Sauces and Dips

Children’s Microwave Wojapi
Cucumber Salsa
Fishing with Marty Moose Peanut Butter Yogurt Dip
Fresh Mango Salsa
Homemade Guacamole
Lentil Hummus
Plain Blueberry Jam
Children’s Microwave Wojapi

Yield: 3 c., ⅓ c. serving each

INGREDIENTS

- 2 c. fruit (blueberry, raspberry, mixed frozen fruit, other)
- 1½ 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 1¼ c. water.
Mix cornstarch with ¼ 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.

• 2 c. fruit (blueberry, raspberry, mixed frozen fruit, other)
• 1½ c. water, divided
• Honey to taste
• 2 Tbsp. cornstarch

Nutrition Facts

9 servings per container
Serving size 1/3 cup (75g)

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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.
Cucumber Salsa

Yield: 6 servings, ½ c. each

**INGREDIENTS**
- 1 cucumber, peeled and chopped
- 1 small avocado, peeled and chopped
- ¼ c. red onion, minced
- 2 Tbsp. cilantro, chopped
- 1 chile Serrano, seeded and minced
- 1 clove garlic, minced
- 2 Tbsp. fresh lime juice
- 2 Tbsp. water (optional)

**INSTRUCTIONS**
Wash your hands and clean your preparation area.

Chop all vegetables as requested in the ingredients list.

In a large bowl, combine all the ingredients. Add salt to taste.

Refrigerate before serving so flavors can meld.

**Nutrition Facts**
6 servings per container
Serving size 1/2 cup (94g)

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*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.
Fishing With Marty Moose
Peanut Butter Yogurt Dip

Yield: 6 to 8 servings

INGREDIENTS

Bait/Peanut Butter Yogurt Dip
- 1 c. low-fat vanilla yogurt
- 1 c. creamy peanut butter

Fishing Poles/Dipping Sticks
Assortment of fruits and/or vegetables, such as:
- Apple slices
- Celery
- Carrots
- Green peppers
- Jicama
- Cucumbers

Fish
- Fish-shaped crackers, cereal pieces, pretzels, dried fruits, etc.

INSTRUCTIONS

1. Mix peanut butter and yogurt together in a bowl or re-sealable plastic bag.
2. Chill until ready to serve.
3. Slice fruits and vegetables into long pieces for dipping.
4. Place “fish” (fish-shaped crackers, cereal, pretzels, etc.) on plate. Dip the “poles” (apple slices, celery, carrots, etc.) into “bait” (peanut butter yogurt dip), then dip the baited end of pole into the “fish.” Keep fishing until all is gone.

Nutrition Facts

7 servings per container

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This recipe comes from the University of Wyoming’s Grazing With Marty Moose third grade youth curriculum. It is a fun snack for kids and families. It was developed by Wyoming paraprofessionals in the 1990s and has been a staple in Wyoming EFNEP ever since.
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 minced
- 1 large lime, juiced (about ⅛ 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.*

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*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.*

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**Nutrition Facts**

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Homemade Guacamole

**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**

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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!"
Plain Blueberry Jam

Yield: 5 c., 2 Tbsp. per serving

INGREDIENTS
- 4 c. crushed blueberries (about 6 c. whole berries)
- 2 Tbsp. lemon juice
- 1 package powdered pectin (1 ¾ oz.)
- 4 c. sugar

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 ¼ 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)

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