

HEALTHY KIDS COOKBOOK

WELCOME
BACK TO
SCHOOL



A



C





EBCI TRIBAL OPTION

This book is created by CIHA Development & Community Relations Team, Tribal Option, and CIHA Dietitians!

Credits also to: Teams Friends and Family, Feel Good Foodie, All Recipes, American Diabetes Association, University of Nebraska Lincoln, Insanely Good Recipes, Kids Eat in Color

CHEF SAFETY TIPS

Cooking is fun!! But safety while cooking comes first, here are some helpful tips to stay safe in the kitchen.

- **Wash your hands with soap and water before and after cooking**
- **Always check with an adult before doing something in the kitchen and ask for help, especially when using the oven or a knife**
- **If wearing long sleeves, roll up your sleeves**
- **If you have long hair, make sure to put it up before cooking**
- **Use oven mitts and safety precautions when taking out or moving things around the oven or stove**
- **Call for help when you need it!**



EAT WELL
PLAY WELL
STAY WELL



CHEF VOCAB

- tsp= Teaspoon
- tbsp= Tablespoon
- Bake=Cook food in an oven
- Boil= Cook food in liquid at high heat until it bubbles
- Degrees= Oven temperature
- Chop= Cut food into pieces- have an adult help!
- Drizzle= Sprinkle the ingredient over the food
- Mix= Stir ingredients until combined
- Fry= Cook in neutral oil, like olive oil or butter

RECIPE LEVELS

All included recipes suitable for kids, some just require more help/ supervision



Easy and uses simple cooking methods

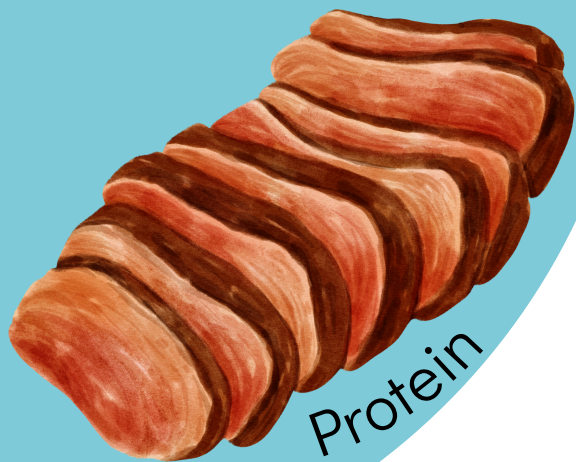
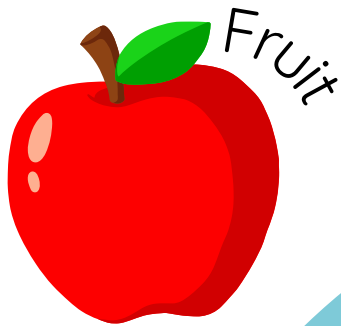


Medium difficulty, may require adult help/supervision



More difficult recipes and cooking methods, likely requires adult help/supervision

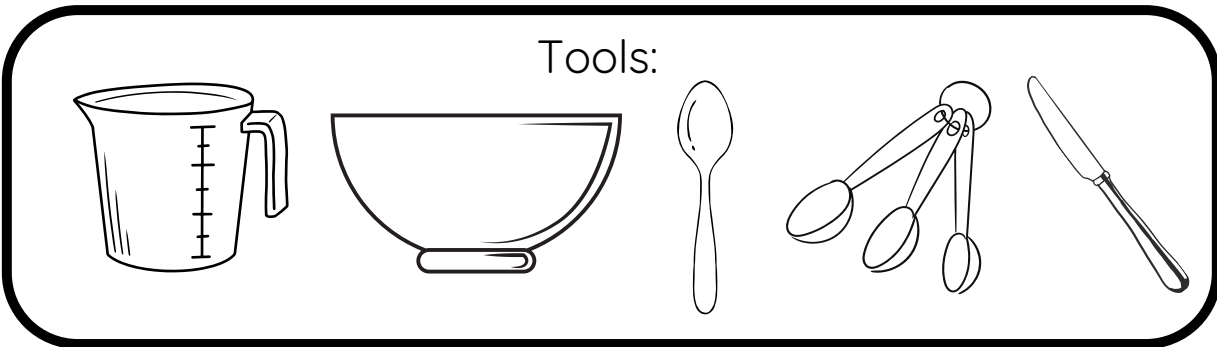
MY HEALTHY CHEROKEE PLATE



EGG SALAD PINWHEELS

serves 4

1

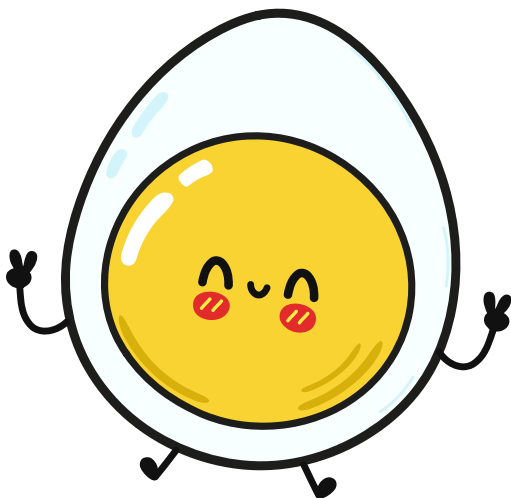


Measuring Cup, Bowl, Spoon, Measuring Spoons, Knife

This is an easy recipe that has lots of good protein and healthy grains! Egg salad can be saved and eaten different ways!

- 6 hard-boiled eggs, peeled & finely chopped
- ¼ cup mayonnaise
- 1 tbsp sweet relish(optional)
- 2 tsp yellow mustard
- ¼ tbsp salt
- ¼ tsp pepper
- 4 lettuce leaves
- 4 whole wheat tortillas

- Once eggs are hard-boiled, cooled, peeled, and sliced—gently stir together with mayonnaise, relish, mustard, salt, and pepper (Can be stored in a refrigerator for 3 days in a tightly sealed container)
- Line each tortilla with lettuce leaf and spread the egg salad mixture on top. Tightly roll the tortilla into a log and then cut into 6 pinwheel slices and repeat for each tortilla



ᎠᎩᎦᎩ (uwetsi) “Egg”

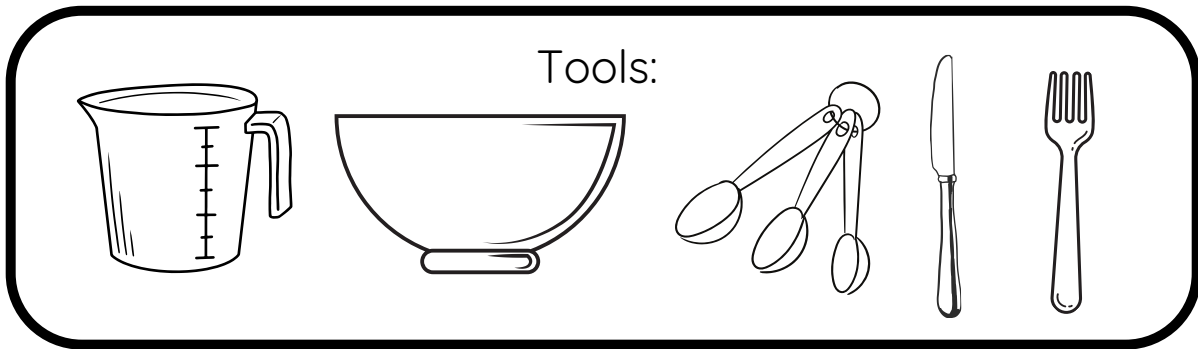


Scan the QR Code to view the “Summer Menu Series Menu 1” Video on CIHA’s YouTube Page for more nutrition tips on this recipe!

CREAMY CHICKEN APPLE SALAD

1

serves 8



Measuring Cup, Bowl, Measuring Spoon, Knife, Fork

This recipe is a great source of protein and has veggies and fruits! It can be made out of leftover chicken and can be saved and eaten in different ways!

- 2 cups of chopped chicken breast or 2 cups of canned chicken breast- can use leftover chicken!
- 2 stalks of celery (diced)
- 2 green onions (chopped)
- 1 apple (diced)
- 3 tbsp chopped walnuts
- $\frac{1}{4}$ cup mayonnaise
- $\frac{1}{4}$ cup yogurt
- $\frac{1}{2}$ juiced lemon
- black pepper to taste
- In a medium bowl, combine the chicken, celery, green onions, apple, and walnuts
- In a small bowl, whisk together the mayonnaise, yogurt, lemon juice and pepper. Pour over the chicken mixture and gently stir to coat.
- Serve salad over your choice of lettuce leaves, bread, or crackers.



RSW (svgata) Apple

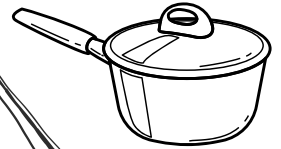
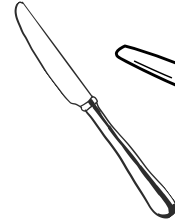
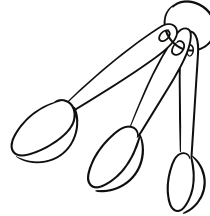
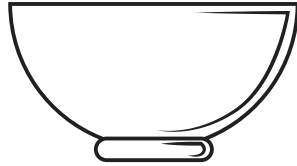
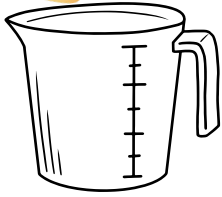
COLORFUL PASTA SALAD

2

serves 6



Tools:



Measuring Cup, Bowl, Spoon, Measuring Spoons, Knife, Pot

This is a healthy recipe that can also go along with grilled chicken or other proteins, and/ or veggies. The dressing can be modified to a dressing of your choice! It can also be stored in the fridge and saved for other meals.

- Box or 4 oz. of bow tie pasta
- 2 tbsp red bell pepper (chopped)
- 2 tbsp orange bell pepper (chopped)
- 3 tbsp cucumbers (chopped)
- 3 tbsp carrots (shredded)
- 2 tbsp red onions (chopped)
- $\frac{2}{3}$ cup of mayonnaise
- $\frac{1}{2}$ tsp sugar
- 1 tbsp lemon juice
- black pepper to taste
- Chop bell peppers, red onion, and cucumbers. Shred carrots
- Cook pasta according to package instructions, without salt. Drain and rinse in cold water to cool. Place in a large bowl
- In a small bowl, combine remaining ingredients with a whisk, then stir into pasta and vegetables
- Mix prepared vegetables with pasta and mix to combine
- Chill for at least 1 hour before serving

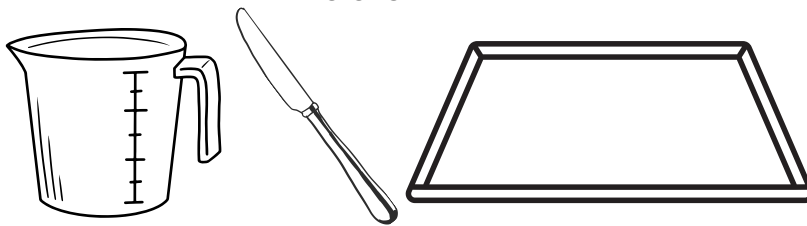


ENGLISH MUFFIN PIZZA

2

serves 4

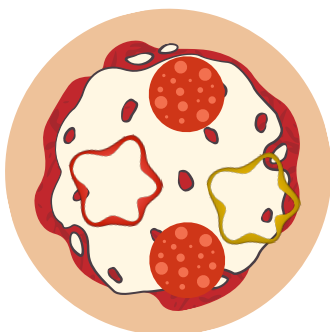
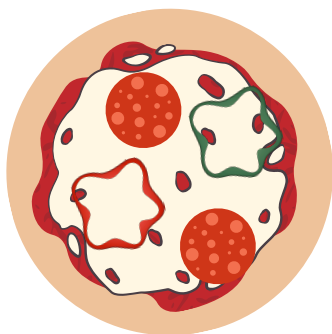
Tools:



Measuring Cup, Knife, Sheet Pan

This recipe is a fun meal that allows each person to make their own pizza how they'd like! It has protein, calcium, vegetables, fiber, and a healthy grain base!

- 4 English muffins, split
- ½ cup canned pizza sauce
- 2 cups shredded mozzarella cheese
- 16 slices turkey sausage
- A small amount of veggie toppings like mushrooms, chopped spinach, or chopped bell peppers, etc.
- Preheat the oven to 375 degrees
- Arrange the English muffin halves cut-side up on a baking sheet.
- Spread pizza sauce evenly on top of each one.
- Sprinkle with mozzarella cheese and top with pepperoni slices.
- Bake in the preheated oven until cheese is melted and browned on the edges, about 10 minutes.



Scan the QR code to view "Summer Menu Series Menu 3" Video on CIHA's YouTube Page for more nutrition tips on this recipe!

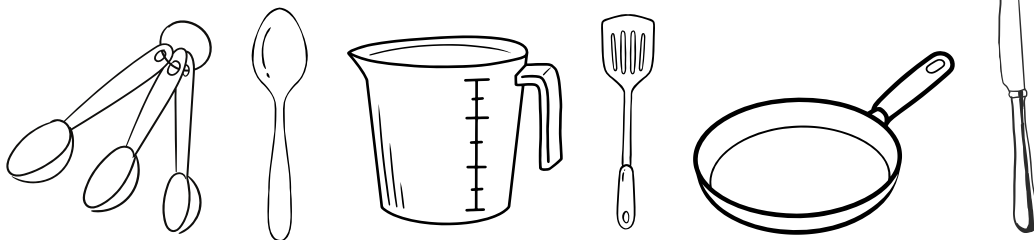
BLACK BEAN AND CHEESE QUESADILLAS

2



serves 4

Tools:



Measuring Spoons, Spoon, Measuring Cup, Spatula, Pan, Knife

This recipe is a healthy meal with fiber, plant-based protein, calcium, healthy grains, and veggies!

- 1 tbsp vegetable, canola or olive oil, or nonstick cooking spray
- ½ small onion or ½ cup of raw spinach, broccoli or bell peppers, diced
- 1 cup low-sodium canned black beans, drained and rinsed (or any type of canned dried bean)
- ¼ tsp seasoned salt
- ½ cup Monterey Jack cheese, shredded
- 4 (8-inch) whole wheat tortillas
- Heat heavy skillet over medium heat. Add oil and sauté vegetables and seasoned salt until tender.
- Add beans and heat through, about 2–3 minutes. Transfer mixture to clean bowl.
- To make quesadilla, spray non-stick spray in a heavy skillet. Add one tortilla. Spread with 2 tablespoons cheese, ½ of bean mixture then 2 more tablespoons of cheese.
- Top with second tortilla. When cheese is melted and bottom of tortilla is golden, flip to other side. Brown for 1 to 2 minutes. Remove to cutting board or plate. Cut into wedges and serve. Repeat with remaining ingredients.
- Store leftovers in a sealed container in the refrigerator for up to four days.



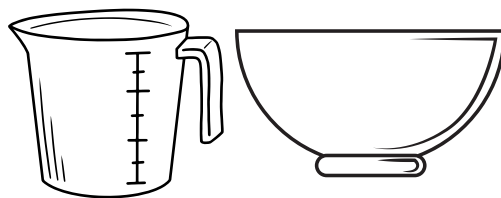
Scan the QR Code to view "Summer Menu Series Recipes: Black Bean and Cheese Quesadilla" on CIHA's YouTube Page for more nutrition tips on this recipe!

CRANBERRY ALMOND POPCORN

serves 6

1

Tools:

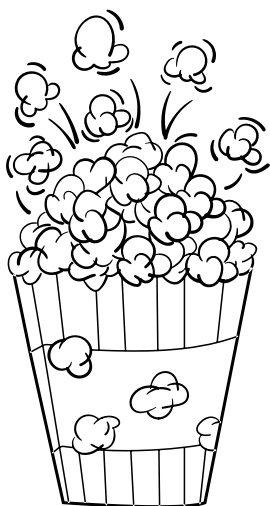


Measuring Cup, Bowl

This is a fun and healthy snack that's high in fiber and low in calories. This recipe can be changed to how you'd like!

- 1 bag of popcorn or 1/4 cup popcorn kernels, 1 paper lunch bag, 1/2 tsp. oil (if desired—it'll make the bag a bit greasy, but will help salt stick!)
- Salt or desired toppings.
- 1/4 cup of raisins
- 1/4 cup of sliced or slivered almonds

- Pop the popcorn bag according to instructions **OR**
- Open the paper bag and add popcorn kernels., Fold the top of the bag down 2-3 times to help secure it., Microwave on HIGH power 2-3 minutes until no more popcorn kernels are popping within 3-4 seconds
- Carefully remove the popcorn bag from the microwave
- Snip a small hole in a corner of the bag and shake over the trash can or a bowl to get rid of any unpopped kernels
- Enjoy popcorn plain, add butter & salt
- Add dried cranberries, almonds, and a little chocolate (or white chocolate!)

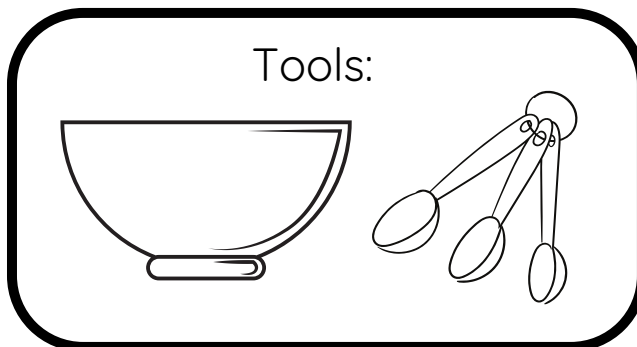


SAVORY SNACK DIP

serves 1

1

Tools:



Bowl, Measuring Spoons

This savory snack dip has protein and calcium and can be paired with many different things like veggies or crackers for added nutrition!

- ½ cup plain Greek yogurt
- ½ to 1 tbsp onion powder and salt (alternatives include Ranch dressing mix, onion salt, or a combination of onion powder and garlic powder)
- veggies like broccoli, carrots, etc. or whole grain crackers to dip into the dip

- Mix Greek yogurt and spice mix together
- Dip the veggies and crackers into the dip and enjoy!

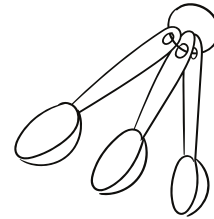
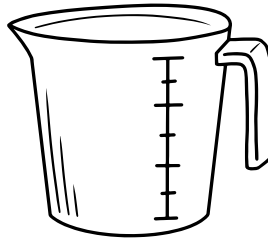


SWEET SNACK DIP

serves 1

1

Tools:



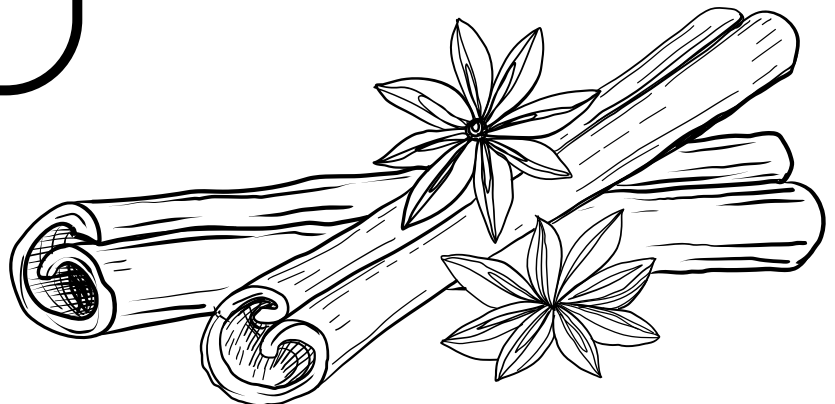
Bowl, Measuring Cup, Measuring Spoons

Like the savory snack dip, this sweet snack dip has protein and calcium and can be paired with many different things like fruits or crackers for added nutrition!

- ½ cup full-fat Greek yogurt
- splash of vanilla
- 1 tsp maple syrup or honey
- sprinkle cinnamon
- apples, bananas, strawberries, crackers, blueberries, pears, etc. to dip into the dip

- Mix Greek Yogurt and vanilla and cinnamon together
- Dip the fruits and crackers into the dip and enjoy!

Sweet - O'SΘαῖ (uganasda)

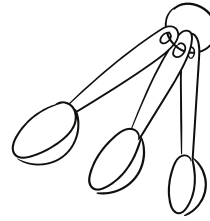
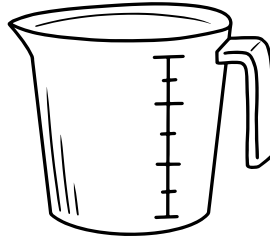
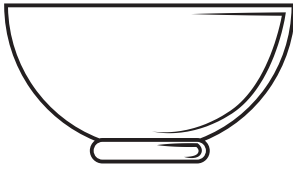


APPLE TURKEY WRAP

serves 4 (1/2 wrap is 1 serving)



Tools:



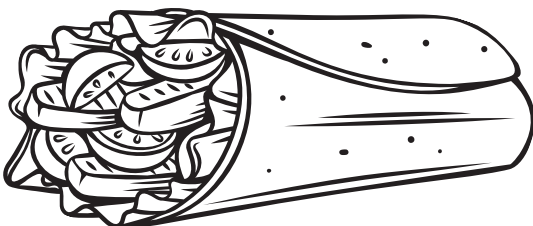
Bowl, Measuring Cup, Measuring Spoons, Knife

This wrap can be eaten as a meal or snack, and is a great source of protein, iron, and calcium. It also includes fruit and veggies, if desired, you can also add more of these!

- 1 ½ cups of diced apples
- ½ cup lowfat yogurt
- a dash of lemon juice
- 4, 10-inch whole grain tortillas
- 2 cups washed spinach leaves
- 6 oz. sliced turkey breasts
- 2 oz. sliced Havarti cheese

- Combine apples, yogurt, and lemon juice & set aside
- Warm up the tortillas for 10 seconds in the microwave
- Place spinach, turkey, and cheese on the tortillas
- Place ¼ of the mixture down the middle of each tortilla
- Fold opposite sides in and roll up tortilla
- Cut each wrap in half and serve

Turkey - ΕΘ (kvna)

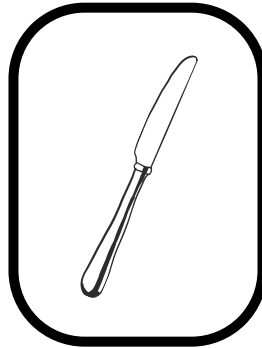


BUILD-A-BITE

serves 4

1

Tools:



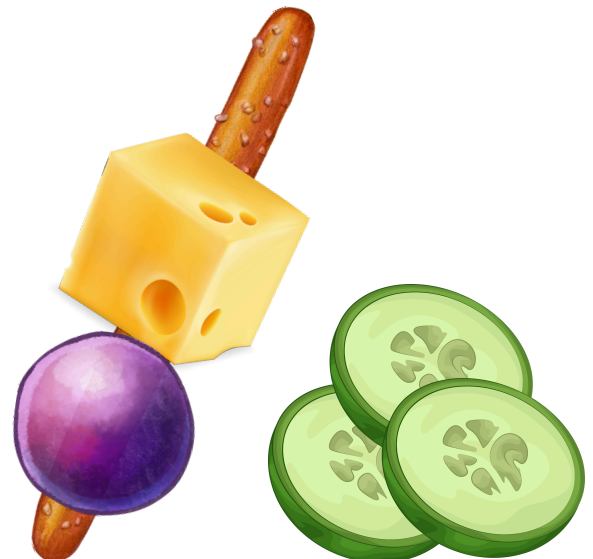
Knife

This recipe is a good source of calcium and also has fruits and veggies. This is a snack that can also be a fun activity! Mix and match to create your perfect bite!

- ½ block of low-fat cheddar cheese (4 oz.) cut into cubes
- 1 bunch of grapes
- 1 cucumber sliced into rounds and half rounds
- small pretzel sticks
- ingredients can be changed to include other veggies and fruits

- Set out food items in a plate or bowl(s)
- Build a healthy snack by putting these ingredients together however you want!

Create/Build - **AP** (gotlvdi)



GRAPE POPS

serves about 16

1

Tools:



Baking Sheet

This recipe is a fun way to combine the protein and calcium in Greek Yogurt with fruits and healthy grains! Save in freezer and enjoy as a fun dessert or snack! Grapes can be switched for strawberries if desired.

- bag of red grapes (about 80 grapes)
- 1 container of Greek yogurt (5.3 oz)
- crushed whole grain cereal or granola for topping
- toothpicks

- Line a baking sheet or tray with plastic wrap
- Put a toothpick in each grape and place them on the tray
- Dip each grape $\frac{2}{3}$ of the way into the Greek yogurt (make sure it's mixed until smooth before) then dip them into the granola or cereal
- Place dipped grapes back onto the tray
- Cover the tray with plastic wrap and freeze for 90 minutes
- Serve frozen & enjoy!

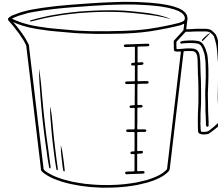
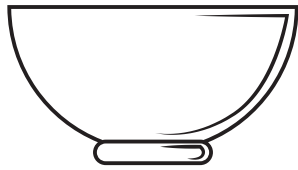
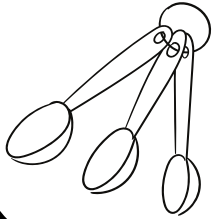


ROASTED SESAME CHICKPEAS

2

serves 16

Tools:



Measuring Spoons, Bowl, Measuring Cup, Baking Sheet

This recipe is high in plant-based protein, fiber, and nutrients. It's a great crunchy snack!

- 2 cans of chickpeas/garbanzo beans (15 oz.) or 4 cups cooked chickpeas
- 2 tbsp olive oil
- 1 tsp garlic powder
- ½ tsp salt
- 1 tbsp sesame seeds

- Preheat oven to 375 degrees
- Drain and Rinse chickpeas. Spread the chickpeas on a paper towel to absorb moisture
- Spread the chickpeas on the baking sheet covered in foil or parchment paper
- Roast in oven for 45-60 minutes or until the chickpeas are crunchy throughout
- While the chickpeas are still hot, toss them together with the olive oil and seasonings
- Serve hot or room temperature, keeps for 4 days in an airtight container

So (Tuya) Beans

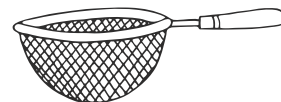
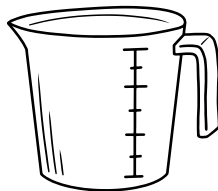
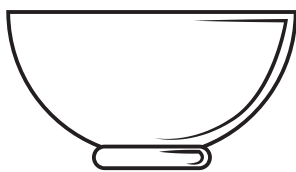
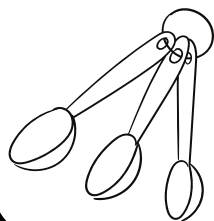


BURRITO ROLL UPS

2

serves 16, ½ wrap is 1 serving

Tools:

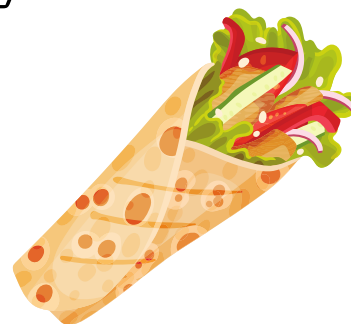


Measuring Spoons, Bowl, Measuring Cup, Spoon, Strainer

This recipe is high in protein, fiber, calcium, and iron! This is a great meal that is yummy and full of nutrients. Add extra vegetables if desired.

- 1 cup of cooked brown rice
- 1 can of black beans (15 oz.)
- 1 cup of frozen corn or 1 can of whole kernel corn (15 oz.)
- 1 cup salsa
- 1 cup of shredded Monterey Jack cheese
- 8, 10-inch whole grain tortillas
- Rinse beans in a strainer and place into a bowl
- Thaw, drain corn and then add it to the beans
- Add rice, cheese, and salsa to the mixture and stir together
- Spread about ½ cup of the mixture onto each tortilla and roll and fold them up
- Cut each roll in half and enjoy!

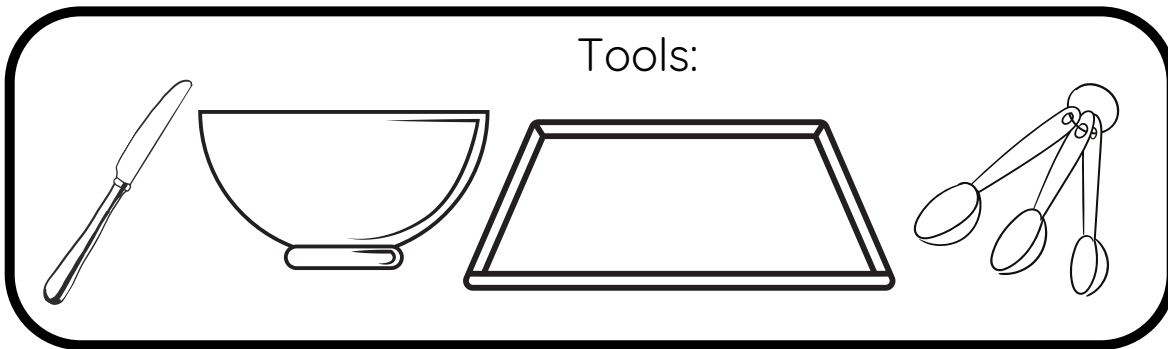
Wrap - ᑭᑭᑭᑭᑭ (gagwenvdi)



ROASTED BROCCOLI OR CAULIFLOWER

2

serves 4



Knife, Bowl, Sheet Pan, Measuring Spoons

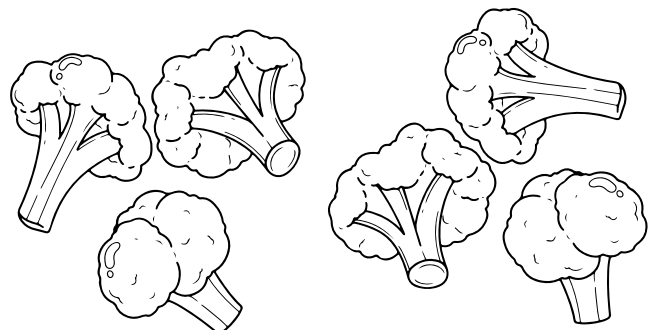
This recipe is a delicious way to eat veggies! Can be enjoyed as a snack or side. See notes at the bottom for more tips on this recipe.

- 1 head broccoli (or cauliflower) or about 4 cups florets
- 3 tbsp olive oil
- salt and black pepper to taste
- shredded Parmesan cheese to taste

TIPS:

- If the broccoli is wet (from washing), it will steam instead of roasting. Make sure it's very dry before roasting. Broccoli can be washed up to 5 days in advance.
- If using a bag of pre-washed and cut broccoli, add the oil and seasonings to the bag and shake it up

- Preheat the oven to 425°F.
- Chop the broccoli/ cauliflower to be bite sized
- Place the broccoli/ cauliflower pieces on a baking sheet. Drizzle with olive oil, salt, and pepper, and massage the oil into the pieces to coat
- Roast for 10 to 15 minutes or until broccoli/ cauliflower is tender crisp. Larger pieces will need closer to 15 minutes; smaller ones will need about 10 minutes
- Sprinkle with parmesan cheese and broil for 1 minute if desired

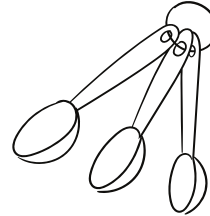
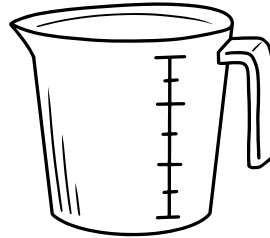
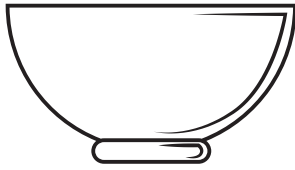


MANDARIN ORANGE SALAD

2

serves 3

Tools:



Bowl, Measuring Cup, Measuring Spoons

This recipe is rich in nutrients and is a great source of veggies and fruits! Add proteins, more vegetables, and toppings as desired.

- $\frac{3}{4}$ cup apple cider vinegar
- $\frac{3}{4}$ cup mandarin orange juice (ex. from fruit cup or can)
- 2 tsp red wine vinegar or balsamic vinegar
- 2 tbsp brown sugar
- $\frac{1}{4}$ tsp salt
- 1 to 1 $\frac{1}{2}$ cups olive oil
- lettuce or spinach
- Mandarin oranges
- Cut up turkey or chicken
- nuts, tomatoes, any other veggies you'd like on a salad- to taste!

- Mix up Vinegars, Mandarin Orange Juice, Brown Sugar, Salt, and Olive Oils
- Put together salad ingredients and top with the dressing mixture!
- Enjoy!

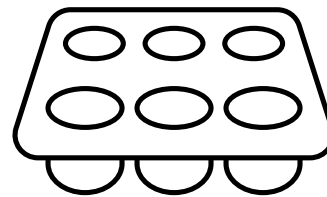
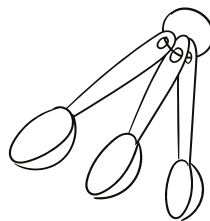
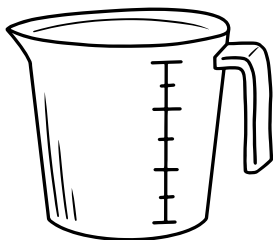


PUMPKIN MUFFINS

serves 12

2

Tools:



Bowl, Measuring Cup, Measuring Spoons, Muffin Tin

This recipe is a yummy and healthier dessert! Pumpkin contains fiber and has many different vitamins!

- 1 ½ cups all purpose flour
- 1 tsp baking powder
- ½ tsp baking soda
- ¾ tsp salt
- 1 ½ tsp ground cinnamon
- 2 tsp pumpkin pie spice mix (or 1 ½ tsp nutmeg and ¼ tsp ground ginger)
- 1 ¼ cup sugar
- ½ cup vegetable or olive oil
- 1 cup canned pumpkin
- 2 eggs
- ¼ cup water or apple juice
- Muffin tin liners
- Cooking spray

- Preheat oven to 350 degrees
- Mix together flour, baking soda, baking powder, spices, and salt
- Add in pumpkin, eggs, oil, and water/apple juice and mix until combined
- Line each muffin tin with muffin liners and spray with cooking oil
- Fill each tin until about halfway full
- Bake for about 20–25 minutes– or until a toothpick comes out without any batter
- Let cool and enjoy!

Pumpkin - Tᵂ (iya)

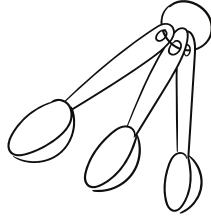


BANANA SUNDAE

serves 1

2

Tools:



Measuring Spoons

This recipe combines Greek yogurt and fruit and makes it extra fun by making it into a sundae! This recipe contains protein, calcium, and lots of nutrients from fruit! Enjoy as a fun snack or dessert!

- 1 banana, sliced in half the long way
- 3 scoops of flavored Greek yogurt
- strawberries, blueberries, or other fruits
- nuts, sprinkles, peanut butter, or other toppings

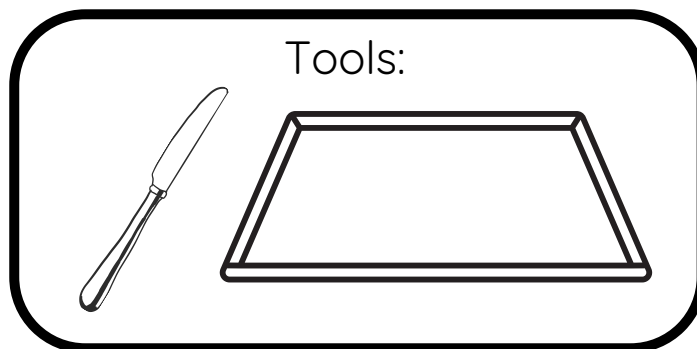
- Place sliced banana in the bottom of the bowl
- Top with the scoops of Greek yogurt
- Add other toppings, and Enjoy!



OVEN ROASTED SQUASH OR ZUCCHINI

serves 4

2



Tools:

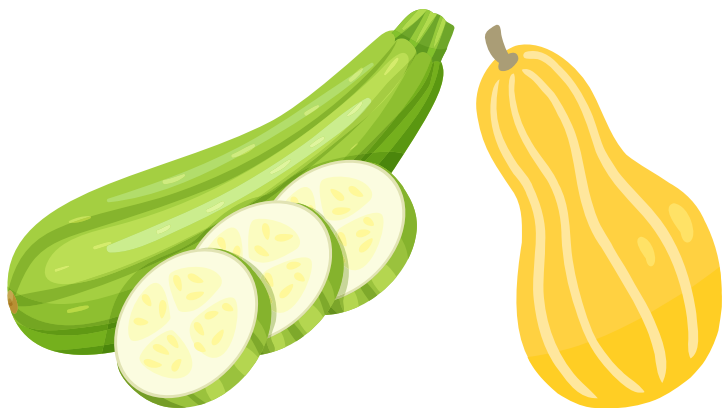
Knife, Sheet Pan

This recipe is a delicious and healthy way to serve veggies! Enjoy as a side and season to how you like!

- 2 squashes/zucchini
- Olive Oil
- Italian Seasoning and salt and pepper to taste
- Shredded Mozzarella and or Parmesan

- Preheat the oven to 375 degrees
- Cut squash or zucchini into thin slices
- Spray baking sheet (s) and lay the slices out so they are not covering each other
- Spread oil over the slices and sprinkle with seasoning
- Place in oven for 10 minutes
- Carefully remove the pan and put cheese on top of the slices
- Place back into the oven until some of the cheese is melted and has turned golden brown
- Let cool and Enjoy!

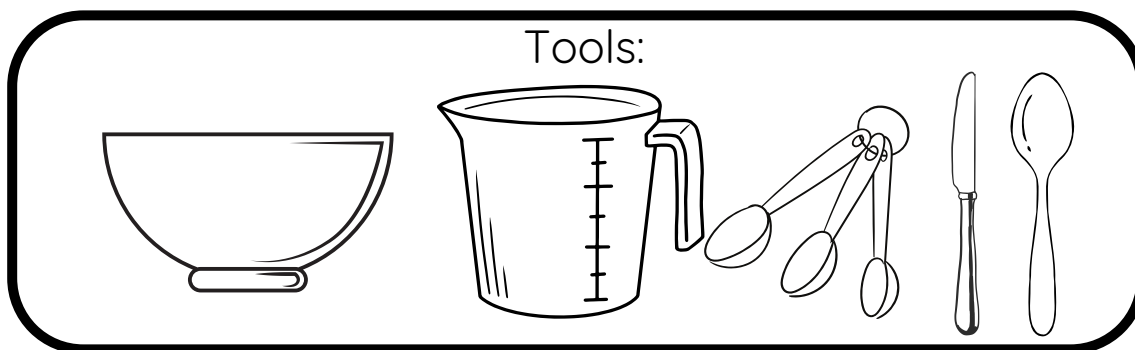
QYS (Wagiga) Squash



CORN & BEANS SALAD

2

serves 12

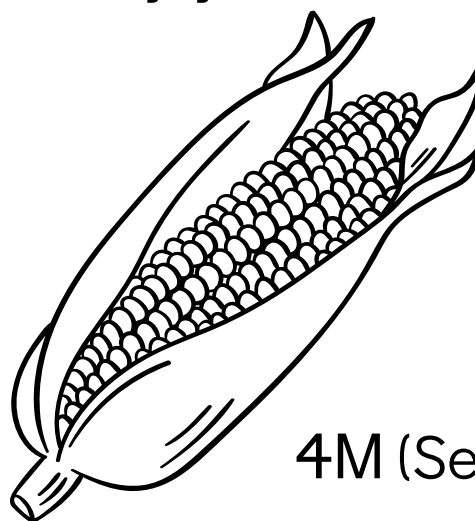


Bowl, Measuring Cup, Measuring Spoons, Knife, Spoon

This recipe is healthy, high in fiber, and contains plant protein. Corn and beans are both traditional Cherokee Plants and part of the 3 sisters!

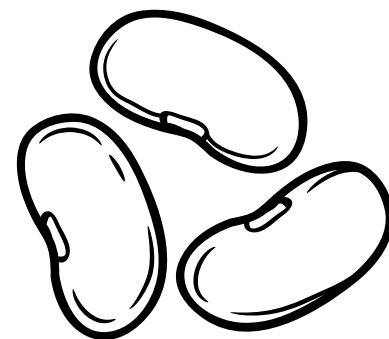
- 1 can (12 oz.) of corn kernels, drained
- 1 (15 oz.) of black beans, drained and rinsed
- 1 bell pepper chopped
- 1 chopped tomato (can use canned tomato)
- ½ cup of chopped red onion
- 1 minced garlic clove
- ¾ cup Italian dressing
- 1 tbsp lemon or lime juice
- 2 tbsp cilantro
- ½ tbsp chili powder (to taste)
- Optional: 1 hot pepper and ¾ tbsp hot sauce

- Combine all ingredients in a bowl and mix well.
- Enjoy!



4M (Selu) Corn

Sa (Tuya)
Beans

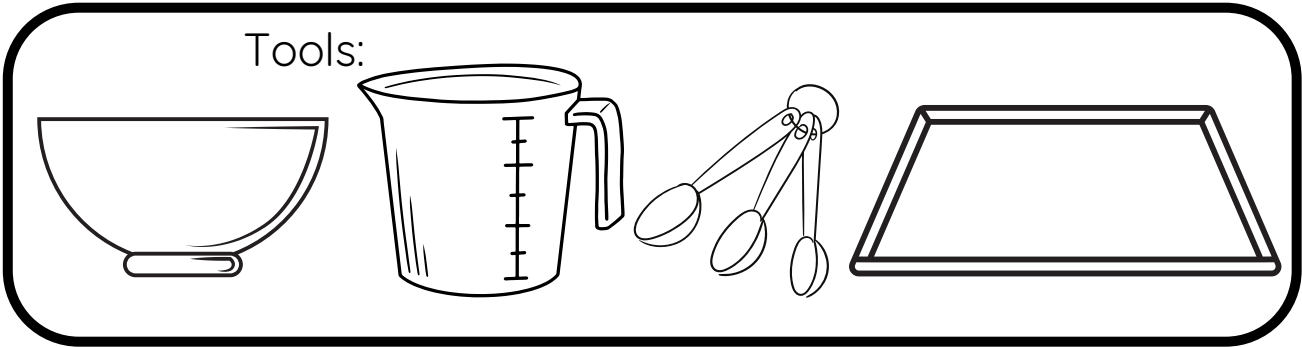


SHEET PAN EGGS

2

serves 12

Tools:

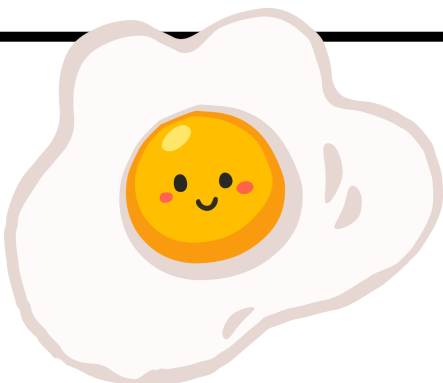


Bowl, Measuring Cup, Measuring Spoons, Sheet Pan

This recipe is a healthy breakfast that can be saved to eat throughout the week. Add veggies and spices as desired and serve as part of a meal or on a sandwich.

- cooking spray
- 18 eggs
- $\frac{1}{3}$ cup milk
- salt and pepper to taste
- $\frac{1}{4}$ – $\frac{1}{2}$ cup of whatever chopped vegetables you'd like to include (ex. mushrooms, peppers, spinach, tomatoes, etc.)
- 1 cup cheddar cheese

- Preheat oven to 350 degrees
- Spray the sheet pan with cooking spray thoroughly
- Whisk or blend the eggs, milk, and seasonings together
- Whisk in the chopped vegetables and cheese
- Pour mixture into the sheet pan
- Bake eggs for 15-18 minutes until they are set
- Allow eggs to cool and cut into twelve pieces
- These can be reheated for daily breakfasts, served with a side or as a sandwich

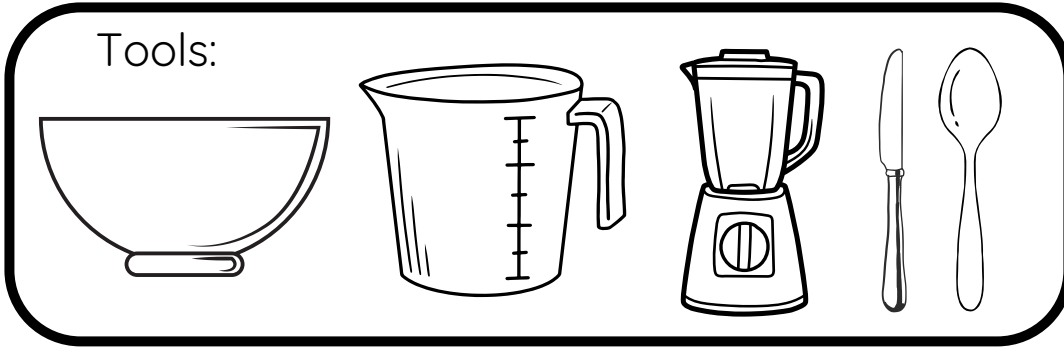


COOL GARDEN SOUP

2

serves 8

Tools:



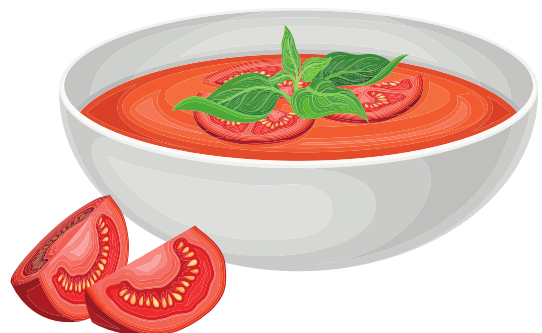
Bowl, Measuring Cup, Blender, Knife, Spoon

This recipe is a fun way to use and eat veggies! Serve cooled with chips or eat as a chilled soup!

- 2 cups peeled and diced cucumbers
- 2 cups diced bell peppers
- 2 cups diced tomato (or canned)
- ½ cup diced red onion
- 2 cups tomato juice
- ½ cup red wine vinegar
- ⅓ cup olive oil
- 2 dashes of tabasco/ hot sauce

- Put all the vegetables into a bowl, add tomato juice, sauce, oil and vinegar
- Put half the mixture in a blender or food processor and blend
- Mix blended mixture with rest of the mixture and stir
- Refrigerate for 4–6 hours

Soup - O'So (ugama)

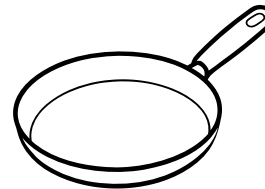
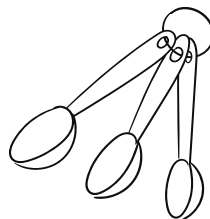
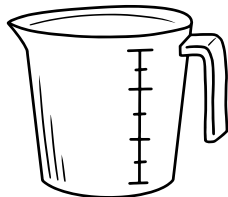
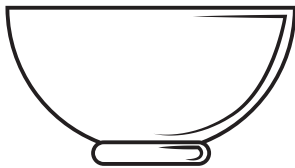
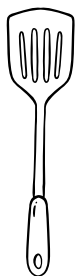


BREAKFAST TACOS

3

serves 1-2

Tools:



Spatula, Bowl, Measuring Cup, Measuring Spoons, Whisk, Pan, Knife

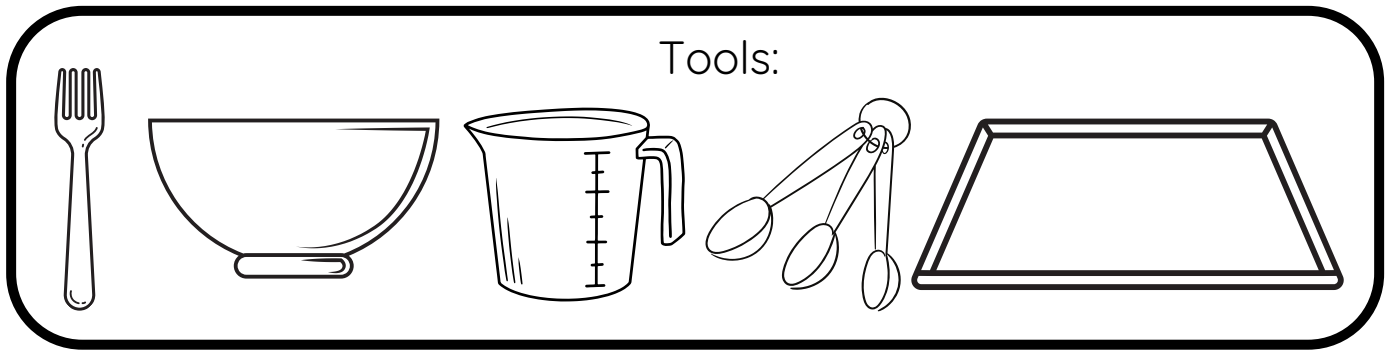
This recipe is a balanced meal with veggies, protein, healthy fats, healthy grains, fiber, and vitamins! Great for breakfast or other meals! Adjust ingredients to what you prefer!

- 2 eggs
- olive oil
- $\frac{1}{4}$ tsp salt
- $\frac{1}{8}$ tsp black pepper
- 2 tortillas
- cheese to taste
- other toppings: any vegetables you'd like (ex. tomato, onion, peppers, etc.), cooked meats (ex. sausage, bacon, etc.) seasonings (ex. paprika), or other toppings like hot sauce, salsa, avocado etc. to taste
- Crack eggs in a small bowl and whisk to combine
- Heat the oil over medium heat and then add the eggs, salt, pepper, vegetables and any other seasonings or toppings
- Stir until firm about 3 minutes
- Divide the eggs into the tortillas
- Top with any other toppings and enjoy!



POTATO CAKES

serves 12

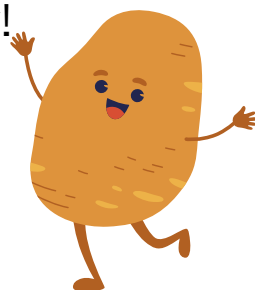


Fork, Bowl, Measuring Cup, Measuring Spoons, Baking Sheet

Potato cakes are a fun way to use leftovers, and this recipe is a healthy and delicious baked version of the usual recipe!

- 2 cups mashed potatoes, or baked potatoes (mashed)– can use leftovers!
 - 1 cup all-purpose flour
 - 1 diced onion
 - 1 egg
 - ½ tsp black pepper
 - ½ tsp salt
 - cooking spray
 - Optional toppings/ sides: cheese, garlic powder, and dip into Greek yogurt or sour cream, etc.
- Preheat oven to 375 degrees
 - Mix together flour, potatoes, onion, egg, and seasonings with a fork until it is a well combined batter consistency
 - Spray a baking sheet with aluminum foil and scoop the mixture into separate 3-inch circles onto the pan
 - Bake for 30 minutes until outside is crispy brown, and flip sheet midway through
 - Let cool and enjoy!

Potato - नूना (nuna)

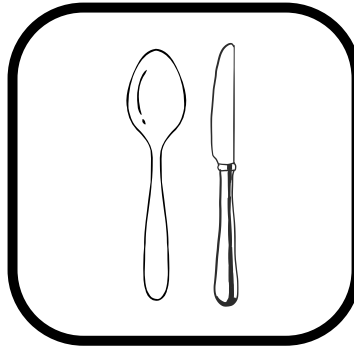


ANTS ON A LOG

serves 1

1

Tools:



Knife, Spoon

This recipe is a fun and delicious snack that includes veggies, and protein, and fruit options! You can stick with the traditional recipe or try out the alternatives!

Traditional Recipe

- Base or “log”: 3 celery stalks
- Filling: $\frac{1}{4}$ cup peanut butter
- Toppings or “ants”: pack of raisins

Alternatives to mix and match

- Base or “log”: 3 carrots, cucumbers, bananas, sliced apples, or romaine lettuce
- Filling: cream cheese, hummus, guacamole, Greek yogurt, nut butters, cottage cheese, or pimento cheese
- Toppings or “ants”: dark chocolate chips, dried fruits, peas, seeds, nuts, corn, or olives

- Lay out sliced celery sticks or whatever base or “Log” you choose
- Top each stick with peanut butter or whatever filling you choose
- Add the Toppings or “Ants” on top of the filling
- Enjoy!



CHEROKEE WORD MATCHING

Match the Cherokee Words to the Translation in English

ᐱᐱ (selu)

Soup

ᐱᐱ (tuya)

Potato

ᐱᐱ (svgata)

Turkey

ᐱᐱᐱᐱ (gagwenvdi)

Beans

ᐱᐱ (kvna)

Corn

ᐱᐱ (iya)

Egg

ᐱᐱᐱ (wagiga)

Sweet

ᐱᐱ (nuna)

Create/build

ᐱᐱᐱᐱ (uwetsi)

Squash

ᐱᐱᐱᐱᐱ (uganasda)

Apple

ᐱᐱᐱᐱ (ugama)

Wrap

ᐱᐱᐱᐱᐱ (gotlvdi)

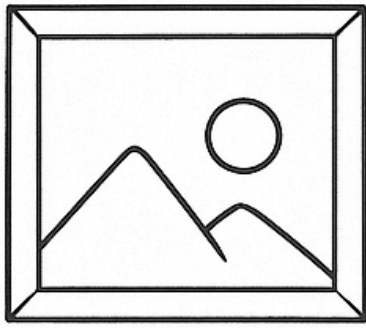
Pumpkin



My favorite food to eat when I'm trying to eat well is:



My favorite way to play well is:



My favorite way to stay well is:

A large, empty rectangular box with rounded corners, intended for a child to write their answer.

ಹೊಲ ಫರೊಲಬೊಹೊಲ
Osd Halisdayvhvsgesdi - Eat Well

ಹೊಲ ಡೆಹಲೊಹೊಲ
Osd Dehanelohvsgesdi - Play Well

ಹೊಲ ಹಲೆನಿಡೊಹೊಲ
Osda Halenidohesdi - Stay Well



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