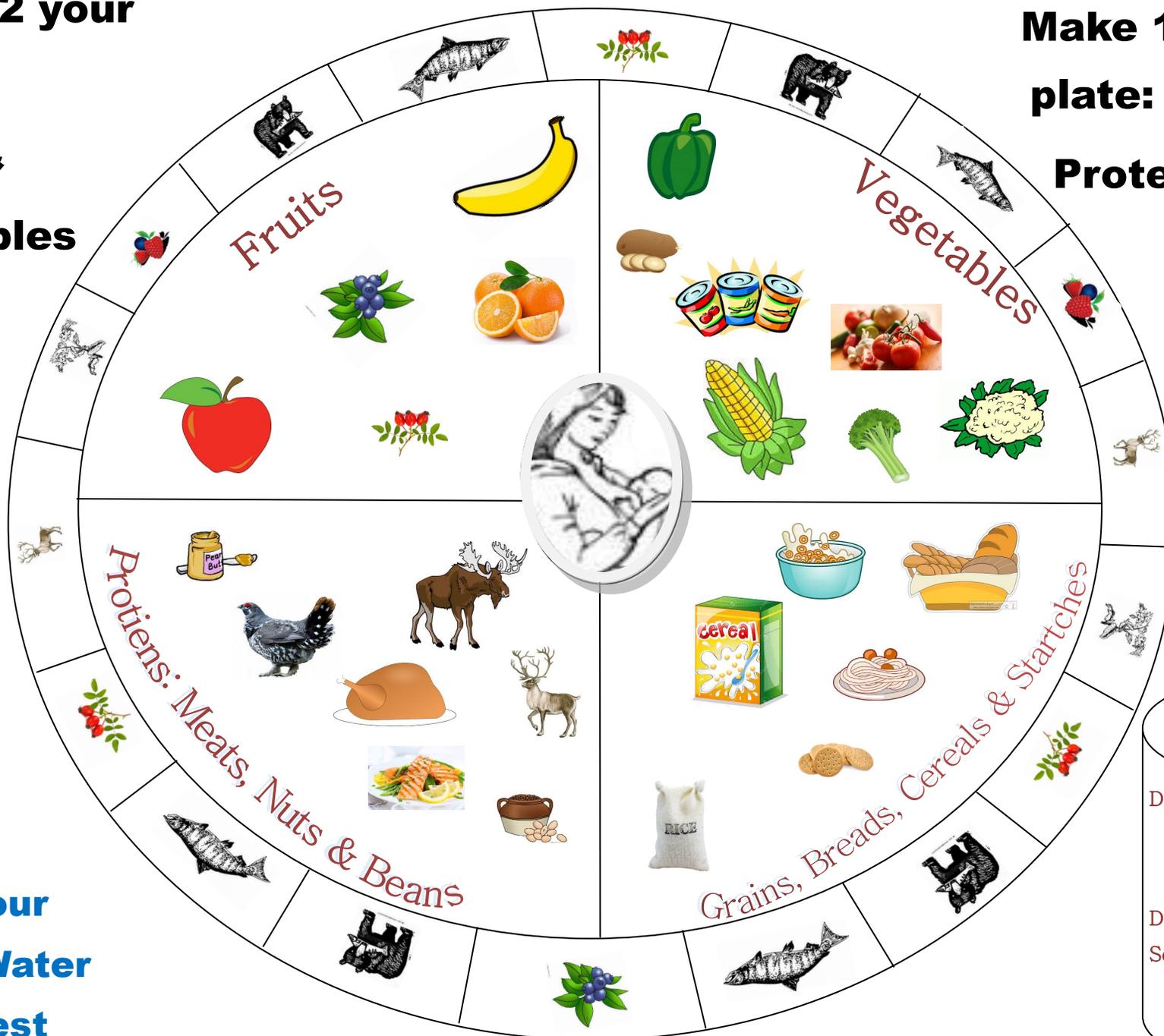


Alaska Food Circle

**Make 1/2 your plate :
Fruits &
Vegetables**

**Make 1/2 your plate:
Proteins &
Grains.**



**Think your
drink...Water
is the best
Choice!**

Dairy: Milk
Yogurt
Cheese

Dairy Substitutes:
Soy or Almond Milk

Breastmilk for Babies

Black Bean Soup

Black beans, carrots, celery, and seasonings are simmered into this hearty soup. Bring out the delicious flavors with a splash of lime juice and spoonful of yogurt at serving.

Ingredients

- 2 tablespoons vegetable oil
- 1 onion
- 2 carrots (diced)
- 2 celery sticks (diced)
- 4 garlic cloves (peeled and minced)
- 1 teaspoon dried basil
- 1 teaspoon dried oregano
- 2 teaspoons chili powder (or more to taste)
- 3 cans 15.5 ounce low-sodium black beans (drained and rinsed in cold water, or use 6 cups cooked (dried) black beans)
- 8 cups water
- 1 cube chicken bouillon
- 1 lime (juiced)
- Plain low-fat yogurt (optional)

Directions

1. Place a soup or stock pot on the stove over medium heat and when it is hot, add the oil. Add an onion, carrots, celery, garlic, basil, oregano, and chili powder and cook about 10 minutes until the onion is soft.
 2. Add the beans, water, and bouillon cube and raise the heat to high and bring to a boil. Turn the heat down to low and cook about 2 1/2 hours until the beans are very tender and the mixture is uniform in color.
 3. If you want a pureed soup, set the soup aside to cool for about 20 minutes. Put 2 cups soup in a blender and put the top on, halfway (this will allow the soup to expand and any steam to escape) and blend until smooth. Transfer to a large container. Repeat using the rest of the soup.
 4. Just before serving, squeeze the juice of 1/4 lime on each serving and a tablespoon of yogurt.
 5. Serve right away, or cover and refrigerate up to 5 days.
- Garnish black bean soup with lime slices, chopped fresh cilantro, basil leaves, or scallions.



Ambrosia

- 1 cup apple
- 1 can Pineapple Chunks
- 1 Banana
- 1 can Mandarin Oranges
- 3/4 cup Yogurt
- 1/4 cup coconut flakes

DIRECTIONS

Drain pineapple and put in a bowl. Slice Apples and Banana, put in bowl with pineapple. Drain Mandarin oranges and place in bowl, also. Add yogurt: plain, vanilla or strawberry. Refrigerate for at least 15 minutes. Toast coconut and stir into just before serving.



Salt-Free Taco Seasoning Blend

- 1 tsp dried onion
 - 1 tsp chili powder
 - 1/2 tsp ground cumin
 - 1/2 tsp crushed red pepper
 - 1/2 tsp garlic powder
 - 1/4 tsp oregano
 - 1/2 tsp cornstarch
- Combine all ingredients. If using immediately do not add cornstarch. Store in an airtight container.

Arroz con Leche

- White rice, long grain, cooked 2 cups
- Sugar, brown 3/4 cups
- Vanilla extract 1 tsp
- Cow's milk, evaporated 1 1/2 cup
- Raisin, seeded 1 cup
- Cinnamon, ground 1 tsp
- Water, 4 cups

Mix the brown sugar and 4 cups of water together and cook the rice. (note: some families don't like it super sweet, so add less sugar, however traditionally it is supposed to be sweet). When the rice has cooked and incorporated all the water, remove from heat and add vanilla, raisins, evaporated milk and lots of cinnamon and mix well. Can be served warm or cold.

Eagle Tacos

A delicious combination of pizza and taco, this recipe is made with whole-grain tostada shells, refried beans, shredded cheese, and a stack of colorful veggies.

Ingredients

- 1/2 cup Fresh spinach, julienne cut "shoestring strips"
- 1/2 cup Fresh romaine lettuce, julienne cut "shoestring strips"
- 2 1/4 teaspoons taco seasoning*
- 1 3/4 cups Canned low-sodium refried beans, fat-free
- 3/4 cup Fresh onions, peeled, diced
- 1 1/4 cups Canned low-sodium corn, drained, rinsed
- 6 Whole-grain tostada shells
- 3/8 cup Reduced-fat Mexican cheese blend, shredded (1 1/2 oz)
- 1 cup Fresh carrots, peeled, shredded
- 1/2 cup Low-sodium salsa, mild
- 1/2 cup fat-free sour cream
- 3/4 cup Fresh green pepper, seeded, diced

Directions

1. Preheat oven to 350 °F.
 2. Combine spinach and lettuce in bowl and set aside.
 3. In a medium mixing bowl, combine salt-free seasoning blend and refried beans. Set aside.
 4. In a small skillet, coated with nonstick cooking spray, cook green peppers, onions, and corn for 3-4 minutes. Set aside.
 5. For each pizza, place 1/4 cup of bean filling on tostada shell. Spread mixture evenly using the back of a spoon. Top with 1/3 cup sautéed vegetable mixture. Lightly sprinkle 1 Tbsp of cheese on top.
 6. Place tostadas on a large baking sheet coated with nonstick cooking spray. Bake until cheese is melted, about 2 minutes.
 7. Remove tostadas from oven. Top each tostada with: About 1 Tbsp spinach/lettuce mixture. About 2 1/2 Tbsp carrots. About 1 Tbsp salsa. About 1 Tbsp sour cream
- Serve immediately.
- *If desired, use 2 1/4 tsp Salt-Free Taco Seasoning Blend in place of salt-free chili-lime seasoning.

