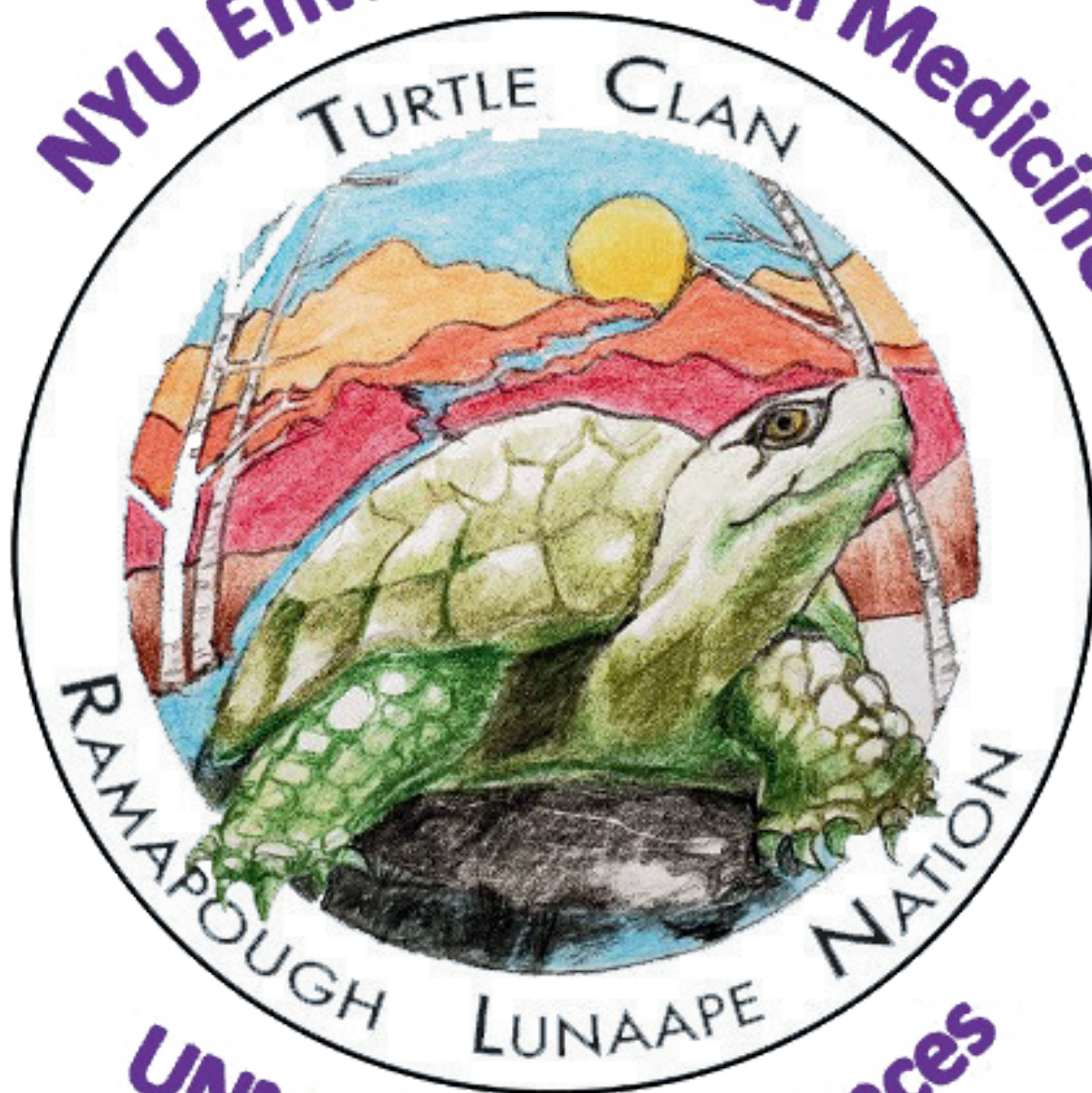




Community Connections

**Favorite Recipes from the Ramapough Lunaape Turtle Clan and Friends
Wellness Sharing Circle
2022-23**

NYU Environmental Medicine



UNM Health Sciences

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Dry Ingredients

Cups	Tablespoons	Teaspoons	Ounces
1	16	48	8
3/4	12	36	6
2/3	10 + 2/3	32	5 + 1/3
1/2	8	24	4
1/3	5 + 1/3	18	2 + 2/3
1/4	4	12	2
1/8	2	6	1
1/16	1	3	1/2

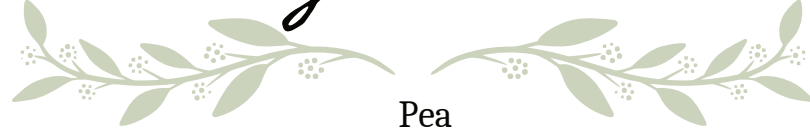
Kitchen Conversions

Wet Ingredients

Gallon	Quarts	Pints	Cups	Ounces
1	4	8	16	128
1/2	2	4	8	64
1/4	1	2	4	32
	1/2	1	2	16
		1/2	1	8
			1/2	4
			1/4	2
				1



Munsee-English Vocabulary



Corn
Xwaskwiim

Pea
Ptukwaalaxkwsiiit

Carrot
Pehpeechkweekush

Green Corn
Askxaskwiim

Lettuce
Shulaash

Turnip
Pehpeetkweek

White Corn
Waapaloom

Onion
Wiinoonzhuy

Radish
Maxkeechkweekush

Green Bean
Kashayeen

Cucumber
Komkomush Kohkomush

Eggs
Wahwal

Kidney Bean
Maxkaalaxkwsiiit

Pumpkin
Mahkahkw

Venison
Atohheewakw

Yellow Bean
Wiisaawii-maalaxkwsiiit

Cabbage
Kepuch

Bread
Pwaan

White bean
Waapaalaxkwsiiit

Tomato
Tumeetoos

Meat
Wuyoos

Beet
Maxkeetkweek



Opening Prayer

Anushiik waak ndeeh, manitou, mbuy, asunal, waak, akuhkanah akay

A-knee-shiek, wok, N-day, ma-na-two, mm-bee, a-sin-al, wok, A-ko-ka-nah, a-key

(Thank you for heart/love, spirit/ancestors, water, stones, and mother earth)

Anushiik ell miiluyaan weemu eeloongohmahtiht

A-knee-shiek, el, me-lu-yang, wee-mu, eel-loong-go-ma-teet

(Thank you for giving me all my relations)

Anushiik kiisheelumukweeng ell miiluyaan

A-knee-shiek, key-shal-low-mo-kwaing, el, me-lu-yang

gwutun apuw waak wulumulusuwaakan

g-wa-tun, a-po, wok, wo-lu-ma-lu-soo-waa-ken

(Thank you, Creator, for this day and the good life)

Foreword

As part of our NYU-NIEHS Research to Action Grant (Grant #ES033545-01) with the Ramapough Lunaape Turtle Clan Nation and the Munsee Three Sisters Medicinal Farm, a cookbook containing recipes and nutritional health guidance was developed from our Chef-led cooking classes held with Ramapough community members and their friends and family. This initiative began as a result of the inability of the Ramapough Turtle Clan, who live on a Superfund site in Ringwood, New Jersey to hunt clean game animals, grow safe vegetables, and gather traditional wild edibles. Tribal members have stated that, "We risk losing the knowledge of our healing plants, and with that, the loss of language that is associated with the gathering of them. Food sovereignty gives us an opportunity to heal through cultural regeneration." Another quote from a Turtle Clan member reveals their feelings of hopelessness concerning food sovereignty, "I no longer feel safe getting fruits and vegetables from the surrounding area. My people have hunted, fished, and gardened to procure foodstuffs for our families...This is in our heritage, and it is sad that we are now limited by the pollution [in] the land. As a child, my mom had a garden each year, and we were taught how to plant. Now it's not safe. It hurts economically most of all." (2023 Survey respondent).

In 2019, Chief Vincent Mann (Chief, Ramapough Lunaape Turtle Clan) and Ms. Michaeline Picaro established the Munsee Three Sisters Medicinal Farm in Andover, New Jersey, to grow healthy food and distribute it to our community and other people who are in need. Chief Mann has said of the farm, "This saves lives, creates jobs, preserves community, and offers hope. We are planting seeds of hope through food sovereignty. Food is medicine. It is our responsibility to protect our people and help our neighbors."

With those words in mind, we at NYU, with our partners at the University of New Mexico, and Chief Mann collaborated and wrote a grant that could expand the farming initiative to build food sovereignty, reduce food scarcity, and improve health and well-being of the Ramapough people. We first approached this goal with 8 cooking classes led by Chef Sandy from the Culinary Institute. Our classes held at the Ringwood Church of the Good Shepherd focused on recipes that included items that are culturally-relevant and commonly grown on the Munsee Farm. Nutrient-rich recipes were distributed during the class, along with related nutritional information and health benefits associated with the ingredients. Following the recipe, each participant (alone or as a team) prepared their own meal, ate together as a community, and shared hope and healing. Using recipes from those classes and submissions from some of the participants, this book was created. We hope it will be the first of several versions, each of which will include new recipes and nutritional information. Our wish for this book is that it helps sustain healthy eating for entire families to enjoy, taking the first step to improved health. We hope you enjoy reading and preparing these recipes. We encourage new recipe submissions for our next cooking classes and to be included in future cookbooks. Anushiik.

Acknowledgments

We would like to extend our sincere gratitude to the following:

- All the Ramapough participants and their friends for their trust and friendship, and for their enthusiasm in participating in our cooking classes, from which many of the recipes for this book were derived.
- Chief Vincent Mann (Chief of the Ramapough Turtle Clan) and Ms. Michaeline Picaro for their close partnership in our NIEHS-NYU Research to Action Grant (R2A).
- Chef Sandy Murzin for her dedication to health and wellness through nutrient-rich cooking classes.
- Esther Erdei for her commitment to the Research to Action Grant and the Ramapough Turtle Clan Community.
- Church of the Good Shepherd for allowing us to use their space for cooking, eating, and healing.
- Munsee Three Sisters Medicinal Farm for supplying freshly-picked fruits and vegetables that served as the foundation for our recipes.
- National Institute of Environmental Health Sciences (NIEHS) for providing our funding support for this project.
- Niyati Parekh for sharing her expertise and resources in nutritional science.
- Jill Aquino and the NYU School of Medicine, Division of Environmental Medicine staff and students for their time and commitment in developing fliers and infographics for the cooking classes and recipes.
- Rachel Gordon for her creativity and commitment to developing and formatting the recipe book.
- Shannon Doherty Lyons for her leadership and organizational skills that ensured the completion of this book.
- Sparta Community Food Pantry for their partnership and consistent supply of healthy ingredients.

Garlic can help lower cholesterol and blood pressure.

Mustard is a good source of potassium and calcium, helping maintain strong teeth, bones, joints, and muscles.

Lemons contain Vitamin C, which is an antioxidant that can protect cells from damage.

Olive oil contains oleic acid, an anti-inflammatory that can help fight free radical damage (inflammation) in the body.

Vitamin C helps your body make collagen for your skin, helps your body absorb iron, and supports your immune system.

Vinegar contains polyphenols, or plant chemicals, that have an antioxidant effect that may protect cells from oxidative stress, a possible stimulator of tumor growth.





Basic Vinaigrette



1 cup



5 minutes

INGREDIENTS

1 small clove garlic, minced (about 1/2 tsp)
2 tsp Dijon mustard
1/4 cup vinegar, lemon juice, or mixture of lemon and vinegar (2 oz)
1/2-3/4 cup (4-6 oz) olive oil or other flavorful oil
Kosher salt
Black pepper, freshly ground

Optional Ingredients: minced shallot or onion, chili, grated ginger, herbs and spices, yogurt, mayonnaise, egg yolk, miso.

SOME TIPS FOR PREPARING SALAD:

- Wash greens by soaking in a bowl of cold water and then gently lift out, letting the dirt fall to the bottom. Repeat in clean water if necessary. Dry in salad spinner or using clean cotton towels.
- Try to balance textures with crunchy, soft, raw, and cooked vegetables.
- Tough greens like chopped kale or cabbage benefit from a massage after dressing and then a rest.
- Add a variety of flavors and make sure they are balanced.
- Remember to eat a variety of colors.
- Cut your ingredients small enough so several fit onto a fork at once.
- Use a big enough bowl so you have space to toss.
- Season the salad greens with salt and pepper.
- Dress salad, taste for seasoning, then transfer to serving plate or bowl.
- Place items that will be damaged from tossing on the top after dressing the salad (avocado, eggs, chunks of feta).
- Repeat often!

DIRECTIONS

1. Combine garlic, mustard, and vinegar in a bowl and whisk to combine.
2. Whisking constantly, very slowly drizzle in olive oil.
3. Season to taste with salt, pepper, and any other spices.
4. Store vinaigrette in the refrigerator.

Eggs are a good source of protein and contain heart-healthy unsaturated fats. They are a great source of important nutrients like vitamin B6, B12, and vitamin D.

Due to its high fiber content, cornmeal is good for heart health. It lowers the cholesterol level in the body, making it heart-healthy.

Apple cider vinegar can aid in weight loss, reduce cholesterol, and lower blood sugar levels.

Apples are rich in fiber and antioxidants.

Milk is high in calcium, phosphorus, vitamin D, potassium, and vitamin B12. It's also a good source of vitamin A, magnesium, zinc, and thiamine (B1).

Cinnamon is rich in antioxidants and supports blood sugar control.

Corn meal is an excellent source of fiber and selenium.



Cornbread



6 servings



45 minutes

INGREDIENTS

1 cup yellow cornmeal, stone ground preferred, fine or medium grind
1 cup all-purpose flour
2 Tbsp sugar
1 Tbsp baking powder
1 tsp salt
 $\frac{3}{4}$ cup milk
3 large eggs
4 Tbsp (2 oz) butter, melted



Xwaskwiim



DIRECTIONS

Cornbread:

1. Preheat oven to 450°F. with rack in the middle.
2. Butter 8" round or square baking pan well and line bottom with parchment paper to prevent sticking.
3. In a large bowl, combine the dry ingredients and mix well.
4. In a second smaller bowl, whisk together the milk and eggs and then add the melted butter.
5. Pour and scrape the liquids into the dry ingredients, add any optional additions, and then stir just until mixed through. Do not over mix or cornbread will be tough.
6. Scrape the batter into the prepared pan and smooth the top.
7. Bake for 20 minutes, until center is firm.
8. Cool for 5 minutes and then remove from pan.

CORNBREAD NOTES:

- Optional Additions: 1-2 cups corn; 1 cup coarsely grated sharp cheddar or Monterey Jack cheese; 1-2 pickled jalapeños seeded and minced; $\frac{1}{2}$ cup sautéed scallions.
- Can replace milk with $\frac{3}{4}$ cup buttermilk plus $\frac{1}{2}$ tsp baking soda.
- Stone ground cornmeal will go bad quicker than steel ground, so store it in the freezer.
- If the cornmeal smells rancid, it has gone bad.

Applesauce



10 servings



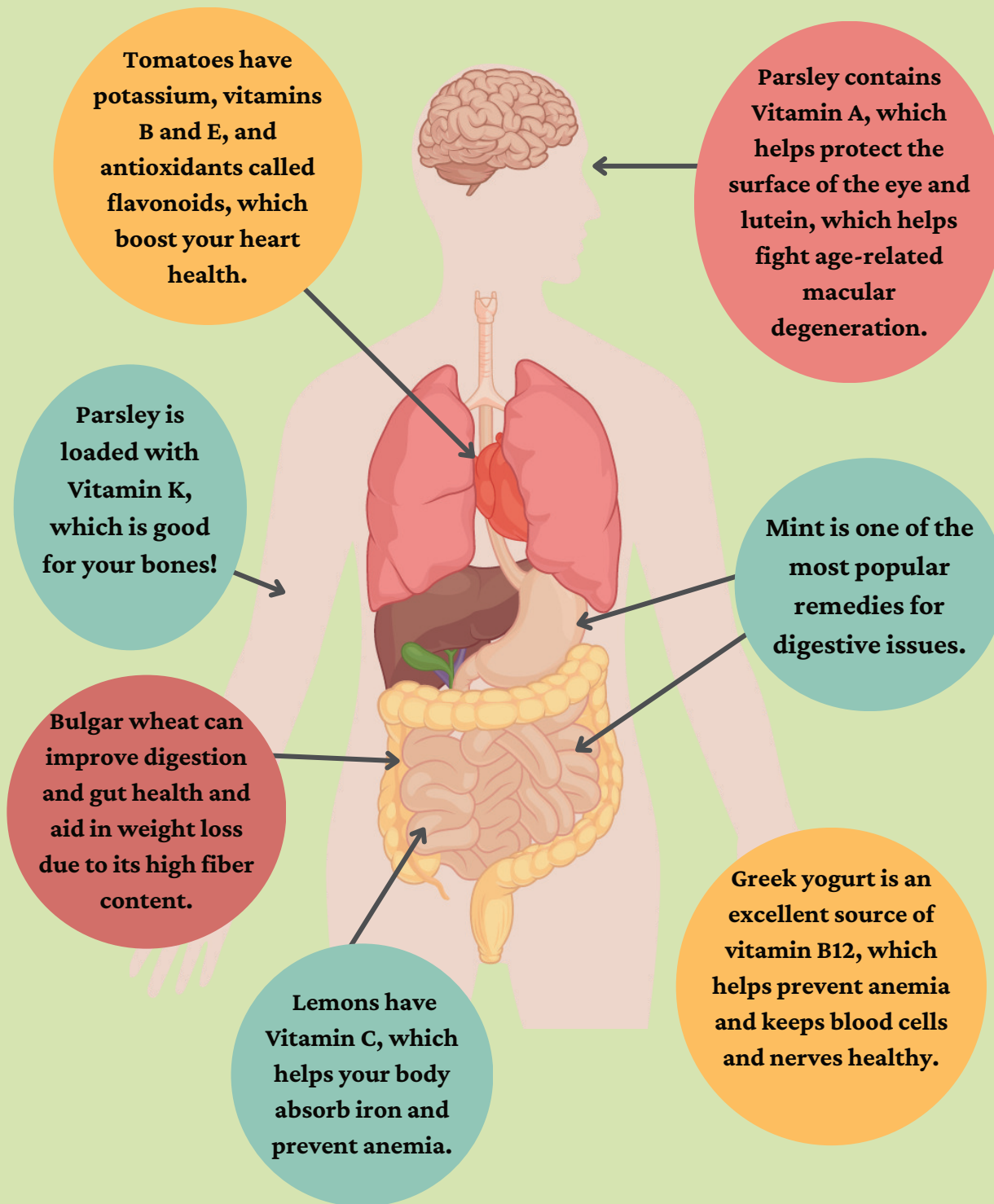
1 hour

INGREDIENTS

4 pounds mixed apples (about 8 medium or 16 small)
 $\frac{1}{4}$ cup white or brown sugar (optional)
 $\frac{1}{4}$ tsp Kosher salt (or $\frac{1}{8}$ tsp table salt)
1 Tbsp apple cider vinegar or fresh lemon juice
1 cinnamon stick or $\frac{1}{4}$ - $\frac{1}{2}$ tsp ground cinnamon

Applesauce:

1. Peel, core, and roughly chop apples.
2. Place all of the ingredients in a Dutch oven or large sauce pan.
3. Stir mixture and then cover pan.
4. Cook over medium heat, stirring occasionally, until apples are completely tender and falling apart (about 25 minutes).
5. Remove cinnamon stick and puree with an immersion blender, food processor, blender, or food mill (for a smooth sauce) or potato masher (for a chunky sauce).
6. Store in refrigerator.



Tabbouleh & Tzatziki



3 servings



25 minutes



INGREDIENTS

½ cup fine bulgur (#1)
1 bunch curly parsley
6 mint leaves
1 Tbsp chopped mint or dill (extra for dip)
2 mini seedless (Persian) cucumbers
3 scallions
1 medium tomato
1 lemon, juiced
¼ cup olive oil
1 cup plain whole milk Greek-style yogurt
1-2 cloves garlic, minced
2 tsp lemon juice or white wine vinegar
Salt and pepper

DIRECTIONS

Tabbouleh:

1. Put bulgur in a bowl and add enough boiling water to cover by an inch. Let the bulgur sit for at least 20 minutes, allowing it to double in size.
2. Wash and dry fresh ingredients.
3. Finely chop the parsley and mint, including the thin parsley stems.
4. Halve cucumbers lengthwise and use a spoon to remove the seeds. Chop.
5. Discard the scallion roots and chop.
6. Core and chop tomato.
7. Mix all the vegetables into a bowl.
8. Drain bulgur and add to vegetables.
9. Add lemon juice and oil, mix well, and season to taste.

Tzatziki:

1. Grate cucumbers using the large holes of a grater.
2. Squeeze grated cucumber to remove water and place in a small bowl.
3. Stir in rest of the ingredients, mix well, and season to taste.
4. Drizzle olive oil over top. Serve with pita crackers, sliced vegetables, or grilled chicken.



Rice contains niacin, a nutrient that boosts brain function and improves skin health.

Eating beans regularly may lower your risk of coronary heart disease and may help lower cholesterol.

Beans are high in antioxidants, which may help reduce the risk of certain cancers and protect against the effects of air pollution.

Beans are high in fiber, a nutrient that contributes to a healthy gut. It may also lower the risk of cardiovascular disease and can help lower blood glucose levels.

Reheating cooled rice activates a starch that is beneficial for gut health and blood sugar regulation.

Beans are high in folate, a nutrient that is essential for fetal development.

Rice contains high levels of selenium, which can help combat arsenic exposure.

When white rice is paired with other foods high in fiber and nutrients, it can increase the nutritional value of your meal. For example: Vegetables and rice, peas and beans, vegetables and meat.





Maalaxkwsit

RICE AND BEANS



6 servings



45 minutes

INGREDIENTS

- 2 tsp of olive oil
- 1 small onion, finely chopped (about $\frac{3}{4}$ cup)
- $\frac{3}{4}$ cup of chopped bell peppers
- 4 cloves of garlic, minced
- $\frac{1}{2}$ tsp of oregano leaf
- 1 tsp of adobo all-purpose seasoning with pepper
- 1 cup of water
- 1 cup of chicken broth
- 1 bay leaf
- 1 can of black beans or $\frac{3}{4}$ cup dry beans
- 1 cup of extra long grain rice

DIRECTIONS

1. Heat oil in medium pot over medium-high heat. Add onions and peppers; cook until soft, about 10 minutes.
2. Add garlic, oregano, and adobo. Cook until fragrant, about 1 minute.
3. Drain and rinse canned beans*, and add to the pot with rice, water, chicken broth, and bay leaf. Bring rice mixture to a boil. Reduce heat to medium-low. Simmer, covered, until rice absorbs water, about 25 minutes.

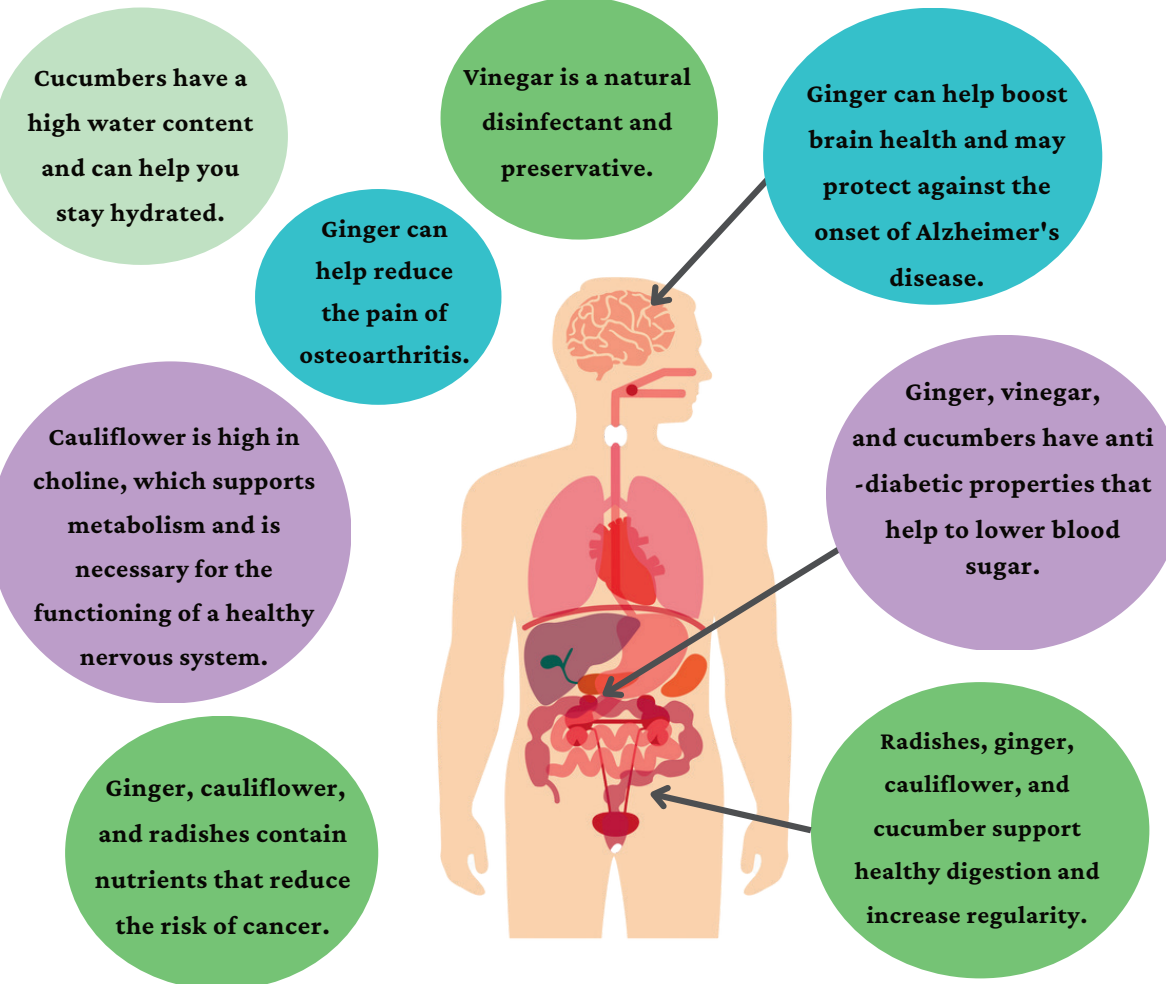
**If using dry beans, add to a separate pot, along with enough water to cover the beans and add bay leaf; bring liquid to boil, simmer for at least 1 1/2 hours until beans are tender. Drain beans and proceed to step 3.*

4. Remove rice from heat; let sit until tender, about 5 minutes more.
5. Remove bay leaf and evenly divide rice among serving bowls.

NOTES

- Kidney beans, pigeon peas, or pinto beans can also be used in place of black beans
- If you don't have chicken broth, simply use 2 cups of water or vegetable broth.





Food is Your Friend

- Radishes contain high levels of zinc, which help your body resist lead and cadmium exposure.
- Cauliflower, cucumber, and radishes contain magnesium and protect against the toxic and carcinogenic effects of cadmium.
- Cauliflower, cucumber, and ginger are high in antioxidants which can help protect against the toxic effects of air pollution.

Glass vs. Plastic

- Plastic releases chemicals like BPA and phthalates that may be harmful to your health if consumed.
- Plastic is less environmentally friendly compared to glass.
- Glass maintains the pure flavor of its contents and does not release chemicals into food.
- Plastic cannot be completely recycled after use, so when you can make the choice, choose glass!



Maxkeechkweekush



Refrigerator Pickles



2 jars



15 minutes

INGREDIENTS

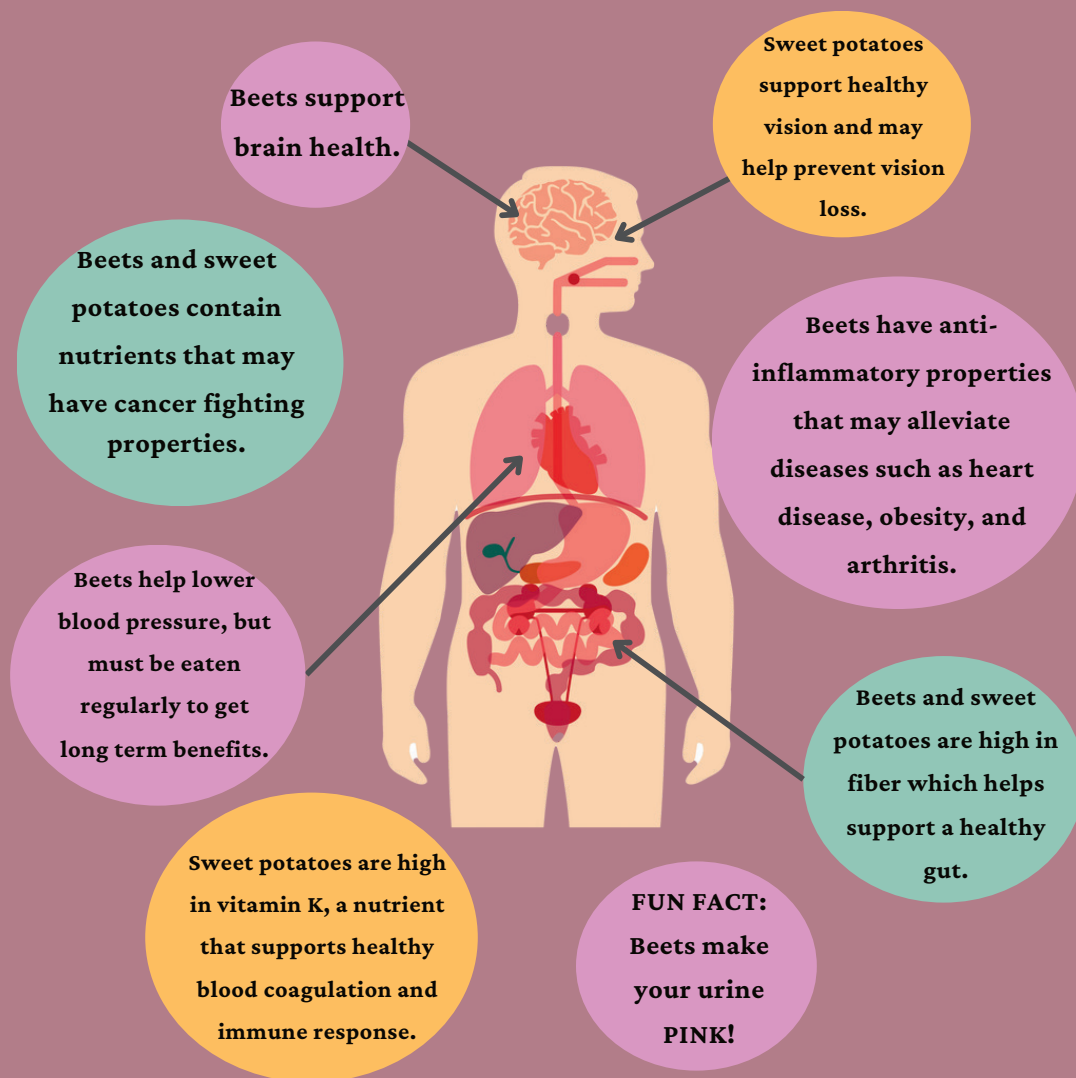
2 pint-sized jars
1 cup vinegar
1 cup water
1 ½ tsp table salt OR 1 Tbsp kosher salt
1 Tbsp sugar
1 pound vegetables

DIRECTIONS

1. Wash jars and lids well in soapy, hot water. Rinse well and then dry.
2. Prepare about 1 pound of vegetables for the jars. Use fresh, crisp vegetables for better pickles. Avoid bruises.
3. Choose your flavorings and place into each jar (all optional)
4. Pack jar with the vegetables, as tightly as possible. Leave about ½" space from top of jar.
5. Make the brine by placing the vinegar, water, salt, and sugar into a small saucepan and heat until the salt and sugar fully dissolves.
6. Fill jars with brine to cover vegetables. Put lid on jar and tap jar against table a few times to remove any air pockets.
7. Check and add additional brine, if needed.
8. Let brine come to room temperature and then refrigerate jars. Wait at least 2 days, and then enjoy the pickles over the next 2-3 months. Continue to store in the refrigerator.

Additional seasonings: Fresh or dried herbs: dill, thyme, oregano, rosemary, mustard seed, coriander seed, peppercorns, red pepper, bay leaf, turmeric, smoked paprika, red pepper flakes, 1-2 cloves garlic, smashed or sliced, fresh ginger, peeled and thinly sliced, fresh chili

1. Beets: peel, slice, and steam until tender.
2. Carrot: peel, and then cut into strips, ribbons, coins, or grate.
3. Cauliflower: break into bite-sized heads.
4. Cucumber: trim bud end off, then thinly slice into chips, cut into spears, or leave whole.
5. Daikon radish: peel, halve, and then slice into half moons or strips.
6. Fennel: trim stalks, outer layers, and root. Thinly slice bulb.
7. Green beans: trim ends. Blanch in boiling water for 1 minute and then shock in cold water.
8. Green tomatoes: core and then cut into wedges; cherry tomatoes can be whole.
9. Ginger: peel and thinly slice.
10. Jalapeño: trim stem, slice.
11. Jicama: peel and cut into matchsticks, spears, or coins.
12. Red or sweet onion: peel and thinly slice.
13. Radish: thinly slice.



Food is Your Friend

- Sweet potatoes and beets contain vitamin C, which protects against the toxic effects of air pollution.
- Beets contain magnesium and iron, which protect against the toxic and carcinogenic effects of cadmium.

How to store Veggies

- Store sweet potatoes in a ventilated container and keep in a cool, dark place.
- Trim beet stems an inch above the root and store them in a loose bag in the fridge crisper.



Maxkeetkweek



Roasted Beets and Sweet Potatoes



4 servings



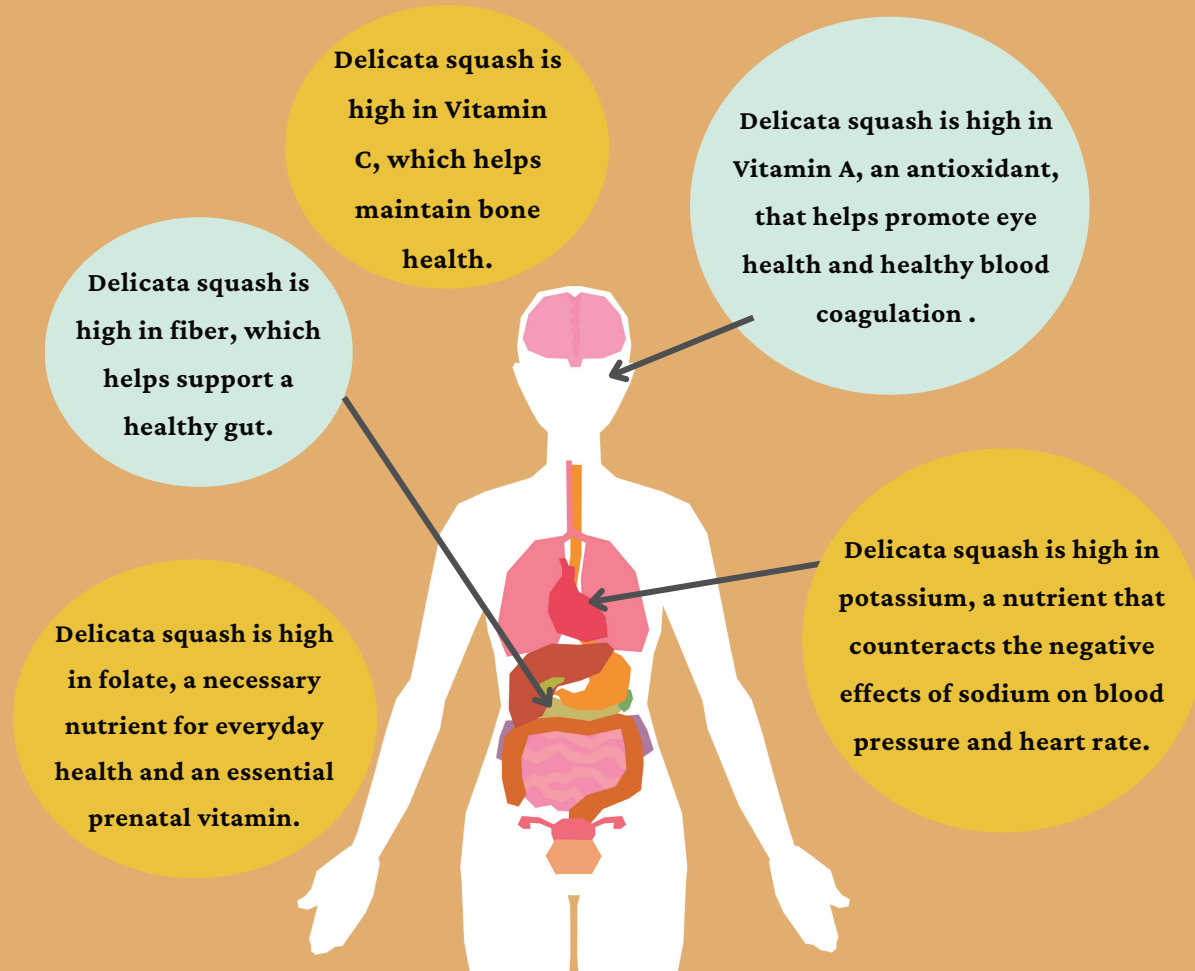
30 minutes

INGREDIENTS

3-4 medium red beets
2-3 large sweet potatoes
2 Tbsp of olive oil
 $\frac{1}{2}$ tsp salt
 $\frac{1}{2}$ tsp freshly
ground black pepper
 $\frac{1}{2}$ tsp garlic powder
 $\frac{1}{4}$ tsp dried oregano

DIRECTIONS

1. Preheat oven to 425°F.
2. Remove leaves from beets then clean and peel. Clean and peel sweet potatoes.
3. Cut beets and sweet potatoes into even cubes, about 1/2 inch.
4. In a large bowl, combine beet and sweet potato chunks, 1 ½ tablespoons of olive oil, and desired seasonings.
5. Place a sheet of parchment paper on your sheet pan to prevent burning. Or, pour remaining ½ tablespoon of oil onto a large sheet pan and spread evenly along the sheet pan with hands.
6. Spread the beet and sweet potato mixture onto sheet pan in a single layer so that veggie chunks have enough room to cook.
7. Roast veggies 35 minutes or until they start to brown and become tender.
8. Halfway through cook time, stir vegetables.
9. Once vegetables are finished cooking, transfer them to serving dish and sprinkle with desired toppings.



Food is Your Friend

Delicata squash contains:

- Selenium which can help combat arsenic exposure
- Iron which protects against the toxic and carcinogenic effects of cadmium
- Zinc which protects against the toxic effects of cadmium and lead exposure
- Antioxidants which can help protect against the toxic effects of air pollution



Roasted Squash



4 servings



30 minutes

INGREDIENTS

2 medium delicata squash

2 Tbsp of oil

1 tsp kosher salt

½ tsp ground black pepper

Optional seasonings: turmeric, garlic powder, cilantro, parsley

Optional Toppings: pecans, pepitas, walnuts, goat cheese, parmesan

DIRECTIONS

1. Place oven rack to the lowest position and preheat oven to 425°F.
2. Trim both ends of the squash and cut in half lengthwise. Scrape out the seeds and fibrous flesh from the squash with a spoon.
3. Place squash cut side down and cut into 1 inch thick slices.
4. Place slices into a bowl and add salt, black pepper, oil, and other desired seasonings.
5. Transfer squash slices to a rimmed baking sheet, making sure that the slices are equally spaced.
6. Roast for about 12 minutes or until the slices are golden brown on the bottom. Flip slices over and roast for another 10 minutes or until golden brown on second side.
7. Remove squash from oven and add any desired toppings.
8. Squash can be enjoyed hot as a side or cold in a salad.

Carrots and onions contain nutrients that can reduce your risk for cancer.

Onions contain nutrients that can help improve bone density.

Carrots are high in Vitamin A, which are nutrients that can promote eye health.

The anti-inflammatory nutrients in onions can help reduce blood pressure and decrease cholesterol.

Quercetin is a nutrient found in onions that can help regulate blood sugar.

Butternut squash, celery, and onions are high in antioxidants, which help fight inflammation in the body and can reduce the risk of heart disease, obesity, and cancer.

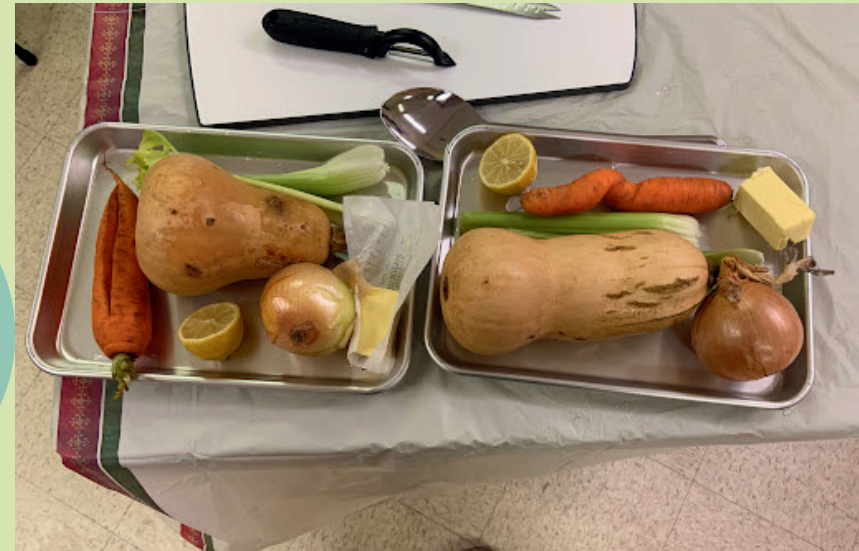
Celery, onions, and butternut squash are high in fiber which help support healthy digestion.

Food is Your Friend

- Celery leaves contain high levels of calcium which help your body resist lead exposure
- Celery and butternut squash contain magnesium which protects against the toxic and carcinogenic effects of cadmium
- Celery, butternut squash, and onions are high in antioxidants which can help protect against the toxic effects of air pollution

How to store Veggies

- Store onions and butternut squash in a ventilated container that is in a cool dark place
- Wrap celery in aluminum foil and store them in the refrigerator crisper drawer
- Cut off the greens of the carrots, wrap them in a towel, and place them in an air tight container or zip lock bag



Butternut Squash and Carrot Soup



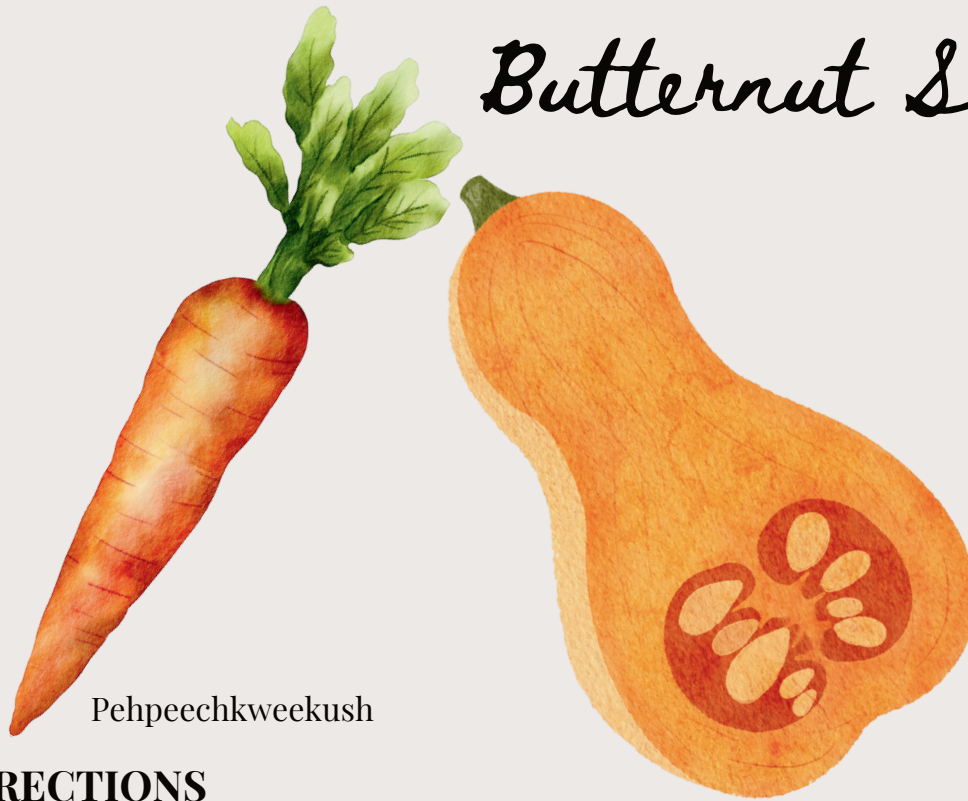
4 servings



45 minutes

INGREDIENTS

1 medium onion, peeled
2 stalks celery
1 medium carrot
2 ounces butter (1/2 stick)
Seasoning: 1 tsp dry herbs, chili powder, smoked paprika or curry powder, cinnamon or nutmeg
1 butternut squash (2+ pounds)
1 ½ quarts homemade vegetable stock (or low-sodium boxed vegetable stock)
½ lemon (about 2 Tbsp juice)
½ cup coconut milk or heavy cream or sour cream
Salt and pepper to taste



Pehpeeckweekush

DIRECTIONS

1. Clean and finely dice onion, celery, and carrot.
2. Heat a large saucepan on medium heat and add butter. Let butter cook until it just starts to brown (not burn).
3. Add the diced vegetables and your choice of seasoning to the butter and stir. Let cook until vegetables get slightly brown, stirring occasionally.
4. While the vegetables are cooking, peel, seed, and cut the squash. If vegetables are done before the squash is ready, take pan off heat.
5. Cut both ends off squash and then peel the squash using a vegetable peeler or a sharp knife to expose the bright orange flesh.
6. Cut squash into 3 big chunks and then cut each chunk in half through the center.
7. Scrape out seeds and stringy flesh with a spoon and save seeds.
8. Very thinly slice each of the chunks, placing the flat edge down on the cutting board for stability; you can cut the thin slices into chunks or leave as is.
9. Add the cut squash and vegetable stock to the pan and bring to a gentle boil.
10. Cook for about 20 minutes, until squash is very soft.
11. Add lemon juice.
12. Using an immersion blender, blend soup in the pot until smooth. Or let cool and blend in an electric blender, or pass through a food mill.
13. Add coconut milk or dairy if desired. Taste and adjust seasoning.

Mushrooms aid in protecting the brain and promoting lower cholesterol, and they provide a source of vitamin D.

Carrots promote healthy vision, balance blood sugar, and can help with weight management.

Onions are rich in antioxidants, help control blood sugar levels, and improve digestive health.

Venison is an excellent source of protein for those with cardiovascular disease. Venison is leaner, has less fat, and fewer calories.

Celery supports digestion and is rich in vitamins and minerals that have a low glycemic index.

Barley reduces hunger and may help you lose weight. It has insoluble and soluble fiber which can improve digestion. It may also prevent gallstones.

A three-ounce cut of deer meat has 134 calories and 3 grams of fat. Same amount of beef: 259 calories, 18 grams of fat. Pork: 214 calories, 13 grams of fat.



Wiinoonzhuy

VENISON & BARLEY SOUP



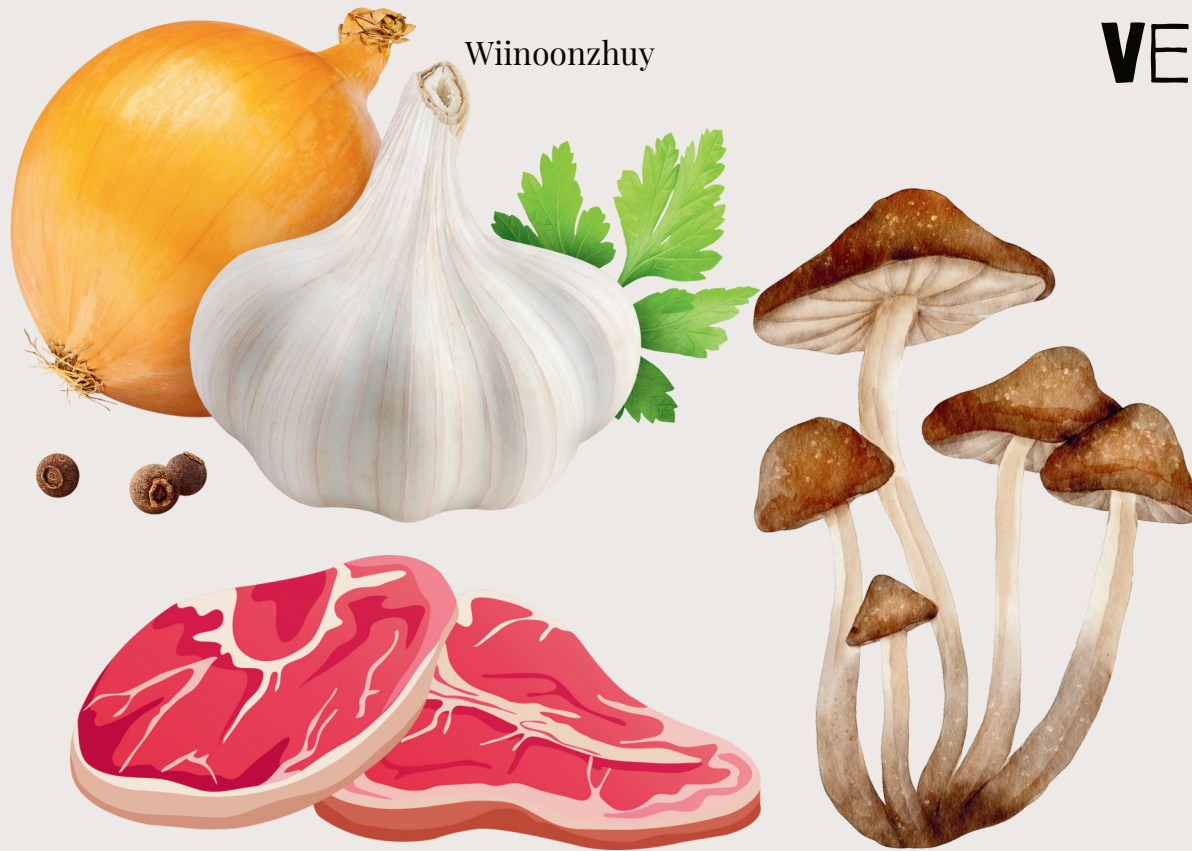
6-8 servings



3 hours

INGREDIENTS

2-3 pound venison roast
3 large or 4 smaller carrots
1 parsnip (optional)
1 yellow onion
2 ribs celery
½ pound mushrooms
4 cloves garlic
Kosher salt
Black pepper, freshly ground
1 Tbsp grapeseed or canola oil
3 quarts homemade venison, beef, chicken,
or store bought stock
1 bay leaf
1 cup pearly barley (7 ounces) (not
quick cooking)
Minced fresh parsley, for garnish



DIRECTIONS

1. Remove meat from ribs in one chunk. Remove and discard any silver skin.
2. Peel and dice carrots, parsnip, and onion. Dice celery and slice mushrooms.
3. Peel and coarsely chop garlic. Transfer all cut vegetables to a bowl.
4. Season venison with salt and pepper.
5. In a large pot heat oil over medium-high heat, add venison and bones. Cook, turning occasionally, until browned on all sides. Transfer meat and bones to a second bowl.
6. Add cut vegetables to the same large pot and cook until lightly browned, stirring and scraping up any brown crust left in the pot from the meat. Transfer cooked vegetables back into their bowl.
7. Cut venison into chunks and place back in the large pot.
8. Add stock, bones, any drippings from the meat, and bay leaf to the pot.
9. Bring to a simmer and cook for 1 hour.
10. Add pearly barley and vegetables and stir soup. Simmer another 45 minutes until meat, barley, and vegetables are tender.
11. Remove bones and bay leaf. Pull off any meat from the bones and add back to the soup. Discard bones and bay leaf.

Wheatberry Salad



6 servings



75 minutes

INGREDIENTS

1½ cup hard wheatberries
¾ cup chopped walnuts
2 stalks celery, finely chopped
½ cup tart dried cherries, chopped
½ cup finely chopped parsley leaves
1 scallion, chopped
3 Tbsp olive oil
2 Tbsp lemon juice
Salt and freshly ground black pepper

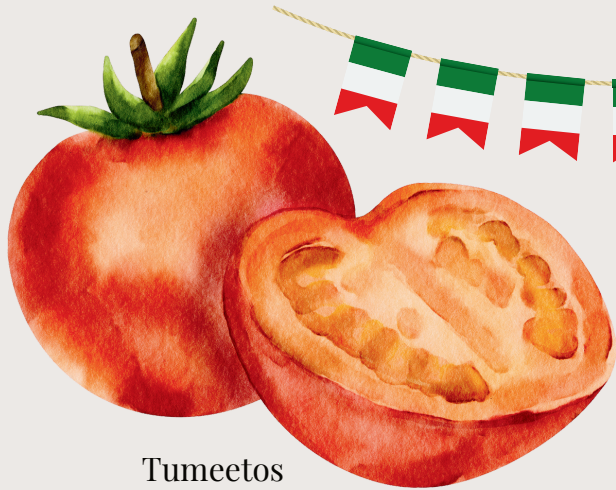


DIRECTIONS

1. In a large pot combine the wheatberries and enough water to come 2 inches over the wheatberries. Bring to a boil and simmer uncovered for an hour, or until tender. Drain and let cool.
2. Toast walnuts in a dry frying pan over medium-high heat until fragrant, 2 to 3 minutes.
3. In a large bowl, combine the wheatberries, walnuts, celery, dried cherries, parsley, scallions, olive oil, and lemon juice.
4. Season to taste with salt and pepper.

OPTIONAL MODIFICATIONS

- *Add wild rice for additional crunch or substitute quinoa, bulgur, or couscous for barley (in equal amounts) and prepare according to directions*
- *Seeds and nuts: toasted sunflower seeds, pumpkin seeds, almonds, pistachios, pecans*
- *Fruit: dried cranberries, raisins, dates, green apple, fresh strawberries*
- *Vegetables: red onion, bell pepper, red cabbage, broccoli, green beans, edamame, carrot, spinach, arugula*
- *Garnishes: feta cheese, yogurt, dill, cilantro*
- *Dressings: balsamic vinegar, lemon juice, honey, orange juice, cherry juice, Dijon mustard, sesame oil*



Tumeeetos



Liz's Famous Spinach Stuffed Shells



15 servings



60 minutes

INGREDIENTS

12 oz jumbo pasta shells
 10 oz frozen chopped spinach
 1 large onion, chopped
 1 clove fresh garlic, chopped
 16 oz skim milk-ricotta cheese
 12 oz part-skim mozzarella cheese
 1 oz grated Parmesan cheese
 1 bunch of chopped parsley
 1 large egg
 3 Tbsp olive oil
 Garlic powder, oregano, thyme
 Salt and pepper
 1 32 oz can tomato sauce
 Fresh basil

DIRECTIONS

1. Cook the shells according to package directions in large pot of boiling, salted water.
2. Drain, rinse in cold water, and set aside.
3. Thaw frozen spinach in frying pan: squeeze excess liquid from cooked spinach and transfer to large mixing bowl.
4. Sauté chopped onion and garlic in olive oil and add to mixing bowl.
5. Add ricotta to large mixing bowl.
6. Shred mozzarella and add to large mixing bowl.
7. Add parsley and beaten egg to mixture.
8. Add seasonings to taste.
9. Cover bottom of 9x13 casserole dish with thin layer of tomato sauce.
10. Using a spoon or piping bag, fill shells with 2 tablespoons of cheese and spinach mixture, and place facing up in casserole dish.
11. Pour remaining tomato sauce over the filled shells.
12. Sprinkle with Parmesan cheese
13. Bake at 350° F for 30 minutes until browned. Garnish with fresh chopped basil.

NOTES

Serve your shells with garlic bread and salad and be mindful of salt intake while enjoying this Italian-inspired meal!

Grapeseed oil contains omega-6 fatty acids and vitamin E. It contains more vitamin E than other cooking oils and has been shown to reduce free radicals, which can stave off heart disease and some cancers.

Garlic is good for the brain and is linked to better cognitive health.

Olive oil lowers blood pressure and contains plant-based compounds that offer anti-inflammatory and antioxidant properties, which is good for the heart.

Lemons get their sour taste from abundant citric acid which may help prevent the formation of kidney stones.

Soy contains isoflavones, which are compounds that have been shown to reduce menopause symptoms and improve cholesterol levels.


Sesame seeds are a good source of healthy fats, protein, B vitamins, minerals, fiber and antioxidants. They also have beneficial plant compounds that aid in blood sugar control, combat arthritis pain, and help to lower cholesterol.


Egg yolks are high in vitamins A, D, E, K, B1, B2, B5, B6, B9, and B12. Eating two eggs per day covers 10% to 30% of the daily vitamin requirements for humans.



SALMON & SOBA NOODLES WITH GARLIC AIOLI BOWL

INGREDIENTS

 2 servings

 45 minutes

Soba Noodles

- 1 Tbsp peanut, grapeseed, or canola oil
- 1 Tbsp soy sauce
- ½ Tbsp toasted sesame oil
- 2 Tbsp rice or white wine vinegar
- 1 scallion
- 2 bundles dried soba noodles (6 oz)
- 1 Tbsp toasted sesame seeds (optional)

Aioli

- 1-3 cloves garlic
- Big pinch salt
- 1 egg yolk
- 1 tsp water or lemon juice
- ¼ cup grapeseed or canola oil
- ¼ cup olive oil

Salmon

- 2 pieces salmon filet, 4 ounces each, with skin
- Salt & pepper
- 4 oz spinach (1 cup), kale or chard, chopped if large
- 2 Tbsp peanut, grapeseed or canola oil, divided



DIRECTIONS

Aioli

1. Grate garlic finely into medium-sized bowl.
2. Whisk yolk, salt and water into garlic to combine.
3. Whisking constantly, add oil drop by drop, and then slowly increase oil flow as the mixture starts to emulsify. If you add the oil too quickly, the sauce will break and the oil will separate.
4. Continue whisking until all of the oil has been added.

Soba Noodles

1. Put a large pot of water on burner to boil.
2. In a small mixing bowl, combine soy sauce, both oils, and vinegar.
3. Thinly slice scallion on the bias.
4. Cook soba in the boiling water until tender. Immediately rinse in cold water to prevent sticking. Drain.
5. In a large bowl, combine drained soba, scallion, sesame seeds, and sauce. Toss well.

Salmon

1. Preheat oven to 450°F.
2. Dry fish well.
3. Season fish with salt and pepper on both sides.
4. Place an oven-safe sauté pan on medium-high burner and add 1 tbsp oil.
5. Add the spinach to the pan, season with salt and pepper, and cook until wilted.
6. Top spinach with salmon, skin side down.
7. Drizzle salmon with additional oil.
8. Place pan in oven and bake until cooked through, about 8-10 minutes

To Serve: Place half the noodles in each bowl. Top each with a portion of fish and spinach, and drizzle aioli over top.

Notes: Aioli can also be made with an immersion blender and stored in the refrigerator for up to a week.



