

Awakening the Spirit



Recipe Sampler



Green Chile Stew



Fruit Compote



No-Fry Bread



Three Sisters Sauté

Making Healthy Food Choices is central to caring for your diabetes.

Green Chile Stew

Makes 6 to 8 servings

Ingredients

- 3 1/2 cups water, divided
- 1 large onion, diced
- 2 teaspoons finely chopped garlic
- 2 cups roasted, seeded, and chopped mild New Mexico green chiles
- 1 1/2 cups plum tomatoes (chopped)
- 1/2 teaspoon salt



Three Sisters Sauté

Makes 6 to 8 side dish servings

Ingredients

- Cooking spray
- 1/2 white onion, diced
- 2 garlic cloves, finely chopped
- 2 cups diced zucchini (1/4-inch cubes)
- 1 1/2 cups cooked cranberry or pinto beans, or 1 15-ounce can pinto beans
- 1 cup fresh corn kernels, cut from the cobs of 2 ears of roasted corn
- 1/2 teaspoon salt



Indian No-Fry Bread

Makes 12 no-fry or grilled tortilla breads

Ingredients

- 4 cups unbleached or whole-wheat flour
- 2 tablespoons baking powder
- 1 teaspoon salt
- 1 1/2 cups warm water



Recipe Sampler

Mixed Berry Compote

Makes 6 to 8 servings

Ingredients

- 2 cups peeled, cored, and chopped apples
- 1/2 cup frozen apple juice concentrate
- 2 cups mixed berries (strawberries, blueberries, blackberries, and raspberries), fresh or frozen, unsweetened
- 1 cup unsweetened applesauce
- 1/2 teaspoon ground cinnamon, or to taste



Recipe Sampler



Dear Friend,

Trying new recipes is always a great way to mix things up in the kitchen! Congratulations to you for wanting to offer healthier meals to your family and taking a step in the right direction in the fight against diabetes. The American Diabetes Association's Native American Initiatives Program, *Awakening the Spirit: Pathways to Diabetes Prevention and Control*, has revised the Recipe Sampler to help you get started eating healthier.

In our culture, food plays an important role in family gatherings and other special occasions. Over time, traditional recipes have become modified with increased fat, salt, and sugar, which has made it harder for people to stay at a healthy weight. Excess weight means an increased risk for type 2 diabetes and greater challenges in managing blood sugar. When we return to more traditional cooking methods, our food can taste great and be healthy too.

In the Recipe Sampler you will find new and improved traditional recipes, a healthy plate guide, and tips for preventing and managing type 2 diabetes. Look for special recipes created by Lois Ellen Frank, PhD (Kiowa/Sephardic) who is also a renowned chef with Red Mesa Cuisine. As part of the effort to promote healthy eating in tribal communities, Dr. Frank has generously provided healthy recipes for this publication.

Type 2 diabetes has grown at an alarming rate in our Native communities, and our youth are suffering from this disease at earlier ages. It is estimated that type 2 diabetes increased 68% among American Indian/Alaska Native youth ages 15-19 between 1994 and 2004. An American Indian is 2.2 times more likely to be diagnosed with diabetes than a Caucasian. It is also estimated that 30% of American Indians and Alaska Natives have pre-diabetes, which means they are one step away from a diagnosis of type 2 diabetes.

If you have type 2 diabetes, it can be managed. If you don't have type 2 diabetes, it may be preventable. Making changes in your everyday routine is the key to a healthier future. It's as simple as being more physically active and eating sensible portions of nutrient-rich foods. Take your first steps down the pathway to better health today!

To learn more about diabetes contact:
Your American Diabetes Association
1-800-DIABETES (342-2383)
www.diabetes.org



Green Chile Stew

Makes 6 to 8 servings

This recipe is a plant-based no-meat version of a traditional Native green chile stew. It is delicious and hearty, a perfect meal for a cold winter day.

Ingredients

- 3 1/2 cups water, divided
- 1 large onion, diced
- 2 teaspoons finely chopped garlic
- 2 cups roasted, seeded, and chopped mild New Mexico green chiles
- 1/2 28-ounce can plum tomatoes with basil, no salt added (chopped)
- 1 1/2 pounds yellow potatoes, or about 20 small potatoes, washed and diced with skins
- 1 cup frozen corn kernels
- Salt, to taste
- Black pepper, to taste

Directions

In a cast-iron or heavy skillet over medium to high heat, heat 1/2 cup water until hot, then add onion. Sauté onion for 4 minutes until clear. Add garlic and sauté for 1 minute. Add green chiles and cook for 2 minutes. Add tomatoes and cook for another 2 minutes. Add remaining 3 cups water and potatoes and bring to a boil.

Reduce heat and simmer on medium for 35 minutes or until potatoes are soft. Add corn, then salt and black pepper to taste. Serve immediately.

Green Chile Stew (reprinted) courtesy of Lois Ellen Frank, PhD (Kiowa) Red Mesa Cuisine

Nutrition Facts:

Per serving (1/6 of recipe)

Calories	149
Fat	0.5 g
Saturated Fat	0.1 g
Calories from fat	2.9%
Cholesterol	0 mg
Protein	4.3 g
Carbohydrate	35.1 g
Sugar	4.9 g
Fiber	5.1 g
Sodium	259 mg
Calcium	65 mg
Iron	3.3 mg
Vitamin C	143 mg
Beta-carotene	402 mcg
Vitamin E	0.6 mg



Blue Corn Posole Mush

Makes 6 servings

For the Blue Corn Posole:

Ingredients

- 1 15-ounce bag dried blue corn posole
- 1 quart water

Directions

Wash the dried blue corn posole in cold water and remove any dirt or stones. Drain and rinse.

Place the entire contents into a slow cooker or heavy pot with lid and cover with one quart water. Bring to a boil, reduce heat, and simmer overnight or for approximately 8 hours. Turn off heat and set aside.

For the Blue Corn Mush:

Ingredients

- 2 cups water
- 1 cup finely ground blue corn meal

Directions

In a small saucepan over medium to high heat, heat the water until it boils. Place the cup of finely ground blue corn meal into another small saucepan and slowly add the boiling water, mixing the corn meal to prevent any lumps from forming. Using a whisk or fork, mix together completely. Return to the stove and heat slowly over low to medium heat, stirring constantly. Cook, slowly, continuing to stir, for about five minutes, or until it turns smooth and is thick. Add mush to the posole and reheat slowly over low to medium heat stirring to thicken entire pot of posole and to prevent burning.

Serve hot topped with homemade New Mexico Red Chile.

*Blue Corn Posole Mush (reprinted)
courtesy of Lois Ellen Frank, PhD (Kiowa)
Red Mesa Cuisine*

Nutrition Facts:

Per serving (1/6 of recipe)

Calories	132
Fat	2 g
Saturated Fat	0.2 g
Calories from fat	12.4%
Cholesterol	0 mg
Protein	3.9 g
Carbohydrate	27.9 g
Sugar	3.4 g
Fiber	3.2 g
Sodium	5 mg
Calcium	5 mg
Iron	0.6 mg
Vitamin C	4 mg
Beta-carotene	45 mcg
Vitamin E	0.2 mg



Three Sisters Sauté

Makes 6 to 8 side dish servings

Ingredients

- Cooking spray
- 1/2 white onion, diced
- 2 garlic cloves, finely chopped
- 2 cups diced zucchini (1/4-inch cubes)
- 1 1/2 cups cooked cranberry or pinto beans, or 1 15-ounce can pinto beans
- 1 cup fresh corn kernels, cut from the cobs of 2 ears oven-roasted corn or use frozen corn kernels
- 1/2 teaspoon salt
- 1/8 teaspoon freshly ground black pepper

Directions

Spray oil onto cast-iron or heavy skillet to prevent sticking. Heat skillet over medium to high heat until hot but not smoking. Sauté onion for 2 minutes until clear. Add garlic and zucchini and sauté for another 2 minutes. Add cooked beans and corn kernels. Stir. Cook for another 2 minutes, stirring constantly. Remove from heat. Stir in salt and black pepper. Serve immediately.

Note: For the roasted sweet corn, wet each ear of corn and place on a sheet tray. Add enough water to cover the bottom of the tray, about 1/2 inch of water. Place in a 350°F oven and roast for approximately 10 minutes, remove from oven, turn over the ears of corn and cook for an additional 10 minutes. Remove from the oven, peel the husks and cut the kernels from the cob. Discard the husks and cob. Use as instructed in the recipe.

*Three Sisters Saute (reprinted)
courtesy of Lois Ellen Frank, PhD (Kiowa)
Red Mesa Cuisine*

Nutrition Facts:

Per serving (1/6 of recipe)

Calories	95
Fat	0.8 g
Saturated Fat	0.1 g
Calories from fat	7%
Cholesterol	0 mg
Protein	5.3 g
Carbohydrate	18.5 g
Sugar	2.7 g
Fiber	4.9 g
Sodium	199 mg
Calcium	31 mg
Iron	1.2 mg
Vitamin C	7 mg
Beta-carotene	251 mcg
Vitamin E	0.5 mg



Home On The Range: Buffaloaf

Makes 4 servings

Ingredients

- 12 ounces ground bison or buffalo
- ¼ cup grated onion
- ¼ cup of parsley
- ¼ cup catsup + 3 tablespoons
- 1 Tbsp. Worcestershire sauce
- 1 egg, slightly beaten
- ¼ cup breadcrumbs
- Salt and pepper, to taste

Directions

Preheat the oven to 350°F. Place the bison, onion, parsley, ¼ c. catsup, Worcestershire, egg, salt, and pepper in a bowl. Add breadcrumbs, and mix well.

Form the meat into a small loaf, and cover with remaining 3 tablespoons of catsup. Bake for 40 minutes, or until cooked through. Do not overbake.

Chef Kyle's Buffa-loaf

Kyle Shadix, CCC, MS, RD (Seminole)

www.ChefKyle.com

Recipe modified to meet the

American Diabetes Association Nutritional Guidelines

Nutrition Facts:

Per serving (1/4 of recipe)

Calories	176
Fat	3 g
Saturated Fat	1 g
Cholesterol	107 mg
Protein	22 g
Carbohydrate	14 g
Total Dietary Fiber	1 g
Sodium	475 mg







Indian No-Fry Bread or Tortilla Bread

Makes 12 no-fry or grilled tortilla breads

This recipe makes Indian tortilla breads that can be cooked on an open-flame grill or open flame instead of fried.

Ingredients

- 4 cups unbleached or whole-wheat flour
- 2 tablespoons baking powder
- 1 teaspoon salt
- 1 1/2 cups warm water

Directions

In a medium mixing bowl combine flour, baking powder, and salt. Gradually stir in the water until the dough becomes soft and pliable without sticking to the bowl.

Knead the dough on a lightly floured cutting board or surface for 4 minutes, folding the outer edges of the dough towards the center.

Return the dough to the bowl, cover with plastic wrap, and let rest for at least 30 minutes to allow it to rise.

Shape the dough into 12 small balls and roll out using a rolling pin or with your hands to 1/4-inch thickness on a lightly floured surface. If you use your hands, that makes for slightly uneven round breads, but everyone will know they were handmade. Some cooks think that gives each bread a little more character. Stretch or roll the dough out so that it is approximately 8 to 10 inches in diameter.

Heat a cast-iron or heavy skillet or open flame grill until very hot. Place your shaped dough circle onto the hot pan or open flame grill, and let it cook for approximately 2 to 3 minutes on each side until it browns, then turn the bread over and cook another 2 to 3 minutes until bread is completely done.

If you are cooking these breads over an open flame or on a grill, cook until the dough starts to turn golden brown and puffs a little. Turn over and cook until both sides have brown spots and the dough is completely cooked.

Repeat this process with each piece of dough. Keep warm between two clean kitchen towels. Serve immediately with your favorite taco topping.

These breads can be used with any taco recipe or served as bread with any meal.

*Indian No-Fry Bread or Tortilla Bread (reprinted)
courtesy of Lois Ellen Frank, PhD (Kiowa)
Red Mesa Cuisine*

Nutrition Facts:

Per serving (1/12 of recipe)

Calories	153
Fat	0.4 g
Saturated Fat	0.1 g
Calories from fat	2.2%
Cholesterol	0 mg
Protein	4.3 g
Carbohydrate	32.4 g
Sugar	0.1 g
Fiber	1.3 g
Sodium	442 mg

Mixed Berry and Apple Fruit Compote

Makes 6 to 8 servings

Ingredients

- 2 cups peeled, cored, and chopped apples
- 1/2 cup frozen apple juice concentrate
- 2 cups mixed berries (strawberries, blueberries, blackberries, and raspberries), fresh or frozen, unsweetened
- 1 cup unsweetened applesauce
- 1/2 teaspoon ground cinnamon, or to taste

Directions

In a medium saucepan, combine apples and apple juice concentrate. Bring to a boil, stir, then add berries. Bring to a boil again, then reduce the heat and simmer on low heat, covered, for about 25 minutes, or until fruit is tender when pierced with a fork. Mash lightly. Add applesauce and heat until the dessert is hot. Sprinkle with cinnamon and serve immediately.

Note: If the only applesauce available is sweetened, adding the berries is a good way to dilute and make it a healthier dish.

*Mixed Berry and Apple Fruit Compote (reprinted)
Recipe adapted from Foods That Fight Pain by
Neal Barnard, MD; recipe by Jennifer Raymond.
Revised by Lois Ellen Frank, PhD (Kiowa).*

Nutrition Facts:

Per serving (1/6 of recipe)

Calories	98
Fat	0.4 g
Saturated Fat	0 g
Calories from fat	3.3%
Cholesterol	0 mg
Protein	0.8 g
Carbohydrate	24.8 g
Sugar	18.9 g
Fiber	3 g
Sodium	7 mg
Calcium	19 mg
Iron	0.6 mg
Vitamin C	16 mg
Beta-carotene	34 mcg
Vitamin E	0.5 mg



Choosing What, How Much, and When to Eat

In the past, diets for people with diabetes were very restrictive. Things are different now. There isn't a one-size-fits-all diabetes diet.

While you may need to make some changes in what and how much you eat, you have flexibility in deciding what's on the menu. With a little planning, you can still include your favorite foods.

Create Your Plate

Trying to figure out how you're supposed to eat now that you have diabetes? A good place to begin is the "Plate Method." You don't need any special tools and don't need to do any counting. You just need to focus on filling your plate with more non-starchy vegetables and less starchy foods and meats. It's simple and it works. Find out how to use the Plate Method on the next page!

TIP What does "healthy eating" really mean?

- Eating a variety of foods, including vegetables, whole grains, fruits, non-fat dairy foods, healthy fats, and lean meats or meat substitutes
- Trying not to eat too much food
- Trying not to eat too much of one type of food
- Spacing your meals evenly throughout the day
- Not skipping meals



Weight Loss

If you are overweight or obese, your doctor or diabetes care team may suggest you try to lose some weight.

Losing weight can improve your blood glucose, blood pressure, and cholesterol. You don't have to lose a lot of weight to start seeing results. Just losing 10-15 pounds can make a difference. The key to losing weight in a healthy way is to do so gradually. Avoid crash diets, and above all, follow the guidance of your doctor or dietitian to create a diet that will work for you.

There are many types of weight loss plans to choose from. Even using the Plate Method for meal planning can help with weight loss. If you're having trouble losing weight, talk with your doctor or a registered dietitian.

Future mailings of the American Diabetes Association *Living With Type 2 Diabetes* program include more information about weight loss.

Create Your Plate!

- 1** Imagine drawing a line down the middle of your dinner plate. Then on one side, cut it again so you will have 3 sections on your plate like the picture on your right.
- 2** Fill the largest section with non-starchy vegetables like salad, green beans, broccoli, cauliflower, cabbage, carrots, and tomatoes.
- 3** Now in one of the smaller sections, put starchy foods such as noodles, rice, corn, or potatoes.
- 4** The other small section is for meat, fish, chicken, eggs, or tofu.
- 5** Add an 8 oz glass of milk and one small piece of fruit or 1/2 cup of fruit salad and you've got a great meal. (If you don't drink milk, you can add an extra piece of fruit, light yogurt, or a small roll.)

Grains and Starchy Vegetables

- whole grain breads, such as whole wheat or rye
- whole grain, high-fiber cereal
- cooked cereal such as oatmeal, grits, hominy, or cream of wheat
- rice, pasta, barley, tortillas
- cooked beans and peas, such as pinto beans or black-eyed peas
- potatoes, green peas, corn, lima beans, sweet potatoes, winter squash
- low-fat crackers and snack chips, pretzels, and fat-free popcorn



Once you have changed how much you are eating, you can work on making healthier choices of each type of food.

Protein

- chicken or turkey (without the skin)
- fish such as tuna, salmon, cod, or catfish
- other seafood such as shrimp, clams, oysters, crab, or mussels
- lean cuts of beef and pork such as sirloin or pork loin
- tofu, eggs, low-fat cheese





Milk

- skim, 1/2%, or 1% milk
- low-fat or fat-free yogurt
- plain soy milk

Fruit

- fresh, frozen, or canned in juice or light syrup
- peach, pineapple, banana, apple, pear, mango, grapes, berries, melon, papaya, apricot, orange, grapefruit



Non-Starchy Vegetables

- fresh, frozen, or canned
- spinach, carrots, lettuce, greens, cabbage, bok choy, green beans, broccoli, cauliflower, tomatoes, vegetable juice, salsa, onion, cucumber, beets, okra, mushrooms, peppers, turnip

How Deep?

For the plate method, your food can be piled about the thickness of a deck of cards or the palm of your hand.





Getting Active

Being active is another part of living healthy and managing diabetes. Any type of physical activity you do helps lower your blood glucose.

Other benefits of physical activity include:

- Having more energy
- Relieving stress
- Being able to play with your children, grandchildren
- Keeping your joints flexible
- Lowering your risk for heart disease and stroke
- Feeling great

Talk to your doctor if you have questions about which activities are right for you.

Examples of different types of physical activity include:

- Aerobic activity (walking, biking, canoeing)
- Being active throughout the day (taking the stairs, cleaning the house, doing yard work)
- Strength training (lifting weights or using resistance bands)
- Flexibility exercises (stretching and yoga)

Aerobic Activity

Aerobic activity makes your heart and bones strong, relieves stress, helps your insulin work better and improves blood flow. For most people, it's best to aim for a total of 30 minutes of exercise a day, at least 5 days a week. If you are trying to lose weight, you may want to exercise more than 30 minutes a day.



Here are some examples of aerobic activity:

- Take a brisk walk with your children or grandchildren
- Play basketball with your friends
- Take a dance class
- Canoe with a canoe club
- Go for a bike ride or use a stationary bike indoors

If you haven't been very active recently, you can start out with 5 or 10 minutes a day and work up to more time each week. You can also split up your activity for the day: For example, take a quick 10-minute walk before or after each meal instead of 30 minutes all at once.

Being Active Throughout the Day

In addition to aerobic activity or other planned exercise, there are many ways to be more active during your day. This can help you burn calories and lower your blood glucose. Here are some examples:

- Walk instead of drive
- Get off the bus a stop early and walk the rest of the way
- Work in the garden, rake leaves or cut and stack wood
- Play actively with your children or grandchildren
- Walk around while talking on the phone
- Park at the far end of the lot and walk

“I don't feel so alone when I'm walking with fellow Red Striders. There's a feeling of unity when we walk together.”

Learn more at
diabetes.org/redstrider





For more information on diabetes contact the American Diabetes Association at
1-800-DIABETES (1-800-342-2383)

Visit us online at www.diabetes.org



 American Diabetes Association.