

# Three Sisters Stir-fry

**Prep Time:** 20 min **Cook Time:** 15 min

**Total Time:** 35 min

**Yield:** 4-6 Servings

## Ingredients:

- 1 medium winter squash, peeled and cubed into dice-sized pieces (save time by roasting the squash first at 375° for 30 minutes and then peeling and cubing)
- 1 red bell pepper, diced
- ½ onion, diced
- ½ cup fresh or 1-4oz. can of green chilies
- 1-cup fresh or 1-15oz can diced tomatoes (low sodium)
- 1-cup fresh or frozen sweet corn (low sodium)
- ¾ cup dried black beans, cooked, or 1-15oz can black beans (low sodium)
- 1 Tablespoon black pepper
- 1 clove garlic or 1 Tablespoon garlic powder
- 1 Tablespoon cumin
- 1 Tablespoon canola oil
- Vegetable broth as needed (low sodium)

\* *Optional: cook 2-3 cups brown rice to serve under stir-fry*

\* *Optional flavor: Hot sauce, salsa, or avocado for topping*

## Instructions:

1. In a large skillet, heat a splash of oil over high heat. (Healthy tip: skip the oil and stir-fry with water!).
2. Add the cubed squash. Reduce to medium-high and cook, stirring frequently.
3. Add vegetable stock as needed to prevent squash from sticking to the pan and drying out.
4. Once the squash starts to become tender (about 10 min), add onions and peppers. Continue to stir frequently.
5. Once onions, peppers, and squash have reached a desired tenderness, add the green chilies, diced tomatoes, corn, and black beans. Stir.
6. Cook for 1-2 min. Add black pepper, cumin, and garlic powder.
7. Give it a couple more good stirs.
8. Enjoy on its own or over a bed of brown rice.

\* *Recipe adapted from [coleadamrd.blogspot.com](http://coleadamrd.blogspot.com)*

# Three Sister Stir-fry



# Vegetable Fritters

**Prep Time:** 10 min **Cook Time:** 10 min

**Total Time:** 20 min

**Yield:** 4 Servings

## Batter Ingredients:

- 1/3 cup unbleached or whole-wheat flour (Healthy Tip: substitute oats for flour!)
- ½ teaspoon baking powder
- ½ teaspoon salt
- 1/3 teaspoon pepper
- 2 eggs (beaten)
- Oil for the pan (canola, coconut, or olive oil)

## Batter Directions:

1. Mix together the ingredients to form a smooth batter.
2. Now add one of the following options and mix in gently.

### Option 1: Summer Squash Fritter

- 3 cups of summer squash (zucchini or yellow squash) shredded
- 1/3 cup onion, chopped up small
- 1/3 cup bell pepper, chopped up small
- 2 cloves garlic, chopped up small
- 1 Tablespoon fresh parsley, chopped (optional)

*\* Optional flavor: add fresh jalapeño, diced*

### Option 2: Corn Fritter

- 2 cups fresh or frozen corn (low sodium)
- 2 Tablespoons milk

### Option 3: Broccoli-Carrot Fritter

- 2 cups fresh or frozen broccoli (low sodium), chopped up small
- 1 cup fresh or frozen carrots (low sodium), shredded
- 2 cloves garlic chopped up small
- 1 Tablespoon fresh dill chopped (optional)

*\* Optional flavor: add fresh jalapeño, diced*

## Fritter Directions:

1. Lightly coat a frying pan with oil and heat to medium hot temperature.
2. Drop spoonfuls of batter onto the frying pan, like pancakes.
3. Make sure the fritters are not too thick otherwise the inside will take a long time to cook.
4. Fry one side until golden brown, then turn and cook on the other side until done. Enjoy!

*Note: Feel free to add any other spices, herbs, or vegetables to the fritters!*

*\* Recipe adapted from the “Simply in Season”.*

# Vegetable Fritters





# Southwest Dip and Veggies

**Prep Time:** 3 min

**Yield:** 4 Servings

## Southwest Dip Ingredients:

- 1 cup plain low-fat yogurt (use Greek yogurt for thicker dip)
- ½ teaspoon cumin
- ½ teaspoon chili powder
- ½ teaspoon dried or fresh cilantro (optional)
- ¼ teaspoon salt
- ¼ teaspoon cayenne pepper

## Instructions:

1. Combine all ingredients in a plastic container.
2. Adjust seasonings to personal taste.
3. Cut your choice of vegetables into bite sized pieces.
4. Dip those veggies in and enjoy!

## Vegetable Dipper Options:

- Carrots, broccoli, cauliflower, celery, cucumbers, peas, peppers, or tomatoes

# Ranch Dip and Veggies (alternative)

**Prep Time:** 3 min

**Yield:** 4 Servings

## Ranch Dip Ingredients:

- 1 cup plain low-fat yogurt (use Greek yogurt for thicker dip)
- ½ teaspoon salt
- ½ teaspoon onion powder
- ½ teaspoon garlic powder
- 1 teaspoon fresh or dried dill
- 1 teaspoon fresh or dried parsley
- ½ teaspoon ground black pepper

## Instructions:

1. Combine all ingredients in a plastic container.
2. Adjust seasonings to personal taste.
3. Cut your choice of vegetables into bite sized pieces.
4. Dip those veggies in and enjoy!

## Vegetable Dipper Options:

- Carrots, broccoli, cauliflower, celery, cucumbers, peas, peppers, or tomatoes

# Southwest Dip & Veggies



# Overnight Oatmeal:

**Prep Time:** 5 min **Active Time:** 5 min

**Total Time:** Refrigerate overnight or at least 6 hrs

**Yield:** 1 Serving

*This is an easy, healthy breakfast for on-the-go families. There are many different variations that are easy to try.*

## Ingredients:

- 1 clean jar with lid
- ½ cup – 1 cup rolled oats
- 1 cup milk
- 2 Tablespoons nuts or seeds (almonds, walnuts, pecans, pinons or sunflower seeds)
- 1 teaspoon of your favorite spice (cinnamon, nutmeg or pumpkin pie spice)
- 1 teaspoon of your favorite sweetener (brown sugar, maple syrup or honey)
- ¼ - ½ cup sliced fruit (bananas, apples, berries – fresh or frozen)

*\* Optional: 2 Tablespoons peanut butter*

*\* Optional: 4 Tablespoons low fat yogurt of choice*

## Instructions:

1. In a jar or small bowl add milk, sweetener, and spices. Stir with a spoon to combine. If desired, add peanut butter now.
2. Add oats and stir a few more times. Make sure all oats are mixed with milk.
3. Cover with a lid or plastic wrap and set in the refrigerator overnight (or at least 6 hours).
4. Open up and top with fruit and nuts. Enjoy!

*\* Overnight oats will keep in the refrigerator for up to 2 days.*

## Yummy Combinations:

5. Peanut Butter Banana
6. Cinnamon Apple
7. Berry Medley (strawberry, blueberry, raspberry)
8. Blueberry Banana

*\* Recipe adapted from [minimalistbaker.com](http://minimalistbaker.com) and [hurrythefoodup.com](http://hurrythefoodup.com)*



# Overnight Oatmeal

# Healthy Fruit Crumble

**Prep Time:** 10 min **Cook Time:** 25 min

**Total Time:** 35 min

**Yield:** 4 Servings

## Ingredients:

- 2 ½ cups any fresh or frozen fruit: blueberries, strawberries, peaches, plums, or apples
- 1 Tablespoon granulated sugar, or honey
- 3 Tablespoon whole-wheat flour
- Juice squeezed from ½ orange, or use orange juice (about 1-2 Tablespoons)
- ½ cup rolled oats
- ¼ cup chopped almonds, pecans, walnuts, or your other favorite nut!
- 3 Tablespoons brown sugar
- ¼ Tablespoon ground cinnamon
- 2 Tablespoons canola oil, or coconut oil

## Instructions:

1. Preheat oven to 400°F
2. Combine fruit with granulated sugar, 1 Tbs. flour and the orange juice. Place into a pie or baking dish.
3. Combine oats, nuts, brown sugar, the remaining 2 Tbs. flour, and cinnamon. Drizzle with oil and stir to combine.
4. Sprinkle oat mixture over the fruit mixture. Place the dishes on a baking sheet.
5. Bake until the fruit is bubbling and the topping is golden, 20 to 25 minutes. Let stand for at least 10 minutes before serving.

*\* Tip: If you don't have access to an oven, cook the fruit over the stove until soft, and then microwave the fruit with the crumble for 10 minutes.*

*\* Recipe adapted from [www.eatingwell.com](http://www.eatingwell.com)*



# Healthy Fruit Crumble

# Blue Corn Mush

**Prep time:** 3 min **Cook time:** 15 min

**Total time:** 18 min

**Yield:** 2-3 Servings

## Mush Ingredients

- 3 cups of water
- 1 Tablespoon juniper ash
- 1 cup blue cornmeal w/ 1 cup of cold water

## Instructions

1. In a pot, mix 1 Tablespoon of juniper ash with 3 cups of water, bring to a boil.
2. In a separate bowl, whisk one cup of blue cornmeal and one cup of cold water together.
3. When pot of ash and water are boiling, lower the heat and slowly stir the cornmeal and continue to stir for 10-15 minutes
4. When desired consistency of mush has been reached, let it simmer and cool.
5. Enjoy as is or with delicious toppings!

## Topping Ingredients

- Fruit (fresh, frozen, dried): berries, apples, melon, peaches, apricots, raisins
- Nuts: almonds, walnuts, pinons
- Other toppings: granola, honey oats

*\* Note: For a firmer mush, use less water. A firmer mush can be fried in chunks, not possible with a mush that contains too much water.*

# Blue Corn Bread Paddies

**Prep time:** 3 min **Cook time:** 15 min

**Total time:** 18 min

**Yeild:** 2-3 Servings

*Complete the blue corn mush recipe.*

## Additional Ingredients

- ½-1 cup of dried blue corn meal
- 1 teaspoon salt in ½ cup cold water
- 1 Tablespoon canola or coconut oil

## Instructions

1. Heat frying pan over medium heat.
2. In a bowl, add dried blue corn meal to the blue corn mush (already made), so that the consistency becomes firmer. It should be able to form a ball. If its too dry, add a small amount of water
3. After rolling into a ball, break off hand size pieces to make paddies. Dip each side of paddies into ½ cup of salt water.
4. Fry over pan until the corn meal is cooked on each side to enjoy.

*\* Delicious side dish to a Three Sisters Stir-fry or stew!*



The image shows a clear plastic container on the left filled with a dark blue, textured corn mush. To the right of the container, five dark blue, round corn paddies are arranged on a light-colored surface. The entire scene is framed by a decorative border with rounded corners.

# Blue Corn Mush & Blue Corn Paddies

# A.L.T.T. Wrap

## (Avocado, Lettuce, Tomato, Turkey)

**Prep Time:** 5 min

**Yield:** 2 Servings **Serving Size:** 1/2 wrap

### Ingredients:

- 1 cup chopped lettuce
- ½ cup chopped tomato (1 small tomato)
- 1 Tablespoon light Ranch dressing
- ½ cup chopped avocado (1 small avocado)
- 1 cup turkey, chopped. Use fresh meat or leftovers when possible, lunchmeat if fresh is not available.
- 1 large (10" burrito size) whole-wheat tortilla (or blue corn tortilla)

\* *Optional: onions, cucumbers, or alfalfa sprouts*

### Instructions:

1. Put lettuce, tomatoes, and Ranch dressing in a medium bowl. Stir to combine.
2. Add avocado and turkey. Stir gently.
3. Pour onto tortilla. Wrap like a burrito.
4. Enjoy!

### Other Yummy Wrap Combinations:

1. Light sour cream or cream cheese, cucumber, bell pepper, turkey, lettuce.
2. Egg Salad: 1-2 hard boiled eggs, grapes, lettuce, bell pepper, Greek yogurt.
3. Tuna Salad: 1 can tuna, celery, lettuce, bell peppers, low fat plain yogurt.

\* *Recipe adapted from Power Play Kids Cookbook*

# A.L.T.T. Wrap

Avocado, Lettuce, Tomato, Turkey



FRESH



CHOICE