

Food is Medicine: Indigenous Recipes

PRESENTED BY DREAM OF WILD HEALTH
AND THE INDIGENOUS FOOD NETWORK



OUR MISSION

To restore health and well-being in the Native community by recovering knowledge of and access to healthy, Indigenous foods, medicines and lifeways

INDIGENOUS FOOD NETWORK

Building a Native American urban model for food sovereignty

The Indigenous Food Network (IFN) is a collaboration of Native-led community organizations in the Twin Cities (Minneapolis- St. Paul) who are working to rebuild a sovereign food system by identifying and leveraging organizational and community assets. Their work builds on the cultural knowledge of community members and uses an intertribal and multigenerational approach.

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Mashed Rutabaga

Makes 4-6 servings

Ingredients:

- 2 lbs. rutabaga, peeled and cut into large pieces
- 1/2 cup coconut milk
- 1/4 tsp ground nutmeg
- 1/2 tsp garlic powder
- salt/pepper to taste

Directions:

1. Place chopped rutabagas in a large pot of boiling water. Boil for 20-25 minutes (until softened).
2. Drain the cooked rutabagas and place them into a blender or food processor (you can also mash them by hand) along with the remaining ingredients. Blend or mash until a smooth consistency is reached.

Serve fresh alongside your favorite dish or freeze for later!

Rutabaga Nutrition Highlight

A **Rutabaga** is an excellent source of vitamin C and potassium. Rutabagas contain many other beneficial nutrients, such as thiamin, vitamin A, calcium, vitamin B6, and manganese.

Rutabaga is often described as a cross between a cabbage and a turnip. It can be prepared in various ways (boiled, pickled, or mashed) and makes an excellent addition to stews and soups.

Storing Rutabaga

Rutabagas should be stored in a dark, cool place with a relatively high humidity to prevent shriveling. For refrigerator storage, wrap roots in a damp paper towel and place into a perforated plastic bag. **Roots will keep for 4-5 months.**

To freeze: wash, peel, and cut rutabaga into cubes. Blanch in boiling water for 3 minutes. Place in ice water immediately after boiling and allow the cubes to cool before draining and placing into labeled freezer bags. **Frozen rutabaga will keep for 6-12 months.**

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Kale and Wild Rice Salad

Ingredients:

- 1 bunch kale, washed and dried
- 2 cups wild rice, cooked and cooled
- 3 Tbsp. olive oil
- 1/4 tsp. salt and pepper
- 2 Tbsp. fresh dill or mint, minced
- 1 Tbsp. apple cider vinegar
- 1 Tsp. mustard
- 1 cup seasonal fresh vegetables, washed and chopped
- 1/4 cup sunflower seeds

Directions:

1. Pull or cut kale leaves away from the tough stems. Slice or tear the leaves into bite-sized pieces and place into a large bowl.
2. In a small bowl, whisk together the oil, salt/pepper, herbs, vinegar, and mustard until combined. Pour the dressing over the kale. Using your hands, massage the kale until the leaves have softened (2-3 minutes).
3. Add in cooked wild rice, other fresh vegetables, and sunflowers seeds. Toss to combine.

Kale Nutrition Highlight

Kale is a nutritional powerhouse! It is rich in vitamins A, C, and K and contains significant amounts of potassium, calcium, and iron.

Washing Kale

Place kale in a large bowl of cool water and let soak for 20 minutes. Gently rub each piece to loosen any dirt from small crevices, then transfer to a large colander for a final rinse with cold water.

Optional: Soak kale in a vinegar solution by adding 1-3 tablespoons of vinegar per gallon of water.

Storing Kale

Wrap unwashed kale in a layer of paper towels then place into an airtight plastic bag for storage in the crisper drawer of your refrigerator. Kale will stay fresh for **up to 1 week**.

Freezing method: After washing, place kale into a pot of boiling water for 2 minutes. Transfer to ice bath for 1-2 minutes, then drain and pat dry. Place kale in labeled freezer bags for **up to 6 months**.

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Build your own Healthy Smoothie!

- Start with fresh or frozen fruit (1 1/2 cups)
- Add greens (1 cup) - Kale, spinach and Sunflower Microgreens
- Add liquid (1 cup): Unsweetened almond milk or dairy milk
- Add protein (1/2 cup yogurt)

Optional:

- Healthy fats like peanut butter, flax meal, or chia seeds
- Natural flavors like cinnamon, maple syrup, lemon zest, vanilla, etc.

Directions:

1. Add the milk, yogurt, greens, and sunflower microgreens to a blender. Blend until smooth and there are no large pieces of greens left.
2. Add the remaining ingredients and blend until smooth, adding more liquid or ice as needed.
Enjoy!

Sunflower Microgreens Nutrition Highlight

Sunflower Microgreens are the young seedlings of sunflower seeds. They have a nutty flavor and add a satisfying crunch to any salad or sandwich. Sunflower microgreens provide an excellent source of complete protein (all 9 essential amino acids), healthy fats (omega-3 and omega-6), and a variety of vitamins and minerals.

Tip: As a source of complete protein, sunflower microgreens can also be added to your post-workout smoothie to help replenish energy and speed up muscle recovery.

Storing Sunflower Microgreens

Store microgreens in a breathable container in the crisper drawer of your refrigerator for up to 7 days.

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Herb Roasted Potatoes

Ingredients:

- 2 lbs. potatoes, diced
- 1/4-1/2 cup olive oil
- 1 Tbsp fresh rosemary, finely chopped
- 1 Tbsp fresh parsley, finely chopped
- 1 Tbsp fresh thyme, finely chopped (or 3 Tbsp of your favorite herb mixture)

Directions:

Preheat the oven to 425F. In a large bowl, combine the olive oil and fresh herbs. Add the diced potatoes and toss until evenly coated with the herb and olive oil mixture. Bake for 30-40 minutes, or until potatoes have turned golden brown.

Preserving Herbs

Remove any wilted or bruised sprigs. Tie bundles of about 10 sprigs each with twist ties (or a small piece of string). Hang the bundles upside down in a paper bag with a few holes poked in the bag for ventilation. Find a spot in your house that is warm and dry (the kitchen is not ideal due to excess moisture in the air from cooking).

Fully drying the herbs may take up to one week. Once the herbs are dry, store them in airtight containers (glass jars or freezer bags). Crush the herbs right before using for optimal freshness and flavor.

Storing Herbs

Loosely wrap hardy herbs (rosemary, mint) in a damp paper towel, place them in a plastic bag and store them in the refrigerator. Cut the ends of tender herbs (cilantro, chives), place them in a cup of water and store them at room temperature.

To freeze: Place finely chopped or whole herbs into the wells of ice cube trays (about $\frac{2}{3}$ full) -- you can choose to mix different types of herbs in each well or freeze them individually. Pour olive oil over the herbs and cover loosely with plastic wrap to freeze overnight. Once frozen, remove the cubes from the tray and place them into labeled freezer bags. These are a great addition to sauteed vegetables or soups! Simply add them to your favorite dish as it is cooking, there is no need to thaw them beforehand.