

Food is Medicine

RECIPE BOOK



First Nations Health Authority
Health through wellness



I-SPARC
Move | Play | Compete

Indigenous Sport,
Physical Activity &
Recreation Council





First Nations Health Authority
Health through wellness

www.fnha.ca | Info@fnha.ca

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Contents

Origin Story and Evolution of Food is Medicine . . . 5

Bios 6

Food is Medicine: Volume One 7

The Gift of Water: Episode one 8

Salmon Cakes 8

Aioli Dipping Sauce 9

KwAKMIS (Herring Roe) 9

Everyday Salad Dressing 9

Camp Style Cooking: Episode Two 10

Elk Chili 10

Stove Top Cornbread 11

Stove Top Fruit Crisp 11

Wild About Snacks: Episode Three 12

Nori Salmon Rolls 12

Nettle Pesto 13

Salmon Dip 13

Protein Power: Episode Four 14

Overnight Oats 14

Home Fries 15

Roasted Vegetables 15

Breaded Fish 16

7-Spice Flavour Shaker 17

Nettle Seaweed Flavour Shaker 17

Food is Medicine: Volume Two 18

Nlaka’pamux Part One: Episode one 19

Buster’s Fish Soup 19

Stwen (Wind-Dried Fish) Soup 20

TatOOwe-n (Wild Potato) Power Bowl 21

Nlaka’pamux Part Two: Episode Two 22

ShwuhOOshem (Soapberry) Drink 22

Yogurt Berry Bowl 23

Sheila’s Meat Stew 23

Wild Meat Stew 24

Food is Medicine: Volume Three 25

Elk and Wild Rice Meatballs 26

Saskatoon Berry Compote with Bear Grease 28

Raspberry Jalapeño Jam 30

Soapberry Ice Cream 31

Roasted Yellow Beet Salad 32

Zucchini Fritters 34

Moose Heart Tacos 35

Moose heart prep 36

Green Sauce prep 37

Simple Slaw prep 38

Fish Head Soup 39



Origin Story and Evolution of Food is Medicine

This recipe book is a partnership between the First Nations Health Authority (FNHA) and the Indigenous Sport, Physical Activity & Recreation Council (I-SPARC) in a wellness initiative aimed at nourishing our minds, bodies and spirits.

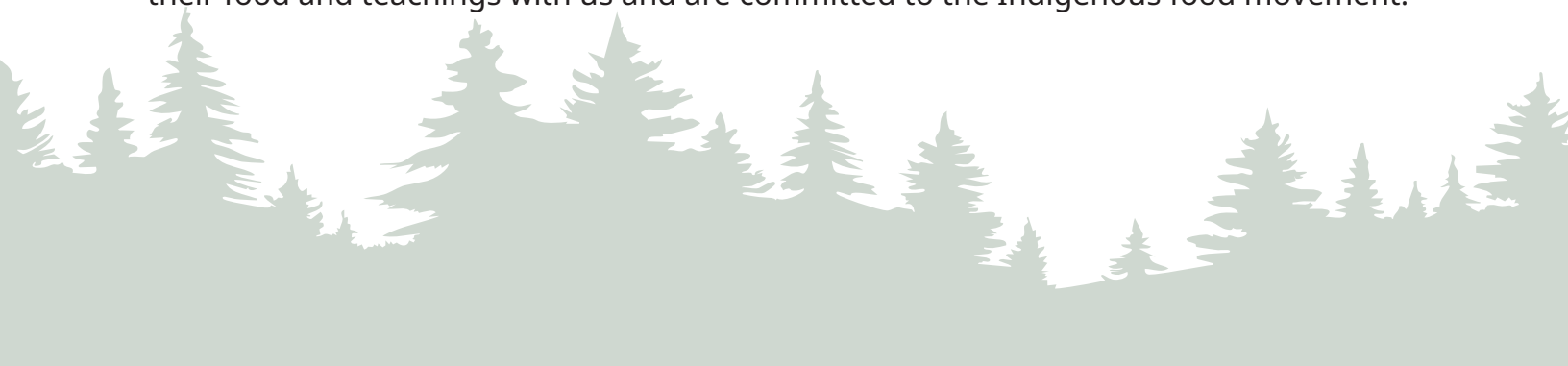
In 2020, the Food is Medicine cooking show originated as a nutrition workshop at I-SPARC's Healthy Living Leader Trainings, delivered online via zoom because of the Covid-19 pandemic. Due to the popularity and positive feedback quickly brought about the idea that Rachel (Dickens) Greening and Fiona Deveraux should be on screen sharing their gifts, stories and teachings with a larger audience.

I-SPARC, in collaboration with Ahousaht and Lytton First Nation communities and funded by FNHA created two seasons of the Food is Medicine YouTube series filmed on the land and water. Featuring registered dietitians Rachel and Fiona as hosts, each episode from volume 1 and 2 contains accessible nutritious ingredients featuring traditional foods and knowledge from Indigenous communities they visit throughout their travels. FNHA was integral to the creation of the first version of this recipe book that has been shared, distributed and used widely by community members.

In 2025, the I-SPARC team wanted to come full circle and bring the Food is Medicine cooking show on the road with them as they toured the province, delivering their annual Leader Training Sessions. Featuring Fiona, Rachel and food champions from I-SPARC's Food Systems program (FSP), the workshops included showcasing FSP programs, sharing local food knowledge and of course, cooking delicious food together. Volume 3 of this recipe book is a different format as it features recipes from these workshops along with the teachings generously gifted to us from the local community.

The Food is Medicine youtube series and cookbook belong to a bigger movement where Indigenous communities and individuals have access to, knowledge of and sovereignty over their food systems which includes traditional and cultural foods.

We would like to thank all of those who contributed to this cookbook, generously shared their food and teachings with us and are committed to the Indigenous food movement.



Bios

This work would not have been possible without the support of Rachel and Fiona, who have been instrumental since the beginning of this project. Thank you for your ongoing dedication, commitment, teachings and sharing your love of food with us.



Rachel (Dickens) Greening was born and raised in Prince Rupert and is Ts'msyen from the Lax Kw'alaams Band (Gispaxlo'ots Tribe). She works between Prince Rupert and Tla-o-qui-aht homelands (Tofino) as a Registered Dietitian and Certified Diabetes Educator, and is grateful for the opportunity to work with many Indigenous-led organizations that actively promote wellness through a decolonized lens.

Rachel is currently completing her Ph.D. program through UBC Land and Food Systems under Dr. Tabitha Robin (Cree and Metis), with a focus on how food sovereignty and Indigenous health and well-being frameworks can inform diabetes care. Rachel acknowledges that her greatest and most precious education has been provided by the communities that have generously shared their knowledge.



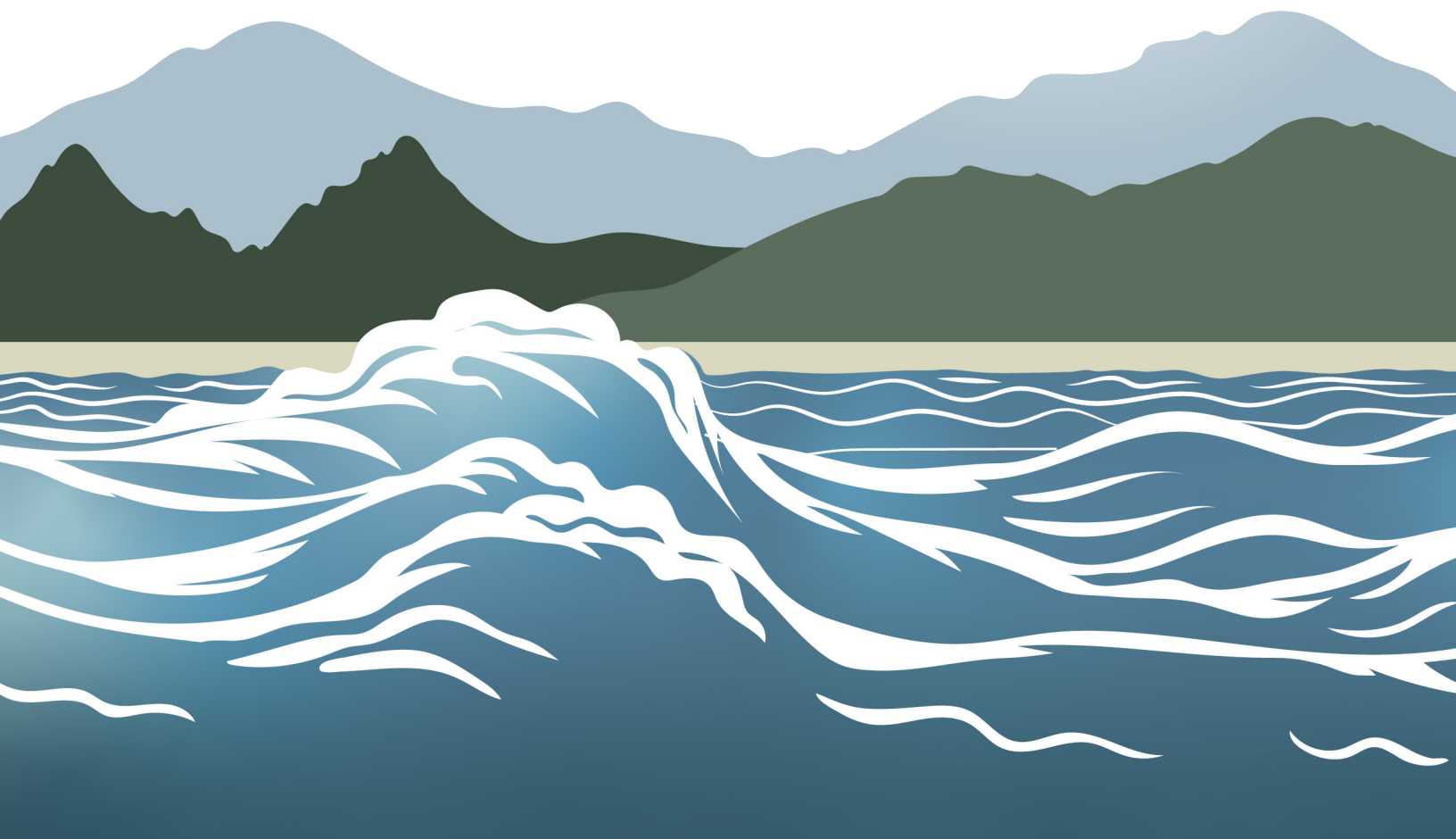
I am Fiona, a white settler of Irish ancestry who lives on the never ceded and ancestral Ləkʷəŋən homelands. I am a daughter, sister, auntie and friend. I am a lover of food and the importance of caring for and connecting with the lands and waters that nourish us. As a dietitian and health professional I have been honoured to have learned and collaborated alongside the Coast Salish, Kwakwaka'wakw and Nuu-chah-nulth communities. I am forever grateful for the generous and profound teachings around Food is Medicine. I love to learn and have a masters in Indigenous specific anti-racism education and am a like long plant medicine learner. I am deeply grateful to all the people I have learned from communities so much over the years (HISKWE, Huy ch q'u, Kleco Kleco and gilakas'la). I hold so much gratitude for being a part of the ISPARC family for many years and cohosting the Food is Medicine cooking show. I love food and honour and respects its power as a connector. My favourite foods are raspberries, smoked fish and potatoes! YUM.

Volume One

Food is Medicine recipes from Season One

In the first volume of the Food is Medicine Recipe Book, registered dietitians and co-hosts Rachel and Fiona travel across the lands and water of beautiful Vancouver Island, visiting Ahousaht, W̱SÁNEĆ, Yuułuʔiłʔatḥ (Ucluelet First Nation) and Quw'utsun homelands.

This volume features many of the beautiful gifts we receive from the ocean—including recipes for salmon, seaweed, herring roe and more!



The Gift Of Water: Episode One

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) Greening

INGREDIENTS:

4 cups - Potatoes	¼ tsp - Salt
½ cup - Onion	½ tsp - Pepper
2 Tbsp - Dill	
1 cup/jar - Salmon	
2 large - Eggs	
1 Tbsp - Mustard	
2 Tbsp - Olive oil	

INSTRUCTIONS:

1. Grate potatoes and finely chop both the onion and dill.
2. Drain some of the liquid from the salmon.
3. In a large bowl, lightly whisk the eggs.
4. Add salmon, onion, dill, mustard, salt and pepper to the bowl, then mix.
5. Before adding your potato, squeeze out any excess moisture with your hands and then add to the bowl, mixing all ingredients.
6. Form patties the size of your palm, squeezing out any excess water.
7. Heat olive oil in a pan over medium to medium-high heat (or 350 F). Cook for 3-5 minutes or until browned on the bottom.
8. Gently turn over and cook 3-5 minutes more, covered, until crispy on the other side.

Aioli Dipping Sauce

INGREDIENTS:

- ¼ cup - Salmon juice from the can
- ½ cup - Mayonnaise
- 1 tsp - Lemon juice
- 1-2 cloves - Garlic

INSTRUCTIONS:

1. Mince garlic and place into a bowl.
2. Add all remaining ingredients to bowl and mix.

KwAKMIS (Herring Roe)



Photo Credit: Rachel (Dickens) Greening

INSTRUCTIONS:

1. Cut roe into chunks.
2. Add eggs and soy sauce to a mixing bowl and whisk.
3. Add oil to a pan, heating to medium-high.
4. Dip roe into the egg and soy sauce mixture and add to pan.
5. Cook for a few minutes until roe turns white, then flip and cook on the other side.

- INGREDIENTS:** 4 large - Eggs 1-2 tsp - Soy sauce 1 Tbsp - Olive oil
500g - Herring roe on kelp

Everyday Salad Dressing

INGREDIENTS:

- 1 cup - Olive oil
- ¼ cup - Vinegar
- 1 Tbsp - Honey or maple syrup

INSTRUCTIONS:

1. Combine all ingredients in a container or mason jar and shake.
2. Add to salad of choice.

Camp Style Cooking: Episode Two

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 W SÁNEĆ territory. Recipes below if you'd like to follow along!



Food is Medicine: Camp Style Cooking

Elk Chili

INGREDIENTS:

2 cups - Vegetables, chopped (onions, peppers, carrots, celery, etc.)

2 Tbsp - Olive oil

2 lbs - Ground elk (or bison, beef, venison, moose, etc.)

4 cloves - Garlic, minced

2 Tbsp - Chili powder

2 Tbsp - Cumin powder

2 cans (796 ml) - Diced tomatoes (no salt added)

2 cans (540 ml) - Black beans, rinsed (no salt added)

2 cans (540 ml) - Kidney beans, rinsed (no salt added)

2 cups - Frozen or canned corn



Photo Credit: Rachel (Dickens) Greening

INSTRUCTIONS:

1. Dice all vegetables (grated zucchini optional).
2. Heat oil in a large pot to medium-high, add elk, and cook until evenly browned.
3. Add all of your chopped vegetables and cook 5-7 minutes.
4. Add garlic, chili powder, cumin and any other desired seasonings and spices, stirring for 30 seconds to 1 minute.
5. Add your diced tomatoes (and optional grated zucchini) letting the chili cook down.
6. Add remaining canned beans and corn.
7. Cover and let cook for 10-15 minutes.

Stove Top Cornbread



Photo Credit: Rachel (Dickens) Greening

INGREDIENTS:

½ cup - Milk or milk alternative	1 Tbsp +1 tsp - Olive oil, separated
½ Tbsp - White vinegar	½ tsp - Salt
¾ cup - Cornmeal, medium coarse	1 large - Egg
1-2 Tbsp - Sweetener of choice (maple syrup, honey, sugar)	½ tsp - Baking soda
	2 tsp - Butter

INSTRUCTIONS:

1. Pour milk or milk alternative into a small mixing bowl and add vinegar. Set aside until it starts to curdle.
2. Combine cornmeal, baking soda and salt in a small mixing bowl. Set aside.
3. Crack egg and whisk in a large mixing bowl. Add desired sweetener and olive oil and mix.
4. Add contents of milk or milk alternative bowl, and mix.
5. Add contents of the cornmeal bowl, and mix.
6. Heat a cast iron pan on low to medium heat, adding butter and some oil until hot.
7. Pour mixture into the pan, cover, and let cook for 6-8 minutes.

Stove Top Fruit Crisp



INGREDIENTS:

1-2 Tbsp - Butter and/or oil
2 - Large apples, sliced
1 cup - Berries
1 Tbsp - Honey or maple syrup
1/2-1 tsp - Cinnamon
1/2 cup - Granola

INSTRUCTIONS:

1. Add butter and/or oil to cast iron pan, heating to medium.
2. Add apples, cooking down for a few minutes, and then add berries of choice. Stir constantly.
3. Add honey or maple syrup and cinnamon (and water, as needed, 1 Tbsp at a time).
4. Top with granola and serve.

Wild About Snacks: Episode Three

On this episode of Food is Medicine, join Rachel and Fiona on their journey to Yuułu?ił?ath (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

Nori Salmon Rolls



Photo Credit: Rachel (Dickens) Greening

INGREDIENTS:

- | | |
|-------------------------------------------------|----------------------------------|
| ½ cup - Cream cheese | 1 large- Carrot, grated |
| 1-2 Tbsp - Mayonnaise | ½ large - Lemon, zest (optional) |
| 1-2 Tbsp - Lemon juice | A pinch - Salt (optional) |
| 2 Tbsp - Red onion, diced | |
| 4-6 sheets - Nori seaweed (prepackaged is fine) | |
| 1 large - Cucumber, sliced thin | |

INSTRUCTIONS:

1. Add softened cream cheese, mayonnaise and lemon juice into a medium mixing bowl. Mix (optional: add zest of half a lemon and a pinch of salt).
2. Add diced red onion to bowl and mix all contents well.
3. Place a nori seaweed sheet on a flat surface and spread a spoonful or more of your cream cheese mixture on half of the sheet.
4. Layer carrot, cucumber, salmon and any other desired ingredients on top of the cream cheese.
5. Roll the sheet and all of its contents tight. Use water if the seaweed isn't sticking.
6. Cut and serve.

Salmon Dip

INGREDIENTS:

4-6 cups - Smoked and candied salmon (canned or jarred)

3-4 stalks - Celery

1 large - Onion (or 1 cup spring onions)

1 cup - Cream cheese

1 cup - Greek yogurt

1-2 cups - Fresh berries (options include huckleberries, blueberries, raspberries, strawberries, blackberries or even salmon berries!)



Photo Credit: Rachel (Dickens) Greening

INSTRUCTIONS:

1. Drain juice from the canned salmon, if using.
2. Dice the onion and celery.
3. Add diced vegetables to a food processor or blender along with the cream cheese. Blend.
4. Add the drained smoked salmon and candied salmon (if you have it) to the food processor or blender along with the Greek yogurt. Blend.
5. Add the fresh berries and blend lightly OR remove mixture from food processor or blender and gently fold in the berries.

Nettle Pesto

INGREDIENTS:

6 cups - Young, fresh nettles, rinsed and blanched

2 cups - Basil, rinsed with stems removed

½ cup - Parmesan cheese, grated (substitute with 1-2 Tbsp miso paste)

1/3 cup - Walnuts (substitute pine nuts or almonds)

1 tsp - Lemon juice +lemon zest (optional)

1/3 cup - Olive oil

2-3 cloves - Garlic, chopped

To taste - Salt and pepper

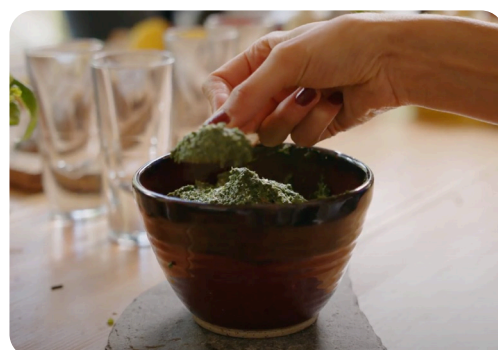


Photo Credit: Rachel (Dickens) Greening

INSTRUCTIONS:

1. Add nettle and basil to a food processor or blender and mix.
2. Add all remaining ingredients to machine, mixing to desired consistency.

Protein Power: Episode Four

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 - air fryer vs. oven method! Recipes below if you'd like to follow along!



Food is Medicine: Protein Power

Overnight Oats

INGREDIENTS:

1 cup - Milk or milk alternative, fortified

$\frac{3}{4}$ cup - Greek yogurt (substitute with $\frac{1}{4}$ cup chia seeds)

$\frac{2}{3}$ cup - Old fashioned, large flake rolled oats

$\frac{1}{2}$ tsp - Cinnamon (option to substitute nutmeg)

1 cup - Berries, fresh or frozen

$\frac{1}{2}$ tsp - Nuts or seeds (hemp, chia, flax)



Photo Credit: Rachel (Dickens) Greening

INSTRUCTIONS:

1. In a medium bowl, mix milk or milk alternative, yogurt (or chia seeds), oats, and cinnamon (or nutmeg).
2. Add berries, if frozen.
3. Stir well, cover, and place in refrigerator overnight.
4. Top with nuts or seeds and berries, if using fresh, as well as any other desired ingredients in the morning. If mixture is too thick, add milk or milk alternative.

Home Fries

INGREDIENTS:

2 large - Potatoes or sweet potatoes

1/2-2 Tbsp - Olive oil (depending on air fryer or oven method)

To taste - Salt and pepper or other spices

OVEN INSTRUCTIONS

1. Preheat oven to 425°F.
2. Cut potatoes to the size you prefer, from thin fries to thick wedges.
3. In a bowl, toss the cut potatoes with 1/2 Tbsp of oil, and the salt, pepper and spices of your choosing.
4. Place on a baking sheet and bake in preheated oven for 20 minutes, flipping halfway.

AIR FRYER INSTRUCTIONS

1. Preheat air fryer to 400°F. Toss cut potatoes with 1-2 Tbsp of oil, and the salt, pepper and spices of your choosing.
1. Air fry for 20-25 minutes, shaking intermittently. Cook in preheated air fryer at 400°F for 20-25 minutes.

Roasted Vegetables



INGREDIENTS:

4 cups - Starchy vegetables, skin on, and cut into 1" cubes (sweet potato, yam, potato, carrot, etc.)

6 cups - Non-starchy vegetables, fresh or frozen, cut into 1" cubes (broccoli, cauliflower, mushroom, Brussel sprouts, onion, etc.)

2 Tbsp - Olive oil

To taste - Seasonings (salt, pepper, Italian, chili powder, etc.)

OVEN INSTRUCTIONS

1. Preheat oven to 400°F.
2. Mix starchy vegetables, seasonings of choice and 1 Tbsp of oil. Spread onto a baking sheet, bake for 15 minutes and then remove from oven.
3. Add the non-starchy vegetables, any additional seasoning and 1 Tbsp of oil. Mix well. Bake for an additional 25 minutes or until the vegetables are almost cooked through.

AIR FRYER INSTRUCTIONS

1. Preheat air fryer to 400°F.
2. Toss all ingredients together and air fry for 14-16 minutes, shaking intermittently.

Breaded Fish



INGREDIENTS:

- 1 ½ -2 cups - Whole wheat panko (or breadcrumbs)
- 2 ½ Tbsp - Garlic powder
- ¼ tsp - Salt (optional)
- 2 large - Eggs, whisked
- 8 fillets - Fish, skin removed, patted dry with paper towel (halibut, salmon, lingcod, etc.)

OVEN INSTRUCTIONS

1. Preheat oven to 400°F.
2. Mix first 4 ingredients in a medium mixing bowl and coat the fish.
3. Place coated fish on a baking sheet and bake for 10-15 minutes, depending on the thickness of the fish. Check every few minutes after the 10 minute mark.

AIR FRYER INSTRUCTIONS

1. Preheat air fryer to 490°F.
2. Mix first 4 ingredients in a medium mixing bowl and coat the fish.
3. Air fry coated fish for 5 minutes, flip and air fry for an additional 3 minutes.

Nettle Seaweed Flavour Shaker

INGREDIENTS:

- 1 cup - Sesame seeds, unhulled
- ¼ cup - Nettles, dried
- ¼ cup - Seaweed, dried

INSTRUCTIONS

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

7-Spice Flavour Shaker

INGREDIENTS:

- 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 1/2 tsp or ½ cup - Black or white pepper
- 1 tsp or ½ cup - Basil
- 1 tsp or ¼ cup - Thyme

INSTRUCTIONS

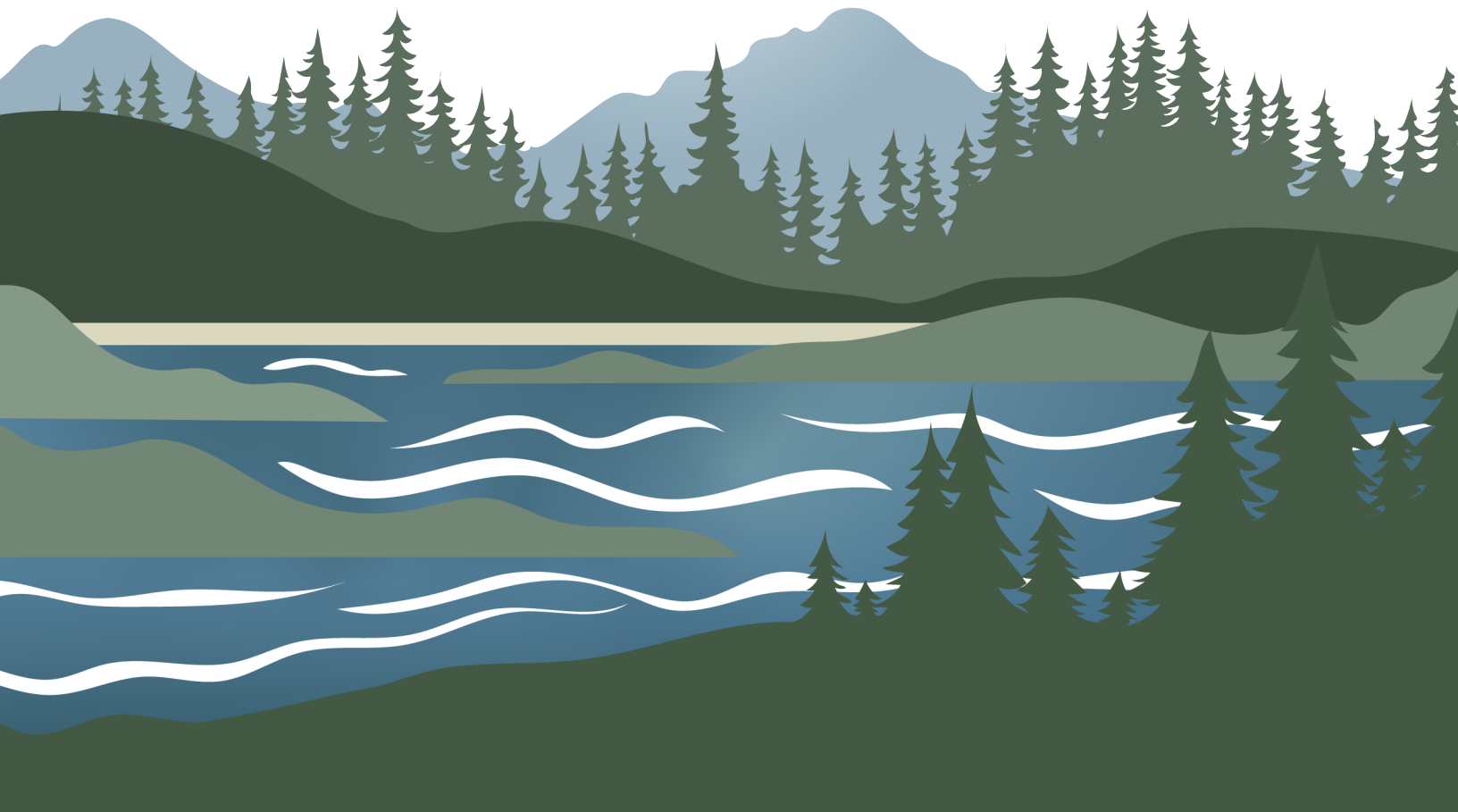
1. Take all ingredients (depending on the size you are making), add to a container and shake!

Volume Two

Food is Medicine recipes from Season Two

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

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



Nlaka'pamux Part One: Episode One

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). 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 Part One

Buster's Fish Soup



INGREDIENTS:

- 8 cups - Water
- 10-15 oz - Sockeye salmon, skin on
- 1 large - Onion, diced
- 4 large - Potatoes, cut into 1/2" cubes with skin on (Recommended: Yukon Gold)
- 1 tsp - Salt
- 1 tsp - Pepper

INSTRUCTIONS:

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

Stwen (Wind-Dried Fish) Soup



Albert Adams, Nlaka'pamux

INGREDIENTS:

- 1 Tbsp - Olive oil
- 1 large - Onion, chopped
- 3 stalks - Celery, chopped
- 3 large - Carrots, chopped
- 1 large - Potato, skin on and cubed (recommended: Yukon Gold)
- 1 large - Bay leaf
- 2-3 cups - Tomato, diced (500-750 ml can is fine)
- 5oz - Wind-dried fish (1/2 smoked fish or 250 ml jarred fish)
- To taste - Salt and pepper

INSTRUCTIONS:

(option to make with half-smoked, jarred or canned fish)

1. Add olive oil to a large soup pot and heat to medium-high. Add the onion, celery and carrots. Turn heat to medium 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.
3. Add both potato and bay leaf, and boil for 45 minutes.
4. Add in the ½ smoked fish, jarred fish or boiled wind-dried fish, and cook for another 3-5 minutes.
5. Season with salt and pepper, and serve.

TatOOwe-n (Wild Potato) Power Bowl



INGREDIENTS:

- 1 cup - TatOOwe-n
- 1 cup - Rice of choice (brown, wild, etc.)
- ½ cup - Salmon, jarred
- ½ cup - Indian consumption plant, blanched (or greens such as spinach, nettle, etc.)

INSTRUCTIONS:

1. Add wild potatoes to boiling water and cook for 20 minutes.
2. Remove from water and let cool.
3. Remove skin of potatoes by squeezing them.
4. Add skinned potatoes to a bowl of prepared rice, blanched greens and salmon (optional: top with seaweed).

Nlaka'pamux Part Two: Episode Two

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, stove top and 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 Part Two

ShwuhOOshem (Soapberry) Drink

INGREDIENTS:

- ½ cup - ShwuhOOshem
- 2 litres - Water
- To taste - Sweetener (optional)

INSTRUCTIONS:

1. Place a wire strainer over a mason jar or beverage container.
2. Pour shwuOOshem into the strainer and use a spoon to mash the juice from the berries.
3. Add water (and optional sweetener) to the container to reach desired flavour.



Buster Adams (Nlaka'pamux) and Fiona Devereaux

Yogurt Berry Bowl



INGREDIENTS:

- ¾ cup - Greek yogurt, plain
- ½ cup - Berries, fresh or frozen (substitute sliced apple or chopped banana)
- 2 Tbsp - Roasted hazelnuts, chopped (or any nuts or seeds)
- 1 tsp - Honey (substitute homemade jam, maple syrup, etc.)

Sheila's Meat Stew

INGREDIENTS:

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



Rachel (Dickens) Greening, Sheila Adams (Nlaka'pamux) and Fiona Devereaux

INSTRUCTIONS:

1. Add meat to slow cooker and layer on pine mushrooms, potatoes and vegetables.
2. Add can of cream of mushroom soup and water to cover the vegetables.
3. Add any spices you like including garlic, herbs, salt and pepper.
4. Cook in the slow cooker on high heat for 5 hours.
5. To thicken the stew before serving, add 1 Tbsp of cornstarch mixed with 2 Tbsp of cold water.
6. Taste and adjust seasoning before serving.

Wild Meat Stew



INGREDIENTS:

- 1 Tbsp - Olive oil
- 1 lb - Wild meat or lean beef, cubed (deer, elk, moose, etc.)
- 6-12 cups - Broth of choice
- ½ Tbsp - Lemon juice
- 1 cup - Pine mushrooms (defrosted if frozen)
- 1 large - Bay leaf (optional)
- 1 Tbsp - Rosemary or thyme (optional)
- ½ Tbsp - Black pepper, ground
- 1 large - Onion, chopped
- 3 large - Celery stalks, chopped
- 3 large - Carrots, chopped
- 2 large - Potatoes, skin on, chopped (recommended: Yukon Gold)
- 1 cup - Stinging nettle or spinach (optional)
- 1 Tbsp - Corn starch
- 2 Tbsp - Cold water

INSTRUCTIONS:

1. Heat oil in a large soup pot on medium. Add the meat and cook until browned, about 5-7 minutes.
2. Add broth of choice (if using previously frozen mushrooms, start with half).
3. Stir in the lemon juice, mushrooms, bay leaf, rosemary or thyme, pepper and any other seasonings of choice.
4. Bring to a boil and reduce heat. Cover and let simmer for 45-60 minutes.
5. Add onion, celery, carrots and potatoes to pot. Cover and simmer for an additional hour, stirring occasionally and adding more water as needed.
6. About 15 minutes before serving, mix cornstarch with 2 Tbsp of cold water and stir into the stew.
7. About 3 minutes before serving, if using, add stinging nettle or spinach.
8. Add any additional seasonings you like and serve.

Volume Three

The third and newest volume of this recipe book features recipes that were created in collaboration with Rachel, Fiona and various Indigenous community members from around the province, and then shared at I-SPARC's Leader Training Sessions. As there is no accompanying youtube videos, it was important to share some of the teachings that were gifted during the workshops. With that in mind, a new format is used that provides the recipe, followed by tips, nutrition information and a brief introduction to how it was shared at the training sessions.



Elk and Wild Rice Meatballs

The recipe for the Elk and Wild Rice Meatballs was created by Rachel (Dickens) Greening and Well for Culture. These meatballs were made and served at 2 regional leader training sessions. At the Northwest leader training in Smithers on Wet'suwet'en Yintah, Mel Bazil and Jackie Mauer from Dze L'Kant Friendship Centre generously shared their gifts and teachings. Jackie brings her passion to her work at the Friendship Centre where she focuses on teaching younger generations everything there is to know about hunting, food preservation and the use of the entire animal.

The recipe was also shared in Nanaimo, on Snuneymuxw homelands, with Sherry Hunt-Humchitt and Amanda Pyle from the Kwakwaka'wakw community generously sharing food and their stories around their personal and community connection to cultural foods. A key part of this connection is their annual pit cook, where foods grown and harvested from their garden are beautifully combined with Indigenous foods gathered from the land and sea.



INGREDIENTS:

Makes 20-25 meatballs

1/2 lb - Ground elk meat (or any other wild game, or lean beef)

1 cup - Cooked wild rice (Use 1/2 cup dry for this recipe and cook following directions for cooking wild rice)

1 large - egg

3 cloves - Garlic, minced

1/2 small - Red or yellow onion, diced

1/2 tsp - Black pepper, ground

1/8 tsp - Salt

INSTRUCTIONS:

1. Preheat oven to 400°F and coat baking sheet with oil or line it with baking paper (optional air fryer: preheat to 400°F for 10-12 minutes).
2. In a large bowl mix all the ingredients together and shape into 1 1/2 inch meatballs. The mixture should make 8 meatballs.
3. Place them about 1 inch apart and bake for 18-25 minutes or until they are no longer pink in the middle.
4. Try serving these with the saskatoon berry compote (see next recipe) and a dark leafy green salad.



Tips

- Add in additional seasonings such as parsley, oregano, rosemary or thyme (1 Tbsp fresh or 1 tsp dry).
- Substitute fresh onion and garlic with 1 tsp of garlic powder and 1 Tbsp onion powder.
- Add any leftover fresh herbs you have at home like parsley, oregano, or thyme.
- Try adding grated carrots or zucchini for more fibre.

Elk: Gifts from Relations

- Highly nutritious protein that is lean and low in fat (22%) compared to store bought meats, such as beef, pork and chicken (35-55%).
- Provides medicine through Vitamins B and B12, chlorine, iron, zinc, selenium.
- Contains more Omega-3s than store bought meats.

Wild Rice: Gifts from Relations

- Contrary to the name, wild rice is not part of the rice family. It is a grass that grows in shallow, slow moving water near the shores of lakes, rivers and streams.
- Packed full of antioxidants, fibre, folate, magnesium and zinc.
- Provides good source of protein.

Where to buy: Indigenous wild rice companies include Flying Wild Rice Company, Tea Horse, NWC Wild Rice Company and Origins Wild Rice Co.

Saskatoon Berry Compote with Bear Grease



INTRODUCTION:

The Saskatoon Berry Compote recipe was created by Mel Bazil and Jackie Mauer, representatives from Dze L’Kant Friendship Centre, and served at the Smithers Regional Training Sessions on Wet’suwet’en Yintah as a dipping sauce for the meatballs.

INGREDIENTS:

Makes 2 cups of compote

3 cups - Fresh or defrosted Saskatoon Berries (substitute with blueberries, blackberries, huckleberries, etc.)

1 cup - Water

1 tsp - Bear Grease

½ cup - Honey (optional)

1 tbsp - Lemon juice (optional)

INSTRUCTIONS:

1. In a medium saucepan combine washed berries, water and honey.
2. Bring to a boil over medium heat, stirring regularly.
3. Reduce heat and simmer for 10-15 minutes, until berries soften and release their juices.
4. After 15 minutes, remove from heat, then add the bear grease and lemon juice, stirring well to combine.
5. Taste and adjust flavours if desired.
6. Serve warm or store in covered container in the fridge for 1 week.



Fiona Devereaux, Jackie Mauer and Mel Bazil

Saskatoon Berries: Gifts from Relations

- Packed full Vitamin C, fibre and antioxidants especially anthocyanins.
- Reduces inflammation and stress in the body.
- Supports brain and heart health.

Bear Grease: Gifts from Relations

- Provides Vitamins A, D, E and K as well as rich in healthy fats and Omega-3s.
- Energy Dense nutrition.
- Used for a variety of important healing and medical uses including skincare, relieving pain from arthritis and other joint problems.

Raspberry Jalapeño Jam

INTRODUCTION:

This recipe was created by Fiona Deveraux and served alongside the elk and wild rice meatballs at both Smithers and Nanaimo leader training sessions. It is a great dip alternative to those who may not have access to bear grease or saskatoon berries!

INGREDIENTS:

Makes 4-5 cups of sauce or 8 cans of jarred jam

3 cups - Raspberries
(approximately 1 ½ pounds)

1 ½ cups - Granulated white sugar

1 Jalapeño - Sliced along the sides

½ lemon - Juiced

INSTRUCTIONS:

1. Prepare a small canning pot and two half pint jars. Place lids in a small saucepan of water and bring to a bare simmer.
2. In a medium bowl, combine the raspberries and sugar. Using a wooden spoon, stir the sugar into the fruit, mashing the fruit up a bit as you go.
3. Once the raspberries begin to release some juice and the sugar is starting to dissolve, scrape the fruit and sugar mixture into a wide, 4-quart saucepan. Add the jalapeño.
4. Bring the jam to a boil over high heat, stirring regularly, until the berries break down and the syrup thickens. You should smell both the sweetness of the sugar and the heat of the chili.
5. Once the jam has thickened to a spreadable consistency, add the lemon juice.
6. Remove pan from the heat and fish out the wilted jalapeno. Funnel the finished jam into jars, leaving ½ inch headspace. Wipe rims, apply lids and rings and process in a boiling water bath for 10 minutes.
7. When jars are cool, remove rings and test seals. Any unsealed jars should be stored in the refrigerator.

Soapberry Ice Cream



Nanaimo, BC Whip-off Competition!

INGREDIENTS:

Makes 2 cups of compote

Prepare the soapberries.

If dried, soak overnight, then drain completely.

If fresh, just rinse and remove any stems.

INTRODUCTION:

Soapberry ice cream is popular in many Indigenous communities across B.C. Accordingly, there was a soapberry “whip-off” competition at each training session, complete with team names, judges and a winner. This is a great idea for a group activity for youth and adults alike!

INSTRUCTIONS:

1. Place in a stainless steel bowl that is very clean and has no oil in it.
2. Place the berries in a large bowl (½ cups of jarred berries).
3. Using a whisk, fork or egg beater begin whipping the berries.
4. The natural saponins in the berries will create a foam without water.
5. Keep whipping until the berries become a light and frothy like soft meringue.
6. Traditionally eaten tart but you can fold in some mashed berries, banana, sugar, honey or maple syrup as desired.
7. Best enjoyed right away!

Soapberries: Gifts from Relations

- High in Vitamin C, carbohydrates, fibre and antioxidants.
- Promotes heart and immune health as well as digestive aid.
- Their characteristic foaming properties come from saponins.

Roasted Yellow Beet Salad



Gordon Louie

INGREDIENTS:

Makes 12 servings

2 lbs - Yellow beets (any variety will substitute, such as red or rainbow)

½ cup - Pine nuts (use any other nut if pine nuts are too expensive, such as chopped almonds or pumpkin seeds)

½ cup - Feta cheese, finely crumbled

Dressing:

⅓ cup - Olive oil

2 tbsp - Rice vinegar

2 tsp - Dijon mustard

1 small - Onion chopped (may substitute green onions)

1 ½ tbsp - Honey

½ cup - Fresh basil

INTRODUCTION:

This recipe was created and cooked at the Prince George Leader Training Session by representatives of Stelat'en First Nation, Janet Romain, Gordon Louie and Amanda Patrick. In addition to generously sharing produce from their community garden, they also shared their successful Food Systems programming. It all began years ago with a small garden and a vision from one of the Elders. Today, it has grown into a large-scale operation featuring greenhouses, a root cellar and a smokehouse beside the garden. Gathering places sit nearby, adorned with beautiful carvings by local artists, blending essential infrastructure with cultural pride and making this space one of the central gathering points in the community.

INSTRUCTIONS:

1. Cook the beets whole with skins until soft when pricked with a fork.
2. Plunge into cold water and strip off the skins.
3. Cut into small pieces.
4. Add the pine nuts and the feta.
5. Mix the dressing and pour it over.
6. Mix well and serve.

Beets: Gifts from Relations

- Highly nutritious vegetable full of medicine as indicated by their vibrant colour.
- Contains Vitamins B folate, C, A and K, antioxidants as well as potassium and manganese.
- Nourishes the heart and lowers blood pressure.
- High in fibre.

Pine Nuts: Gifts from Relations

- Provides the healthy fat oleic acid.
- Contains magnesium, phosphorous, iron and zinc.
- High in plant protein.
- Contains antioxidants.

Sweet Basil: Gifts from Relations

- Rich in antioxidants including flavonoids, polyphenols and beta carotene which are protective against cancer and heart disease.
- Contains magnesium which is important for heart health and muscle functioning.

Goat Feta Cheese: Gifts from Relations

- Healthier alternative to cheese from cow's milk. Lower in animal fat and contains less lactose, which makes it better tolerated by people with mild lactose sensitivity.
- Rich in calcium, protein, and Vitamins B12, A, phosphorus and B2.
- Contains probiotics for the gut.

Zucchini Fritters



Amanda Patrick and Gordon Louie

INGREDIENTS:

Makes 10-12 servings

- 2 cups - Grated zucchini
- 2 Large - Eggs
- ½ cup - Flour (use gluten free flour, if desired)
- 1 cup - Cheese (can be a mix of cheddar, parmesan or mozzarella)
- ¼ cup - Chopped onion
- To taste - Salt and pepper

INTRODUCTION:

This recipe was created and cooked at the Prince George Leader Training Session from representatives of Stellat'en First Nation, Janet Romain, Gordon Louie and Amanda Patrick. These zucchini fritters, using fresh zucchini from their garden, have been a fan favourite in their community!

INSTRUCTIONS:

1. Mix all ingredients together.
2. Drop by spoon in hot buttered fry pan.
3. Turn with flipper when browned, then serve.
4. Serve with a creamy dip, such as sour cream or tzatziki.

Zucchini: Gifts from Relations

- Highly nutritious, low-calorie summer squash with high water content, promoting hydration.
- Supports digestive health by containing soluble and insoluble fibre.
- Rich in antioxidants: Vitamin C, Beta-caroten and lutein: prevent cell damage, healthy aging and boosts immune system.
- Provides manganese, vitamin K and calcium for both formation and health.
- Contains lutein and zeaxanthin for eye health support.

Moose Heart Tacos



Rachel (Dickens) Greening and Fiona Deveraux

INTRODUCTION:

This recipe was created by Rachel (Dickens) Greening and served at the Kamloops Leader Training Session. Serving moose heart in tacos alongside delicious slaw and sauce can be a great way to introduce organ meat.

INGREDIENTS:

Makes 10-12 servings

Sliced moose heart (Recipe below)
Coleslaw (Recipe below)
Green sauce (Recipe below)
Tortilla shells - 4-6 inches
8 Cloves - Garlic
1 Large - Onion
Oil

INSTRUCTIONS:

1. Wrap tortillas in tinfoil and warm in oven at 300° F for 10 minutes (alternatively, warm on a warmed frying pan and place in a clean tea towel and wrap to keep warm until ready to serve).
2. Make coleslaw and green sauce. Both can be made the day before or a few hours before and stored in the fridge.
3. Slice onion and garlic in oil and follow directions for moose heart.
4. Place heart in warm taco, top with green sauce and cabbage and enjoy!

Moose Heart Prep



Pamela Richard

INTRODUCTION:

The moose heart instructions were provided and prepared by Bonnie August, alongside Pamela Richard and Kyle Wright from Secwépemc Hunting Society. The society members shared their passion for hunting and teachings around using all parts of the animal, including organ meat. Their organization focuses on taking youth out on the land and passing on their knowledge around respectful hunting and meat preparation. For many of those attending at the Kamloops Leader Training session, this was their first opportunity to try moose heart.

INSTRUCTIONS:

1. Clean by running cold water inside the heart. Trim the white fat first on the outside. Slice down one side of an artery to open the inside. Trim off any “cobweb” looking tissue sticking to the meat.
2. Cut the heart by slicing into ½ inch pieces.
3. Season with salt and pepper.
4. Heat oil and fry the heart for only a few minutes. Try not to overcrowd the heart in the frying pan. You want to treat the heart like a rare piece of meat (and not overcook it). Sauté until edges are crispy, remove from pan.
5. The heart should be tender, mild and have the texture of a great steak.

Moose: Gifts from Relations

- A single moose can give as much as 300 kilograms (660 pounds) of meat.
- Highly nutritious meat, providing medicine through lean protein (5x less fat than beef), vitamins B and B12, chlorine, iron (1.5x more than beef), zinc, and selenium.
- Provides more Omega-3s than beef thanks to a diet rich in wild greens and aquatic plants.
- Moose heart is high in protein, iron and CoQ10, which works like an antioxidant, can help lower with blood pressure and support congestive heart failure.

Green Sauce prep

INGREDIENTS:

Makes 12 servings

- ⅓ cup - Extra virgin olive oil
- 1 clove - Garlic
- 2 Tbsp - Pepitas (optional)
- 1 lime - Juiced
- 1 large bunch - Cilantro
- 1 ½ tsp - Maple syrup
- ¾ tsp - Salt

INSTRUCTIONS:

1. Place all the ingredients in a blender or a food processor and mix until smooth and well blended.



Fiona Devereaux

Cilantro: Gifts from Relations

- Contains phytochemicals such as polyphenols that protect against cell damage and chronic diseases.
- Provides a good amount of vitamin A, which support vision, the immune system and healthy bones.
- Fresh herbs enhance flavor, which can improve the appeal of healthy foods.

Simple Slaw prep

INGREDIENTS:

Makes 3 cups

½ - Purple cabbage,
thinly sliced

1- Lime, Juiced

To taste - Salt

INSTRUCTIONS:

1. Add sliced cabbage to a large bowl.
2. Squeeze over lime juice and sprinkle with salt.
3. Massage with your hands for around 5 minutes to soften.



Kyle Wright, Pamela Richard and Bonnie August

Cabbage: Gifts from Relations

- Highly fibrous, supports digestive health.
- Contains antioxidants like anthocyanins that can lower bad cholesterol and reduce inflammation linked to heart disease.
- Contains glucosinolates, compounds that may help fight certain cancers.

Fish Head Soup

INTRODUCTION:

Fish head soup is a delicious dish prepared in many Indigenous communities as a way to honour the animal by using every part and ensuring nothing goes to waste. At the Abbotsford Leader Training, traditional knowledge holder Dan Dan Peters from Skatin and the St'át'imc Nation shared the many uses of salmon. At home, he passes on this knowledge during his annual fishing camps, where participants learn how to make traditional tools for net making, create their own nets and share stories about different fishing spots and experiences. They also learn about the many ways salmon can be prepared. During the training, Healthy Living Leaders were also treated to salmon eggs and sperm sacs.

INGREDIENTS:

12-16 cups - ish stock or water. You can use fins and tail to make the fish stock by simmering in water for at least one hour. Strain and add to soup.

5 - Fish heads

½ stock - Celery

3 - Onions

5 - Potatoes

8 - Carrots

Kuna7 (fish eggs) - 2 fishes worth

INSTRUCTIONS:

1. Cut all ingredients into bite size pieces.
2. Put fish heads into large pot with fish-stock or water. Bring to a boil.
3. Add onions, potatoes, carrots, celery and desired spices.
4. Reduce heat to a simmer and let simmer for approximately 45 minutes or until potatoes and carrots have desired tenderness.
5. Add fish eggs 10 minutes before serving.

Salmon: Gifts from Relations

- Regarded as relative and a prized foundational food to many Indigenous communities.
- Historically Coast Salish people ate 1.65-2.74 pounds per person (32 ounces).
- Provides rich healthy fats such as Omega-3s and essential fatty acids which are crucial for brain, heart, eye and nervous system health.
- Contains Vitamin A, B, D, B12, Choline, Iodine and antioxidants.

Salmon Eggs: Gifts from Relations

- Provides lean protein and Omega-3s, which are crucial for brain, heart, eye and nervous system health.
- Contains Vitamins B12, C, D, A and E, as well as folate and thiamine.
- Rich in antioxidants. The vibrant orange-red color comes from astaxanthin, a powerful antioxidant that supports skin, eye and cardiovascular health.
- Provides key minerals like selenium, iron, magnesium, phosphorus, calcium and potassium are also present.



Dan Dan Peters and Sonja Grosse-Broemer



About the First Nations Health Authority (FNHA)

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.

www.fnha.ca

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

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, Metis Chartered Communities, Aboriginal Friendship Centres, schools, and other delivery agencies throughout British Columbia.

www.isparc.ca



First Nations Health Authority
Health through wellness