

# Food is Medicine

## RECIPE BOOK



First Nations Health Authority  
Health through wellness



ISPARC  
Indigenous Sport,  
Physical Activity & Recreation Council

March is **National Nutrition Month** and throughout the month the First Nations Health Authority (FNHA) is partnering with the Indigenous Sport, Physical Activity and Recreation Council (I-SPARC) in a wellness initiative aimed at nourishing our minds, bodies and spirits.

The **Food is Medicine Cooking Show** is a series on YouTube featuring registered dietitians Rachel Dickens and Fiona Devereaux as hosts. Each episode contains numerous accessible recipes you can make with nutritious ingredients, featuring traditional foods and knowledge from Indigenous communities they visit throughout their travels.

This recipe book is based on foods featured in Seasons 1 and 2 of the Food is Medicine Cooking Show.

# Recipes

Salmon Cakes . . . . .	<a href="#">4</a>
Aioli Dipping Sauce . . . . .	<a href="#">5</a>
KwAKMIS (Herring Roe). . . . .	<a href="#">5</a>
Everyday Salad Dressing. . . . .	<a href="#">5</a>
Elk Chili . . . . .	<a href="#">6</a>
Stove Top Cornbread . . . . .	<a href="#">7</a>
Stove Top Fruit Crisp . . . . .	<a href="#">7</a>
Nettle Pesto . . . . .	<a href="#">8</a>
Salmon Dip . . . . .	<a href="#">9</a>
Nori Salmon Rolls. . . . .	<a href="#">10</a>
Overnight Oats. . . . .	<a href="#">11</a>
Home Fries . . . . .	<a href="#">12</a>
Roasted Vegetables . . . . .	<a href="#">12</a>
Breaded Fish. . . . .	<a href="#">13</a>
7-Spice Flavour Shaker . . . . .	<a href="#">14</a>
Nettle Seaweed Flavour Shaker. . . . .	<a href="#">14</a>
Buster’s Fish Soup . . . . .	<a href="#">16</a>
Stwen Soup . . . . .	<a href="#">17</a>
Wild Potato Power Bowl . . . . .	<a href="#">18</a>
ShwuhOOshem (Soapberry) Drink . . . . .	<a href="#">19</a>
Yogurt Berry Bowl . . . . .	<a href="#">20</a>
Sheila’s Meat Stew . . . . .	<a href="#">20</a>
Wild Meat Stew. . . . .	<a href="#">21</a>

# FOOD IS MEDICINE RECIPES FROM SEASON ONE, EPISODE ONE: The Gift of Water

On this episode of Food is Medicine, join Rachel and Fiona on the beautiful Ahousaht territory as they guide you through some of their favorite recipes from the ocean and an everyday salad dressing to go with all your seafood favourites. Recipes below if you'd like to follow along!



Food is Medicine: The Gift of Water

## Salmon Cakes



PHOTO CREDIT: RACHEL DICKENS

### INGREDIENTS:

1 cup/jar	Salmon, drained
4 cups	Shredded potatoes
1/2 cup	Finely chopped onion
2 large	Eggs, lightly beaten
1 Tbsp	Mustard
2 Tbsp	Dill (optional)
1/2 tsp	Ground pepper
1/4 tsp	Salt
2 Tbsp	Olive oil, divided

### INSTRUCTIONS:

1. Grate your potato (or use leftover mash or shredded hash browns), chop onion and dill.
2. Crack your two eggs in your mixing bowl, whisk your eggs and prepare your salmon, removing some of the liquid.
3. Add your salmon to the bowl with the eggs along with your chopped onion and dill and a tablespoon of mustard. Add salt and pepper.
4. Before adding your potato, squeeze out excess moisture with your hands and then mix together with your other ingredients.
5. Use olive oil in your pan (350 F, or medium to medium high) and make patties the size of your palm, squeezing out the excess water as you form them before adding them to your pan.
6. Cook until browned on the bottom, 3 to 5 minutes. Gently turn over and cook, covered, until crispy on the other side, 3 to 5 minutes more.

# Aioli Dipping Sauce

## INGREDIENTS:

- 1/4 cup Salmon juice from the can
- 1/2 cup Mayo
- 1 tsp Lemon juice
- 1-2 cloves Minced garlic

## INSTRUCTIONS:

1. Mince your garlic, add your salmon juice, mayonnaise and lemon if you have it.
2. Add to a bowl together and mix.

# KwAKMIS (Herring Roe)



## INGREDIENTS:

- 1 Tbsp Oil
- 4 Eggs
- 1-2 tsp Soy sauce
- 500g Herring roe on kelp

## INSTRUCTIONS:

1. Heat your pan, medium to high heat.
2. Cut your roe in chunks.
3. Crack four eggs and whisk. Add soy sauce. Dip your roe in the egg and soy sauce and add it to the pan.
4. Cook for them for a few minutes each side, you'll know when the roe turns white, when this happens, flip it and cook them on the other side.

# Everyday Salad Dressing

## INGREDIENTS:

- 1 cup Olive oil
- 1/4 cup Vinegar(s)
- 1 Tbsp Honey or maple syrup

## INSTRUCTIONS:

1. Add your olive oil, vinegar and honey or maple syrup to a Mason jar or container and shake.
2. Add to your salad.

# Camp Style Cooking

On this episode of Food is Medicine, join Rachel and Fiona as they shake up the norm on camp style cooking. They are joined by some special guests to enjoy elk chili, stove top cornbread, and a stove top fruit crisp on the beautiful W̱SÁNEĆ territory. Recipes below if you'd like to follow along!



Food is Medicine: Camp Style Cooking

## Elk Chili

### INGREDIENTS:

2 lb	Ground meat (bison, beef, venison or moose)
1 stalk	Celery, chopped
1 cup	Vegetables (peppers, diced carrots or frozen peas)
2 cloves	Garlic, minced
2 tbs	Chili powder
1 tbs	Cumin powder
1 can (540ml)	Kidney beans
1 can (540ml)	Black beans
1 large can (796 ml)	Diced tomatoes
1 cup	Frozen corn (or canned)



PHOTO CREDIT: RACHEL DICKENS

### INSTRUCTIONS:

1. Dice all your vegetables. If you have zucchini and want to add it, option to grate it.
2. Add your oil to your pot ensure your pot is on medium to high heat and add your ground elk to the pot. Cook until brown.
3. Add all of your chopped vegetables.
4. Once your vegetables have been cooked add your chopped garlic, cumin and any other spices you want.
5. Add your diced tomatoes and let the chili cook down before adding your beans and corn.
6. Cover and let it cook for 10-15 minutes.

# Stove Top Cornbread



## INGREDIENTS:

- 1/2 cup Milk alternative
- 1/2 Tbsp White vinegar
- 1 Tbsp Olive oil
- 1 Egg
- 1 Tbsp Maple syrup, honey or sugar (use more, if desired)
- 3/4 cup Cornmeal
- 1/2 tsp Salt
- 1/2 tsp Baking soda
- 2 tsp Oil or butter, for the pan

## INSTRUCTIONS:

1. Take your milk alternative and add a tablespoon of vinegar and let it sit until it starts to curdle.
2. Put your cornmeal in a bowl and add in your baking soda and salt.
3. Crack and whisk your egg into a bowl. Add in your maple syrup, honey or sugar and oil. Mix together.
4. Add in your milk alternative and then add in your dry ingredients and mix together.
5. Heat up your cast iron pan on medium to low heat and add in some butter and oil to prevent from the butter burning. Once your pan is hot, pour everything in cover it and let it cook for 6-8 minutes.

# Stove Top Fruit Crisp

## INGREDIENTS:

- 2 Apples
- 1 cup Strawberries
- Cinnamon
- Honey
- Granola
- Butter

## INSTRUCTIONS:

1. Heat up your pan to medium heat. Add butter or oil in your pan.
2. Add your diced apples, cook them down a bit before adding your strawberries.
3. Add water, a tablespoon of honey or maple syrup, cinnamon and mix together.
4. Sprinkle granola over top.



# Wild About Snacks

On this episode of Food is Medicine, join Rachel and Fiona on their journey to Yuułuʔiłʔatḥ (Ucluelet First Nation) to share some snack food favorites with special guests. This episode features nettle pesto, smoked salmon dip and nori salmon rolls! Recipes below if you'd like to follow along!



Food is Medicine: Wild About Snacks

## Nettle Pesto

### INGREDIENTS:

1 small bag bag (about 6 cups)	Young fresh nettles, rinsed
1 bunch (about 2 cups leaves)	Basil, stems removed, washed and drained
1/2 cup	Parmesan or Romano cheese, grated
1/3 cup	Walnuts or pine nuts
1/3 cup	Extra virgin olive oil
1-3 cloves	Garlic, chopped
1 tsp	Lemon juice
to taste	Salt and pepper



### INSTRUCTIONS:

1. Add your nettle and basil to your food processor or blender, along with your walnuts and garlic. Mix.
2. Add your lemon, cheese and oil and mix again until blended.



# Salmon Dip



PHOTO CREDIT: RACHEL DICKENS

## INGREDIENTS:

- 4-6 cups Smoked salmon (you can also use canned salmon)
- 1 cup Cream cheese
- 1 large Onion or spring onions
- 3-4 stalks Celery
- 1 cup Yogurt
- 1-2 cups Fresh berries (huckleberry, blueberry, raspberry, strawberry or blackberry)

## INSTRUCTIONS:

1. Dice your onion and celery. Add your onion, celery and cream cheese to the food processor or blender. Mix.
2. Add your jarred or canned salmon, candied salmon (if you have it) and your greek yogurt. Mix.
3. Then add your berries and gently blend in.

# Nori Salmon Rolls



PHOTO CREDIT: RACHEL DICKENS

## INGREDIENTS:

Nori seaweed  
Thinly sliced carrots  
Thinly sliced cucumbers  
Lettuce  
Candied or smoked salmon, sliced or chopped

1/2 cup	Cream cheese
2 Tbsp	Red onion
1 Tbsp	Mayonnaise (heaping)
1/2	A lemon, juice and zest

## INSTRUCTIONS:

1. First you are going to want to mix together your sauce. Put your cream cheese and mayonnaise in a bowl. Take your lemon and zest it and cut half of your lemon and squeeze in some of the lemon juice and mix.
2. Dice your red onion and add it to your sauce.
3. Take your cucumber and cut them into strips, removing the seeds.
4. Grate your carrot.
5. Cut your salmon.
6. Take your nori seaweed wraps and spread the sauce on one side of the wrap and start to lay down your cucumber, carrots and salmon. Then roll.
7. If the seaweed isn't sticking, you can use some water to help stick it together.
8. Cut and serve.

# FOOD IS MEDICINE RECIPES FROM SEASON ONE, EPISODE FOUR: Protein Power

Join Rachel and Fiona's journey to the Quw'utsun homelands to share their knowledge of protein with two Métis youth – one aspiring and one past North American Indigenous Games athlete. Join us as we explore the endless possibilities of overnight oats and take fish and chips to the ultimate test - the air fryer vs. oven method! Ingredients below if you'd like to follow along!



Food is Medicine: Protein Power Recipes

## Overnight Oats

### INGREDIENTS:

2/3 cup	Traditional regular oats
1 cup	Milk or milk alternative, fortified
3/4 cup or 1/4 cup	Greek yogurt Chia seeds
1 Tbsp	Nuts or seed (hemp, flaxseed, chia)
1 cup	Berries, (fresh or frozen)
1/2 tsp	Cinnamon or nutmeg
	Fruit, nuts, seeds



PHOTO CREDIT: RACHEL DICKENS

### INSTRUCTIONS:

1. In a bowl, mix oats with milk or milk alternative, and yogurt or chia seeds.
2. Add berries if frozen. Stir well and place covered in refrigerator overnight.
3. In the morning add more liquid if too thick, and top with berries if using fresh.
4. Option to also top with nuts or seeds

# Home Fries

## INGREDIENTS:

- 2 potatoes or sweet potatoes
- 1/2-3 Tbsp Olive oil (depending on air fryer or oven method)
- To taste Salt and pepper or other spices

## OVEN INSTRUCTIONS:

1. Heat oven to 425 F.
2. Cut potatoes into shapes you prefer from thin fries, to thick wedges
3. In a bowl, toss the wedges with oil and spices.
4. Place on a baking sheet and put it in the oven.
5. Bake for 20 min or until browned. Remove and flip wedges after 10 min.

## AIR FRYER INSTRUCTIONS:

1. Cook in preheated air fryer at 400F for 20-25 minutes, shaking halfway

# Roasted Vegetables

## INGREDIENTS:

- 4 cups Starchy vegetables (sweet potato, yam, potato, carrot), scrubbed with the skin on and cut into 1-inch cubes
- 6 cups Non-starchy vegetables, fresh or frozen (broccoli, cauliflower, mushroom, Brussel sprouts, onion), cut into bite sized pieces
- 2 Tbsp Oil
- To taste Seasoning (salt, pepper, Italian spices or chilli powder)



## OVEN INSTRUCTIONS:

1. Preheat oven to 400°F.
2. Combine the starchy vegetables and any seasoning of choice (herbs, spices, salt pepper) and half of the oil on a large baking sheet and mix to combine.
3. Bake for 15 minutes and then remove from oven.
4. Add the additional vegetables and the rest of the oil and any additional seasoning, mix well. Bake for an additional 25 minutes or until the vegetables are almost cooked.

## AIR FRYER INSTRUCTIONS:

1. Cook in preheated air fryer at 400 F for 14 to 16 minutes.

# Breaded Fish



## INGREDIENTS:

- 1 1/2 - 2 cups Whole wheat panko (or breadcrumbs),
- 2 1/2 Tbsp Garlic powder
- 1/4 tsp Salt (optional)
- 2 eggs Whisked
- 8 fillets Fish (ie halibut, salmon, lingcod), skin removed, patted dry with paper towel, and lightly seasoned with salt

## OVEN INSTRUCTIONS:

1. Bake in the oven at 400F for 10-15 mins depending on thickness of the fish.
2. Look every 5 minutes after the 10-minute mark to determine desired doneness.

## AIR FRYER INSTRUCTIONS:

1. Bake in a preheated air fryer at 390F for 5 minutes, and then flip and another 3 minutes.

# 7-Spice Flavour Shaker

## INGREDIENTS:

Single or bulk measurements

1 Tbsp or 1 cup	Dried mustard
1 Tbsp or 1 cup	Paprika
1 Tbsp or 1 cup	Garlic powder
1 Tbsp or 1 cup	Onion powder
1 ½ tsp or 1/2 cup	Black or white pepper
1 tsp or 1/2 cup	Basil
1 tsp or 1/4 cup	Thyme

## INSTRUCTIONS:

1. Take all your spices, depending on the size you are making, and add them to a shaker.

# Nettle Seaweed Flavour Shaker

## INGREDIENTS:

1 cup	Unhulled sesame seed
1/4 cup	Powdered nettles
1/4 cup	Powdered seaweed

## INSTRUCTIONS:

1. Toast sesame seeds over medium heat in a dry pan.
2. Grind sesame seeds with salt in a blender or coffee grinder.
3. Grind nettles and seaweed into a powders.
4. Blend all ingredients and store in a glass jar in the refrigerator.



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## **Food is Medicine Cookbook Volume 2**

In the newest volume of the Food is Medicine Cookbook, registered dietitians Rachel and Fiona are hosted by the Adams family in Nlaka'pamux territory as they harvest and cook together.

This volume features delicious and nutritious recipes for soups, stews and even a couple recipes for those with a sweet tooth.

# FOOD IS MEDICINE RECIPES FROM SEASON TWO, EPISODE ONE: Recipes from Nlaka'pamux Pt. 1

In this episode of Food is Medicine, join Rachel and Fiona on the beautiful Nlaka'pamux territory as they learn to harvest TatOOwe-n (wild potato), and TSawAta (celery plant) and see how the Adams family likes to incorporate these wild foods into their everyday meals, like, fish soup and a wild food power bowl. Recipes below if you'd like to follow along!



Food is Medicine: Nlaka'pamux Pt. 1



## Buster's Fish Soup

### INGREDIENTS:

- 8 cups Water
- 10-15 oz Sockeye salmon (skin on)
- 1 Onion, diced
- 4 Potatoes cut into ½" cubes (recommend Yukon gold, skin-on)
- 1 tsp Salt
- 1 tsp Pepper

### INSTRUCTIONS:

1. Boil water in a large pot.
2. Add salmon and cook 2 minutes.
3. Remove from pot and gently remove skin. Return the salmon to the pot and break into bite-sized pieces.
4. Add 1 chopped onion and 2 chopped potatoes. Season with salt and pepper.
5. Boil for 30-35 minutes.



# Stwen Soup

(Wind-dried Soup – can also be made with half smoked fish, jarred, or canned fish)



## INGREDIENTS:

- 1 Tbsp olive oil
- 1 Onion, chopped
- 3 sticks Celery, chopped
- 3 Carrots, chopped
- 1 large Potato (recommend Yukon gold potato, skin-on)
- 1 bay leaf
- 2-3 cups Diced tomato (500-750ml can)
- 5oz Wind dried fish (1/2 smoked fish or 250ml jarred fish)

Salt and pepper to taste

## INSTRUCTIONS:

1. Heat large soup pot over medium-high heat. Add olive oil, once heated, add the onion, celery and carrots. Turn down heat to a medium heat and cook for 10 minutes, stirring occasionally.
2. Add diced tomatoes and 5-6 cups water or stock of your choice. Bring to a boil. Add bay leaf and potato. Boil for 45 minutes.
3. Finally add in the 1/2 smoked fish, jarred fish or boiled wind dried fish and cook for another 3-5 minutes.
4. Season with salt and pepper to taste.

# Wild Potato Power Bowl



## INGREDIENTS:

Rice (brown rice, wild rice, or any other rice)

Indian consumption/celery plant (or other greens such as spinach, nettle, kale, etc)

Jarred salmon (or any other fish)

Seaweed to serve

## INSTRUCTIONS:

1. Add wild potatoes to boiling water and cook for 20 minutes.
2. Remove from water and let cool.
3. Remove skin of potato by squeezing it.

To serve: Add wild potatoes to brown or wild rice, topped with jarred salmon and blanched greens. You have the option to top with seaweed.

## FOOD IS MEDICINE RECIPES FROM SEASON TWO, EPISODE TWO: Recipes from Nlaka'pamux Pt. 2

In this episode of Food is Medicine, join our hosts as they continue to ground themselves on the territory and learn from the Adams family. We explore meat stew in two different ways, one on the stove top and one in the slow cooker, both using wild deer, pine mushrooms and stinging nettles. Then they top it off with a traditional ShwuhOOshem (soapberry) drink and a sweet treat with TsulTsala (huckleberries). Recipes below if you'd like to follow along!



Food is Medicine: Nlaka'pamux Pt. 2

### ShwuhOOshem (Soapberry) Drink

#### INSTRUCTIONS:

1. Place a wire strainer over a bowl or mason jar.
2. Put canned jar of soapberries into the strainer.
3. Take a spoon and mash the berries to get all the juice out of the berries.
4. Add as much water as you need for your desired flavor. In this recipe we added 2 litres to the ½ cup of berries.
5. Taste and decide if you want to add some honey for sweetener.
6. Pour over ice and enjoy!



BUSTER ADAMS, NLAKA'PAMUX, AND FIONA DEVEREAUX

# Yogurt Berry Bowl



## INGREDIENTS:

- $\frac{3}{4}$  cup Greek yogurt, plain
- $\frac{1}{2}$  cup Berries, fresh or frozen (or  $\frac{1}{2}$  apple chopped or  $\frac{1}{2}$  banana sliced)
- 2 Tbsp roasted hazelnuts, chopped (or any nut or seed)
- 1 tsp Optional honey (or homemade jam or maple syrup)

## INSTRUCTIONS:

1. Add yogurt to a bowl, top with fruit, nuts or seeds and an optional drizzle of honey.

# Sheila's Meat Stew

## INGREDIENTS:

- 1lb Wild meat (deer, elk, moose), cubed
- 1 cup Pine mushrooms (defrosted if frozen)
- 2 Potatoes, cubed
- 2 cups Vegetables, chopped (carrots, onion, celery)
- 1 can Cream of mushroom soup (lower sodium if possible)
- 1 Tbsp Cornstarch
- Water To cover
- Seasonings (garlic, salt, pepper, herbs)

## INSTRUCTIONS:

1. Add meat to a slow cooker and layer on pine mushrooms, potatoes and vegetables.
2. Add a can of cream of mushroom soup and water to cover the vegetables.
3. Add any spices you like including garlic, salt and pepper.
4. Cook in the slow cooker on high heat for 5 hours (no peeking, leave that heat in there).
5. To thicken the stew before service, add 1 tbsp of cornstarch.
6. Taste and adjust seasoning before serving.





## About First Nations Health Authority

The FNHA is the health and wellness partner to over 200 diverse First Nations communities and citizens across BC.

In 2013, the FNHA began a new era in BC First Nations health governance and health care delivery by taking responsibility for the programs and services formerly delivered by Health Canada. Since then the FNHA has been working to address service gaps through new partnerships, closer collaboration, health systems innovation, reform and redesign of health programs and services for individuals, families, communities and Nations.

The FNHA is also a champion of culturally safe practices throughout the broader health care system. Taking a leadership role, the FNHA actively works with its health partners to embed cultural safety and humility into health service delivery and improve health outcomes for First Nations people.

## About the Indigenous Sport, Physical Activity and Recreation Council (I-SPARC)

The Indigenous Sport, Physical Activity & Recreation Council (I-SPARC) is a provincial organization established with the purpose of improving the health outcomes of Indigenous peoples by supporting and encouraging physically active individuals, families, and communities. The programs and services delivered by I-SPARC are designed to build capacity and increase access to sport, recreation, and physical activity in First Nations communities, Métis Chartered Communities, Aboriginal Friendship Centres, schools, and other delivery agencies throughout British Columbia.

**For more information, please visit:**

[www.isparc.ca](http://www.isparc.ca)



# Food is Medicine Cooking show

[www.youtube.com/playlist?list=PLI3c6v0mHMfdC8t6NEaM\\_qpc6oYVuslmz](https://www.youtube.com/playlist?list=PLI3c6v0mHMfdC8t6NEaM_qpc6oYVuslmz)



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