



SAUCES



EFNEP 50TH ANNIVERSARY RECIPES

Children's Microwave Wojapi

Yield: 3 c., 1/3 c. serving each

INGREDIENTS

- 2 c. fruit (blueberry, raspberry, mixed frozen fruit, other)
- 1 1/2 c. water, divided
- Honey to taste
- 2 Tbsp. cornstarch

INSTRUCTIONS

Wash fruit. Put in large microwave safe bowl.

Mash fruit with a potato masher or fork.

Add 1 1/4 c. water.

Mix cornstarch with 1/4 c. water in a cup until smooth.

Stir cornstarch mixture into fruit.

Microwave on high for one minute. Stir. Continue microwaving for one minute at a time until the berry mixture is thick like pudding.

Use a pot holder to remove the bowl as it will be very hot. Let the pudding cool slightly. Very carefully taste the pudding and add small amounts of honey to sweeten.

Nutrition Facts

9 servings per container	
Serving size	1/3 cup (75g)
Amount per serving	
Calories	30
	<small>% Daily Value*</small>
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 7g	3%
Dietary Fiber 1g	4%
Total Sugars 4g	
Includes 2g Added Sugars	4%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 6mg	0%
Iron 0mg	0%
Potassium 2mg	0%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Native Americans in our region celebrate by sharing food, such as fruit. Wojapi (woo-jha-pee) is a fruit pudding made from cooking the fruit that was gathered in the wild to make a thickened sauce. Fruit included chokecherries, plums or wild strawberries sweetened with honey. Today this food item is served with bread at celebrations such as powwows, or wacipi (wah-chee-pee), and give-aways. This is a very simple version that children can make at home in the microwave oven.



State/Territory

SOUTH DAKOTA

University

SOUTH DAKOTA STATE UNIVERSITY



DIPS



EFNEP 50TH ANNIVERSARY RECIPES

Fresh Mango Salsa

Yield: 3 c. salsa

INGREDIENTS

- 3 ripe mangos, diced
- 1 medium red bell pepper, chopped
- ½ c. chopped red onion
- ¼ packed fresh cilantro leaves, chopped
- 1 jalapeno, seeded and mined
- 1 large lime, juiced (about ¼ c. lime juice)
- ⅛ to ¼ tsp. salt, to taste
- Tomato (if desired)

INSTRUCTIONS

In a serving bowl, chop and combine mango, bell pepper, onion, cilantro and jalapeño. Drizzle with the juice of one lime and mix well. Season to taste with salt. For best flavor, let the salsa rest for 10 minutes or longer.

This simple and colorful mango salsa is super easy to make! It's sweet, spicy and absolutely delicious. Serve this fresh mango salsa with chips, on tacos or salads, or as a salad itself. It's that good.

Nutrition Facts

servings per container	
Serving size	(123g)
Amount per serving	
Calories	60
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 65mg	3%
Total Carbohydrate 15g	5%
Dietary Fiber 2g	7%
Total Sugars 13g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 14mg	2%
Iron 0mg	0%
Potassium 215mg	4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

The children loved the salsa. They said it was different and not the kind of salsa they had before. "We never knew that we could eat salsa that have fruit in it". This recipe was used during the summer camp. The youth used ingredients from the community garden.



State/Territory

MISSOURI

University

LINCOLN UNIVERSITY

Homemade Guacamole



DIPS

INGREDIENTS

- 3 ripe avocados
- 1 tsp. lemon juice
- 1 Tbsp. lime juice
- 2 Roma tomatoes, diced
- ½ c. red onion, chopped
- ½ jalapeno pepper, chopped (note: include seeds if you want extra spice/heat)*
- ¼ c. cilantro, chopped, or 2 tsp. dried cilantro
- ½ tsp. salt
- ¼ tsp. black pepper

INSTRUCTIONS

Cut avocados in half, remove pit, and scoop pulp into a medium bowl.

Mash avocado pulp with a fork and mix in remaining ingredients.

Stir to combine. Serve with raw vegetable sticks or baked tortilla chips.

Notes:

- * If desire less spice/heat, remove jalapeno from recipe.
- * You can also use a food processor to mash avocado and mix ingredients together.

Nutrition Facts

servings per container	
Serving size	(103g)
Amount per serving	
Calories	120
% Daily Value*	
Total Fat 11g	14%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 200mg	9%
Total Carbohydrate 8g	3%
Dietary Fiber 5g	18%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 15mg	2%
Iron 1mg	6%
Potassium 416mg	8%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

State/Territory

ILLINOIS

University

UNIVERSITY OF ILLINOIS



Lentil Hummus



SAUCES

Yield: 15 servings, serving size: 2 Tbsp.

INGREDIENTS

- 1 c. red or golden lentils
- 1 c. garbanzo beans (chickpeas), cooked or 1 c., canned, drained and rinsed
- ¼ c. nonfat plain yogurt
- 1½ Tbsp. lemon juice
- 1 clove garlic, crushed
- 1 tsp. salt
- ½ tsp. pepper
- 1½ Tbsp. olive oil

INSTRUCTIONS

Place the lentils in saucepan and cover with water by 2 inches. Bring to a boil; reduce heat to low. Cover and simmer for 20 to 25 minutes or until the lentils are soft and mushy. Drain the lentils. Set aside for about 20 minutes to cool.

Place the lentils, garbanzo beans, yogurt, lemon juice, garlic, salt and pepper in a food processor. Pulse several times until finely chopped. Scrape down the sides of the bowl. Turn on the processor and slowly add the olive oil while the motor is running. Add enough olive oil to get desired consistency. If hummus is too thick after adding 2 Tbsp. of olive oil, blend in water, adding 1 Tbsp. at a time.

Put hummus in a bowl or container. Cover and refrigerate for at least one hour before serving. Hummus will keep in the refrigerator for four to five days.

Nutrition Facts

15 servings per container
Serving size 2 tablespoons (31g)

Amount per serving	
Calories 50	
	% Daily Value*
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 6g	2%
Dietary Fiber 2g	7%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 14mg	2%
Iron 1mg	6%
Potassium 84mg	2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used as a guide.

Montana is a top producer of lentils, which are eaten worldwide. Lentils are high in fiber, and they are also nutritious and tasty. Lentils are inexpensive and can be used in a variety of dishes!

"Most of the children in my class had not tasted lentils before, and did not know that they were grown in Montana. The lentil hummus was popular, with most of the kids saying they either liked or loved the lentils!"



State/Territory

MONTANA

University

MONTANA STATE UNIVERSITY

Plain Blueberry Jam



SAUCES

Yield: 5 c., 2 Tbsp. per serving

INGREDIENTS

- 4 c. crushed blueberries (about 6 c. whole berries)
- 1 package powdered pectin (1 $\frac{3}{4}$ oz.)
- 4 c. sugar
- 2 Tbsp. lemon juice

INSTRUCTIONS

Sterilize pint or half-pint canning jars and prepare lids. Measure sugar and set aside. Measure prepared fruit and lemon juice into a large saucepan. Add pectin and stir until dissolved. Bring to a full rolling boil that cannot be stirred down. Boil hard for one minute, stirring constantly. Remove from heat and quick skim off foam. Pour jam into hot 8-oz. jam jars, leaving $\frac{1}{4}$ inch headspace. Wipe jam rims and add prepared two-piece lids. Submerge the filled, closed jars under boiling water for 10 minutes. Remove from the water bath and let set on a rack for 12 hours. When cool, check seal, wipe jars, remove ring and store in a cool, dry, dark place. Yields 5 c.

Nutrition Facts

40 servings per container
Serving size 2 tablespoons (44g)

Amount per serving	
Calories 90	
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 25g	9%
Dietary Fiber 1g	4%
Total Sugars 22g	
Includes 20g Added Sugars	40%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 2mg	0%
Iron 0mg	0%
Potassium 18mg	0%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used as a guide.

Blueberries are a traditional berry that is used across the state of Alaska by all peoples living in Alaska.



State/Territory

ALASKA

University

UNIVERSITY OF ALASKA FAIRBANKS