

What's in the Box

Your health and nutrition matter to us*. This box was curated with you in mind. Traditional foods provide what our bodies need to be well and strong. We hope the ingredients and information included inspire both continued and new food traditions in your home.

Protein

Fish – Lean protein, omega-3 fats, vitamin D

Harvested seasonally, dried or smoked, often paired with wild rice.

Pork – Protein, iron, B vitamins

Traditionally slow-cooked, smoked, or added to stews with beans and corn.

Grains & Corn

Buckwheat flour– Plant protein, magnesium, gluten-free

Used in warm porridges and savory dishes.

Hominy Corn – Energy, improved niacin, fiber

Traditionally processed corn; used in soups, stews, and porridges.

Rolled Oats – Soluble fiber, steady energy

Common porridge; easy to digest and stretch meals.

Wild Rice – Whole grain, fiber, protein

Sacred food; traditionally harvested and used in soups and fish dishes.

Beans & Seeds

Golden Flax Seed – Omega-3 fats, fiber

Added to porridges and breads; traditionally valued for digestion.

Jacob's Cattle Beans – Protein, fiber, iron

Stored dry; slow-cooked with meat or corn

Roots & Tubers

Beets – Folate, fiber, antioxidants

Good for roasting or boiling; used in soups and pickling.

Carrots – Vitamin A, antioxidants

Used in soups, stews, and cooking bases.

Sweet Potatoes – Vitamin A, fiber

Roasted or mashed; nutrient-dense storage food.

Leafy Greens & Veg Mix

Asparagus – Folate, fiber

Seasonal spring food; lightly cooked.

Kale – Vitamins A, C, K; calcium

Hardy green used sautéed, in soups, or massaged for salads.

Tatsoi – Vitamins A, C, K, calcium

Similar to wild greens; sautéed or added to soups.

Veg-All Mix – Variety of vitamins, minerals

Mixed seasonal vegetables; versatile for stir-fries, soups, and sides.

Seasoning

Garlic Powder – Antioxidant compounds

Modern preserved seasoning; flavors meats, beans, and vegetables.



***Who are we?**

We are the Native Breastfeeding Coalition of Wisconsin.

The Mission of the Native Breastfeeding Coalition of Wisconsin is to strengthen and encourage the traditional practice of breastfeeding to improve the lives of women, babies, and families, for generations to come.

Power Bowl

To prepare a high-protein power bowl using your **fish**, **wild rice**, and **fresh produce**, follow these preparation steps. This method focuses on building layers of texture and flavor, using the wild rice as a nutty base and the fish as the main protein. Other optional ingredients to include in your bowl: apples, craisins, feta cheese, parmesan cheese, walnuts, pepitas, hummus.



1. Prepare the wild rice base

Wild rice is a nutrient-dense whole grain with a chewy texture and earthy flavor that makes a hearty base for bowls.

- **Rinse:** Rinse wild rice under cold water to remove excess starch and any debris.
- **Boil & Simmer:** Combine 1 cup wild rice with 3 cups water (or broth for added flavor). Bring to a boil, then reduce heat, cover, and simmer for **40–45 minutes** until the grains split and are tender.
- **Drain & Steam:** Drain any excess liquid, then let the rice sit covered for **10 minutes** to finish steaming and fluff before serving.

2. Cook the Fish Protein

Whether you have salmon or a white fish, baking is the most reliable method for power bowls.

- **Season:** Pat the fish dry and season with **garlic powder**, salt, pepper, and a drizzle of olive oil.
- **Bake:** Preheat your oven to **400°F (200°C)**. Place the fish on a parchment-lined baking sheet and bake for **12–15 minutes**. The fish is ready when it is opaque and flakes easily with a fork.
- **Alternative:** For a faster option, you can sear bite-sized cubes of fish in a non-stick skillet with a little butter or oil for **8–10 minutes**.

3. Prep the Vegetables

Use the fresh produce from your list to add crunch and nutrients. Remember to wash all produce before preparing.

- **Roasted Veggies:** Toss diced **sweet potatoes** and **carrots** in olive oil and salt. Roast them at **375°F–400°F** for **20–30 minutes** until tender.
- **Quick Sauté:** Pan-fry the **asparagus** and **hominy corn** for about **5 minutes** until the asparagus is bright green and the corn is slightly toasted.
- **Sautéed Greens:** Quickly sauté the **tatsoi** in a pan with a little garlic and oil for **1–2 minutes** until just wilted. Greens can be left fresh as well.
- **Raw veggies:** Remove the tough center stem of the washed **kale**. Chop into small pieces.

4. Assemble the Bowl

Layer the components to keep the textures distinct.

- **Layer 1:** Start with a generous scoop of cooked **wild rice**.
- **Layer 2:** Arrange the roasted **carrots**, **sweet potatoes**, sautéed **tatsoi** and/or chopped **kale** in separate sections on top of the grain.
- **Layer 3:** Place the cooked **fish** fillet or pieces in the center.
- **Layer 4:** Finish with a sprinkle of **golden flax seeds** for crunch and healthy fats.

A simple Garlic-Lemon Vinaigrette is the perfect way to tie a fish and wild rice power bowl together. It's light enough not to overpower the fish but zesty enough to brighten the earthy wild rice. See recipe on the next page or include a vinaigrette in your next shopping order.

Simple Garlic-Lemon Vinaigrette

This recipe makes about **4 servings** and uses the garlic powder from your list for convenience.

Ingredients:

- **4 tbsp** Extra virgin olive oil
- **2 tbsp** Freshly squeezed lemon juice (about half a large lemon)
- **¼ tsp** Garlic powder (adjust to taste)
- **½ tsp** Dried oregano or basil (optional, for herb flavor)
- **1 tsp** Honey or maple syrup (optional, to balance the tartness)
- **¼ tsp** Salt and a pinch of black pepper

Instructions:

1. **Combine:** Add all ingredients into a small glass jar with a tight-fitting lid.
2. **Shake:** Secure the lid and shake vigorously for about 30 seconds until the oil and lemon juice are fully emulsified (blended).
3. **Drizzle:** Pour the dressing over your assembled bowl right before serving.

Pro-Tips for Your Power Bowl

- **Add "Creaminess" with Flax:** If you want a thicker, "creamy" style dressing without dairy, whisk **1 teaspoon of your ground flax seeds** into the vinaigrette. The flax acts as a natural thickener and adds healthy Omega-3s.
- **The "Hominy" Crunch:** For extra texture in your bowl, pan-fry your **hominy corn** in a little oil until it's slightly golden and "pops" before adding it to the bowl.
- **Fish Prep:** When using this dressing, season your fish simply with salt and pepper before baking so the lemon-garlic flavors of the sauce really stand out.

To round out your meal prep, you can use the **Heirloom Jacob's Cattle Beans** as a secondary protein.

Prepping the Heirloom Jacob's Cattle Beans

Jacob's Cattle beans are famous for their full-bodied, nutty flavor and hold their shape well, making them perfect for "Power Bowls."

- **Soak:** Soak the dried beans in water overnight (or for at least 8 hours). This reduces cooking time and helps with digestion.
- **Simmer:** Drain and rinse. Place in a pot with fresh water (about 3 cups of water per 1 cup of beans). Add a pinch of **garlic powder** and a bay leaf if you have one. Simmer for **45–60 minutes** until tender but not mushy.
- **Meal Prep Use:**
 - **The "Protein Swap":** On days you don't want fish, use a scoop of these beans as your main protein in the wild rice bowl.
 - **Bean & Hominy Succotash:** Sauté the cooked beans with your **hominy corn**, **carrots**, and **kale** for a high-fiber side dish that lasts 4–5 days in the fridge.

Storage Tips for the Week

- **Grains & Beans:** Keep the cooked wild rice and beans in separate airtight containers. they stay fresh for **5 days**.
- **The Fish:** Cooked fish is best consumed within **2 days**. If you are prepping for a full week, it's better to season the fish and wait to bake it until the day you plan to eat it.
- **The Greens:** Keep the **kale** and **tatsoi** raw in a container with a paper towel to absorb moisture; only sauté them right before serving to keep them from getting slimy.

Breakfast Recipe Ideas

Overnight Flax & Oats

Use your oats and flax seeds to prep breakfast for the entire week in 5 minutes.

- **Method:** In a jar, mix $\frac{1}{2}$ cup oats, 1 tbsp golden flax seeds, and 1 cup water or milk.
- **Flavor Tip:** You can finely grate a small carrot into the oats with a dash of cinnamon for a "Carrot Cake" style overnight oat.
- **Serve:** Add fresh fruit like berries or bananas, nuts, coconut or other on hand items the morning of to increase nutrition and add texture to your oats.
- **Store:** Keep in the fridge; they are ready to grab and go the next morning.



Pork & Root Vegetable Hash

A filling option using **pork**, **sweet potato**, and **carrots**.

- **Method:** Sauté the diced pork and sweet potatoes until crispy, then toss in sliced carrots and **kale** or **tatsoi** at the end until wilted.
- **Flavor Tip:** Add a cooked egg on top of the hash, top with seasoning of your choice and a sprinkle of **flax** for added crunch and nutrition.

Fish & Wild Rice Power Breakfast

For a high-protein start, serve flaked **fish** over a bed of cooked **wild rice** and sautéed **asparagus** or **tatsoi**. This is a great "anti-inflammatory" breakfast choice.

Wild Rice Breakfast or Lunch Salad

Use chilled **wild rice** mixed with cooked **heirloom beans**, shredded carrots, chopped **kale** and a light lemon-garlic dressing for a refreshing, prep-ahead meal.



Scan this QR code to visit our website for more recipes and ideas on using the foods in your Nourishing the Future food box.

