bell pepper, black beans, corn, diced tomatoes, & green chiles.
 4. Mix well and cover your skillet. Cook on low heat for 5-10 minutes or until zucchini is cooked.
- Sprinkle shredded cheese on top and serve with cilantro lime brown rice.



Cilantro Lime Brown Rice



- ½tbsp olive oil
- 1 cup brown rice
- 2 cups reduced sodium chicken broth
- 1 lime- zested and juiced
- ¼ cup chopped cilantro

SERVE WITH
GROUND TURKEY & ZUCCHINI SKILLET

INGREDIENTS

DIRECTIONS

- 1.Heat ½ tablespoon of oil in a medium sized pot.
2. Add brown rice and stir occasionally for 3 minutes to toast the rice.
3. Add chicken broth and the zest of one lime. Stir, and bring to a boil.
4. Once boiling turn heat to low and cover, simmer for 25-30 minutes or until liquid is absorbed.
5. Stir in juice of one lime and chopped cilantro.



Spruce Tip Jelly

INGREDIENTS

- 2 to 4 cups spruce tips
- 4 cups water
- 2 Tbsp. lime juice, bottled or fresh
- 1 to 4 cups sugar
- 1 box (1.75 oz.) pectin (regular or low sugar)



- Place 4 cups of spruce tips in 4 cups of boiling water in a large bowl. Allow the spruce tips to infuse with the water for 15 minutes.
- Using a cheesecloth or fine strainer, catch the spruce tips, and pour the infused water from the bowl through the strainer/cheesecloth into a medium saucepan. After all the liquid has strained through, discard the spruce tips.
- If you plan on canning your jelly using a hot water bath method, ensure you have the jars, lids, and supplies ready for canning. Otherwise, have jars or freezer-safe containers prepared for your jelly.
- Add two tablespoons of lime juice to the infused water, and bring this mixture to a boil over medium-high heat.
- You will want to have the mixture at a full boil when you add the powdered pectin. Add the pectin slowly, stirring as you add to help it dissolve.
- Continue to stir as you keep this mixture with the pectin added at a full boil for one minute.
- Slowly add 4 cups of granulated sugar to the boiling mixture, continually stirring as the sugar dissolves.
- You must bring the mixture back to a boil (keep stirring) and keep it at a hard boil for 1-2 minutes. Do not overcook the jelly (more than 5 minutes), as that may cause your jelly not to set.
- Pour the mixture into your prepared jelly jars or containers, leaving $\frac{1}{4}$ inch of space at the top of each jar.

DIRECTIONS



Easy Pasta Bake



INGREDIENTS

- 16 ounces whole grain rotini noodles, uncooked
- 3 1/2 cups of spaghetti sauce ([Easy Homemade Spaghetti Sauce Recipe](#))
- 2 1/2 cups water
- 1/2 pound of cooked ground bison or turkey
- 1 1/2 cups grated mozzarella cheese or low-fat cheese
- 1 teaspoon parsley

DIRECTIONS

- If you are going to include meat in this dish, brown it in a skillet.
- While the meat is browning, place the uncooked pasta noodles in a 13x9 baking dish.
- After the meat is finished cooking, stir in the spaghetti sauce.
- Pour the spaghetti sauce mixture over the noodles. Then pour the water over the noodles. Stir to ensure the noodles are coated.
- Sprinkle cheese over the top. The sprinkle parsley over the cheese.
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- Cover with foil and bake at 425 for 30 minutes or until the noodles are al dente. Remove the foil and bake for 5 - 10 minutes more uncovered or until the cheese is completely melted.



Homemade Pasta Sauce

- (2) 15-ounce cans of tomato sauce
- 2 teaspoons oregano
- 2 teaspoons basil
- 2 teaspoons onion powder
- 2 teaspoons garlic powder
- 1 teaspoon sugar (optional)
- 1/4 teaspoon thyme (optional)
- 1/4 teaspoon rosemary (optional)
- 1/4 teaspoon sage (optional)

INGREDIENTS



DIRECTIONS

- Add all of the ingredients in a large saucepan. Stir to combine.
- Cook over a medium-high heat until the sauce comes to a boil. Then place a lid on the pot and lower the temperature to a low heat and simmer for 5- 10 minutes.
- Serve immediately over your cooked pasta.

Homemade Bison Meatloaf



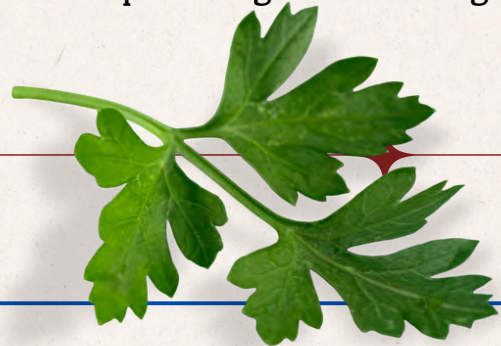
Meatloaf

- 2 pounds ground turkey or bison
- ½ cup panko breadcrumbs
- ⅓ cup beef broth , or milk
- 2 large eggs , whisked
- 2-3 Tablespoons finely chopped fresh parsley
- 2 Tablespoons Worcestershire sauce
- 2 Tablespoons ketchup
- 1 ¼ teaspoons Kosher salt
- ¼ teaspoon ground black pepper
- 1 teaspoon garlic powder
- 1 teaspoon onion powder

Glaze

- ⅔ cup ketchup or BBQ sauce , you could mix half and half
- 2-3 Tablespoons light brown sugar

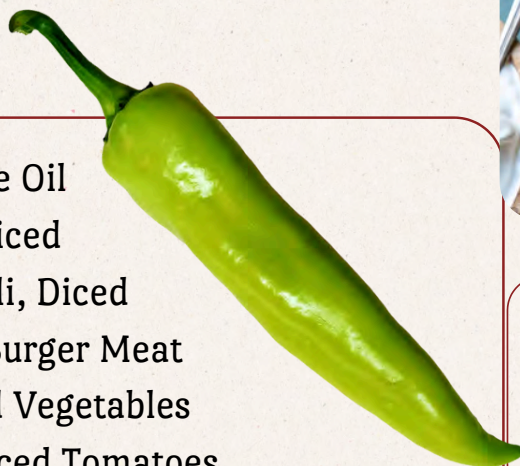
INGREDIENTS



DIRECTIONS

- Preheat the oven to 375°F. Line a baking sheet or 9×5-inch loaf pan with foil. Lightly spray with non-stick spray and set aside.
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- In a large bowl, mix the meat, breadcrumbs, broth, eggs, parsley, Worcestershire sauce, ketchup, salt, pepper, garlic powder, and onion powder until just combined. Don't overmix or the meat won't be as tender.
- Press into the loaf pan or form the mixture into a loaf shape on the pan.
- In a small bowl, mix together the ketchup and/or BBQ sauce and brown sugar. Pour over the top of the meatloaf. Add pepper on top, if desired.
- Bake 45 minutes, or until a meat thermometer reaches 160°F. Let rest 10 minutes before cutting into slices.

Plant-Based Chili



2 Tbs. Olive Oil
1 Onion, Diced
1 Anaheim Chili, Diced
24oz Impossible Burger Meat
32oz Frozen Mixed Vegetables
2, 14.5oz Canned Diced Tomatoes
32oz Canned Kidney beans, drained and rinsed
Garlic Powder
Mushroom Seasoning or Bouillon

Optional Toppings:
Fritos Chips
Plant-Based Sour Cream
Diced Jalapenos
Chopped Chives
Chopped Cilantro

INGREDIENTS

DIRECTIONS

1. In a large pot, use olive oil to sautee the onions and diced chilis.
2. After slightly browned, add in the defrosted Impossible burger meat and cook on high heat with the onion and chilis, breaking it up as you sautee.
3. Add in frozen mixed vegetables and sautee until cooked, adding mushroom seasoning and garlic powder to taste.
4. Add in diced tomatoes and kidney beans and additional water as needed. Add salt to taste.
5. Optional: dish out in bowls and top with corn chips and other toppings

Cashew Sour Cream



1 cup cashews, unroasted and unsalted
 $\frac{3}{4}$ cup water
2 tablespoons lemon juice
1 tablespoon apple cider vinegar
 $\frac{1}{2}$ teaspoon salt

INGREDIENTS

DIRECTIONS

1. Put the nuts in a large bowl and cover with water. Soak from 1 hour to 3 hours.
2. Rinse and put in the blender with the rest of the ingredients.
3. Blend until you have the consistency you want.

Pico De Gallo & Tortilla Chips



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INGREDIENTS

Roma Tomatoes
Cilantro
White Onions
Chiles Serrano's
Salt



DIRECTIONS

1. Chop up all ingredients in a medium bowl, stir together the tomatoes, onion, cilantro, chili's.
2. Add a pinch of salt and mix well.
3. Chill until ready to use. Serve as a dip with tortilla chips.

Chicken & Veg's Curry Dish

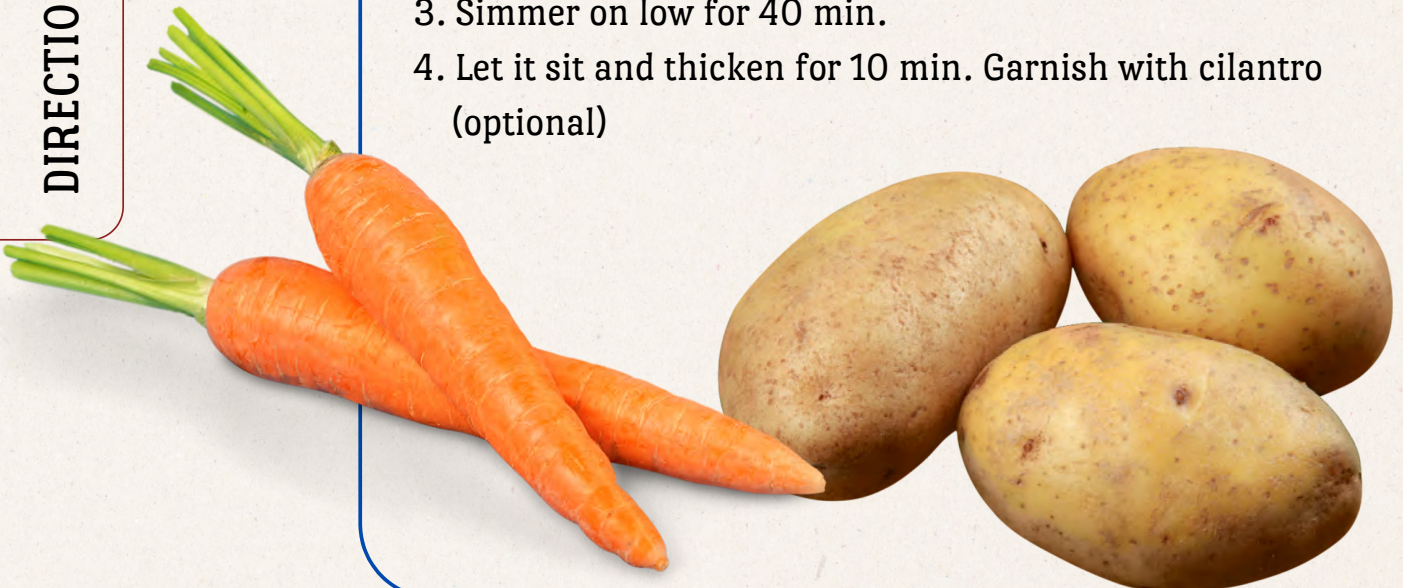


INGREDIENTS

- 4 cups chopped carrots
- 4 cups chopped potatoes
- 2 cups sliced onions
- 1 whole minced garlic bulb
- 3 lbs cooked chicken
- 1 box of Golden Curry Flavored Cubes
- 2 Tbs pepper seasonings
- 24oz chicken stock
- Sprig cilantro for garnish

DIRECTIONS

1. Boil carrots, potatoes for 10 min on Med/High heat.
2. Add onions, garlic, cooked chicken, and chicken stock.
3. Add curry cubes taste for flavor if needed add more curry cubes to your liking.
3. Simmer on low for 40 min.
4. Let it sit and thicken for 10 min. Garnish with cilantro (optional)



Three Sisters Stew



- 1/4 cup olive oil
- 1 large onion, peeled and chopped
- 5-6 cloves garlic, minced
- 1 whole butternut squash, peeled, seeded, and chopped into small cubes
- 1 zucchini chopped into small cubes
- 3 – 15 ounce cans of red kidney, black, and or pinto beans, drained and rinsed
- 28 ounce can crushed fire roasted tomatoes
- 3 cups vegetable broth
- 10 ounces fresh or frozen corn
- 1 tablespoon ground cumin
- 1 teaspoon dried oregano
- 2 bay leaf
- 1/2 cup chopped cilantro
- Salt and pepper



INGREDIENTS

Prep and chop all the produce. Cut the butternut squash in half, then peel with a vegetable peeler. Scoop out the seeds with a spoon and discard. Chop into even small cubes.

1. Set a large 7-8 quart saucepot over medium heat. Add the onions, and minced garlic. Sauté for 5 minute to soften.
2. Add in the cubed butternut squash, zucchini, rinsed beans, roasted tomatoes, broth, frozen corn, and all spices. Add 1 teaspoon of salt, but save the cilantro for later.
3. Cover and simmer for 15-20 minutes, stirring occasionally. Then uncover and simmer another 5 minutes to thicken. Once the squash is fork-tender, remove the bay leaf. Taste, then salt and pepper as needed. Stir in the cilantro and serve.

DIRECTIONS

Fruity-n- Nutty Trail Mix



- 1 cup Walnuts, Raw
- 1 cup Raw Almonds Slivered or Whole
- 1 cup Pecans Raw
- 1/4 cup Gogi Berries, Dried
- 1/2 cup Sunflower Seeds, Raw
- ! /2 cup Pumpkin Seeds
- 1/4 cup Raisins
- 1/4 cup Pine Nuts
- 1 cup Coconut Flakes, Dry
- 1/2 cup Cashew Nuts



INGREDIENTS

DIRECTIONS

1. Gather all the ingredients.
2. Store in the refrigerator in jars for longer shelf life.

Rice Cake Snacks



Chocolate Rice Cake Dessert

1 Chocolate rice cake
Whipped cream

Berries (Strawberries, blue berries and rasp-

Avocado Rice Cake

1 rice cake
 $\frac{1}{2}$ avocado sliced
red pepper flakes

Peanut Butter & Banana Rice Cake

1 rice cake
1 tablespoon peanut butter
 $\frac{1}{2}$ banana sliced
cinnamon

Strawberries & Cream Rice Cake

1 rice cake
 $\frac{1}{4}$ cup vanilla greek yogurt
 $\frac{1}{4}$ cup sliced strawberries
powdered sugar

Cottage Cheese Rice Cake

1 rice cake
 $\frac{1}{4}$ cup cottage cheese
everything but the bagel seasoning

INGREDIENTS

DIRECTIONS

1. Gather all the ingredients.
2. Top each rice cake with toppings combinations.
3. Enjoy



Agua Fresca de Jamaica



1 quart Water
Hibiscus Tea Bag(s)
2 ounces Lime Juice
1 stick Cinnamon
1 1/2 Inch Ginger Root
Stevia Extract ; to taste

STUDIES SHOW THAT HIBISCUS CAN LOWER BLOOD PRESSURE, MAKING IT A GREAT CHOICE FOR THOSE LOOKING TO IMPROVE THEIR CARDIOVASCULAR HEALTH. IT IS ALSO HIGH IN ANTIOXIDANTS, WHICH HELP PROTECT AGAINST CELL DAMAGE AND INFLAMMATION.

INGREDIENTS

DIRECTIONS

1. Add water to a medium saucepan and bring to a boil on high heat.
2. Add cinnamon, ginger and lime to water.
3. Let boil for 5 minutes, then bring to medium low heat and add the tea bag(s).
4. Let the mixture steep for 5 more minutes, then remove from heat.
5. For best results, let mixture sit for 15-20 minutes to allow flavors to combine and mixture to fully cool.
6. Serve over ice.



Ch'il ahwéhé (Navajo/Indian Tea)



8 cups water
1 bundle of wild tea



INGREDIENTS

DIRECTIONS

Pour water in a large saucepan adding tea bundle. Bring to a boil then simmer for about 10 minutes. Remove from pan when the liquid is a medium to dark red. You can add honey or sugar to sweeten. Allow tea to cool slightly. For Ice Tea, just prep normally, then serve over ice.

Background Information:

This plant is found growing all over the Navajo Nation. Known for its long-standing use in traditional medicine, Navajo tea is often associated with an array of potential health benefits, from easing kidney issues to calming the nervous system. This is also a natural remedy for sore throats and also used to dye the wool red for Navajo rugs.

Agua Fresca de Pepino



2 organic cucumbers, peeled and chopped
6 cups water
1/3 cup fresh lime juice
Stevia Extract or sugar, to taste
fresh mint leaves, optional

INGREDIENTS

1. Prepare all ingredients
2. Serve cold with ice

DIRECTIONS



