

Food is Medicine

A collection of recipes from
Urban Indian Health Institute Staff



The Story of Food is Medicine

Dear reader,

In 2020, Urban Indian Health Institute (UIHI) ramped up their efforts to bring awareness to suicide prevention in Indian Country. To strengthen staff connection and mental health, we organized and participated in regular group activities that highlight how each of us take care of our mental health on a day-to-day basis as well as during especially difficult times—like the entire last three quarters of 2020.

One of the activities was creating a recipe book filled with our favorite recipes along with why the recipes are special to us. The act of sharing meaningful recipes with each other is an act of love and a show of appreciation, which we all could use a lot of these days.

Food is medicine, and as an organization that works on health and wellness, this recipe book is one way we can fulfill our goal to bring health and wellness to our community.

Please join us in enjoying some new (and maybe well-known) foods and bringing joy to those you love.

We hope that you take care of yourself and your loved ones, and know that we are here for you, we support you, and you matter.

We appreciate you.

In gratitude and solidarity,

Urban Indian Health Institute Staff



P. 34—Turkey Biryani

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A Story About My Favorite Ring




Patience brings tribulations.

A little learned patience—instead of no control over your behavior—is a mark of adulthood.

Regina LaVassaur (Yakama)

As part of our suicide prevention initiative, a group of UIHI staff shared positive affirmations that they say to themselves often.



I am hopeful.

If I think back, the times I had hope were the times I felt the freest. Honestly, I miss those times even if they were brief.

Ibbie Osman



It is ok to take up space.

My shame continues to tell me to make myself small. I have to remind myself that my needs and perspective deserve to be heard too.

Shannen Keene



You don't need to be anyone else.

All you need is to be the best version of yourself. Both your strengths and weaknesses make you who you are and they make you uniquely valuable.

Scott Erickson



I'm surrounded by people that care about me.

I feel grateful to have such a strong support system now. Those I surround myself with have a tremendous impact on my well-being, and these reminders keep me grounded.

Nancy Ly

Appetizers and Side Dishes

"As Indigenous people, food is more than a physical need. Our connection to it is spiritual and cultural."

Abigail Echo-Hawk (Pawnee), Executive Vice President





Packs of the Sovereign Soup Mix made for Urban Indian Health Institute by Birch Basket. *Photo by Urban Indian Health Institute.*

Sovereign Soup Mix

by Hillel Echo-Hawk (Pawnee), Birch Basket for UIHI

An important part of the work we do at Urban Indian Health Institute is providing the absolute best we have to our community. One of the ways we do that is by providing food to our relatives. We package all of the ingredients for our Sovereign Soup Mix before any events we attend so we are able to give out healthy traditional foods to our community members. Our soup mix comes with black beans, wild rice, corn, sundried tomatoes, and a recipe card with our recommended recipe, but the beauty of this simple soup is that you can add whatever you have around the house or just make it with the ingredients provided. Either way, it will be delicious and healthy!

INGREDIENTS

½ cup black beans
½ cup wild rice
¼ cup corn
1 ounce sundried tomatoes
(6–7 pieces)
6–8 cups broth or water
1 tablespoon onion powder
1 tablespoon garlic powder
1 tablespoon sage
1 teaspoon salt
1 teaspoon pepper
1 tablespoon chives (fresh or dried)

DIRECTIONS

1. Soak the black beans for four hours (overnight preferred).
2. Rinse and combine all ingredients in a pot, add water/broth.
3. Bring to a boil, turn heat down and simmer for 30 minutes.
4. Adjust seasoning to taste or to reflect what you have in your cupboard.

Add any other ingredients you like.

We recommend green beans, venison or pork, and onion.

Salsa Verde

by Eric Garcia, Program Manager

Growing up, my family would always have salsa in the fridge. It was a staple in our diet. As an adult, it brings me joy and makes me feel at home. Plus, it is so good! I would highly recommend eating the salsa with Juanita's tortilla chips!

INGREDIENTS

10 medium tomatillos
1–3 medium jalapeños or 3–4
serrano chili peppers
cilantro (optional)
chicken bouillion (to taste)

DIRECTIONS

1. Peel and clean the tomatillos. Wash the peppers and cut the stems off.
2. Place the tomatillos and peppers in a pot and cover with water. Bring to a boil and then cook for about 10 minutes. You will know when they are done when they change from a bright green to an olive green.
3. Strain, keep the liquid and set aside.
4. In a blender or food processor combine, tomatillos, peppers, a handful of cilantro, and chicken bouillion to taste. Mix and taste. Add liquid you set apart if the salsa is too thick.
5. Enjoy with Juanita's tortilla chips.

Viazi

(Fried mashed potatoes)

by Ibbie Osman, Graphic Designer

Growing up a picky eater in a household full of the opposite, there were a handful of things my mom would make that became MY dishes because I became so attached to them. Viazi is one of them.

INGREDIENTS

For Batter

- 1 large egg
- 5 tablespoons all-purpose flour
- pinch of salt
- ¼ cup of water
- 2 drops of yellow or orange liquid food coloring

For Potatoes

- 3 Idaho potatoes
- 3 cilantro leaves
- 1 teaspoon hot curry
- 1 teaspoon season salt
- 2 cloves garlic
- 1 teaspoon chili powder
- 1 teaspoon lemon juice

Some of these ingredients can be modified (+ or -) per personal palate

DIRECTIONS

1. Bring a pot of salted water to a boil. Add potatoes and cook until tender but still firm, about 25 minutes; drain. Test tenderness with a fork.

2. If unpeeled, peel all potatoes before mashing (using potato masher). Mash all potatoes in a bowl and let cool.

3. Using mortar and pestle grind cilantro leaves and garlic together.

4. When completely mixed, taste current state of mashed potatoes. If you need more of the seasoning, add more if necessary.

5. Once potatoes are seasoned, form small to medium sized balls (depending on preference).

6. Using a frying pan, heat canola oil to medium-high heat.

7. Take mashed potato balls and dip in batter and then each in medium-high heat oil. When golden brown on bottom, flip over to fry other side.

8. When both sides of the fried-mashed potato balls are golden brown, remove from pan and drain excess oil on plate/bowl covered in paper towels. Your viazi is ready to serve.

Batter

1. In a medium sized bowl, beat 1 large egg and mixture of 5 tablespoons of flour and pinch of salt.

2. Mix all together and then add 1/4 cup of water and two drops of food coloring. This mixture should not be too watery in consistency.

"Simple is Best" Stuffing

Bon Appetit | by Nicole Karl, Data Coordinator I



"Simple is Best" stuffing. *Photo from Bon Appetit.*

I made this recipe last year for a dinner with friends and it was both easy to cook and very delicious! We made some great memories while sharing the meal, and this stuffing will always remind me of the laughter and joy that the evening was filled with. Another bonus is that the herbs make your house smell amazing while the pan is in the oven!



Photo by Nicole Karl.

INGREDIENTS

- $\frac{3}{4}$ cup (1 $\frac{1}{2}$ sticks) unsalted butter plus more for baking dish
- 1 pound good-quality, day-old white bread, torn into 1-inch pieces (about 10 cups)
- 2 $\frac{1}{2}$ cups chopped yellow onions
- 1 $\frac{1}{2}$ cups $\frac{1}{4}$ -inch slices celery
- $\frac{1}{2}$ cup chopped flat-leaf parsley
- 2 tablespoons chopped fresh sage
- 1 tablespoon chopped fresh rosemary
- 1 tablespoon chopped fresh thyme
- 2 teaspoons kosher salt
- 1 teaspoon freshly ground black pepper
- 2 $\frac{1}{2}$ cups low-sodium chicken broth, divided
- 2 large eggs

DIRECTIONS

1. Preheat oven to 250°F. Butter a 13x9x2-inch baking dish and set aside. Scatter bread in a single layer on a rimmed baking sheet. Bake, stirring occasionally, until dried out, about 1 hour. Let cool; transfer to a very large bowl.
 2. Meanwhile, melt $\frac{3}{4}$ cup butter in a large skillet over medium-high heat; add onions and celery. Stir often until just beginning to brown, about 10 minutes. Add to bowl with bread; stir in herbs, salt, and pepper. Drizzle in 1 $\frac{1}{4}$ cups broth and toss gently. Let cool.
 3. Preheat oven to 350°F. Whisk 1 $\frac{1}{4}$ cups broth and eggs in a small bowl. Add to bread mixture; fold gently until thoroughly combined. Transfer to prepared dish, cover with foil, and bake until an instant-read thermometer inserted into the center of dressing registers 160°F, about 40 minutes.
 4. Continue to bake stuffing, until set and top is browned and crisp, 40–45 minutes longer.
- DO AHEAD:** The stuffing can be made a day ahead. Follow steps 1 through 3, then uncover and let cool. Cover stuffing and chill. To brown, uncover and bake until top is browned and crisp, 50–60 minutes.

Macaroni and Cheese

Betty Crocker | by Meg Goforth-Ward, Communications Associate II



Mac & Cheese. Photo by Brennan Barrows, Unsplash.

My dad, who passed in 2014, made this when I was young. He misread the recipe and added WAY too much pepper. We (my mom, dad, and brother) took bites at the same time, and I will never forget the faces each one of us made. My dad was the first one to start laughing, and then the three of us followed. He pulled the recipe out and looked it over. “I added 2 teaspoons of pepper instead of 1/8th!” That dinner will always be one of my favorite memories with my family, especially my dad. Instead of getting upset that dinner was inedible, we laughed. My dad never did live that one down, in the best way.



Meg with her dad, Phil, as a child (L) and as a senior in high school (R). Photos courtesy of Meg Goforth-Ward.

INGREDIENTS

- 8 ounces dried elbow macaroni (2 cups)
- ½ cup chopped onion (1 medium)
- 2 tablespoons butter or margarine
- 2 tablespoons all-purpose flour
- ⅛ teaspoon black pepper
- 2 ½ cups milk
- 1 ½ cups shredded cheddar cheese (6 ounces)
- 1 ½ cups shredded American cheese (6 ounces)

DIRECTIONS

1. Cook macaroni according to package directions. Drain; set aside.
2. Meanwhile, for cheese sauce, in a medium saucepan cook onion in hot butter until tender but not brown. Stir in flour and pepper. Add milk all at once. Cook and stir over medium heat until slightly thickened and bubbly.
3. Add cheese, stirring until melted. Stir in cooked macaroni.
4. Transfer mixture to a 2-quart casserole dish.
5. Bake, uncovered, in a 350° oven for 25 to 30 minutes or until bubbly and heated through.
6. Let stand for 10 minutes before serving.



Photo from Let's Dish.

Esquites

(Mexican Street Corn Salad)

by Adrian Dominguez, Director of Informatics and Epidemiology

This recipe reminds me of when I was a young boy and eating a corn on the cob (elotes) smothered with cheese, mayonnaise, chili, garlic, and cilantro with a squeeze of lime juice in the park on a hot spring or summer day after playing or swimming at the public pool OR when the elote man would be walking down our street with his cart yelling ELOTES! All the kids would come out and buy one. We would sit on whosever friend's porch devouring our elote, talking about how delicious it was. All our faces would be completely covered with the sauce, wanting more. The smell of this dish brings back wonderful memories. This dish is simple to make, inexpensive, and will be a hit at any party/gathering. Honestly, this dish has its own distinct amazing flavor like no other, and your family/guests will want more. This dish is a staple for any of my family gatherings!

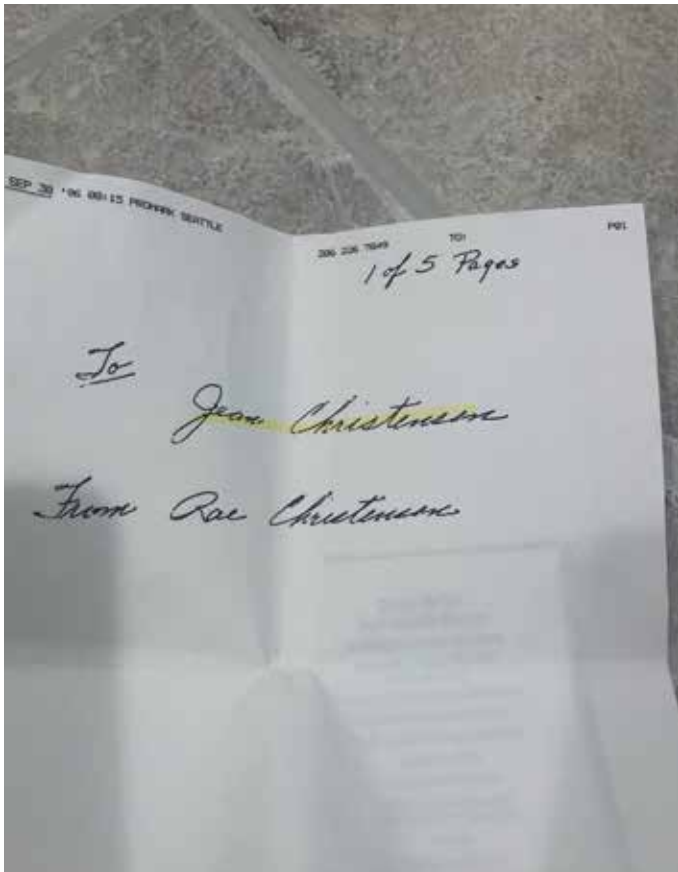
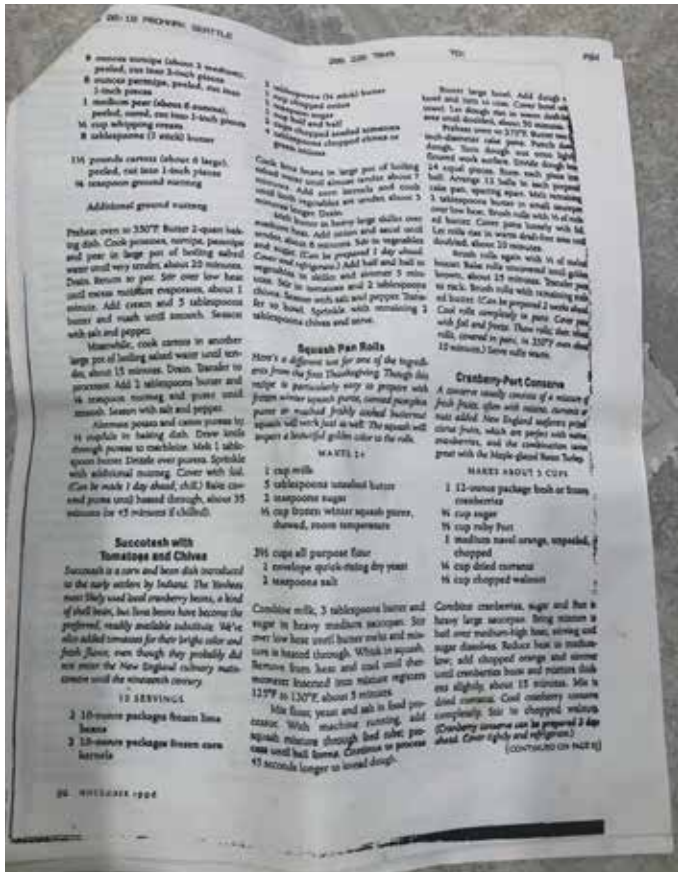
INGREDIENTS

- 2 tablespoons vegetable oil
- 3 cups (24 oz. corn kernels from corn on the cob, about 4 ears of corn)
- 2 tablespoons of mayonnaise
- 2 ounces of corija cheese or feta cheese finely crumbled
- ½ cup of finely sliced green scallions
- ½ cup fresh cilantro leaves, finely chopped
- 1 roasted jalapeño pepper seeded and finely chopped
- 4 medium cloves of garlic finely chopped
- a pinch of salt
- squeezed lime juice from 1 large lime
- a couple of dashes of red chili pepper flakes

DIRECTIONS

1. Remove husk and silk from ears of corn and wash. Remove kernels from the cob. You can also buy frozen corn (1 ½ packages of corn) which may be easier and less messy. Set aside.

2. On a griddle/grill/frying pan, roast the jalapeño. Turn jalapeño around on each side once the side has been roasted. Once jalapeño is completed roasted transfer to a small plastic bag and let sit for a few minutes. Once the jalapeño has cooled down, remove skin. The skin should easily come off. Once this is done, seed the jalapeño and seed. Now finely chop and set aside.
3. Heat oil in a large non-stick skillet over high heat until oil begins to shimmer. Add the corn kernels, season to taste with salt, toss once or twice, without stirring until charred on the first side (about 3–4 minutes). Toss the corn again, stir and repeat charring (another 2–3 minutes). Continue tossing and charring until the corn is well charred all over, about 10–12 minutes total. If using frozen corn, make sure all water has evaporated and no juice is left over. This may take longer than 12 minutes. Corn should be charred but not burnt. Transfer to large bowl.
4. Add the mayonnaise, cheese, cilantro, jalapeño, cilantro, garlic, lime juice, and chili flakes to taste and toss to combine. Taste and adjust seasoning with salt, cheese, lime, and chili flakes if desired. Serve hot or at room temperature.
5. Garnish with two slices of lime and a couple of leaves of cilantro.



The actual fax Helena's grandmother sent to her aunt in 1996 of the recipe. Photo by Helena Darrow.

Succotash with Tomatoes and Chives

by Helena Darrow (Chiricahua Apache), Program Manager

The photos are of a fax my grandmother sent my aunt back in 1996 when I was just a baby. My grandmother passed when I was 5 years old, so anything from her is really special to me. But also, as a vegetarian most of my life and still not a big meat eater, holidays can be tough for me to find anything to eat besides bread rolls and pie. So, succotash is one of my favorite holiday dishes as it's fairly healthy and delicious!

INGREDIENTS

- 2 10 ounce packages frozen lima beans
- 2 10 ounce packages frozen corn
- 2 tablespoons (¼ stick) butter
- 1 cup chopped onion
- 1 teaspoon sugar
- 1 cup half and half
- 2 cups chopped seeded tomatoes
- 4 tablespoons chopped chives or green onions

DIRECTIONS

1. Cook lima beans in pot of boiling salted water until almost tender (about 7 minutes).
2. Add corn and cook until both vegetables are tender (about 3 minutes longer).
3. Drain.
4. Melt butter in heavy large skillet over medium heat.
5. Stir in vegetables and sugar. (Can be prepared 1 day in advance. Cover and refrigerate.)
6. Add half and half to vegetables in skillet and simmer for 5 minutes.
7. Stir in tomatoes and 2 tablespoons of chives.
8. Add half and half to vegetables in skillet and simmer for 5 minutes.
9. Stir in tomatoes and 2 tablespoons of chives.
10. Season with salt and pepper.
11. Transfer to bowl. Sprinkle with remaining chives and serve.



Roasted Cauliflower with Whipped Goat Cheese. *Photo from Bon Appetit.*



Scan for recipe

Whole Roasted Cauliflower with Whipped Goat Cheese

Bon Appetit | by Martell Hesketh (Michel First Nation), Evaluator I

Are you ready to devour a whole head of cauliflower? Because that is what happens every time I make this recipe! It's so flavorful yet crispy, and the cauliflower is already so good on its own you don't even need the whipped goat cheese to make this dish a hit. The cauliflower can easily be made vegan by swapping butter for more olive oil, and if you don't have any wine to cook with, I've used about a cup or so of white wine vinegar, and it was still delicious. It's a great recipe to impress your guests with or to treat yourself to the best cauliflower you've ever had.

INGREDIENTS

Roasted Cauliflower

- 2½ cups dry white wine
- ⅓ cup olive oil
- ¼ cup kosher salt
- 3 tablespoons fresh lemon juice
- 2 tablespoons unsalted butter
- 1 tablespoon crushed red pepper flakes
- 1 tablespoon sugar
- 1 bay leaf
- 1 head of cauliflower, leaves removed

Whipped Goat Cheese

- 4 ounces fresh goat cheese
- 3 ounces cream cheese
- 3 ounces feta
- ⅓ cup heavy cream
- 2 tablespoons olive oil plus more for serving

DIRECTIONS

1. Preheat oven to 475°. Bring wine, oil, kosher salt, juice, butter, red pepper flakes, sugar, bay leaf, and 8 cups water to a boil in a large pot. Add cauliflower, reduce heat, and simmer, turning occasionally, until a knife easily inserts into center, 15–20 minutes.
2. Using 2 slotted spoons or a mesh spider, transfer cauliflower to a rimmed baking sheet, draining well. Roast, rotating sheet halfway through, until brown all over, 30–40 minutes.

Whipped Goat Cheese and Assembly

1. While cauliflower is roasting, blend goat cheese, cream cheese, feta, cream, and 2 tablespoons oil in a food processor until smooth; season with sea salt. Transfer whipped goat cheese to a serving bowl and drizzle with oil.
2. Transfer cauliflower to a plate. Drizzle with oil; sprinkle with sea salt. Serve with whipped goat cheese.

DO AHEAD: The whipped goat cheese can be made 1 day ahead. Cover; chill.



Siu Mai. *Photo from RecipeTin Eats.*



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Siu Mai

(Shumai—Chinese steamed dumplings)

RecipeTin Eats | by Nancy Ly, Project Associate I

I use this recipe every time I make siu mai, Chinese steamed dumplings! One of my favorite foods to splurge on is always dim sum, and I finally worked up the courage to make some last year with my friend. I love that you do not need to buy too many ingredients (the hardest thing to find at the market was dumpling wrappers—I suggest going to an Asian market to find these if possible, or you can make your own with flour and water), tastes almost as good as the restaurants, and making these is such a fun activity with others!

INGREDIENTS

- 3 dried shiitake mushrooms
- 13 ounces pork mince (ground pork)
- ¾ teaspoon salt
- 2 ½ teaspoons sugar
- 1 teaspoon light soy sauce
- 1 ½ tablespoons Chinese cooking wine, aka Shaoxing wine (or Mirin or dry sherry)
- 5 ounces prawns/shrimp, peeled and deveined, chopped
- 2 tablespoons white part of green onions, finely minced
- 20 wonton wrappers/egg wrappers, 3 ½ inch squares or rounds
- 1 ½ ounce flying fish roe for garnish

Dipping Sauce

- soy sauce
- Chinese black vinegar (or normal white vinegar)
- Chinese chili paste (or Sriracha or other chili sauce)

DIRECTIONS

Filling

1. Place pork, salt, soy sauce, rice wine, and sugar in large mixing bowl. Mix vigorously with a spoon or use your hands until it becomes pasty (initially it will be crumbly)—about 30 seconds.

2. Add mushrooms, prawns, and green onions. Mix until just dispersed (don't crush prawn meat).

Making Siu Mai

1. Form an “O” with your forefinger and thumb.

2. Place a wonton wrapper over the “O”. Push in 1 heaped teaspoon of filling and push down into the “O” hole.

3. Use a butter knife to smear more filling into the siu mai until level with edge of wonton.

4. Place on work surface and push down to flatten base. Use fingers to shape into a round.

Steaming Dumplings

1. Line a 12” bamboo steamer (or stove steamer) with a baking paper with holes in it.

2. Fill a wok big enough to hold steamer with about 2 cups of water. Bring to a rapid simmer over medium high heat.

3. Place siu mai in steamer. Place lid on. Place on wok over simmering water.

4. Steam 8 minutes or until internal temperature of dumplings is 165°F (75°C). If yours are bigger due to larger wonton wrappers, they will take longer.

Dipping Sauce

1. Provide soy sauce, Chinese black vinegar or normal white vinegar, Chinese chili paste (or Sriracha or other chili).

2. Let people mix their own to their taste.

Main Dishes

"...everything on the earth has a purpose, every disease an herb to cure it, and every person a mission. This is the Indian theory of existence."

Christal Quintasket (Salish), 1888–1936



Photo by Raphael Artieda.



Chaufa Criollo

(Chinese Peruvian fried rice)

by Raphael Artieda, Graphic Designer

Chaufa is a Peruvian Cantonese dish that is close to home. Living in Peru as a teenager, I would often cook with friends after breakdancing practice, and Chaufa was one of the quickest recipes to make. Chaufa is a tasty dish that adapts to the ingredients you have and your budget.

INGREDIENTS

- 2 cups boneless/skinless chicken thighs diced into ½ inch cubes or chicken breast
- 2 eggs scrambled and then roughly chopped
- 2½ cups cold cooked white rice (cook the rice in chicken broth or chicken base like Better than Bouillon instead of water)
- ½ cup onions diced small
- 2 garlic cloves minced
- 1 whole red bell pepper diced
- ½ cup thinly sliced green onions plus the white parts
- 3 tablespoons vegetable oil

Soy Sauce Mix

- ⅛ cup soy sauce
- ¼ tsp sesame oil
- 2 pinches cumin
- 1 teaspoon ground ginger (only add it if you are not using fresh ginger) if using fresh, use 1 tablespoon and cook it with the fresh veggies a pinch of sugar

DIRECTIONS

1. Heat the oil in a large skillet over medium high heat. Add the red bell peppers and onions. Saute until softened, about 6 minutes.
2. Right before the peppers and onions are done add the fresh ginger (if using fresh ginger) and green onions, Saute for a minute.
3. Add the chicken and carefully mix well and cook for a couple minutes or until cooked through.
4. Add half the rice. Mix well then add the rest of the rice. Mix well. Add the soy sauce mixture. Mix well then add the chopped scrambled eggs. Toss. Season with salt and pepper.



Scan for recipe

Chicken Curry

New York Times Cooking | by Nitish Mathur, HealthCare Data Analyst I

This chicken curry is one of my favorite dishes because it has lots of flavor to it, plus the chicken tastes best when it comes along with a gravy.

INGREDIENTS

- 2 tablespoons unsalted butter
- 1 tablespoon neutral oil
- 1 teaspoon cumin seeds
- 2 cinnamon sticks, approximately 2 inches long
- 2 large white or yellow onions, peeled and finely chopped
- 12 ½-inch pieces of ginger, peeled and crushed
- 6 cloves of garlic, peeled and crushed
- 2 green cayenne or jalapeño peppers, stemmed, seeded and cut into half-moons
- kosher salt, to taste
- ¾ cup plus 2 tablespoons puréed tomatoes
- 2 tablespoons tomato paste
- 1 ½ teaspoons ground cumin
- ½ teaspoon ground turmeric
- 3 tablespoons whole-milk yogurt, plus 1 cup to serve with the meal
- 2 pounds skinless, boneless chicken thighs, cut into 1-inch chunks
- 3 tablespoons slivered almonds
- 1 teaspoon garam masala
- a pinch of ground cayenne pepper, or to taste
- cooked rice or naan to serve

DIRECTIONS

1. Melt the butter or ghee in the oil in a large Dutch oven set over medium heat, and when it is hot and shimmering, add the cumin seeds and cinnamon sticks. Cook for a minute or two, stirring often, to intensify their flavors, then add the onions. Cook, stirring occasionally, until they are golden, approximately 15–20 minutes.
2. Meanwhile, put the ginger, garlic, and peppers into a mortar and pestle with a pinch of salt, and smash them together into a coarse paste. (You can also do this on a cutting board with a knife.)
3. Add the paste to the onions and cook for 2 minutes or so, then pour in the tomatoes and stir. Allow to cook for an additional 2 to 3 minutes, then add the tomato paste, ground cumin, ground turmeric, and another pinch of salt. Stir to combine.
4. Add the yogurt slowly to the mixture using a wooden spoon to whisk into the sauce. It may be quite thick. When it begins to bubble, add the chicken. Lower the heat, put the lid on the Dutch oven, and allow the curry to cook gently for 30 minutes or so or until the chicken is cooked through.
5. Add the almonds and the garam masala, along with a pinch of cayenne, and cook for 5 minutes more or so.
6. Serve with basmati rice or naan and the additional yogurt.



Scan for recipe

Easy Bacon Broccoli Quiche

Kylee Cooks | by Sam Mcgough, Project Associate I



Easy Bacon Broccoli Quiche. *Photo from Kylee Cooks.*

This is a recipe similar to the one my mom always used to make me. It was my favorite meal, and during the year I had my biggest growth spurt, I could come close to eating the whole thing! Using a store-bought crust makes it a super easy, filling, and tasty meal...and the leftovers are just as good. You can see why my mom liked it so much. So convenient!

INGREDIENTS

- 1 deep dish pie crust
- 6 bacon slices
- 2 cups of broccoli
- 1 cup grated cheese
- $\frac{3}{4}$ cup milk
- $\frac{1}{2}$ cup heavy whipping cream
- 3 eggs
- 1 teaspoon salt
- 1 teaspoon cracked pepper

DIRECTIONS

1. Preheat the oven to 350°F.
2. In a large skillet, cook the bacon until crisp. Remove from skillet and drain on a paper towel.
3. Add the broccoli to the same pan, and cook over medium until broccoli begins to soften (a few minutes).
4. In a large bowl, combine the cooked bacon and broccoli, and then add the cheese. Mix roughly until well combined.
5. Add the bacon, broccoli, and cheese to the unbaked pie crust.
6. Whisk together the milk, cream, eggs, salt, and pepper.
7. Pour over the bacon/broccoli cheese into the pie crust.
8. Bake for 30 minutes, or until you can't see liquid in the center of the quiche.
9. Eat warm, or chill (covered) in the fridge for another day.



Ratatouille. *Photo from Tasty.*

Ratatouille

Tasty | by Thomas Lawrence (Makah), Program Manager II

For those that don't know, I'm not much of a vegetable eater, shocking I know. But I met my significant other, who just so happens to be a vegan/vegetarian. The ratatouille was my first ever vegetarian dish I ever made. I chose the ratatouille for its colorfulness, its decadence, and its ease. Plus, when I made this, it was around Thanksgiving time. So, I started playing with different herbs and spices, and some traditional foods such as pine leaves and nettle leaves. The ratatouille isn't a one size fits all dish. Feel free to experiment with it and make it your own or be as classic as you want. Get a little fancy.

INGREDIENTS

Veggies

- 2 eggplants
- 6 roma tomatoes
- 2 yellow squashes
- 2 zucchinis

Sauce

- 2 tablespoons olive oil
- 1 onion, diced
- 4 cloves garlic, minced
- 1 red bell pepper, diced
- 1 yellow bell pepper, diced
- 28 ounce can of crushed tomatoes
- 2 tablespoons chopped fresh basil, from 8–10 leaves
- salt and pepper to taste

Herb Seasoning

- 2 tablespoons chopped fresh basil, from 8–10 leaves
- 1 teaspoon garlic, minced
- 2 tablespoons chopped fresh parsley
- 2 teaspoons fresh thyme
- 4 tablespoons olive oil
- salt and pepper to taste

DIRECTIONS

1. Preheat oven to 375° F (190° C).
2. Slice the eggplant, tomatoes, squash, and zucchini into 1/16-inch rounds, then set aside.
3. Make the sauce: heat the olive oil in a 12-inch (30 cm) oven-safe pan over medium-high heat. Sauté the onions, garlic, and bell peppers until soft, about 10 minutes. Season with salt and pepper, then add the crushed tomatoes. Stir until the ingredients are fully incorporated. Remove from the heat and add the basil. Stir once more then smooth the surface of the sauce with a spatula.
4. Arrange the sliced veggies in alternating patterns (for example, eggplant, tomato, squash, zucchini) on top of the sauce from the outer edge to the middle of the pan. Season with salt and pepper.
5. Make the herb season: in a small bowl, mix together the basil, garlic, parsley, thyme, salt, pepper, and olive oil. Spoon the herb seasoning over the vegetables.
6. Cover the pan with foil and bake for 40 minutes. Uncover, then bake for another 20 minutes until the vegetables are softened.
7. Serve while hot as a main dish or side. The ratatouille is also excellent the next day—cover with foil and reheat in a 350° F (180° C) oven for 15 minutes or simply microwave to desired temperature.



Scan for recipe



Tacos with Spicy Tofu, Tomatoes, and Chard. *Photo from New York Times Cooking.*

Tacos with Spicy Tofu, Tomatoes, and Chard

New York Times Cooking | by Scott Erickson, Epidemiologist

My wife and I are huge taco lovers, but we needed to find a meat substitute when she went vegetarian. After some trial and error, this became my go-to recipe for tasty tacos.

INGREDIENTS

- 1 pound tomatoes
- ½ pound Swiss chard, stemmed, leaves washed in 2 changes of water
- salt to taste
- 1 tablespoon grapeseed oil
- 1 small or ½ medium red onion, chopped (about 1 cup)
- 2 large garlic cloves, minced
- 1 teaspoon lightly toasted cumin seeds, ground
- 1 teaspoon mild chili powder
- 1-2 serrano or jalapeño peppers (to taste), seeded, if desired, and minced
- 1 14-ounce block of firm tofu, drained and cut into medium-size cubes
- ¼ cup chopped cilantro (more to taste)
- 8 warm corn tortillas
- salsa fresca (optional)

DIRECTIONS

1. Preheat broiler with rack set about 4 inches from the heat. Cover a baking sheet with foil.
2. Place tomatoes on foil and broil for 6 minutes, until blackened in spots or all over. Using tongs, flip over and broil for another 4 to 6 minutes. The tomatoes should be charred and cooked through. Remove from oven and tip, with juices, into a bowl. Allow to cool until you can handle them, then core and discard skins. Purée, along with juices in the bowl, in a blender or in a food processor.
3. Meanwhile, bring a large pot of water to a boil while you stem and wash the chard. When water comes to a boil, add salt to taste and chard. Blanch for 1 minutes and transfer to a bowl of cold water. Drain and take up chard by the handful to squeeze out excess water. Cut in ¼-inch wide strips and set aside.
4. Heat oil in a large, heavy skillet over medium heat and add onion. Cook, stirring, until tender and beginning to color, 5 to 8 minutes. Add a generous pinch of salt, the garlic, cumin, and chili powder and cook, stirring, until garlic is fragrant, about 30 seconds. Add puréed tomatoes, which should sizzle as soon as they hit the pan. Cook, stirring often, until purée thickens and leaves a canal when you run your spoon down the middle, about 5 minutes. Season to taste with salt.
5. Add minced peppers and tofu, and mash tofu into the tomatoes using the back of your spoon. Add Swiss chard and salt to taste, and continue to cook for another 5 minutes, stirring and mashing tofu. Stir in cilantro. Taste and adjust seasonings.
6. Heat tortillas and top with tofu mix. Serve with salsa on the side, if desired.



Oxtail Soup. Photo by Abel & Cole.

Oxtail Soup

Paleo Kosher Kitchen | by Raphael Artieda, Graphic Designer

During my time in New York, every Friday, my partner and I would go to Shabbat dinner. My favorite dish to eat was oxtail soup. Eventually, I learned how to make it with her family. It's one of the most delicious Yemenite Jewish comfort foods to have with time and great company.

INGREDIENTS

4 ½ pounds oxtails
1 tablespoon + 1 teaspoon black peppercorns
½ teaspoon cardamom seed
½ teaspoon saffron thread
1 teaspoon fenugreek
1 ½ teaspoon turmeric
1 can (14 oz) diced tomatoes
1 ¾ pounds white pearl onions (frozen are fine)
10 garlic cloves, lightly crushed
1 teaspoon salt, plus more to taste

DIRECTIONS

1. Rinse the oxtail and cut it into sections along the joints. Place it in large pot and cover with water. Bring it to a gentle boil over medium heat. Reduce the heat to low and simmer, skimming the foam off the surface until there is very little foam left.
2. Crush the peppercorns, cardamom, and saffron together in a spice mill, coffee grinder or mortar and pestle. Stir in the fenugreek, turmeric, and salt.
3. Add the tomatoes, onions, garlic, and spice mix to the oxtail. Bring the soup to a boil then reduce the heat to as low as possible. Cover tightly and keep on a gentle simmer for 3 hours. (The soup can be transferred to a crock pot at this point and cooked on low heat for 10 hours.)
4. Uncover and continue to cook until the meat is incredibly tender, for another 5–6 hours. The soup is ready when the meat is falling off the bones.



Scan for recipe

Turkey Biryani

New York Times Cooking | by Amy Poel, Epidemiologist II



Turkey Biryani. *Photo by The Sun UK.*

My partner and my families are from Pittsburgh and Kalamazoo, so we generally don't make it home for Thanksgiving. My friend Jessica hosts a "Friendsgiving" and is also a vegetarian who doesn't like meat cooking in her house, so I'm always in charge of cooking the turkey on the charcoal grill in the driveway. I always make a large one so there are plenty of leftovers for everyone. This recipe has become a "day after" tradition for us-it's spicy and delicious. Mary, my partner, has a family tradition of using leftovers to make creamed turkey and waffles (no recipe-just wing it!), so that is usually on the agenda for leftovers as well.

INGREDIENTS

- 2 turkey legs, about 3 ½ pounds (or 1 ½ pounds leftover roasted turkey meat, preferably leg and wing)
- Kosher salt
- ¼ cup plain yogurt
- 1 tablespoon grated ginger
- 1 tablespoon grated garlic
- 2 teaspoons garam masala
- 1 teaspoon ground turmeric
- ¼ teaspoon cayenne
- 2 cups best-quality basmati rice
- 6 tablespoons ghee, clarified butter or vegetable oil
- 2 large onions, sliced in ⅛-inch half-moons
- 1 tablespoon tomato paste
- 4 cups turkey or chicken broth
- ½ teaspoon black peppercorns
- 6 cloves
- 6 cardamom pods
- 1 2-inch stick cinnamon
- ½ cup golden raisins
- 1 cup raw cashews
- 4 hard-cooked eggs, shelled, optional
- ½ cup roughly chopped cilantro, leaves and tender stems

Yogurt Sauce

- 1 ½ cups medium-thick plain yogurt
- ½ teaspoon grated ginger
- 1 tablespoon roughly chopped mint leaves
- 1 teaspoon finely chopped green serrano or jalapeño peppers
- a pinch of cayenne pepper
- salt and pepper to taste

DIRECTIONS

1. Season turkey legs with salt and roast for 45 minutes at 375°. Let cool, remove skin and bones, then chop meat into rough 1-inch pieces. (If using leftover turkey, simply chop the cooked meat.)
2. In a mixing bowl, combine yogurt, ginger, garlic, garam masala, turmeric, cayenne, and 1 teaspoon salt. Add the turkey meat, mix well, and let marinate in mixture for 30 minutes.
3. Meanwhile, wash and rinse the rice with cold water until the water runs clear. Soak rice in cold water 20 minutes, then drain in a colander.
4. Melt 4 tablespoons ghee over medium-high heat in a wide, heavy-bottomed ovenproof Dutch oven. In batches, fry the onions until crisp and brown, about 5–7 minutes per batch. Drain on paper towels and salt lightly. Return half the onions to the pot and reserve the other half.
5. When onions begin to sizzle, add the turkey mixture, stirring well to coat, and let fry lightly for 3–4 minutes. Add tomato paste and stir to combine, then add 1 cup broth and bring to a simmer. Cook 2 minutes, then add 3 cups broth and bring to a gentle boil. Taste broth; it should be well salted and highly seasoned. Add the peppercorns, cloves, cardamom, and cinnamon.
6. Heat oven to 375 degrees. Add drained rice to pot and stir. Adjust heat to a brisk simmer and cook, uncovered, for 8 minutes, or until liquid is absorbed and the surface of the rice looks dry. Top with reserved fried onions. Cover tightly and bake for 20 minutes. Remove and let rest for 10 minutes. (The biryani may be cooked to this point several hours ahead and reheated.)
7. In a small skillet, melt 2 tablespoons ghee over medium-high heat. When ghee is hot, add raisins and lightly fry for about 1 minute, until heated through and puffed a bit. Using a slotted spoon, remove to a small bowl. In the remaining ghee, fry cashews until barely golden, about 2 minutes. Remove and combine with raisins. Sprinkle with salt.
8. Pile the biryani on a large platter. Top with raisins and cashews. Garnish with hard-cooked eggs if desired and shower with cilantro. Serve with yogurt sauce.

Yogurt Sauce

In a small bowl, mix together the yogurt, ginger, mint, peppers, and cayenne. Season with salt and pepper to taste. Let flavors meld at least 5 minutes. (May be prepared several hours ahead.) Serve chilled.



Scan for recipe

Posole

Katrina May (Diné/Laguna Pueblo), Program Manager



Katrina May: Some cholla cacti blooming near the village where my Oma Lily moved to, Cubero, New Mexico. *Photo courtesy of Katrina May.*

This traditional New Mexican Posole comes from my great grandma, Oma Lily, a Jewish woman who fled to New Mexico from Nazi Germany in the late '30s. As I was growing up in Washington, my mom would make a big batch of this in a crockpot, and throughout the day the aroma and warmth from the stew would remind her of her home state. We haven't tried it, but some posole recipes substitute in beans to make this dish vegetarian. Posole is simple and filling, great to cook for family events and other gatherings, and can be served with tortillas.

INGREDIENTS

- 2 pounds posole (dried hominy)
- 1½ pounds lean pork, cubed
- 2 teaspoons salt—or to taste
- 2 teaspoons pepper—or to taste
- ½ teaspoon garlic salt
- ½ teaspoon oregano
- 1 onion, chopped
- 4 bouillon cubes
- ground red chili to taste (or ½ carton of frozen red hot chilies)

DIRECTIONS

1. Wash posole and boil in water until it pops, about 2 hours.
2. Add all other ingredients and cook at least another 4 hours, adding water as needed.

Chicken Fried Rice

Denny Wang, Data Coordinator I

This recipe is my favorite because it really helps me make this common dish stand out from your typical fried rice. Fried rice has always been a comfort food for me and it is something I can always fall back on if I can't decide on what to eat. Highly recommend!

INGREDIENTS

- 1 chicken thigh, diced
- 1 egg, whisked
- 2 cloves garlic, minced
- 1 inch knob of ginger, minced
- 1/2 yellow onion, diced
- 1 carrot, diced
- 1/2 cup frozen peas
- 1 cup day old rice
- 1 tablespoon rice wine vinegar
- 1 tablespoon soy sauce
- peanut oil for frying (canola or vegetable oil work too)
- sesame or chili oil for finishing

Velvet/Marinade Ingredients

- 1/2 teaspoon rice wine vinegar
- 1 teaspoon cornstarch
- pinch of salt
- 1 teaspoon soy sauce
- pinch of sugar
- 1/2 teaspoon peanut oil (canola or vegetable oil work too)

DIRECTIONS

1. Prepare all the main ingredients to the same size (match your protein to your vegetables).
2. My preferred texture is diced proteins and vegetables though you could do slivers and cubes if you would like.
3. Marinade your meat. Add the diced chicken thigh, rice wine, cornstarch, salt, soy sauce and sugar and mix. Once combined add the dash of oil. Cover and put in the fridge for 20–30 minutes.
4. Cook chicken with the oil pass through method. Add enough oil to your wok or pan to cover your protein. Bring the oil to 350 degrees F. Shallow fry the chicken for 20–30 seconds (time will be dependent on the size of your cut chicken). Turn the heat off.
5. Remove chicken to the side and drain excess oil.
6. Once the oil is drained (leaving a sheen on the wok), bring the wok back to high heat and add in the egg and scramble until light and fluffy-around 30 seconds. Remove the egg to the side and put heat to low.
7. Add a drizzle of peanut oil to the pan if needed. Bring the heat back to high heat and add in the ginger and garlic. Saute until fragrant being careful not to burn.
8. Add in the rice wine vinegar to the pan and let steam.
9. Stir fry all the ingredients: Add in the onions and fry for 30–45 seconds. Add the carrots and stir fry for 30–45 seconds. Add in the rice and fry for 45–60 seconds. Drizzle in the soy sauce for seasoning. Add in the peas and stir fry for 30 seconds. Add back the chicken and egg and stir fry for a final 30–60 seconds.
10. Turn the heat off and add in a dash of sesame or chili oil to stir in.
11. Add any toppings you would like such as green onions, sesame seeds, etc.

Sweet Treats

"Food has the power to bring communities together. It is through the sharing of food that Indigenous knowledge has been passed down to us today."

Thomas Lawrence (Makah), Program Manager II



Mochiko

by Hana Ferronato, Evaluator I



Mochiko, or butter mochi. *Photo from Pinoy Cooking Recipes.*

Growing up, mochiko was my family's "go to" for special events or potlucks. This dessert has a deep golden top and is rich, chewy, and sweet. My mother and grandmother would describe it to non-Japanese friends as a kind of rice cake or custard. Mochiko is meant to be shared, and best of all it's easy to make! While our family always called this dessert mochiko, it's more widely known as butter mochi. This particular recipe was the one used by my grandmother, Jane Sato. Other variations add shredded coconut (it's tasty either way!)

INGREDIENTS

- 1/2 cup butter
- 1 1/2 cups sugar
- 4 eggs
- 4 cups milk
- 2 teaspoons vanilla
- 2 cups mochiko (sweet rice flour, can be found in Asian grocery stores)
- 3 teaspoons baking powder

DIRECTIONS

1. Cream together 1/2 cup softened butter and 1 1/2 cups sugar.
2. Add 4 eggs (one at a time), beating well between each egg.
3. Slowly add milk, vanilla, mochiko, and baking powder. Mix until smooth.
4. Pour into greased (9x13) pan. Bake at 350° for approximately 1 hour (or until an inserted knife comes out clean).
5. Let cool to room temperature and cut into squares before eating.

Oatmeal Raisin Cookies

Just So Tasty | by Jennifer Herbert (Diné), Public Health Trainee



Oatmeal Raisin Cookies. Photo from *Simply Recipes*.

I've known a lot of people who don't really like oatmeal cookies, probably because they ate way too many as a kid. But, for me, they're one of my favorites. According to my dad, "they're pretty good alright." So, whenever I feel the urge to bake something sweet, this is one of my many go-to recipes. Plus, there is something very calming and relaxing about mixing up a batch of cookies for my family to enjoy (and they really like this one!). So, if you decide to make this and you're feeling a bit adventurous try adding some dried cranberries instead of raisins or, better yet, add some chocolate chips!!!

INGREDIENTS

- 1 cup all-purpose flour
- ½-1 teaspoon cinnamon (to taste)
- 1/8 teaspoon nutmeg
- ½ teaspoon baking soda
- ¼ teaspoon salt
- ½ cup unsalted butter, softened to room temperature
- ½ cup packed brown sugar
- ¼ cup granulated sugar
- 1 large egg
- 1 tablespoon honey
- 2 teaspoons vanilla
- 1 ½ cups oatmeal (old fashioned or large flake)
- 2/3 cup raisins

DIRECTIONS

1. In a medium bowl, whisk together the flour, cinnamon, nutmeg, baking soda, and salt.
2. In a large bowl, using an electric mixer, beat together the butter, brown sugar, and white sugar until fluffy (about 2 minutes).
3. Beat in the honey, vanilla, and egg.
4. With the mixer on low speed, beat the flour mixture into the butter mixture.
5. Mix in the oats followed by the raisins. The dough will be sticky.
6. Cover the bowl with plastic wrap and refrigerate for 30 minutes or overnight.
7. When ready to bake, preheat the oven to 350°F. Line 2 cookie sheets with parchment paper.
8. Using a cookie scoop or table-spoon, form the dough into balls of about 1–1.5 tablespoons and place 2 inches apart on the lined cookie sheets.
9. Bake 1 tray at a time on the middle rack of the oven for 9–11 minutes or until the tops look just set.
10. Remove from the oven and cool fully on the cookie tray.

Ginataang Bilo-Bilo

(Sticky rice balls in coconut milk)

"The New Filipino Kitchen: Stories and Recipes from Around the Globe" |
by Shannen Keene, Research Manager



Photo from This Promdi.

Growing up, my mom would make this Filipino dessert for special occasions, including my birthday! Out of the three siblings, I was usually the one to help with this food prep. My mom and I would sit at the table together and carefully roll each ball. I was always fascinated at how she formed each one so quickly. Bilo-bilo remains one of my favorite Filipino treats because of this memory, as well as for its full coconut flavor and chewy texture. Luckily, she still makes this each time I fly back home to Indiana. A few things I learned as an adult: “ginataang” means anything cooked in coconut milk and “bilo-bilo” means round-round. This dish is also from Luzon—the northern island of the Philippines.



Shannen's mother, Myrna Gandia Keene (second from the right), with friends from nursing school in Baguio, Philippines. *Photo courtesy of Shannen Keene.*

INGREDIENTS

- 1 $\frac{3}{4}$ cups glutinous rice flour
(like mochiko/sweet rice flour)
- 10 $\frac{1}{2}$ cups water, divided
- 2 $\frac{1}{4}$ cups coconut milk, divided
(my favorite brand is Chaokah)
- $\frac{3}{4}$ cups small tapioca pearls
- 1 cup coconut cream
- 1 (20-ounce) can jackfruit in
syrup, drained, and half of the
syrup reserved, then sliced*
- $\frac{3}{4}$ cup granulated sugar

**You can leave out the jackfruit if you cannot find it in your local grocery store.*

DIRECTIONS

1. Pour the glutinous rice flour into a large bowl. While kneading, gradually add $\frac{1}{2}$ cup of water and $\frac{1}{4}$ cup of coconut milk, until the dough comes together and is firm and smooth.
2. Form the dough into small balls. You should have 40–50 balls. Place these on a dry, flat surface.
3. In a large saucepan, bring 8 cups of the water to boil over medium heat. Add the tapioca pearls and cook, occasionally stirring gently so they don't stick together, until they are translucent or recipe up, about 10 minutes. Don't overcook the tapioca pearls or they will disintegrate.
4. Drain the tapioca pearls in a strainer and run them under cold water to prevent them from clumping together. Transfer to a bowl of cold water.
5. Using the same large saucepan, pour in the remaining 2 cups of water, remaining 2 cups of coconut milk, and the coconut cream. Bring to a boil over medium heat. Drop in the rice balls and reduce the heat to low. Simmer for 15 minutes, occasionally stirring gently to prevent the rice balls from sticking together.
6. Reserve $\frac{1}{4}$ of the jackfruit and add the rest to the pan, along with the sugar. Drain the cooked tapioca pearls and add them to the pan. Stir and simmer for another 15 minutes, until the glutinous rice balls have softened.
7. If you want the ginataan to be sweeter, add some of the reserved jackfruit syrup to reach your desired sweetness.
8. Scoop the mixture into bowls, garnish with pieces of the reserved jackfruit, and serve hot.

Photo from iheartnaptime.net.



Dump Cake

by George Williams, Business Data Analyst I

One of my favorite recipes was taught to me by a lady named Garnet Teverbaugh. She was a real sweetie, a southern belle...and, appropriately, it is a dessert.

INGREDIENTS

- 2 cans of pie filling of your choice (my favorites are blueberry or cherry...or BOTH)
white cake mix
- 2 sticks of butter
pecans—chopped or halved (not required though if you don't like nuts)

DIRECTIONS

- 1. Dump the two cans of pie filling into a baking pan.
- 2. Cover the Pie Filling with white cake mix as evenly as possible.
- 3. Pour two melted sticks of butter over the white cake mix.
- 4. Sprinkle pecans over the top.
- 5. Bake in the oven at 350° F for 30–40 minutes until the white cake mix starts to brown.
- 6. Pull out and let it cool. You will have a dynamic (award winning—I have literally won awards with this dessert) dessert for friends and family.
It's like a cobbler but the crust is sweet and very rich.
- 7. Enjoy.

Chocolate Flan Cake

by Adrian Dominguez, Director of Informatics and Epidemiology



Chocolate Flan Cake. Photo by Tavallai, Flickr (Some rights reserved).

This recipe reminds me of my childhood and celebrating my birthdays. Growing up, we were poor and we could not afford those awful sheet cakes with lard/sugar frosting from supermarkets and Costco. I so much wanted the awful sheet cake growing up. Instead, my mother made me this cake for my birthday. I did not realize then the love that went into making this cake and that it was, and is, so much better than those typical birthday cakes. As an adult, I appreciate my mother making this cake for me on my birthday. I now have my own tradition and make this cake for the holidays. I also like this recipe because as a child I loved seeing the flan and cake reverse positions after baking. It was like magic.

INGREDIENTS

Cake

- 1 cup sugar (½ cup for caramel sauce and ½ cup for cake)
- ½ cup plus 2 tablespoons all-purpose flour
- ⅓ cup of cocoa powder
- ½ teaspoon of baking soda
- ⅛ teaspoon of salt
- 4 ounces of bittersweet chocolate, chopped
- 6 tablespoons unsalted butter
- ½ cup buttermilk
- 2 large eggs
- 1 teaspoon of vanilla extract

Flan

- 2 cans of sweetened condensed milk
- 2½ cups of whole milk
- 6 ounces of cream cheese
- 1 teaspoon of vanilla extract

Note: The cake needs to chill for at least 8 hours before you can unmold it.

DIRECTIONS

1. Adjust oven rack to middle position and preheat oven to 350°. Grease 12-cup non-stick Bundt pan with vegetable oil (I spray it on) and set aside. In a small saucepan add ½ cup of sugar and melt until it becomes caramel constantly stirring so sugar does not burn. Once sugar is completely melted pour into Bundt pan. Be careful not to touch Bundt pan with hot caramel as Bundt pan is hot and you may burn fingers/hands; set aside.

2. Combine flour, cocoa, baking soda, and salt in a bowl; set aside. Combine butter and chocolate in large bowl and microwave at 50% power, stirring until butter and chocolate is melted, about 2–4 minutes. Whisk buttermilk, remaining ½ cup sugar, eggs, and vanilla into chocolate mixture until incorporated. Stir in flour mixture until just combined. Pour batter over caramel in prepared Bundt pan.

3. Process ALL the flan ingredients in a blender until smooth, about 1–3 minutes. GENTLY pour flan over cake batter in Bundt pan and place Bundt pan in large roasting pan. Pour warm water into roasting pan until it reaches halfway up the side of Bundt pan.

Place roasting pan on rack and push into 350-degree oven. Bake until toothpick inserted into cake comes out clean. This can be anywhere between 75–90 minutes depending on altitude. Note, the flan is not at the bottom of Bundt pan and cake on top (they have switched place while baking). Transfer Bundt pan to wire rack. Let cool to room temperature, about 2 hours, then refrigerate until set, about 8 hours. Remove roasting pan from oven and discard water once it has cooled down.

4. Prior to serving and once set after 8 hours, place bottom third of Bundt pan in roasting pan of very hot water for several minutes. Once this is completed cake will be loose. Insert a knife around the edges of Bundt pan to loosen cake but being careful not to damage cake. Invert completely a flat cake platter and place platter over Bundt pan, then gently turn platter and Bundt pan upside down. Slowly remove the Bundt pan, allowing caramel to drizzle over top of the cake.

A story about my favorite ring

by Caitlin Keller (Omaha), Executive Assistant



Photo by Caitlin Keller.

This is a ring made from my favorite earring (the pair was made by my great-grandmother and gifted to me by my aunt.) A few years ago, while on a walk, I lost one of the earrings and, even after retracing my steps numerous times, I couldn't find it and was devastated.

After a little time, I turned my focus to the fact that I still had one earring and the ability to bead, so I turned it into a ring. When I wear this ring, I'm reminded that even though I've lost something so precious, I can turn what I do have into something new and beautiful, and I come from talented and resourceful people that have always done so.



As part of our suicide prevention initiative, a group of UIHI staff got together and made a web of connections sharing things that make them happy and that they are passionate about. *Photo by UIHI.*

Food is Medicine

A collection of recipes from
Urban Indian Health Institute Staff



**Urban Indian
Health Institute**
A Division of the Seattle Indian Health Board

Our mission is to decolonize data, for
Indigenous people, by Indigenous people.
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