NUNAVIMMIUT COOKBOOK

ᓄᓇᕗᑦ ᓄᓇᓕᓕᒫᑦ ᑲᑎᒪᔨᖏᑦ ᐃᓗᓯᓕᕆᓂᕐᒥ ᐱᒍᑦᔨᓂᕐᓄᑦ
NUNAVIK REGIONAL BOARD OF HEALTH AND SOCIAL SERVICES
RÉGIE RÉGIONALE DE LA SANTÉ ET DES SERVICES SOCIAUX NUNAVIK

ᐃᓗᓯᓕᕆᓂᖅ ᓇᐅᑐᐃᓐᓇᓕᒫᓂᒃ / PUBLIC HEALTH / SANTÉ PUBLIQUE

Aboriginal Diabetes Initiative
Initiative sur le Diabète chez les Autochtones

ᓄᓇᕗᒻᒥ ᓄᓇᓕᓖᑦ ᑲᑎᒪᔨᖅᑭᑦ ᐃᓗᓯᓕᕆᓂᕐᒥ ᐱᒍᑦᔨᓂᕐᓄᑦ
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ᓂᕿᓂᒃ ᒪᒪᕐᓴᓱᒍᒍᕕᑦ ᓂᕐᓯᐅᕆᐊᒥᓪᓗ ᐊᓕᐊᒋᔭᕐᑲᕈᕕᑦ, ᓂᕐᓯᐅᕈᓱᑦ ᐱᐅᓯᕙᓪᓕᐊᑐᐃᓐᓇᓱᒍᒋᕗᑦ ᐊᑯᓂᓂᑕᐅᓕᕋᓗᐊᕋᒥᒃ, ᐊᑐᐊᒐᑦᓯᐊᑦ ᒐᒃᓱᒍᒻᒥᒪᑕ ᐃᓅᑦᓯᐊᑐᐃᓪᓗ.

ᖃᓄᐃᖅᑭᓯᐊᕐᓂᖅ ᐱᒻᒪᕆᐊᓘᕗᖅ ᓄᓇᓕᑦᑎᓂ. ᖃᓄᐃᖅᑭᓯᐊᕈᓐᓇᕆᕗᒍ ᓂᕿᑦᓯᐊᓂᒃ ᓂᕆᖃᑦᑕᓗᑕ. ᑖᒃᑯᐊ ᓂᕐᓯᐅᕈᓱᑦ ᐊᓪᓚᑕᐅᓐᓂᕐᑯᑦ ᐃᓅᓐᓇᑎᒃ ᖃᓄᐃᖅᑭᓯᐊᕐᓇᑐᓂᒃ ᓂᕐᓯᐅᕈᓐᓇᖃᑦᑕᕈᓐᓇᓯᕐᑯᓗᒋᑦ ᐱᕙᓪᓕᕐᑯᑎᖃᑦᓯᐊᕐᑯᑦᓯᒋᓪᓗ ᓂᕿᑦᓯᐊᓂᒃ. **ᓄᓇᕗᒻᒥᐅᑦ ᓂᕐᓯᐅᕈᓯᖅᑭᑦ** ᐃᓗᓕᖃᕐᑯᑦ ᐊᑦᔨᑏᖅᑭᑐᓂᒃ ᓂᕐᓯᐅᕈᓯᕐᓂᒃ ᐃᒻᒥᓂᓪᓗ ᑲᒪᑦᓯᐊᕈᒪᓱᓄᑦ ᐊᑐᕐᑕᐅᖅᑭᓐᓇᓱᒍᑦᓯᑎᒃ ᐃᓚᒥᓂᓪᓗ ᑲᒪᑦᓯᐊᕈᒪᓱᓄᑦ.

ᖃᓄᐃᖅᑭᓯᐊᕐᓂᖅ ᓄᓇᕗᒻᒥᐅᓄᓕᖅᒪᑎᑕᐅᔪᑦ, ᐃᓅᓐᓇᑎᓪᓗ ᑐᕈᐊᒎᑦᓯᐊᓱᑎᒃ ᓄᓇᕗᒻᒥ ᓂᕿᓂᒃ ᖃᐅᔨᒪᒍᑎᓄᑦ. ᓄᓇᕗᒻᒥᐅᑦ ᒪᕿᑦᑎᐅᓱᒍᒻᒪᑕ, ᐃᖃᓪᓕᐊᓱᒍᑦᓯᑎᓪᓗ ᓄᓂᕐᑦᑎᐅᓯᑎᓪᓗ, ᓂᕐᓯᐅᕈᓯᕐᓂᒃ ᓂᕿᑐᐃᓐᓇᓂᒃ ᑕᑯᖃᑦᑕᓕᖅᒪᕗᓯ.

ᖃᓄᐃᖅᑭᓯᐊᕐᓂᖅ ᐱᒋᐊᕐᑕᐅᓕᐅᕐᓯᒪᔪᑦ ᓱᔭᓐ ᐹᕋᑎᒧᑦ, ᐊᑕᐅᑦᓯᑰᕐᑎᓯᔨᐅᓯᒪᔪᒧᑦ ᐊᐅᒃᑯᑦ ᐱᑕᑦᓴᖃᓗᐊᕐᓂᒍᓕᖅᒪᔪᓂᒃ / ᒪᒪᕐᓴᐅᑎᖃᓗᐊᕐᓂᒍᓕᖅᒪᔪᓂᒃ. **ᓄᓇᕗᒻᒥᐅᑦ ᓂᕐᓯᐅᕈᓯᖅᑭᑦ** ᐱᒋᐊᕐᑕᐅᓕᐅᕐᓯᒪᕗᖅ ᐃᓱᒪᑖᓇᔭᐅᓯᒪᔪᒥᑦ ᐊᕐᕌᒍᐃᓪᓗ ᐊᒥᓱᑦ ᓈᓕᕐᑎᓗᒋᑦ ᐱᓇᓱᒐᑦᓴᓯᐊᖅᖅᒍᓯᒪᑦᓯᓂ. ᐃᓕᖅᒐᒍᑦ ᐅᑕᕐᕿᐊᓇᒋᐊᖃᑦᑕᕋᓗᐊᕐᒥᓱᒋᑦ, ᐅᑕᕐᕿᐊᓂᕐᑐᖃᕋᒥᓗ ᐅᐱᓐᓇᖃᑦᑕᓱᓂ. ᐃᓅᓐᓇᑲᔅᑎᒃ ᓂᕐᓯᐅᕈᓱᑦ ᐱᔭᕇᓃᑦ "ᑰᑦᔪᐊᕐᔫᐱᒻᒥ ᐅᑦᑐᕐᑕᐅᓯᒪᔪᓂᑦ ᐃᒐᒋᐅᕐᓴᐅᑎᓂᑦ" ᓂᕿᑦᓯᐊᓕᓇᔨᒧᑦ Mrs. Kathleen Lindhorst ᐋᕐᕿᑕᕕᓂᕐᓂᑦ.

ᓂᕐᓯᐅᕈᓱᑦ ᑐᕿᓯᒪᐅᑎᑦᓴᓗ ᓂᕐᓯᐅᕈᓯᕐᓃᑐᑦ ᐊᐅᒃᑯᑦ ᐱᑕᑦᓴᖃᓗᐊᕐᑐᓅᓕᖅᒐᑐᐃᓐᓇᖅᑭᑦᑐᑦ ᑭᓯᐊᓂ ᐃᑲᔪᕐᓯᒍᓐᓇᒥᔪᑦ ᑭᓇᑐᐃᓐᓇᑯᓐᓂᒃ ᖃᓄᐃᖅᑭᑐᑦᓯᐊᒍᒍᒪᔪᓂᒃ.

ᐃᒡᓗᖅᒍᐊᖅ ᓯᓚᑉᐱᐊᖅᒐᓃᑦᑐᖅ ᑐᕿᐊᕐᑐᖅ ᓄᓇᕗᒻᒥ ᖃᐅᔨᒪᐅᑎᓄᑦ ᓂᕿᑦᓯᐊᓂᒃ, ᐊᒻᒪᓗ ᖁᓪᓕᖅ ᐃᒡᓘᑉ ᐃᓗᐊᓃᑦᑐᖅ ᑐᖅᖅᒐᓇᕐᑑᓯᓂ ᓂᕆᒐᑦᓴᓄᑦ. ᒪᒪᕐᑐᓯᐊᓂᒃ ᓂᕐᓯᐅᓂᕐᒥᒃ ᐃᓕᑦᓯᓯᐊᕐᑯᓇᓕᖅᒐᕗᓯ ᐊᓕᐊᒋᓗᒋᑦ ᓂᕐᓯᐅᕈᓱᑦ ᐃᓚᒦᓪᓗᓯ !

ᐋᓐᓂᐊᓯᐅᕐᑎᒪᓇ Serge Déry
ᑐᑭᒧᐊᖅᑎᓯᔨ ᓇᐅᓕᒫᓂᒃ ᐃᓗᓯᓕᕆᓂᕐᒥᒃ
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For those who enjoy eating and preparing food, good recipes, like good books and good people, improve with age.

Good health is important to our communities. One of the most enjoyable ways to improve health is through good nutrition. This cookbook was written so that everybody could take pleasure in healthy cooking and benefit from eating well. The ***Nunavimmiut Cookbook*** includes a wide variety of recipes and is part of a lifestyle for those who want to take care of themselves and their families.

This cookbook is adapted for *Nunavimmiut*, and all the recipes are based on the *Nunavik Food Guide*. Since hunting, fishing and gathering are important activities in the Nunavik region, you will find many recipes that make use of country foods.

This book was started a few years ago by Mrs. Suzanne Paradis, former coordinator of the Diabetes Program. The ***Nunavimmiut Cookbook*** started from one idea and over the years became a beautiful project. Sometimes it takes a while before we see the results, but the wait and time are worth it. The majority of recipes were taken from "The educative kitchen pilot project of Kuujjuaraapik" and adapted by Mrs. Kathleen Lindhorst, nutritionist.

The recipes and information in this cookbook are not only intended for people with diabetes but are also helpful for anyone interested in good health.

The Igloo on the cover page is consistent with the *Nunavik Food Guide to Healthy Eating*, and the *qullik* that you see inside the Igloo welcomes you to a great meal. I hope you will learn how pleasing it is to cook good-tasting foods and I invite you to have fun cooking these recipes with your family!

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ᓂᕐᓯᐅᑐᖃᓕᕈᓂ ᐃᑉᐱᒍᓱᑦᓯᐊᓇᐊᖃᕐᓂᖅ

ᐱᕈᕐᑐᕕᓃᑦ ᑳᒍᐃᕐᓇᑐᕐᑕᓕᑐᐊᒍᕗᑦ. ᐆᒪᔪᕕᓃᑦ ᓯᑎᔫᒐᓗᐊᕋᒥᒃ, ᑳᒍᐃᕐᓇᑐᕐᑕᒃ
ᒪᓐᓃᓘᓐᓃᑦ ᐆᖏᑦ.

ᓂᕿᓕᓇᓕᕈᑦᑕ ᐃᑉᐱᒋᑦᓯᐊᓇᐊᓕᕗᑦ

☆ ᐊᒡᒐᓂᐊᕐᓗᑎᑦ ᓂᕈᒥᑦᑐᒧᑦ ᐅᑯᑦᑎᕐᓗᑎᓪᓗ 20 seconds–ᓂᒃ.
- ᓂᕿᓕᓇᒋᐊᓚᐅᕐᓇᒃ
- ᓂᕿᓕᓇᒌᕈᕕᑦ ᐁᑉᔪᓂᒃ ᓂᕿᑐᐃᓐᓇᒥᒃ, ᐃᖃᓗᕕᓂᕐᒥᒃ ᐊᕿᒡᒋᐅᔭ
- ᓂᓇᓚᐅᕐᓇᒃ
- ᖁᕐᕕᑐᓈᕈᕕᑦ

☆ ᑕᑯᒐᓱᐊᑦᓯᐊᓗᒍ "ᐅᓪᓗᖅ ᐊᑐᕐᑕᐅᒍᓐᓄᕕᒋᒋᐊᓕᖓ". ᖃᐅᔨᒪᐅᑎᑦᓴᐅᒪᑦ ᖃᖓ
ᓂᓇᒐᑦᓴᓯᐊᒍᓂᕐᐸᐅᒪᖓᑦ. ᓂᕐᑮᑦ ᓴᓂᕐᑯᓯᐊᕐᖃᑦᑕᓗᒋᑦ.

☆ ᓂᐅᕕᕋᓱᐊᓕᕈᕕᑦ, ᓂᕿᑐᐃᓐᓇᓯᐊᑎᑦ, ᑎᒻᒥᐊᕕᓂᕐᓯᐊᑎᑦ ᐃᖃᓗᑦᓯᐊᑎᓪᓗ ᐃᓕᒃᑰᑐᒥᒃ ᐆᕐᓗᒋᑦ
ᑯᑐᕐᓂᐊᖅᒋᒻᒪᑕ ᐊᓯᖅᒋᓐᓄᑦ ᓂᕿᓄᑦ ᓂᐅᕕᐊᕐᓈᕕᑦ.

☆ ᖃᓚᒪᔪᑦ ᓂᕿᑦ ᐃᓕᒋᐊᖃᖅᒋᑕᑎᑦ ᖃᓚᒻᒥᑐᒥᒃ ᓂᕿᑐᐃᓐᓇᓕᓇᕕᕕᓂᕐᓈᕕᑦ,
ᑎᒻᒥᐊᓕᓇᕕᕕᓂᕐᓄᓘᓐᓃᑦ ᐃᖃᓗᓕᓇᕕᕕᓂᕐᓄᓘᓐᓃᑦ – ᓴᓗᒻᒪᓴᕐᓯᒪᖅᒋᐸᑦ ᒪᖅᒋᑦᑕᕕᓃᑦ.

☆ ᓂᕿᒥᒃ ᓯᕿᕐᓱᓚᖓᒍᕕᑦ, ᐆᒍᑕᕐᒨᓗᒍ ᐃᓗᓕᒧᓪᓘᓃᑦ ᐳᒃᑭᓂᕐᐹᒧᑦ ᖃᓕᕈᐊᖓᓄᑦ ᓂᓪᓕᒪᔪᖃᐅᑎᐅᑉ
ᑯᑐᕐᓂᐊᖅᒋᒻᒪᑦ ᐊᓯᖅᒋᓐᓄᑦ ᓂᕿᓄᑦ.

☆ ᓂᓪᓕᒪᔪᖃᐅᑎᐅᑉ ᐃᓗᐊᓂ, ᓂᕿᑦ ᖃᓚᒻᒥᑐᑦ ᐃᓕᖃᑦᑕᓗᒋᑦ ᐊᑖᓄᑦ ᖃᓚᒪᔪᑦ ᐊᑐᐃᓐ

☆ ᓂᕿᑐᐃᓐᓇᓕᓇᒌᕈᕕᑦ, ᐱᓚᐅᑏᑦ ᐅᑯᑦᑎᓗᒍ ᓇᑲᑎᓇᕕᕕᓃᓪᓗ. ᐆᓇᕐᑐᒧᑦ ᐅᑯᑦᑎᑦᓯᐊ

☆ ᐊᑭᒡᒋᐅᔭᕕᓂᖅ, ᐊᑭᒡᒋᐅᔭᓗᕕᓂᕐᓗ ᑰᒃᑰᓯᕕᓂᕐᓗ ᖃᓚᒪᑦᓯᐊᓇᐊᓖᑦ. ᓂᕿᖓ ᐊᐅᕐᖓᒋ

☆ ᓂᕿᑦ ᖃᓚᒪᔪᖅ ᓂᓇᕕᐅᔪᕕᓂᖅ ᓂᓪᓕᒪᔪᖃᐅᑎᒧᕐᐸᓗᒍ. ᖃᓚᒪᔪᑦ, ᖁᐊᓪᓗ ᐁᑉᔪᐃᓪᓗ
ᓵᒥᑦᑎᑕᐅᒋᐊᖃᖅᒋᑐᑦ.

☆ ᖃᓚᒻᒥᑐᖅ ᓂᕿᑐᐃᓐᓇᖅ ᓂᓪᓕᒪᔪᖃᐅᑎᒥᖅᒋᓐᓇᑎᑕᐅᒋᐊᓕᒃ.

☆ ᐅᑯᑦᖃᑦᑕᓗᒋᑦ ᓄᑖᕕᓃᑦ ᐱᕈᕐᑐᕕᓃᑦ ᓄᓇᒥ ᓇᑉᕐᑐᓂᓪᓗ ᓂᓇᓚᐅᕐᓇᒋᑦ.

☆ ᐊᑐᕐᒐᓕᓗᑎᑦ ᐳᓪᓚᐅᔭᓂᒃ ᖁᒻᒧᔪᓂᓪᓗ ᒪᕐᐸᓂᖃᑐᐊᕐᐸᑕ, ᑭᓪᓚᖃᑐᐊᕐᐸᑕᓘ

ᐱᐅᒍᓐᓄᑐᓇᕐᑦ, ᐃᒋᑦᓴᐅᑎᒋᓗᒍ .

ᓱᒃᑯᓯᒪᔪᖅ ᓱᒃᑯᓯᒪᔫᔭᖅᒋᑐᐃᓐᓇᓇᐊᓕᒃ, ᑎᐸᖃᖅᒋᑐᐃᓐᓇᓇᐊᓕᒃ ᒪᒪᒥᑦᑑᖅᒋᑐᐃᓐᓇᓇᐊᖃᕐᓯᓂᓗ.
ᓂᕿᒥᒃ ᑲᒪᒋᔭᐅᑦᓯᐊᓯᒪᔪᓇᖅᖅᒋᑕᕐᓃᕕᑦ, ᓂᓇᒋᐊᖃᖅᒋᓚᑎᑦ. ᐳᐃᒍᕐᒐᓕᒋᑦ, ᐃᓕᓐᓄᑦ
ᐊᑦᑕᓇᑐᐊᕈᓂ, ᐆᒪᔪᖁᑎᓐᓄᕕᑦ ᐊᑦᑕᓇᕈᓐᓇᒥᒻᒪᑦ !

FOOD SAFETY TIPS

✰ Wash hands with warm soapy water for at least 20 seconds:

- Before food preparation
- After handling raw meats, fish or poultry
- Before eating
- After using the bathroom

✰ Check foods for "Best Before" dates. This shows the date which the food should be used by for best quality. Store foods properly.

✰ When food shopping, place packages of raw meat, poultry and fish in a separate plastic bag to prevent their juices from leaking onto other foods in your bag or cart.

✰ Never place cooked food on a plate that previously had raw meat, poultry or fish on it- unless you clean the plate first.

✰ If you are thawing food, place it on a plate or pan on the lowest shelf in the refrigerator so it cannot drip onto other food in the fridge.

✰ In the refrigerator, store raw food under cooked and ready-to-eat foods.

✰ After cutting raw meat, wash knife and cutting board well. Use hot soapy water.

✰ Chicken, turkey and ground beef should be well cooked. The meat should NOT be pink.

✰ Put cooked meat in the fridge after eating. Do not leave cooked, frozen or raw meats out on the counter or table.

✰ Raw meat should always be kept in the fridge.

✰ Wash fresh fruits and vegetables before eating.

✰ Do not use jars or cans that are dented, cracked or leaking.

IF IN DOUBT, THROW IT OUT!

Contaminated food may not look, smell or taste bad. If you think food has not been safely handled during preparation, cooking or storage, don't eat it.

Remember, if it isn't safe for you to eat, don't give it to your pets!

	ᓂᑦᓕᒪᔪᖅᑐᑎᒥ (4ºC / 40ºF)	ᖁᐊᖅᑐᑎᒥ (-18ºC / 0ºF)
ᐃᒻᒧᒥᒃ ᐅᐊᕈᑎᓗᑦ: Cheese - Cottage cheese - Cheddar cheese - Processed (Kraft cheese slice) Milk - Fresh - Grand Pré Yogurt	3 ᐅᑦᓗᓂ (ᐊᒻᒪᓯᒪᓕᖅᓱᓂ) ᑕᖅᑭᓂ ᐊᒥᓱᓂ 3-4 ᐱᓇᓱᐊᕈᓯᖅᓂ (ᐊᒻᒪᓯᒪᓕᖅᓱᓂ) 3-5 ᐅᑦᓗᓂ (ᐊᒻᒪᓯᒪᓕᖅᓱᓂ) 3-5 ᐅᑦᓗᓂ (ᐊᒻᒪᓯᒪᔪᖅ), 2 ᑕᖅᑭᓂ (ᐊᒻᒪᒃᑐᖅ) 3-5 ᐅᑦᓗᓂ (ᐊᒻᒪᓯᒪᔪᖅ)	ᖁᐊᖅᑐᑎᒍᕐᕋᑦᓴᐅᖕᒋᑦᑐᖅ 3 ᑕᖅᑭᓂ 3 ᑕᖅᑭᓂ 6 ᐱᓇᓱᐊᕈᓯᖅᓂ 1 ᑕᖅᑭᒥ
ᐅᖅᓱᐃᑦ: Butter Margarine	2 ᐱᓇᓱᐊᕈᓰᓐᓂ 4 ᑕᖅᑭᓂ	1 ᐊᖅᑦᒍᒥ 1 ᐊᖅᑦᒍᒥ
ᒪᓐᓃᑦ: Fresh, in shell Raw egg white or egg yolk Cooked, hard boiled	3 ᐱᓇᓱᐊᕈᓯᖅᓂ 2-4 ᐅᑦᓗᓂ 1 ᐱᓇᓱᐊᕈᓯᖅᒥ	4 ᑕᖅᑭᓂ 4 ᑕᖅᑭᓂ ᖁᐊᖅᑐᑎᒍᕐᕋᑦᓴᐅᖕᒋᑦᑐᖅ
ᑎᒻᒥᐊᕕᓃᑦ: Fresh, whole Fresh, cut-up Cooked Duck & Goose	2-3 ᐅᑦᓗᓂ 2-3 ᐅᑦᓗᓂ 3-4 ᐅᑦᓗᓂ 1-2 ᐅᑦᓗᓂ	1 ᐊᖅᑦᒍᒥ 6 ᑕᖅᑭᓂ 1-3 ᑕᖅᑭᓂ 6 ᑕᖅᑭᓂ
ᓂᖅᑭᑐᐃᓐᓄᑦ: Fresh, Roasts Fresh, Steaks Fresh, Chops Fresh, Ground Cooked Meat sauces, casseroles, soups, meat pies Organ meats (kidney, liver) Fresh sausage Hotdogs Processed meat (Kam, Klik, Spam)	3-4 ᐅᑦᓗᓂ 2-3 ᐅᑦᓗᓂ 2-3 ᐅᑦᓗᓂ 1-2 ᐅᑦᓗᓂ 3-4 ᐅᑦᓗᓂ 2-3 ᐅᑦᓗᓂ 1-2 ᐅᑦᓗᓂ 1-2 ᐅᑦᓗᓂ 1 ᐱᓇᓱᐊᕈᓯᖅᒥ (ᐊᒻᒪᓯᒪᔪᖅ), 2 ᐱᓇᓱᐊᕈᓰᓐᓂ (ᐊᒻᒪᒃᑐᖅ) 3-4 ᐅᑦᓗᓂ (ᐊᒻᒪᓯᒪᔪᖅ), 2 ᐱᓇᓱᐊᕈᓰᓐᓂ (ᐊᒻᒪᒃᑐᖅ)	10 ᑕᖅᑭᓂ 10 ᑕᖅᑭᓂ 6 ᑕᖅᑭᓂ 3-4 ᑕᖅᑭᓂ 2-3 ᑕᖅᑭᓂ 3 ᑕᖅᑭᓂ 3-4 ᑕᖅᑭᓂ 3 ᑕᖅᑭᓂ 1-2 ᑕᖅᑭᓂ 1-2 ᑕᖅᑭᓂ
ᐃᖅᓗᕕᓃᑦ ᑎᓂᓐᓂᒥᐅᑎᑦᓗ: ᓄᑖᕕᓃᑦ	3-4 ᐅᑦᓗᓂ	4-6 ᑕᖅᑭᓂ
ᐃᒐᒪᔪᑦ: ᓂᐊᖅᑰᔭᖅ Cakes, cookies Pie, unbaked	1 ᐱᓇᓱᐊᕈᓯᖅᒥ (ᑕᑯᒐᓱᐊᑦᓯᐊᓗᒍ ᐅᑦᓗᖓ ᐊᑐᕈᓐᓄᕕᑦᓴᖓ) 5 ᐅᑦᓗᓂ (ᑕᑯᒐᓱᐊᑦᓯᐊᓗᒍ ᐅᑦᓗᖓ ᐊᑐᕈᓐᓄᕕᑦᓴᖓ) 3 ᐅᑦᓗᓂ (ᑕᑯᒐᓱᐊᑦᓯᐊᓗᒍ ᐅᑦᓗᖓ ᐊᑐᕈᓐᓄᕕᑦᓴᖓ)	1 ᑕᖅᑭᒥ 4 ᑕᖅᑭᓂ 6 ᑕᖅᑭᓂ
ᐱᕈᖅᑐᕕᓃᑦ ᓄᑦᓴᖅᑐᓂ: ᐊᔾᐃᑦ ᓄᓂᑦᑦᓴᑦ Grapes, plums, peaches	2 ᑕᖅᑭᓂ 2 ᐅᑦᓗᓂ 5 ᐅᑦᓗᓂ	1 ᐊᖅᑦᒍᒥ 1 ᐊᖅᑦᒍᒥ 1 ᐊᖅᑦᒍᒥ
ᐱᕈᖅᑐᕕᓃᑦ ᓄᓇᒥ: Broccoli, Cauliflower Cabbage, Carrots, Celery Tomatoes Lettuce, Cucumber	1 ᐱᓇᓱᐊᕈᓯᖅᒥ 2 ᐱᓇᓱᐊᕈᓰᓐᓂ 1 ᐱᓇᓱᐊᕈᓯᖅᒥ 1 ᐱᓇᓱᐊᕈᓯᖅᒥ	1 ᐊᖅᑦᒍᒥ 1 ᐊᖅᑦᒍᒥ 1 ᐊᖅᑦᒍᒥ ᖁᐊᖅᑐᑎᒍᕐᕋᑦᓴᐅᖕᒋᑦᑐᖅ

Reference: Organisation Manual. The Educative Kitchen Pilot Project of Kuujjuaraapik. Aileen Collier, nutritionist 1998.

	Refrigerator (4°C / 40°F)	Freezer (-18°C / 0°F)
Dairy Products:		
Cheese		
- Cottage cheese	3 days (once opened)	Not recommended
- Cheddar cheese	several months	3 months
- Processed (Kraft cheese slice)	3-4 weeks (once opened)	3 months
Milk		
- Fresh	3-5 days (once opened)	6 weeks
- Grand Pré	3-5 days (open), 2 months (unopen)	
Yogurt	3-5 days (open)	1 month
Fats:		
Butter	2 weeks	1 year
Margarine	4 months	1 year
Eggs:		
Fresh, in shell	3 weeks	4 months
Raw egg white or egg yolk	2-4 days	4 months
Cooked, hard boiled	1 week	Not recommended
Poultry:		
Fresh, whole	2-3 days	1 year
Fresh, cut-up	2-3 days	6 months
Cooked	3-4 days	1-3 months
Duck & Goose	1-2 days	6 months
Meats:		
Fresh, Roasts	3-4 days	10 months
Fresh, Steaks	2-3 days	10 months
Fresh, Chops	2-3 days	6 months
Fresh, Ground	1-2 days	3-4 months
Cooked	3-4 days	2-3 months
Meat sauces, casseroles, soups, meat pies	2-3 days	3 months
Organ meats (kidney, liver)	1-2 days	3-4 months
Fresh sausage	1-2 days	3 months
Hotdogs	1 week (open), 2 weeks (unopen)	1-2 months
Processed meat (Kam, Klik, Spam)	3-4 days (open), 2 weeks (unopen)	1-2 months
Fish & Seafood:		
Fresh	3-4 days	4-6 months
Baked Goods:		
Bread	1 week (check best before dates)	1 month
Cakes, cookies	5 days (check best before dates)	4 months
Pie, unbaked	3 days (check best before dates)	6 months
Fresh Fruits:		
Apples	2 months	1 year
Berries	2 days	1 year
Grapes, plums, peaches	5 days	1 year
Fresh Vegetables:		
Broccoli, Cauliflower	1 week	1 year
Cabbage, Carrots, Celery	2 weeks	1 year
Tomatoes	1 week	1 year
Lettuce, Cucumber	1 week	Not recommended

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	ᓂᑦᓚᓇᕐᑐᓯᐊᒥ, ᐸᓂᕐᑐᓯᐊᒥ, ᐳᕐᓯᒪᑎᓗᒋᑦ ᒪᑐᓯᒪᑦᓯᐊᑐᒥ, ᕐᑲᐅᒪᔪᒦᑦᑎᒍᓐᓄᓗᒋᑦ ᐸᕐᕐᑲᑐᒦᑦᑎᑐᓕᓗᒋᑦᓗ.
ᓂᕐᑭᑦᓴᔭᑦᓴᔪᑦ: Cereals Crackers Pasta, Rice White flour Whole wheat flour Dried legumes (kidney beans, lentils, chickpeas, etc)	8 ᑕᕐᕿᓂ 6 ᑕᕐᕿᓂ 1 ᐊᕐᕌᒍᒥ 2 ᐊᕐᕌᒍᓐᓂ 6 ᐱᓇᓱᐊᕈᓯᕐᓂ 1 ᐊᕐᕌᒍᒥ
ᕐᑯᒪᒧᔪᒦᑦᑐᑦ: (ᐊᒻᒪᓯᒪᓕᑐᐊᕐᐸᑦ, ᓂᑦᓕᒪᔪᖅᑐᑎᒌᕐᓗᒍ)	1 ᐊᕐᕌᒍᒥ (ᐊᒻᒪᒃᑐᑦᑐᖅ)
ᐸᓂᕐᑐᑦ ᓂᕐᑮᑦ: Baking powder, baking soda Instant coffee, tea bags Coffee whitener Dried fruit Mixes- cake, pancake Instant potatoes Skim milk powder Sugar	1 ᐊᕐᕌᒍᒥ 1 ᐊᕐᕌᒍᒥ 6 ᑕᕐᕿᓂ 1 ᐊᕐᕌᒍᒥ 1 ᐊᕐᕌᒍᒥ 1 ᐊᕐᕌᒍᒥ 1 ᐊᕐᕌᒍᒥ (ᐊᒻᒪᒃᑐᑦᑐᖅ), 1 ᑕᕐᕿᒥ (ᐊᒻᒪᓯ 2 ᐊᕐᕌᒍᓐᓂ
ᐊᓯᖅᑭᑦ: Honey Jam, jelly Mayonnaise, Salad dressings Molasses Peanut butter Syrup Vegetable oil Vinegar Herbs & Spices, dried Yeast	18 ᑕᕐᕿᓂ 1 ᐊᕐᕌᒍᒥ 8 ᑕᕐᕿᓂ (ᐊᒻᒪᒃᑐᑦᑐᖅ), 2 ᑕᕐᕿᓂ (ᐊᒻᒪᓯᒪᔪᖅ) – ᓂᑦᓕᒪᔪᖅᑐᑎᒌᑦᑎᓗᒍ) 2 ᐊᕐᕌᒍᓐᓂ 6 ᑕᕐᕿᓂ (ᐊᒻᒪᒃᑐᑦᑐᖅ), 2 ᑕᕐᕿᓂ (ᐊᒻᒪᓯᒪᔪᖅ) 1 ᐊᕐᕌᒍᒥ 1 ᐊᕐᕌᒍᒥ 2 ᐊᕐᕌᒍᓐᓂ 1 ᐊᕐᕌᒍᒥ 1 ᐊᕐᕌᒍᒥ

Reference: Organisation Manual. The Educative Kitchen Pilot Project of Kuujjuaraapik. Aileen Collier, nutritionist 1998.

	Storage in cool, dry location, in airtight container, away from light and heat.
Grain Products:	
Cereals	8 months
Crackers	6 months
Pasta, Rice	1 year
White flour	2 years
Whole wheat flour	6 weeks
Dried legumes (kidney beans, lentils, chickpeas, etc)	1 year
Canned foods: (once opened, store covered in refrigerator)	1 year (unopen)
Dry Foods:	
Baking powder, baking soda	1 year
Instant coffee, tea bags	1 year
Coffee whitener	6 months
Dried fruit	1 year
Mixes- cake, pancake	1 year
Instant potatoes	1 year
Skim milk powder	1 year (unopen), 1 month (open)
Sugar	2 years
Miscellaneous:	
Honey	18 months
Jam, jelly	1 year
Mayonnaise, Salad dressings	8 months (unopen), 2 months (open- store in fridge)
	2 years
Molasses	6 months (unopen), 2 months (open)
Peanut butter	1 year
Syrup	1 year
Vegetable oil	2 years
Vinegar	1 year
Herbs & Spices, dried	1 year
Yeast	

Reference: Organisation Manual. The Educative Kitchen Pilot Project of Kuujjuaraapik. Aileen Collier, nutritionist 1998.

ᖃᓄᐃᓪᓗᐊᓇᐊᖃᖅᖃᑦ ?

ᖃᓚᒻᒥᑦ	ᖃᓚᒪᔪᑦ
ᐃᖅᑭᐅᔭᑦ ᖃᓚᒻᒥᑦ, 1/2 ᑏᑑᑎᐅᑉ ᐊᕝᕙᓗᐊᖑᒐ	1 ᑏᑐᑎᓪᓗᐊᖅ ᑕᑕᑦᑐᖅ ᐃᖅᑭᐅᔭᓂᒃ
Pasta, ½ cup uncooked	1 cup cooked pasta
Spaghetti, 1 lbs (454g) uncooked	6 cups cooked spaghetti
Skim milk powder, 1 ¼ cup	4 cups skim milk
Chicken, 2.9 lbs (1.3kg)	2.2 lbs (1kg) cooked chicken
Dried beans, 1 cup	2 – 2 ½ cups cooked beans
Block of cheese, ¼ lbs (125g)	1 cup shredded cheese
Bananas, 1-2 medium size	1 cup mashed bananas

How Much Will It Give Me?

Raw Ingredients	Cooked Ingredients
Rice, ½ cup uncooked	1 cup cooked rice
Pasta, ½ cup uncooked	1 cup cooked pasta
Spaghetti, 1 lbs (454g) uncooked	6 cups cooked spaghetti
Skim milk powder, 1 ¼ cup	4 cups skim milk
Chicken, 2.9 lbs (1.3kg)	2.2 lbs (1kg) cooked chicken
Dried beans, 1 cup	2 – 2 ½ cups cooked beans
Block of cheese, ¼ lbs (125g)	1 cup shredded cheese
Bananas, 1-2 medium size	1 cup mashed bananas

ᐊᑐᐃᓐᓇᖅᑲᖅᑭᑯᕕᑦ ᐅᐊᕈᑎᑦᓴᒥᒃ....

ᖃᓄᐃᓘᓲᒍᕕᑦ ᓂᕐᓯᐊᓇᓚᖅᒐᔭᕐᐱᑦ ᐃᓚᑦᓴᖅᑭᓐᓂᒃ ᐃᓚᑰᔾᐊᖃᑐᐊᕋᕕᑦ ᓂᐅᕕᕐᕕᒥᑦᓗ ᓄᖑᓯᒪᑎᑦᓗᒋᑦ ᑭᖅᖑᒪᒋᔭᑎᑦ ?
ᓴᐱᕐᓇᐊᑐᐃᓐᓇᓇᐊᖃᖅᑭᓚᑎᑦ.

ᓂᕐᓯᐊᓇᒍᒪᔭᑎᑦ ᑲᔪᓯᒍᓐᓇᑕᑎᑦ ᐊᓯᑦᐆᒋᐊᕐᐱᑐᐃᓐᓇᓗᑎᑦ ᐃᓚᑦᓴᖅᑭᓐᓂᒃ. ᓂᕐᓯᐅᕈᓐᓇᓯᐊᕐᑐᑎᑦ.

ᐃᒣᑦᑐᕐᖃᖅᑭᑯᕕᑦ

ᒪᒪᕐᓴᐅᑎᒥᒃ ᑲᔪᕐᒥᒃ
Cornstarch
ᓂᐊᕐᑰᔭᒥᒃ ᓯᕐᖃᑦᓕᓯᒪᔪᒥᒃ
Lemon juice
Garlic powder
Dry mustard
Tomato sauce
Tomato soup
Buttermilk

ᐳᑦᔪᓴᐅᑎᒃ
ᐃᒪᒧᖅ

ᐃᒪᕐᒥᒃ
ᓂᕿᑦᓴᔭᖅ ᑲᔪᖅ
Wheat germ
Bran
ᐱᕈᕐᑐᕕᓃᑦ ᓄᓇᒥ/ᕐᑯᐊᒍᑦᓯᑎᒃ
ᓄᑖᒍᑦᓯᑎᑦᓗᓃᑦ
ᐱᕈᕐᑐᕕᓃᑦ ᓇᐹᕐᑐᒥ/ᕐᑯᐊᒍᑦᓯᑎᒃ
ᓄᑖᒍᑦᓯᑎᑦᓗᓃᑦ
ᐊᕐᕿᒡᒋᐅᔭᕕᓂᖅ ᓄᑖᖅ/ᕐᑯᐊᒍᑦᓯᓂ
ᑰᒃᑰᓯᕕᓂᖅ ᓄᑖᖅ/ᕐᑯᐊᒍᑦᓯᓂ

ᐊᑐᖅᑕᕈᓐᓇᑐᑎᑦ

ᒪᒪᕐᓴᐅᑎᒥᒃ ᖃᑯᕐᑕᒥᒃ
ᓂᕿᑦᓴᔭᖅ
ᖃᕐᕐᑯᐊᓗᐊᐲᑦ ᓯᕐᖃᑦᓕᓯᒪᔪᑦ
White vinegar
Fresh garlic
Regular mustard
Tomato paste + water
Tomato soup + water
Plain yogurt
OR
Milk + 1 tsp vinegar
Baking soda
ᐸᓂᕐᑐᖅ ᐃᒪᒧᖅ ᐃᒪᕐᒥᒃ ᐃᓚᓗᒍ
ᐅᑦᑦᓘᓐᓃᑦ
ᐃᒪᒧᖅ ᕐᑯᒪᒧᔪᒦᑦᑐᖅ ᐃᓚᓗᒍ

ᓂᕿᑦᓴᔭᖅ ᖃᑯᕐᑕᖅ
Crushed oats
Crushed oats

ᕐᑯᒪᒧᔪᒦᑦᑐᑦ ᐱᕈᕐᑐᕕᓃᑦ

ᕐᑯᒪᒧᔪᒦᑦᑐᖅ ᐱᕈᕐᑐᕕᓃᑦ
ᕐᑯᒪᒧᔪᒦᑦᑐᖅ ᐊᕐᕿᒡᒋᐅᔭᖅ
ᕐᑯᒪᒧᔪᒦᑦᑐᖅ ᑰᒃᑰᓯᕕᓂᖅ

What To Do When You Don't Have.....

What do you do when you have chosen a recipe and the store doesn't have all the ingredients? **Don't give up.**

You can still make the recipe by making some changes. The recipe will still turn out good.

If you don't have...	Use
Brown sugar	White sugar
Cornstarch	Flour
Bread crumbs	Crushed crackers
Lemon juice	White vinegar
Garlic powder	Fresh garlic
Dry mustard	Regular mustard
Tomato sauce	Tomato paste + water
Tomato soup	Tomato soup + water
Buttermilk	Plain yogurt OR Milk + 1 tsp vinegar
Baking powder	Baking soda
Milk	Milk powder + water OR Canned milk + water
Whole wheat flour	White flour
Wheat germ	Crushed oats
Bran	Crushed oats
Fresh/frozen vegetables	Canned vegetables
Fresh/frozen fruit	Canned fruit
Fresh/frozen chicken	Canned chicken/turkey
Fresh/frozen ham	Canned ham

ᐊᐅᒻᒥᒍᑦ ᐱᑕᑦᓴᖅᑲᓗᐊᖅᑐᓂᒃ ᓂᖅᓱᐅᕈᑦᐳᒍᑏᑦ

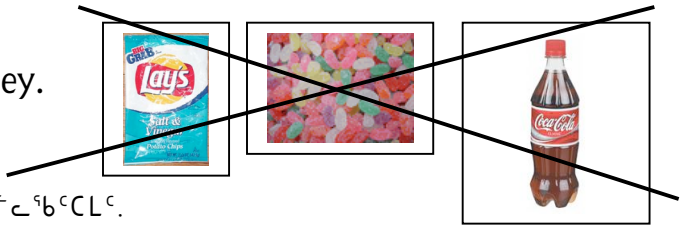
1. ᐅᓪᓗᑕᒫᑦ ᒥᑭᓈᖅᑎᑐᓂᒃ ᐱᖓᓱᕕᓪᓗᑎᑦ ᓂᕆᒋᐊᖅᑲᖅᑯᑎᑦ.

ᓱᒧᑦ ? ᐊᖏᓈᖅᑎᑐᓂᒃ ᓂᕆᔪᖅᑐᐊᕋᒥ ᐊᐅᑦ ᐱᑕᑦᓴᑖᖅᓂᓴᐅᒍᓐᓇᒪᑦ.

2. ᐅᖅᑯᒻᒥᓗᖅᑲᑦᑕᓗᑎᑦ ᓂᖅᑭᑦᓯᐊᓂᒃ ᓂᕆᓐᓇᓯᓚᐅᖅᑎᓇᒍ ᐅᖅᑯᒻᒥᓗᒍᒪᑐᐊᕈᕕᑦ ᐱᓗᐊᖅᑐᖅ ᓯᓂᒐᓱᐊᓯᓚᐅᖅᓇᒃ.

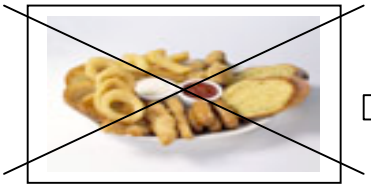
ᓱᒧᑦ ? ᑎᒥᕗᑦ ᓄᒃᑭᓴᓇᐊᖅᑲᓲᓇᒐᑦᑎᒍ ᐊᑯᓗᑦᑐᒥᒃ.

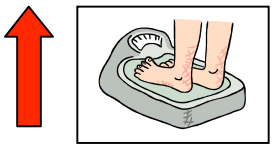
3. ᓲᖅᓇᑐᖅᑐᓗᐊᖏᓂᖅᓴᐅᖅᑲᑦᑕᓇᐊᓖᑦ: Pop, desserts, candies, jam and honey.



ᓱᒧᑦ ? ᐱᑕᑦᓴᑐᓕᑦᑐᖅᑲᑦᑕᕈᕕᑦ, ᐊᐅᑦ ᐱᑕᑦᓴᑖᓇᐊᓪᓚᖅᑲᑦᑕᒪᑦ.

4. ᐅᖅᓱᖅᑲᓗᐊᖅᑐᓂᒃ ᓂᓇᓗᐊᖅᑐᓕᓗᑎᒃ: ᐅᖅᓱᒧᑦ ᐃᓚᓯᒪᔪᓂᒃ ᐸᑏᑐᓂᒃ ᖅᑲᖅᑯᓐᓂᓪᓗ

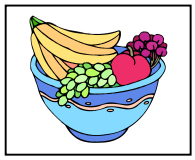




ᓱᒧᑦ ? ᐅᖅᓱᓇᓗᐊᖅᑐᑦ ᓂᖅᑮᑦ ᐅᖅᑯᒃᓕᒋᐊᓪᓚᓇᖅᑑᒪᑕ. ᐅᖅᑯᒃᓗᐊᖅᖅᒋᑯᕕᑦ ᐊᐅᑦ ᐱᑕᑦᓴᖅᑲᓗᐊᖅᖅᒋᓂᖅᓴᐅᒐᔭᖅᑐᖅ ᐆᒪᑎᒧᓪᓗ ᐱᐅᓂᖅᓴᐅᓯᓂ.

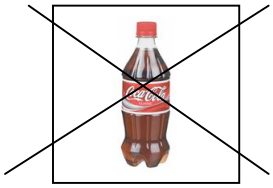
5. ᓂᐊᕚᔭᑦᓴᔭᓂᒃ ᓂᓇᓂᖅᓴᐅᖅᑲᑦᑕᓗᑎᑦ: ᐸᓂᖅᑎᑕᒥᒃ, ᓂᐊᖅᕚᔭᖅᒥᒃ ᐅᓪᓛᕈᒥᑕᑦᓴᔭᓂᓪᓗ, ᐱᕈᖅᑐᕕᓂᖅᓂᓗ ᓄᓇᒥ ᓇᐸᖅᑐᓂᓗ, ᐊᒻᒪᓗ

ᓱᒧᑦ ? ᓂᐊᖅᕚᔭᑦᓴᔭᓛᑦ ᐊᖅᑭᐊᑦᑐᓇᖅᑑᒪᑕ ᐱᑕᑦᓴᖅᑲᓗᐊᖅᖅᒋᒍᑕᐅᒍᓐᓇᓱᑎᓪᓗ ᐊᐅᒃᑯᓗ ᐅᖅᓱᖅᑲᓗᐊᖅᖅᒋᓂᖅᓴᐅᒍᑕᐅᒍᓐᓇᓱᑎᒃ.



6. ᐃᒥᕈᒃᑯᕕᑦ, ᐃᒪᑐᐃᓐᓇᑐᖅᑲᑦᑕᓗᑎᑦ.

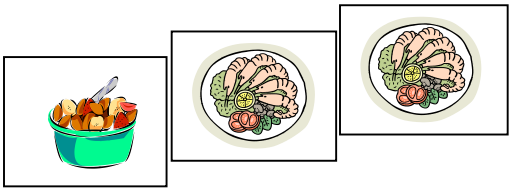
ᓱᒧᑦ ? ᐃᒥᕋᑐᐊᕈᕕᑦ ᐃᒥᕋᑦᓴᔭᖅᑐᕈᕕᓪᓘᓃᑦ ᐊᐅᒃᑯᑦ ᐱᑕᑦᓴᖅᑲᓗᐊᓯᒐᔭᕋᕕᑦ.



DIABETIC DIET

1. Eat 3 small meals every day at regular times.

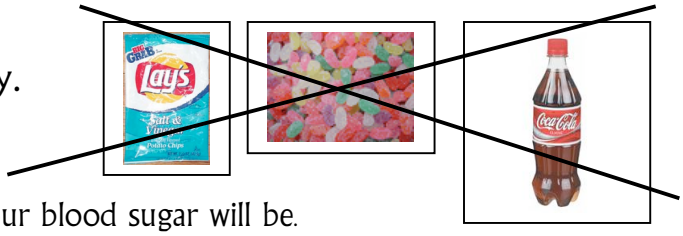
Why? Big meals can make blood sugar levels go up too high.



2. Have healthy snacks in between meal times and especially before bed.

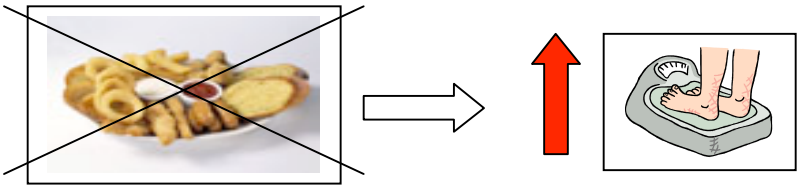
Why? You need a regular supply of energy to the body.

3. Cut back on sugars and sweets like: Pop, desserts, candies, jam and honey.



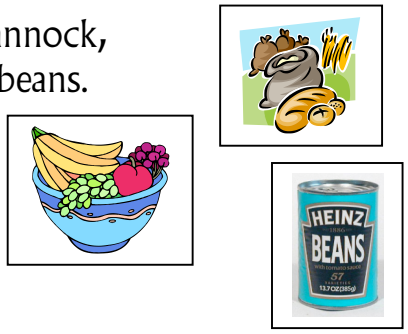
Why? The more sugar you eat, the higher your blood sugar will be.

4. Cut back on the amount of high fat food you eat like: fried foods and chips.



Why? High fat foods can make you gain weight. A healthy weight helps keep the blood sugars under control and is better for your heart.

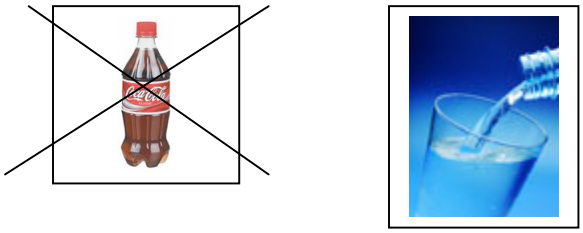
5. Eat more high fiber foods like: whole grain bannock, breads and cereals, fruits and vegetables, and beans.



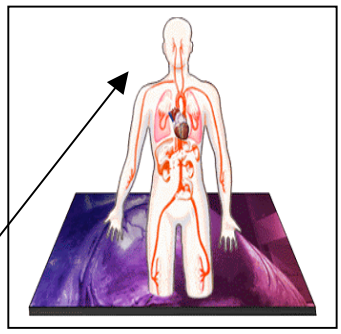
Why? Food high in fiber can help you feel full and can lower sugar and cholesterol levels.

6. If you are thirsty, drink water.

Why? Drinking pop and fruit drinks will raise your blood sugars.



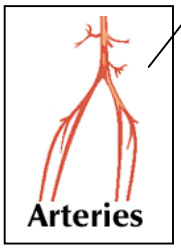
ᐊᐅᑉ ᓂᒪᕐᓂᖅᒐᑕ ᓱᑲᓐᓂᖅᒐ



ᓱᓇᐅᕝᕕ ᐊᐅᑉ ᓂᒪᕐᓂᖅᒐᑕ ᓱᑲᓐᓂᖅᒐ ?

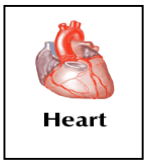
ᐊᐅᑉ ᓱᑲᓐᓂᖅᓵᓚᓲᒍᕗᒍᑦ ᑕᕐᑲᒃᑯᑦ ᓂᒪᕐᓂᖅᒐᑕ ᓱᑲᓐᓂᖅᒐᓂᒃ.

ᑕᕐᕿᑦ ᐊᐅᒻᒥᒃ ᐆᒻᒪᑎᒥᑦ ᐱᔪᒥᒃ ᑎᒥᒻᒧᕐᕿᓲᒍᕗᑦ.

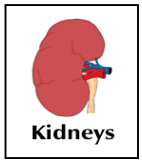


ᓱᒧᑦ ᐃᓱᒫᓗᒋᐊᖃᓲᒍᕕᑕ ᐊᐅᑉ ᓱᑲᓐᓂᖅᒐᓂᒃ ?
ᐊᐅᒃ ᓱᑲᓗᐊᓕᑐᐊᕋᒥ ᐊᑦᑕᓇᕐᑑᒪᑦ ᐆᒻᒪᑎᒥᒃ ᐊᕐᓱᕈᓗᐊᕐᑎᓱᓲᒍᒻᒪᑦ. ᐊᐅᑦ ᓱᑲᓗᐊᓕᑐᐊᕐᐸᑦ
ᐃᒣᒍᓐᓇᑐᑎᑦ:

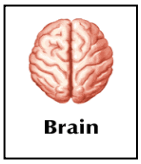
ᐆᒻᒪᓯᓇᓯᑐᐃᓐᓇᓇᐊᖃᕐᑐᑎᑦ



ᑕᕐᑐᓕᓇᓯᑐᐃᓐᓇᓇᐊᖃᕐᑐᑎᑦ



ᖃᓇᑐᑦ ᐊᐅᒻᒧᑦ ᑲᑎᕕᐅᑐᐃᓐᓇᓇᐊᓕᒃ



ᐊᑦᑕᓇᓗᐊᕈᑎᒋᔭᖅᒐ ᐃᓕᒪᓇᓲᒍᖅᖅᒋᓇᒥ.
ᑭᓇᑐᐃᓐᓇᓯᐊᖅ ᐊᐅᒻᒥᓂᒃ ᓱᑲᓗᐊᔨᐊᖃᕈᓐᓇᑐᖅ.

ᖃᓄᐃᑦᑑᕝ ᓈᒻᒪᓯᐊᕐᑐᖅ ᐊᐅᑉ ᓂᒪᕐᓂᖅᒐ ?

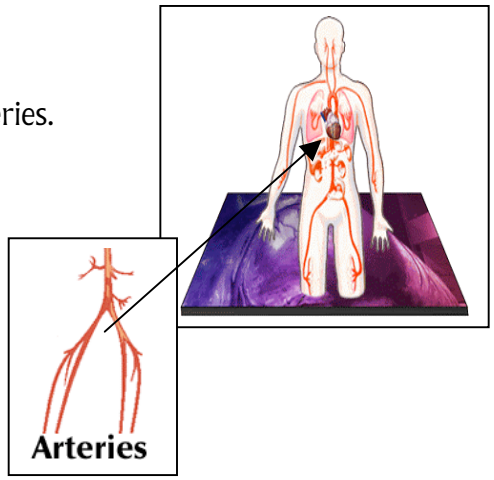
ᐊᐅᑉ ᓂᒪᕐᓂᖅᒐ ᓈᒻᒪᓯᐊᕐᑐᖅ ᐃᒣᑦᓗᐊᑐᒦᓗᑲᑐᐊᕋᒥ 120/88 mmHg.
ᐊᐅᑉ ᓂᒪᕐᓂᖅᒐ ᐃᒣᑦᓗᐊᓕᑐᐊᕋᒥ 140/90 mmHg ᐅᓄᕐᓂᓴᐅᓗᓂᓘᓐᓃᑦ ᓱᑲᑦᑑᓂᕐᑕᐅᓲᒍᕗᖅ.
ᐊᐅᑦ ᓂᒪᕐᓂᖃᑐᐊᕐᐸᑦ ᐃᒣᑦᓗᐊᑐᒥᒃ 120/80 mmHg ᐊᒻᒪᓗ 139/89 mmHg, ᑕᒐ ᓱᑲᓗᐊᑦᔭᖅᒋᑦᓚᖅ
ᐊᐅᑉᐱᑦ ᓂᒪᕐᓂᖅᒐ ᑭᓯᐊᓂ ᓯᕗᓂᒋᐊᕐᒥ ᐃᓱᒫᓗᒋᐊᖃᕋᔭᕐᑐᓴᐅᔪᑎᑦ.

HIGH BLOOD PRESSURE

What is blood pressure?

Blood pressure is the force of blood against the walls of arteries.

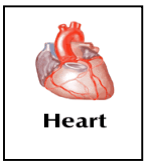
Arteries are what bring the blood away from the heart and carries it to the rest of the body.



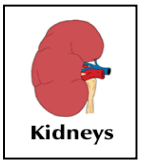
Why worry about High Blood Pressure?

High blood pressure is dangerous because it makes the heart work too hard.
High blood pressure increases your chance for:

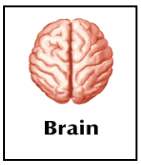
Heart Disease



Kidney Disease



Having a stroke



It is especially dangerous because it often has no warning signs or symptoms.
Anyone can get high blood pressure.

What is normal blood pressure?

NORMAL blood pressure levels are around **120/88 mmHg**.
A blood pressure level of **140/90 mmHg or higher** is considered HIGH.
If your blood pressure is between 120/80 mmHg and 139/89 mmHg, then you don't have high blood pressure now but probably you will get it in the future.

ᖃᓄᖅ ᓈᒻᒪᓈᕐᓯᒪᑎᑦᓯᒍᓐᓇᐳᖓ ᐊᐅᒻᒪ ᓂᒪᕐᓂᖓᓂᒃ

?

ᐅᕐᑭᓕᐅᒥᒥᐊᕐᓗᑎᑦ, ᐅᕐᑯᒃᓗᐊᕈᕕᑦ.

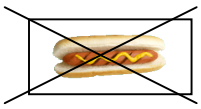
ᑕᕆᐅᓪᓗᖃᑦᑕᕈᓐᓄᓗᑎᑦ ᓂᕆᔭᕐᓃᕕᑦ.

ᐃᐱᒥᐊᓗᓗᐊᕐᑐᓕᖃᑦᑕᓗᑎᑦ.
ᐊᑕᐅᓯᕐᑐᑐᐃᓐᓇᖃᑦᑕᓗᑎᑦ ᐅᓪᓗᑕᒫᑦ.

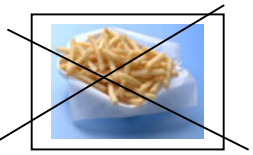
ᐊᕐᓇᐅᒍᕕᑦ

ᐊᖑᑎᐅᒍᕕᑦ ᒪᕐᕈᐃᓐᓇᕐᑐᖃᑦᑕᓗᑎᑦ ᐅᓪᓗᑕᒫᑦ.

ᑕᕆᐅᖃᓗᐊᕐᑐᑐᕐᑐᓕᖃᑦᑕᓗᑎᑦ.



Hotdogs



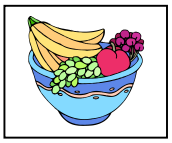
Fries or Poutine

Chips

Pickles

ᐅᓪᓗᑕᒫᑦ ᑲᐱᑐᖃᑦᑕᓗᑎᑦ ᓯᑕᒪᓂᒃ ᖃᓪᓗᑎᓂᒃ ᐅᓄᕐᓂᐸᐅᑎᓪᓗᒋᑦ.

ᐱᕈᕐᑐᕕᓂᕐᓂᒃ ᓄᓇᒥ ᓇᐹᕐᑐᓂᓪᓗ ᓂᕆᓂᕐᓴᐅᐸᓪᓗᑎᑦ.



ᐃᖃᓗᑦᑐᓗᑭᓐᓂᓴᐅᖃᑦᑕᓗᑎᑦ.

ᐅᓪᓗᑕᒫᑦ ᐃᒪᑐᐃᓐᓇᑐᖃᑦᑕᓗᑎᑦ ᖃᓪᓗᑎᓂᒃ ᓯᑕᒪᐅᔪᕐᑐᓂᒃ.

ᓂᕐᓯᐅᓕᕈᕕᑦ ᐸᑕᒥᓪᓗ ᐳᓐᓂᒥᓪᓗ (Crisco) ᐊᑐᓪᓗᐊᑎᓕᖃᑦᑕᓗᑎᑦ.

ᕿᑲᑐᐃᓐᓇᑎᓕᓗᑎᑦ.

How can I control my blood pressure?

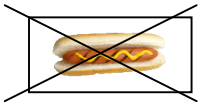
Lose some weight, if you are overweight.

Do not add extra salt to food.

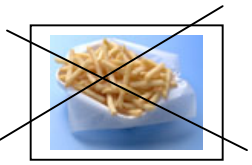
Cut back on alcohol.

1 drink per day for WOMEN.
2 drinks per day for MEN.

Avoid salty foods.



Hotdogs



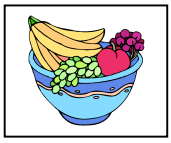
Fries or Poutine

Chips

Pickles

Maximum 4 cups of coffee per day.

Eat more fruits and vegetables.



Eat fish more often.

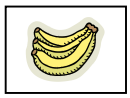
Drink 8 glasses of water every day.

Use less butter and lard (Crisco) in cooking.

Be active.

ᓂᐊᖁᔭᑦᓴᔭᓕᓐᓂᒃ ᓂᖁᐅᑭᑦᑐᒍᑏᑦ: ᐱᖓᓱᐃᓕᖅᑭᖓᔪᑦ ᓂᐊᖁᔭᑦᓴᓕᓐᓂᒃ ᓂᖁᐅᒍᑦᑐᒍᑏᑦ

1. ᓂᓇᓂᖅᓴᐅᖃᑦᑕᓗᑎᑦ ᓄᑖᐃᓂᖅᓂᒃ ᐱᑭᖅᑐᐃᓂᖅᓂᒃ ᓄᓇᒥ ᓇᐹᖅᑐᓂᓪᓗ. ᖃᓄᖅ ? ᐊ) ᒪᒪᖅᑐᑐᖅᑕᐅᓚᖓᔪᖅ yogurt ᐃᓚᖃᑦᑕᓗᒍ ᓄᓂᖑᐃᓂᖅᓂᒃ ᐸᓈᓇᒥᓪᓗᓃᑦ ᐅᓪᓛᑭᒥᑦᑕᖅᓴᔭᒥᓪᓗᓃᑦ.



ᐸ) ᐅᖅᑯᒻᒥᓗᖃᑦᑕᓗᑎᒃ ᓄᓇᒥᓪᓗ ᓇᐹᖅᑐᓂᓪᓗ ᐱᑭᖅᑐᐃᓂᖅᓂᒃ.

ᑕ) ᐸᓂᖅᑎᑕᓕᐊᑦ, ᓂᐊᖁᔭᓕᐊᓪᓗ ᓂᐊᖁᔭᐱᓕᐊᓪᓗ ᐃᓚᖃᑦᑕᓗᒥᑦ ᐸᐅᖅᓴᐅᔭᓂᒃ, ᐸᐅᖅᓵᐱᓐᓂᓘᓐᓃᑦ ᐸᓂᖅᑐᓂᒃ ᐅᑦᑭᓘᓐᓃᑦ dates –ᒍᓂᕋᖅᑕᓂᒃ.

ᑲ) Yogurt–ᒍᓂᕋᖅᑕᖅ ᐅᓪᓛᑭᒥᑦᑕᖅᓴᔭᖅᑐᓚᖓᔪᓪᓗᓃᑦ ᐃᓚᖃᑦᑕᓗᒍ ᐸᐅᖅᓵᐱᓐᓂᒃ ᐸᓂᖅᑐᓂᒃ ᐅᑦᑭᓘᓐᓃᑦ dates–ᒍᓂᕋᖅᑕᓂᒃ.

2. ᓂᐊᖁᔭᑦᓴᔭᓕᓐᓂᒃ ᓂᓇᑦᓯᐊᖃᑦᑕᓗᑎᑦ.

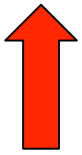
ᖃᓄᖅᓃ ? ᐊ. ᓂᕿᑦᓴᔭᓕᐅᓕᕈᕕᑦ ᐊᑭᓐᓗᐊᖓ ᖃᑯᖅᑕᒥᒃ ᐊᑭᓐᓗᐊᖓᓗ ᖃᔪᖅᒥᒃ ᐅᓗᖃᑦᑕᓗᑎᑦ, ᖃᔪᑦᓴᔭᒥᓪᓗᓃᑦ ᐃᓚᓗᒍ.

ᐸ. ᐅᓪᓛᑭᒥᑦᑕᖅᓴᔭᖅᑐᖃᑦᑕᓗᑎᑦ ᖃᔪᑦᓴᔭᖅᑕᓕᓐᓂᒃ, ᑲᔪᖅᒥᒃ ᓂᐊᖁᔭᑦᓴᔭᖅᑕᓕᓐᓂᒃ, ᐅᐊᕈᑎᒌᑦᑐᓂᓪᓗᓃᑦ.

ᑕ. ᖃᔪᖅᓂᒃ ᓂᐊᖁᔭᖅᑐᖃᑦᑕᓗᑎᑦ ᐊᓯᖏᓐᓂᓘᓐᓃᑦ ᓂᓇᓂᖅᓴᐅᑦᓗᑎᑦ ᓂᐊᖁᔭᑦᓴᔭᓕᓐᓂᒃ.

3. ᐸᓂᖅᑐᓂᒃ ᐆᓯᑐᖃᑦᑕᓗᑎᑦ ᐱᑭᖅᑐᐃᓂᖅᓂᓗ peas–ᒍᓂᕋᖅᑕᓂᒃ, ᐆᓯᑐᖃᑦᑕᓗᑎᑦ ᑭᐊᑦᓴᐅᑎᐅᑉ ᐃᓗᐊᓂ ᖃᓚᑦᑐᐃᓂᖅᓂᒃ ᐊᒻᒪᓗ ᑕᖅᑐᖅᒍᐊᓂᒃ ᐆᓯᑐᖃᑦᑕᓗᑎᑦ. ᖃᓄᖅᓃ ? ᖃᔪᓕᐊᑦ, ᐱᑭᖅᑐᐃᓂᖅᓂᓗ ᐅᐊᕈᑎᒌᓕᐊᑦ ᐃᓚᖃᑦᑕᓗᒥᑦ ᐆᓯᓂᒃ.

ᐳᐃᒍᖅᑐᓕᒋᑦ !

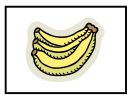


ᒃᒍᐃᖅᓇᑐᖅᑐᖃᑦᑕᓕᕈᕕᑦ ᐃᒥᕈᓐᓂᓴᐅᖃᑦᑕᓂᐊᖅᒥᔪᑎᑦ. ᒃᒍᐃᖅᓇᑐᖅ ᐃᒥᕈᓐᓇᑑᒻᒪᑦ.

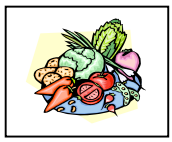
HIGH FIBER DIET: 3 WAYS TO ADD FIBER TO YOUR DIET

3. Eat more fresh fruits and vegetables.

How? a. Add fresh fruit like berries or a banana to yogurt or cereal.



b. Snack on raw vegetables and fruits.



c. Add raisins, dates or prunes to homemade bannock, breads or muffins.

d. Add raisins, dates or prunes to yogurt or cereal.

4. Eat more whole grains.

How? a. Substitute half the white flour in your bannock with whole-wheat flour, or try adding oats.

b. Choose cereals made with oat bran, wheat bran, or grain mixes.

c. Choose whole-wheat or other whole grain breads more often.

3. Eat more dried beans and peas, baked beans and kidney beans.

How? Add beans to soups, stews, salads and casseroles.

σ Don't Forget!

When you eat more fiber you also need to drink more water. This is because fiber absorbs water.

Did You Know?

Only plants produce fibre. No matter how chewy or "tough" animal products may be, they do not contain fibre - not even bones or eggshells.

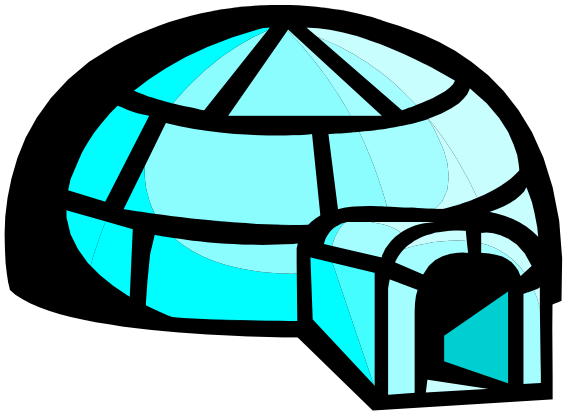
ᐃᓄᐃᑦ ᓂᕿᖅᑭᓐᓃᑦ ᖃᓄᐃᖅᑭᓯᐊᕐᓇᑦ.

ᖃᓄᐃᖅᑭᓯᐊᕐᓇᑦ ᑐᕐᑕᖅᒪ ᓂᕿᐅᑉ	ᐱᕙᓪᓕᕐᑯᑎᐅᒍᓐᓇᓂᖅᒪ	ᓱᓄᑦ ᐃᒥᑦᑐᑕᕐᑲᕐᑲᑦ ?
Protein	ᓄᑭᖃᑦᓯᐊᓇᕐᑐᖅ, ᐅᕕᓂᖃᑦᓯᐊᓇᕐᑐᖅ ᐊᐅᖃᑦᓯᐊᓇᕐᓱᓂᓗ. ᐁᑦᑐᑑᑕᐅᒋᒃᑯᑎᑕᓕᒃ.	ᑐᒃᑐᕕᓂᕐᒥᑦ, ᕿᓚᓗᒐᕕᓂᕐᒥᑦ, ᑑᒐᓕᕕᓂᕐᒥᑦ, ᐃᖃᓗᐸᐱᕕᓂᕐᒥᑦ, ᐳᐃᔨᕕᓂᕐᒥᓗ.
Iron	ᐊᐅᖃᑦᓯᐊᓇᕐᑐᖅ ᐊᐅᒻᒥᒃ ᐊᐅᐸᕐᑐᓯᐊᒍᒃᑯᖅ. ᐊᐅᖃᑦᓯᐊᑐᐊᕋᑦᑕ ᓄᑭᖃᑦᓯᐊᖅᒍᐅᒍᑦ ᑕᖃᒪᖃᑦᑕᕈᓐᓄᓯᑕ. ᐊᐅᖃᑦᓯᐊᓇᕐᑐᖅ ᐁᑦᑐᑑᑕᐅᒋᒃᑯᑎᑕᓕᒃ.	ᓇᑦᓯᐅᑉ ᑎᖅᒍᖅᒪᓂᑦ, ᓂᕐᓕᕕᓂᕐᒥᑦ, ᐳᐃᔨᕕᓂᕐᒥᑦ, ᐊᐃᕕᕕᓂᕐᒥᑦ, ᐅᑲᓕᕕᓂᕐᒥᑦ, ᐅᕕᓗᕐᓂᑦ, ᐊᕿᒡᒋᕕᓂᕐᒥᑦ, ᒥᑎᕕᓂᕐᒥᓗ
Omega 3 fats	ᓄᑭᖃᑦᓯᐊᓇᕐᑐᖅ. ᐋᓐᓂᐊᑖᕐᒐᓕᒍᑎᑦᓴᓯᐊᖅ. ᐆᒪᒪᑎᖃᑦᓯᐊᓇᕐᑐᖅ.	ᐃᖃᓗᐸᐱᕕᓂᕐᒥᑦ, ᐳᐃᔨᕕᓂᕐᒥᓗ, ᐊᐃᕕᕕᓂᕐᒥᑦ, ᕿᓚᓗᒐᕕᓂᕐᒥᓗ.
Vitamin A	ᐅᕕᓂᖃᑦᓯᐊᓇᕐᑐᖅ, ᓴᐅᓂᖃᑦᓯᐊᓇᕐᑐᖅ ᑭᒍᑎᖃᑦᓯᐊᓇᕐᓱᓂᓗ. ᐁᑦᑐᑑᑕᐅᒋᒃᑯᑎᑕᓕᒃ. ᑖᕐᑑᓕᑐᐊᕐᒪᑦ ᑕᑯᓐᓇᓯᐊᕈᓐᓇᐅᑎᒋᓲᕐᑦ.	ᓇᑦᓯᐅᑉ ᑎᖅᒍᖅᒪᓂᑦ, ᕿᓚᓗᒐᕕᓂᕐᒥᑦ, ᑐᒃᑐᕕᓂᕐᒥᑦ, ᓂᕐᓕᕕᓂᕐᒥᑦ, ᒥᑎᕕᓂᕐᒥᑦ, ᒪᒃᑕᒥᓪᓗ.
Vitamin D	ᓴᐅᓂᖃᑦᓯᐊᓇᕐᑐᑕᓕᒃ ᑭᒍᑎᖃᑦᓯᐊᓇᕐᑐᑕᓕᒃ.	ᐃᖃᓗᐸᐱᕕᓂᕐᒥᑦ, ᐋᓈᒃᑭᕕᓂᕐᒥᑦ, ᓇᑦᓯᐅᑉ ᐅᕐᓱᖅᒪᓂᑦ, ᓇᑦᓯᐅᓗ ᑎᖅᒍᖅᒪᓂᑦ,
Vitamin C	ᓴᐅᓂᑦᑎᓂᓪᓗ ᓂᕿᑦᑎᓂᓪᓗ ᑲᑎᒪᑎᑦᓯᒍᓐᓇᑐᖅ. ᑎᒥᒃᑯᑦ ᖃᓄᐃᖅᑭᓯᐊᕐᓇᑐᕐᑕᓕᒃ ᐃᑭᒥᓪᓗ ᒪᒥᑦᑎᓯᑦᓯᐊᕈᓐᓇᑐᕐᑕᖃᕐᓱᓂ. ᐃᕿᖃᑦᓯᐊᕈᑕᐅᒍᓐᓇᑐᖅ, ᑭᒍᑎᖃᑦᓯᐊᕈᑕᐅᒍᓐᓇᑐᖅ, ᐅᕕᓂᖃᑦᓯᐊᕈᑕᐅᒍᓐᓇᑐᖅ ᐊᒻᒪᓗ ᐊᕐᕐᑯᑎᖃᑦᓯᐊᑎᑦᓯᒍᓐᓇᓱᓂ ᐊᐅᑦᑎᓂᒃ.	ᓄᓂᐋᑦᓴᔭᓂᑦ, ᐃᖃᓗᐸᐱᕕᓂᕐᒥᑦ, ᑎᖅᒍᒥᓪᓗ.

Nutrients in Inuit Food.

Nutrient	Health Benefit	Where do we find it?
Protein	Builds and repairs body tissue, like muscle, skin and blood. Builds antibodies to fight infection.	Caribou, beluga, narwhal, Arctic char, seal.
Iron	Iron is important to make red blood cells. Healthy blood helps to give us energy and to keep us from getting tired. Iron helps fight infection.	Seal liver, Canada goose, seal, walrus, caribou, rabbit, mussels, ptarmigan, duck.
Omega 3 fats	Gives us energy. Helps prevent diseases. Good for the health of our heart.	Arctic char, seal, walrus, whale.
Vitamin A	Good for healthy skin, bones & teeth. Helps fight infection. Helps us see in the dark.	Seal liver, beluga, caribou, goose, duck, muktuk.
Vitamin D	Needed for strong bones and teeth.	Arctic char, lake trout, seal fat, seal liver.
Vitamin C	Helps hold our bones and tissues together. Helps our bodies fight sickness and heal wounds. Helps keep our gums, teeth, skin and blood vessels healthy.	Berries, seal, Arctic char, liver.

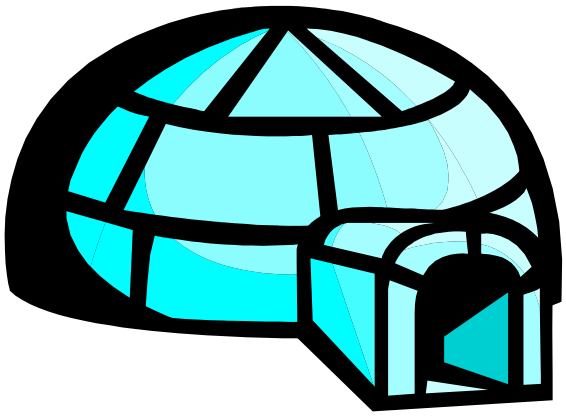
ᓂᕐᓯᐅᕈᓰᑦ



ᓂᕿᑦᓯᐊᓂᒃ ᓂᕐᓯᐅᓇᐊᒥᒃ
ᕐᑲᐅᔾᒪᐅᑎᑦᓴᖅᒋᑦ ᐃᓚᒌᑦ

ᓂᕐᓯᐊᓴᑦ

Cookbook



Healthy Recipes for the Whole Family

Recipe Section

ᖃᔪᐃᑦ

ᖃᔪᓕᐅᕈᓲᑦ ᓇᓪᓕᖅᑭᓪᓗ ᖃᔪᐃᑦ ᐱᐅᔫᒪᖅᒫᑕ ᖃᐅᔨᒪᐅᑎᑦᓴᑦ:

- ᐱᕈᕐᑐᕕᓂᕐᑕᓕᓐᓂᒃ ᓇᓪᓕᒃᑉᐸᓗᑎᑦ.
- ᓴᐅᓂᕐᑕᓯᕙᓪᓗᒍ ᖃᔪᓕᐊᑦ - ᒪᒪᕐᓱᓱᒍᒪᑦ ᖃᓄᐃᖅᑭᓯᐊᕐᓇᑐᕐᑕᖃᕐᓯᓂᓗ !
- ᓂᐅᕕᐊᕕᓃᑦ ᖃᔪᖅ ᐃᓚᕙᓪᓗᒍ ᓂᕐᑭᑐᐃᓐᓇᒥᒃ, ᐃᖃᓗᕕᓂᕐᒥᒃ, ᐊᑭᒡᒋᕕᓂᕐᒥᒃ, ᐊᕐᑭᒡᒋᐅᔭᕕᓂᕐᒥᒃ ᐅᕝᕙᓘᓐᓃᑦ ᖃᔪᓕᐊᕐᓈᕕᑦ ᐃᓚᒋᓕᐅᑎᓗᒋᑦ ᑕᒪᒃᑯᐊ.
- ᐃᒻᒧᒥᒃ ᐃᓱᕐᓂᓴᒥᒃ ᐃᓚᒪᔪᓂᒃ ᖃᔪᕐᒥᒃ ᐊᑐᕐᒐᓕᕙᓪᓗᑎᑦ, 2%-ᒥᒃ ᐃᒻᒧᓕᒻᒥᒃ ᐊᑐᖅᒫᖃᑦᑕᓗᑎᑦ. ᖃᔪᖅ ᐅᕐᓱᖃᓗᐊᖅᑭᓂᕐᓴᐅᓂᐊᕐᒪᑦ.
- ᖃᔪᓕᐊᑦ ᐅᕝᕙᓘᓐᓃᑦ ᓂᐅᕕᐊᑦᓴᕕᓂᖅ ᖃᔪᖅ ᐃᓚᒍᓐᓇᒥᔭᑦ ᐱᕈᕐᑐᕕᓂᕐᓂᒃ (ᓄᑖᓂᒃ ᖁᐊᕐᓂᓘᓐᓃᑦ).
- ᐅᑦᑐᕈᓐᓇᒥᔪᑎᑦ ᖃᔪᓕᐊᓇᓱᒪᔪᒥᒃ ᐃᖃᓘᑉ ᓂᐊᕐᑯᖅᒐᓂᒃ - ᖃᓄᐃᖅᑭᓯᐊᕐᓇᑐᕐᑕᖃᕐᒪᑦ - calcium-ᓂᕋᕐᑕᐅᔪᒥᒃ.
- ᐃᒣᑦᑐᓂᒃ ᓂᐅᕕᐊᑦᓴᕕᓂᕐᓂᒃ Mr. Noodles soup , clam chowder ᖃᔪᕐᑐᒐᓕᕙᓪᓗᑎᑦ. ᐅᕐᓱᖃᓗᐊᕐᒪᑕ.

SOUPS

Helpful Tips for Making & Choosing Soups:

- Choose vegetable-based soups.
- Use bones in cooking soups- it adds to the flavor & nutrients!
- Add pieces of meat, fish, ptarmigan, chicken to homemade or store bought soups.
- Avoid cream based soups. Instead of cream, use 2% milk. This will lower the fat content of the soup.
- Add vegetables (fresh or frozen) to homemade or store bought soups.
- Try fish head soup- it's a source of calcium.
- Avoid Mr. Noodles soup and store bought clam chowder. Both are high in fat.

ᐊᕐᑭᒡᒥᐅᔭᖅ Macaroni-ᒥᒃ ᐃᓚᒪᑦᓱᓂ ᖃᔪᖅ
Chicken and Macaroni Soup

ᓄᓇᕕᒻᒥ ᓂᕿᑦᓯᐊᓂᒃ ᓂᓇᕐᑯᓪᓗᑕ ᒪᓕᒐᓕᐊᖕᒍᒪᔪᑦ

ᓂᕿᑐᐃᓐᓄᑦ, ᐃᖃᓗᐃᑦ, ᒪᓐᓃᑦ, ᑎᒻᒥᐊᑦ ᐋᓇᓯᓪᓗ

ᓇᓪᓕᑳᖃᑦᑕᓗᒋᑦ ᐃᖃᓗᕕᓃᑦ, ᑕᓇᐅᕐᒥᐅᑎᑦ, ᒪᓐᓃᑦ, ᑎᒻᒥᐊᕕᓃᑦ ᐅᕐᓱᖃᓪᓗᐊᖕᒋᑦᑐᐃᓗ ᓂᕿᑐᐃᓐᓄᑦ

Nunavik Food Guide Group

Meat, Fish, Eggs, Birds & Beans

Choose fish, marine mammals, eggs, birds and lean meats more often

ᖃᓄᓪᓗᐊᑎᒋᒃ ᐊᑐᐃᓐᓇᑭᕐᑎᑕᐅᒐᓱᐊᕐᓂᐊᓂᖕᒐᑦ: 25 ᒥᓂᑦᑦ
ᖃᓄᓪᓗᐊᑎᒋᒃ ᖃᓚᒐᓱᐊᕐᓂᐊᓂᖕᒐᑦ: 30 ᒥᓂᑦᑦ

Preparation Time: 25 minutes
Cooking Time: 30 minutes

ᓂᕐᑮᑦ ᖃᓄᐃᑦᑑᓂᖕᒋᑦ

Foods Items

ᐊᕐᕿᒡᒥᐅᔭᖅ	1-pound (454 g)	Chicken
ᐅᐊᓃᑦ/ᐅᐊᓂᐅᔪᑦ	1	Onion
Chicken Broth	4 cups (1000 ml)	Chicken Broth
Garlic ᐸᓂᕐᑑᓱᓂ ᓯᖃᓪᓕᓯᒪᔪᖅ	½ teaspoon (2 ml)	Garlic Powder
Thyme	½ teaspoon (2 ml)	Thyme
Pepper	½ teaspoon (2 ml)	Pepper

Dried parsley	½ teaspoon (2 ml)	Dried parsley
Carrots	2	Carrots
Pasta : macaroni	¼ cup (60 ml)	Pasta : macaroni
Zucchini	1 small	Zucchini
Tomatoes red (ᐊᐅᐸᕐᓯᓂᐅᓗᑎᒃ ᕐᑯᒻᒧᔪᒥᑦᑐᓘᓐᓃᑦ ᐃᓗᐃᑦᑐᓘᓐᓃᑦ)	1 ¼ cup (310 ml)	Tomatoes red, ripe, canned, whole

ᐊᑐᐃᓐᓄᑭᕐᑕᐅᒍᓱᖕᒋᑦ

Instructions

1. ᓱᖃᓪᓖᕕᒻᒥ ᐊᕐᕿᒡᒥᐅᔭᕕᓂᖅ ᓄᑲᑎᕐᓗᒍ (ᓱᒃᑭᑕᐅᓈᕐᑎᑎᓪᓗᒋᑦ)
2. ᐅᕐᓱᒧᑦ ᐃᒐᒍᑎᒧᑦ, ᐊᕐᕿᒡᒥᐅᔭᕕᓂᖅ ᐃᒐᓗᒍ;
3. ᐊᒥᖕᔭᕐᓗᒋᑦ ᐱᕈᕐᑐᕕᓃᑦ: ᐊᒥᑦᑑᓇᕐᑎᐊᐱᑦᑎᓗᒋᑦ ᐃᓚᕐᕿᓗᒋᑦ carrots ᐃᓚᕐᕿᓗᒍᓗ zucchini ᒥᑭᕐᓚᐅᓇᕐᑎᓗᒍ;
4. ᐃᒐᓚᖕᒐᔭᓪᓕᒫᑎᑦ ᐃᓗᓐᓇᑎᒃ ᐅᒃᑯᓯᒧᑦ ᐊᖕᒋᔪᒨᕐᓗᒋᑦ ᐃᖕᒍᓚᑦᓯᐊᓗᒋᑦ.
5. ᑭᐊᑦᓴᐅᑎᒧᑦ ᐅᓇᕐᑑᒍᓐᓇᕕᓪᓕᒫᖕᒐᒍᕐᑐᒧᑦ ᐅᒃᑯᓯᒃ ᖃᖕᒐᓄᕐᓗᒍ. ᑎᕐᑎᓯᐊᓇᓗᒋᑦ ᐃᖕᒍᓚᑦᓯᐊᐸᓪᓗᒍᓗ.
6. ᑎᕐᑎᓯᐸᑦᑕ ᑎᕐᑎᐅᒐᕐᑎᓯᓗᒋᑦ 5 ᒥᓂᑦᓯᒥᑦ 10 ᒥᓂᑦᓯᒧᑦ ᑎᕐᑎᐅᒐᕐᑎᓗᒋᑦ
7. ᐊᑐᐃᓐᓇᓯᔭᐅᑎᓗᒋᑦ.

1. On a cutting board, dice chicken (cut in cubes) ;
2. In a frying pan, cook chicken ;
3. Peel, wash and cut vegetables : thinly slice the carrots and cut the zucchini in small triangles ;
4. In a large pot, add all ingredients. Stir well ;
5. Place pot on stove over high heat. Bring to a boil and stir well ;
6. Reduce the heat and let simmer approximately every 5-10 minutes) ;
7. Serve.

Nutrient values – 1 serving = 382g

214,4 kCal Calories • 13,5 g Carbo • 4,5 g Fat • 29,1 g Protein • 2,2 g Fiber • 2,7 mg Iron

ᐊᕐᑭᒡᒋᐅᔭᖅ ᓄᓇᔭᕐᓂᒃ ᐱᕈᕐᑐᕕᓂᕐᓂᒃ ᐃᓚᖃᕐᑎᓗᒍ ᖃᔪᖅ
Chicken Vegetable Soup

ᓄᓇᕕᒻᒥ ᓂᕿᑦᓯᐊᓂᒃ ᓂᓇᕐᑯᓪᓗᑕ ᒪᓕᒐᓕᐊᖑᒍᒪᔪᑦ

ᐸᐅᕐᖏᑦ/ᑭᒍᑕᖕᒋᕐᓐᑦ/ᑭᒡᒋᓐᑦ, ᐱᕈᕐᑐᕕᓃᑦ ᒪᒪᕐᑐᐃᑦ ᓄᓇᕋᓪᓗ ᐱᕈᕐᑐᕕᓃᑦ

ᓇᓪᓕᒃᕐᓂᓴᓇᖃᑦᑕᓗᒋᑦ ᑕᐅᑦᑐᖕᒋᑦ ᕿᕐᓂᑖᖕᒐᓂᕐᓴᑦ ᓄᓇᕋᑦ, ᐸᐅᖕᒐᓗᓐᓂᒃ (orange) ᐱᕈᕐᑐᕕᓂᕐᓂᓗ ᓄᓇᔭᓂᒃ ᐱᕈᕐᑐᕕᕐᓂᓂᓗ ᒪᒪᕐᑐᓂᒃ

ᕐᑲᓄᓪᓗᐊᑎᒋᒃ ᐊᑐᐃᓐᓇᕈᕐᑎᑕᐅᒐᓱᐊᕐᓂᐊᓂᖕᒐᑦ: 15 ᒥᓂᑦᑦ
ᕐᑲᓄᓪᓗᐊᑎᒋᒃ ᕐᑲᓚᒐᓱᐊᕐᓂᐊᓂᖕᒐᑦ: 60 ᒥᓂᑦᑦ

Preparation Time: 15 minutes
Cooking Time: 60 minutes

Nunavik Food Guide Group

Berries, fruits & Vegetable

Choose dark green and orange vegetables and orange fruits more often

ᓂᑮᑦ ᕐᑲᓄᐃᑦᑑᓂᖕᒋᑦ

Foods Items

ᐊᕐᑭᒡᒋᐅᔭᖅ ..... 1/3 pound (150 g) ..... Chicken
Mushroom ᕐᑲᔪᖕᒐ ᕐᑯᒻᒧᔪᒥᑦᑐᖅ, ᐃᑦᑎᖕᒋᓐᓂᓗᓐᓂᑦ ..... ¼ cup (60 ml) ..... Cream of mushroom soup, can, condensed
ᐸᑏᑕᓱᑦ ..... 1 ..... Potato
ᐅᐊᓃᑦ ..... ½ ..... Onion
Carrot ..... 1 ..... Carrot
ᕐᑯᐊᑦ ᐆᓱᑦ (Frozen peas) ..... 1/3 cup (80 ml) ..... Frozen peas
ᐊᕐᑭᒡᒋᐅᔭᕕᓂᕐᒥᒃ ᐃᓚᖃᕐᑎᓗᒍ ᕐᑲᔪᑦᓴᒥᒃ ..... 1 cube ..... Chicken soup broth
ᐃᒪᖅ ..... 1 ¼ cup (310 ml) ..... Water

ᐊᑐᐃᓐᓇᕈᕐᑕᐅᒍᓱᖕᒋᑦ

Instructions

1. ᐊᒥᓕᔭᕐᓗᒋᑦ ᐃᓚᕐᕿᓗᒋᓪᓗ ᐱᕈᕐᑐᕕᓃᑦ: (ᓱᒃᑭᑕᐅᓈᕐᑎᑎᓪᓗᒋᑦ);
2. ᐊᕐᑭᒡᒋᐅᔭᖅ ᓯᖃᓪᓕᓗᒍ ᓯᒃᑭᑕᐅᓈᕐᑎᑐᓂᒃ;
3. ᐃᒐᓚᖕᒐᔭᓕᒫᑎᑦ ᐃᓗᓐᓇᑎᒃ ᐅᒃᑯᓯᒍᑦ ᐊᖕᒋᔪᒧᕐᓗᒋᑦ.
4. ᐅᒃᑯᓯᒃ ᑭᐊᑦᓴᐅᑎᐅᑉ ᕐᑲᖕᒐᓄᕐᓗᒍ ᐆᓇᕐᓂᐊᒦᑦᑎᓗᒍ. ᐃᒐᓯᓗᒋᑦ ᑎᕐᑎᓯᐊᓇᓗᒋᑦ. ᑎᕐᑎᓯᑉᐸᑕ ᐆᓇᕈᓐᓄᑎᒋᐊᕐᓗᒍ ᐃᖕᒍᓚᓗᒋᓪᓗ.
5. ᒥᓕᑦᓯᒪᑎᓪᓗᒋᑦ ᑎᕐᑎᐅᒐᕐᓂᐊᓕᕐᒪᑕ ᕿᑦᓪᓚᒍᓯᓕᒫᒥ (ᐃᑲᐅᕐᓂᓕᒫᒥ), ᐃᖕᒍᓚᖃᑦᑕᓗᒋᑦ 5 ᒥᓂᑦᑦ 10 ᒥᓂᑦᓯᓐᓂᑦ ᓈᒋᐊᑕᒫᑦ, ᐊᕐᑭᒡᒋᐅᔭᖅ ᕐᑲᓚᑦᓯᐊᖕᒋᓐᓂᓕᒫᖕᒐᓂᓐᓂᑦ (ᐅᐸᓱᓛᖕᒍᒍᓐᓂᓗᓂ) ᐱᕈᕐᑐᕕᓂᓪᓗ ᐊᕐᑭᓕᑦᓯᐊᖕᒋᓐᓂᓕᒫᖕᒋᓐᓂ.
6. ᐊᑐᐃᓐᓇᓱᔭᐅᑎᓗᒋᑦ.

1. Peel, wash and cut vegetables : dice vegetables (cut in cubes) ;
2. Cut the chicken in small cube ;
3. In a large pot, add all ingredients. Stir well ;
4. Place pot on stove over high heat. Bring ingredients to a boil. Reduce the heat and stir ;
5. Cover and simmer for approximately 1 hour, stirring every 5-10 minutes, or until the chicken is safely cooked (no longer pink) and the vegetables are tender ;
6. Serve.

Nutrient values – 1 serving=159g

82,7 kCal Calories • 10,2 g Carbo • 1,5 g Fat • 8,0 g Protein • 1,7 g Fiber • 0,7 mg Iron

Corn ᖃᔪᖅᒐ
Creamy Corn Soup

ᓄᓇᕗᒻᒥ ᓂᕿᑦᓯᐊᓂᒃ ᓂᓇᖁᓪᓗᑕ ᒪᓕᒐᓕᐊᖕᒍᒪᔪᑦ

Nunavik Food Guide Group

ᐃᒪᒍᓴᐊᑦ
ᐊᑦᕆᐸᓯᖕᒋᓪᓗ

Milk Products & Substitutes

ᐃᒪᒍᓂᒃ ᐅᖁᑕᖃᖅᖅᒋᓂᖁᑦ
ᓇᓪᓕᒃᑯᖁᓂᓴᓇᖃᑦᑕᓗᒋᑦ

Choose low-fat milk products more often

ᖃᓄᓪᓗᐊᑎᒋᒃ ᐊᑐᐃᓐᓇᕈᖁᑎᑕᐅᒐᓱᐊᖁᓂᐊᓂᖅᒐᑦ: 15 ᒥᓂᑦᑦ
ᖃᓄᓪᓗᐊᑎᒋᒃ ᖃᓚᒐᓱᐊᖁᓂᐊᓂᖅᒐᑦ: 10 ᒥᓂᑦᑦ

Preparation Time: 15 minutes
Cooking Time: 10 minutes

ᓂᑮᑦ ᖃᓄᐃᑦᑑᓂᖅᒋᑦ

Foods Items

ᐅᖁᖅ Canola oil ..... 2 teaspoons (10 ml) ..... Canola oil
ᐅᐊᓃᑦ ..... 1 ..... Onion
ᓴᓇᐅᒐᖅ (ᓂᕿᑦᓴᔭᖅ) ..... 5 tablespoons (75 ml) ..... Flour
ᐃᒪᒍᖅ 2 % ..... 2 ¼ cups (560 ml) ..... 2 % Milk
ᖁᐊᑦ (Frozen corn) ..... 1 cup (250 ml) ..... Frozen corn
ᑕᓇᐅᖅ ..... ½ teaspoon (2 ml) ..... Salt
Pepper ..... ½ teaspoon (2 ml) ..... Pepper
ᐃᒪᖅ ..... 1/3 cup (80 ml) ..... Water

ᐊᑐᐃᓐᓇᕈᖁᑎᑕᐅᒍᓯᖕᒋᑦ

Instructions

1. ᐃᓚᖅᑭᓗᒍ ᐅᐊᓂᐅᔭᖅ (ᐅᐊᓂᖅ);
2. ᐅᒃᑯᓯᒥ ᐊᖅᒋᔪᒥ, ᑎᖁᑎᓯᐊᓇᓗᒋᑦ ᐆᓇᖁᓂᖅᒐ ᐊᑯᓪᓕᒧᖁᓗᒍ ᐊᖁᑦᓕᓯᐊᓇᓗᒍ ᐅᐊᓂᐅᔭᖅ (ᐅᐊᓂᖅ);
3. ᓴᓇᐅᒐᖅ (ᓂᕿᑦᓴᔭᖅ) ᐃᒪᒍᓗ ᐅᒃᑯᓯᒍᖁᓗᒋᒃ ᐃᖅᒍᓚᖅᒋᓐᓇᓯᐊᖁᓗᒍ ᐃᒪᖅᒐ ᖃᔪᖅᖅᒍᖅᒋᓐᓂᓕᒫᖅᒐᓂ;
4. Corn ᐃᓕᓗᒋᑦ, ᑕᓇᐅᓪᓕᓗᒍ, pepper-ᒥᓪᓗ ᐃᓚᓗᒍ ᐃᒪᖁᒥᓗ;
5. ᐆᓇᕈᓐᓄᑎᒋᐊᖁᓗᒍ ᑭᐊᑦᓴᐅᑎᒃ ᐃᒐᔪᓪᓗ ᐆᓇᖁᓂᖅᒐ ᑕᑯᓂᑦᓴᓈᒐᐅᒐᖁᑦᑐᒥᑦᑎᓗᒍ 5 ᒥᓂᑦᓯᒥᑦ 10 ᒥᓂᑦᓯᒧᑦ;
6. ᐆᓇᖁᑑᖅᒋᓐᓈᑎᓪᓗᒍ ᓂᓇᔭᐅᑎᓯᓗᒍ.

1. Chop onion ;
2. In a large pot, heat oil over medium heat and cook onion until tender ;
3. Add flour and milk while stirring until desired thickness ;
4. Add corn, salt, pepper and water ;
5. Reduce heat and let stand for a least 5-10 minutes ;
6. Serve hot.

Nutrient values – 1 serving=195g

139,4 kCal Calories • 19,7 g Carbo • 4,4 g Fat • 5,7 g Protein • 1,8 g Fiber • 0,6 mg Iron

ᐃᖃᓗᕕᓂᐅᑉ ᖃᔪᖅᒐ (chowder)
Fish Chowder

ᓄᓇᕕᒻᒥ ᓂᕿᑦᓯᐊᓂᒃ ᓂᓇᖁᓪᓗᑕ ᒪᓕᒐᓕᐊᖑᒍᒪᔪᑦ

ᐃᒪᒍᓴᑦ
ᐊᑦᑐᐸᓯᖅᑭᓪᓗ

Nunavik Food Guide Group

Milk Products & Substitutes

ᐃᒪᒍᓂᒃ ᐅᖁᑕᖃᖅᑭᓂᖅᓴᑦ
ᓇᓪᓕᒃᑲᖁᓂᓴᓇᖃᑦᑕᓗᒋᑦ

Choose low-fat milk products more often

ᖃᓄᓪᓗᐊᑎᒋᒃ ᐊᑐᐃᓐᓇᕈᖁᑎᑕᐅᒐᓯᐊᖁᓂᐊᓂᖅᒐᑦ: 25 ᒥᓂᑦᑦ
ᖃᓄᓪᓗᐊᑎᒋᒃ ᖃᓚᒐᓯᐊᖁᓂᐊᓂᖅᒐᑦ: 25 ᒥᓂᑦᑦ

Preparation Time: 25 minutes
Cooking Time: 25 minutes

ᓂᑮᑦ ᖃᓄᐃᑦᑑᓂᖅᑭᑦ

Foods Items

ᐃᖃᓗᑉᐱᕕᓂᖅ (ᐊᓯᐊᓗᓐᓃᑦ ᖃᓄᐃᑦᑐᑐᐃᓐᓇᐅᒍᓐᓇᑐᖅ ᐃᖃᓗᕕᓂᖅ)
ᓂᐊᖁᖅᒐ ᓴᐅᓂᖅᑭᓪᓗ ᐊᑕᑎᓪᓗᒋᑦ ..... ½ pound (225 g) ..... Arctic char (or other fish) with head and bones
ᐸᑏᑕᓱᑦ ..... 2 ..... Potatoes
ᐅᐊᓃᑦ ..... 1 ..... Onion
ᐃᒪᖅ ..... 2 cups (500 ml) ..... Water
ᐃᒪᒍᖅ ᐃᒪᑐᐃᓐᓄᔭᓯᒪᔪᖅ ᐃᒪᕈᕕᐅᖅᑭᑐᖅ ..... 1 cup (250 ml) ..... Evaporated milk

ᐊᑐᐃᓐᓇᕈᖁᑕᐅᒍᓯᖅᑭᑦ

Instructions

1. ᐊᒥᓄᔭᓪᓗᒋᑦ ᐃᓚᖅᑭᓗᒋᓪᓗ ᐅᐊᓂᐅᓴᑦ (ᐅᐊᓃᑦ) ᐸᑏᑕᓱᓪᓗ;
2. ᐅᒃᑯᓯᒃ ᐊᖅᑭᔪᖅ ᐃᒪᒥᓗᒍ ᐅᒃᑯᓯᒍᓪᓗᒋᑦ ᐅᑯᐊ: ᐃᖃᓗᐃᑦ ᓂᐊᖁᖅᑭᑦ, ᓴᐅᓂᖅᑭᑦ, ᐸᑏᑕᓱᓪᓗ, ᐅᐊᓂᐅᓴᓪᓗ. ᐊᖅᑭᔪᒍᓪᓗᒋᑦ.
3. ᐅᒃᑯᓯᒃ ᑭᐅᑦᓴᐅᑎᐅᑉ ᖃᖅᒐᓄᓪᓗᒍ ᐆᓇᖁᒍᓐᓇᕕᓕᒫᖅᒐᓂᑦᑎᓗᒍ. ᑎᖁᑎᓯᐊᓇᓗᒋᑦ';
4. ᑭᐅᑦᓴᐅᑎᐅᑉ ᖃᖅᒐᓂᑦ ᐲᖁᓗᒍ. ᓂᐊᖁᐃᑦ ᓴᐅᓂᓪᓗ ᐲᔭᓯᓗᒋᑦ ᓯᖃᓪᓕᓯᐊᒻᒪᓇᐊᓗᓪᓗᒋᑦ (ᓯᖃᓪᓕᐅᑎᒥᒃ ᐊᑐᕈᓐᓇᒥᔪᑎᑦ); ᖃᔪᖅᒐ ᓴᐅᓂᕕᓂᖅᑲᖁᓕᓯᐊᑎᓪᓗᒍ;
5. ᓴᐅᓂᕕᓃᑦ ᓯᖃᓪᓕᓯᒪᑦᓯᐊᓕᖁᑎᓗᒋᑦ (ᐊᖁᑦᑐᐊᐱᐅᒋᐊᓖᑦ) ᖃᔪᖁᒎᓗᒋᑦ;
6. ᐃᖃᓗᕕᓂᐅᑉ ᓂᕿᑐᐃᓐᓇᖅᑭᑦ ᐃᒪᒍᓗ ᐃᒪᑐᐃᓐᓄᔭᓯᒪᔪᖅ ᐃᒪᕈᕕᐅᖅᑭᑐᖅ ᐅᒃᑯᓯᒍᖁᓗᒋᑦ, ᐃᖅᒍᓚᐅᒐᖁᓗᒋᓪᓗ;
7. ᐆᓇᖁᖅᒐ ᐆᓇᖁᓂᐸᐅᕕᖅᒐᑕ ᒥᑦᓯᑎᒍᑐᐃᓐᓈᑎᓪᓗᒍ 15 ᒥᓂᑦᓯᒥ ᐃᒐᓗᒋᑦ;
8. ᐊᑐᐃᓐᓇᓯᔭᐅᑎᓗᒋᑦ.

1. Peel, wash and chop onions and potatoes ;
2. In a large pot, add fish heads, bones, potatoes, onion and water. Stir well ;
3. Place pot on stove over high heat. Bring to a boil ;
4. Remove from the heat. Remove fish heads and bones and crush them thoroughly (you can use a blender) ; do not leave any pieces in the soup ;
5. Put the crushed bones (should be in purée by now) back in the soup ;
6. Add fish meat and evaporated milk, stirring slowly ;
7. Reheat on medium high heat for 15 minutes ;
8. Serve.

Nutrient values –1 serving=279g

180,4 kCal Calories • 18,0 g Carbo • 6,1 g Fat • 14,2 g Protein • 1,8 g Fiber • 0,9 mg Iron

Pea ᐲᓱᑦ ᖃᔪᖅᒐ
Pea Soup

ᓄᓇᕕᒻᒥ ᓂᕿᑦᓯᐊᓂᒃ ᓂᓇᕐᑯᓪᓗᑕ ᒪᓕᒐᓕᐊᖅᒍᒪᔪᑦ

ᐸᐅᕐᖏᑦ/ᑭᒍᑕᖅᑭᕐᓂᑦ/ᑭᒻᒥᓂᑦ, ᐱᕈᕐᑐᕕᓃᑦ ᒪᒪᕐᑐᐃᑦ ᓄᓇᕋᓪᓗ ᐱᕈᕐᑐᕕᓃᑦ

ᓇᓪᓕᒃᑲᕐᓂᓴᓇᕐᑲᑦᑕᓗᒋᑦ ᑕᐅᑦᑐᖅᑭᑦ ᕿᕐᓂᑖᖅᒐᓂᕐᓴᑦ ᓄᓇᕋᑦ, ᐸᐅᕐᖑᓗᓐᓂᒃ (orange) ᐱᕈᕐᑐᕕᓂᕐᓂᓗ ᓄᓇᒃᓂᒃ ᐱᕈᕐᑐᕕᕐᓂᓂᓗ ᒪᒪᕐᑐᓂᒃ

Nunavik Food Guide Group

Berries, fruits & Vegetable

Choose dark green and orange vegetables and orange fruits more often

ᖃᓄᓪᓗᐊᑎᒋᒃ ᐊᑐᐃᓐᓇᕈᕐᑎᑕᐅᒐᓯᐊᕐᓂᐊᓂᖅᒐᑦ: 12 ᕿᑦᓚᒍᓯᒃ
ᖃᓄᓪᓗᐊᑎᒋᒃ ᖃᓚᒐᓯᐊᕐᓂᐊᓂᖅᒐᑦ: 2 ᕿᑦᓚᒍᓯᒃ

Preparation Time: 12 hour
Cooking Time: 2 hour

ᓂᑮᑦ ᖃᓄᐃᑦᑑᓂᖅᒋᑦ

Foods Items

ᐸᓂᕐᑑᓯᑎᒃ ᐲᓱᑦ Dried split peas ..... 1 ¼ cup (310 ml) ..... Dried split peas
ᐃᒪᖅ ..... 5 cups (1,250 ml) ..... Water
Bacon ..... 3 slices ..... Bacon
Carrot ..... ¼ cup (60 ml) ..... Carrot
ᐅᐊᓃᑦ ..... 1/3 cup (80 ml) ..... Onion
Bay leaf ..... 1 ..... Bay leaf
ᑕᓇᐅᖅ ..... ½ teaspoon (2 ml) ..... Salt
Pepper ..... ½ teaspoon (2 ml) ..... Pepper

ᐊᑐᐃᓐᓇᕈᕐᑕᐅᒍᓯᖅᒋᑦ

1. ᐃᕐᕈᑐᕐᓗᒋᑦ ᐲᓱᑦ ᐱᖅᒐᓯᕕᓪᓗᐊᑐᒥᒃ ᐃᒪᕐᒥᑎᓗᒋᑦ, ᒥᓕᑦᓯᒪᓗᑎᒃ ᕿᕝᓪᓚᒍᓯᕐᓂ (ᐃᑲᐅᕐᓂᓂ) 12-ᓂ ᐅᕝᕝᓘᕐᓃᑦ ᐅᓐᓄᐊᓕᒫᖅ ᑎᒥᓕᖅᒐᑎᓗᒋᑦ;
2. ᐊᒥᓗᔭᕐᓗᒋᑦ, ᐃᕐᕈᑐᕐᓗᒋᓪᓗ ᐃᓚᕐᕿᓗᒋᓪᓗ carrots ᐅᐊᓂᐅᐊᓪᓗ
3. ᐃᓚᕐᕿᓗᒋᑦ bacon ᒥᑭᔪᕐᓚᐅᓈᕐᑎᐊᐱᑦᓴᑎᓪᓗᒋᑦ;
4. ᐲᓱᑦ ᐃᒥᔭᕐᓗᒋᑦ;
5. ᐃᒐᓚᖅᒐᔭᓕᒫᑎᑦ ᐃᓗᓐᓇᑎᒃ ᐅᒃᑯᓯᒍᑦ ᐊᖏᔪᒎᕐᓗᒋᑦ.
6. ᑭᐊᑦᓴᐅᑎᒍᑦ ᐅᓇᕐᑑᒍᓐᓇᕕᓕᒫᖅᒐᓃᑦᑐᒍᑦ ᐅᒃᑯᓯᒃ ᖃᖅᒐᓄᕐᓗᒍ. ᑎᕐᑎᓯᐊᓇᓗᒋᑦ.
7. ᑭᐊᑦᓴᐅᑎᒃ ᐆᓇᕈᓐᓂᑎᒋᐊᕐᓗᒍ, ᐅᒃᑯᓯᓪᓗ ᒥᓕᓪᓗᒍ ᐆᓇᐅᒐᕐᑐᒥ ᐃᒐᓗᒋᑦ ᕿᕝᓪᓚᒍᓲᓐᓂ (ᐃᑲᐅᕐᓃᓂ) ᒪᕐᕉᓂ (ᐲᓱᑦ ᐊᕿᓪᓕᖅᒋᓐᓂᓕᒫᖅᒋᓐᓂ);
8. Bay leaf ᐲᕐᓗᒋᑦ;
9. ᐊᑐᐃᓐᓇᓯᔭᐅᑎᓗᒋᑦ.

Instructions

1. Wash split peas and cover with three times as much water, cover and let stand for 12 hours or overnight ;
2. Peel, wash and chop carrots and onions ;
3. Chop bacon in small pieces ;
4. Drain peas ;
5. In a large pot, add all ingredients. Stir well ;
6. Place pot on stove over high heat. Bring to a broil ;
7. Reduce heat, cover and simmer for approximately 2 hours (until peas are tender) ;
8. Remove bay leaf ;
9. Serve.

Nutrient values– 1 serving=307g

193,8 kCal Calories • 31,6 g Carbo • 2,1 g Fat • 13,4 g Protein • 12,9g Fiber • 2,3 mg Iron

ᓵᒪᕕᓂᖅ corn-ᒥᒃ ᐃᓚᖃᕐᓯᓂ ᖃᔪᖅ (chowder)

Salmon Corn Chowder

ᓄᓇᕕᒻᒥ ᓂᕿᑦᓯᐊᓂᒃ ᓂᓇᕐᑯᓪᓗᑕ ᒪᓕᒐᓕᐊᖕᒍᒪᔪᑦ

ᐃᒻᒧᓴᕐᑦ
ᐊᑦᔨᐸᓯᖕᒋᓪᓗ

Nunavik Food Guide Group

Milk Products & Substitutes

ᐃᒻᒧᓂᒃ ᐅᕐᓯᑕᖃᖕᒋᓂᕐᓴᑦ
ᓇᓪᓕᒃᕐᓂᓴᓇᖃᑦᑕᓗᒋᑦ

Choose low-fat milk products more often

ᖃᓄᓪᓗᐊᑎᒋᒃ ᐊᑐᐃᓐᓇᕈᕐᑎᑕᐅᒐᓯᐊᕐᓂᐊᓂᖕᒐᑦ: 15 ᒥᓂᑦᑦ
ᖃᓄᓪᓗᐊᑎᒋᒃ ᖃᓚᒐᓯᐊᕐᓂᐊᓂᖕᒐᑦ: 45 ᒥᓂᑦᑦ

Preparation Time: 15 minutes
Cooking Time: 45 minutes

ᓂᑮᑦ ᖃᓄᐃᑦᑑᓂᖕᒋᑦ

Foods Items

ᐸᑏᑕᓲᑦ ..... 2 ..... Potatoes
ᐅᐊᓃᑦ ..... 1 ..... Onion
ᐃᒪᖅ ..... 1¼ cup (310 ml) ..... Water
ᓵᒪᕕᓂᖅ (ᕐᑯᒻᒧᔪᒥᑦᑐᖅ ᐃᒪᖕᒐ ᐊᑕᑎᓪᓗᒍ) ..... 1 can ..... Salmon, can not drained
ᐃᒻᒧᖅ ᐃᒪᑐᐃᓐᓄᔭᕐᓯᒪᔪᖅ ᐃᒪᕈᕕᐅᖕᒋᑐᖅ ..... 1 cup (250 ml) ..... Evaporated milk
ᕐᑯᐊᑦ (Frozen corn) ..... 1 cup (250 ml) ..... Frozen corn

ᐊᑐᐃᓐᓇᕈᕐᑕᐅᒍᓯᖕᒋᑦ

Instructions

1. ᐊᒥᓄᔭᕐᓗᒋᑦ, ᐃᕐᕈᑐᕐᓗᒋᓪᓗ ᐸᑏᑕᓲᑦ ᐅᐊᓂᐅᐊᕐᓪᓗ. ᐃᓚᕐᕿᓗᒋᑦ ᓯᒃᑭᑕᐅᓈᕐᑎᑎᓪᓗᒋᑦ;
2. ᐅᒃᑯᓯᒥ ᐊᖕᒋᔪᒍᑦ ᐃᒪᕐᑕᓕᒻᒧᓗᒋᑦ ᐸᑏᑕᓲᑦ ᐅᐊᓂᐅᐊᕐᓪᓗ;
3. ᐅᒃᑯᓯᒃ ᑭᐊᑦᓴᐅᑎᐅᑉ ᕐᑲᖕᒐᓄᕐᓗᒍ ᐆᓇᕐᓂᖕᒐ ᐊᑯᓪᓕᒦᑦᑎᓗᒍ ᐃᒐᓗᒋᑦ 30 ᒥᓂᑦᓯᒐᓛᒥ ᐅᑯᑯᓘᓐᓃᑦ ᐊᕐᕿᓪᓕᖕᒋᓐᓂᓕᒫᖕᒋᓐᓂ;
4. ᓵᒪᕕᓂᖅ ᕐᑯᒻᒧᔪᒥᑦᑐᖅ (ᕐᑲᔪᖕᒐ ᐊᑕᑎᓪᓗᒍ) corn-ᓗ ᐅᒃᑯᓯᒎᕐᓗᒋᑦ. ᑎᕐᑎᐅᒐᕐᑎᓗᒋᑦ 5 ᒥᓂᑦᓯᒐᓛᒥ;
5. ᐃᒻᒧᒥᒃ ᐃᓚᓗᒋᑦ ᑎᕐᑎᐅᒐᕐᑎᓯᒻᒥᓗᒍ 10 ᒥᓂᑦᓯᒐᓛᒥ;
6. ᐊᑐᐃᓐᓇᓯᔭᐅᑎᓗᒋᑦ.

1. Peel, wash potatoes and onions. Cut in cubes ;
2. In a large pot, add potatoes, onions and water ;
3. Place pot on stove over medium heat and cook for approximately 30 minutes or until tender ;
4. Add can of fish (with broth) and corn. Simmer for approximately 5 minutes
5. Add milk and simmer for another 10 minutes
6. Serve.

Nutrient values – 1 serving=301g

244,3 kCal Calories • 23,2 g Carbo • 7,4 g Fat • 21,9 g Protein • 2,7 g Fiber • 1,1 mg Iron

ᑐᒫᑐᕕᓂᖅ ᓄᓇᔭᒥᒃ ᑐᒃᑐᕕᓂᕐᒥᓗ ᐃᓚᖃᕐᓱᓂ ᖃᔪᖅ
Tomato Millet Soup with Caribou

ᓄᓇᕕᒻᒥ ᓂᕿᑦᓱᐊᓂᒃ ᓂᓇᕐᑯᓪᓗᑕ ᒪᓕᒐᓕᐊᖕᒍᒪᔪᑦ

ᓂᕿᑐᐃᓐᓄᑦ, ᐃᖃᓗᐃᑦ, ᒪᓐᓃᑦ, ᑎᒻᒥᐊᑦ ᐋᓇᓯᓪᓗ

ᓇᓪᓕᑲᕐᓱᓇᓇᓗᒋᑦ ᐃᖃᓗᕕᓃᑦ, ᑕᓇᐅᕐᒥᐅᑎᑦ, ᒪᓐᓃᑦ, ᑎᒻᒥᐊᕕᓃᑦ ᐅᕐᓱᖃᓪᓗᐊᖏᑦᑐᐃᓗ ᓂᕿᑐᐃᓐᓄᑦ

Nunavik Food Guide Group

Meat, Fish, Eggs, Birds & Beans

Choose fish, marine mammals, eggs, birds and lean meats more often

ᖃᓄᓪᓗᐊᑎᒋᒃ ᐊᑐᐃᓐᓇᕈᕐᑎᑕᐅᒐᓱᐊᕐᓂᐊᓂᖕᒐᑦ: 25 ᒥᓂᑦᑦ
ᖃᓄᓪᓗᐊᑎᒋᒃ ᖃᓚᒐᓱᐊᕐᓂᐊᓂᖕᒐᑦ: 90 ᒥᓂᑦᑦ

Preparation Time: 25 minutes
Cooking Time: 90 minutes

ᓂᒌᑦ ᖃᓄᐃᑦᑑᓂᖕᒋᑦ

Foods Items

ᐅᕐᓱᖅ Canola oil	2 teaspoons (10 ml)	Canola oil
ᐅᐊᓃᑦ	1	Onion
Garlic	1 clove	Garlic
Dried parsley	2 teaspoons (10 ml)	Dried parsley
Tomatoes red (ᐊᐅᐸᕐᓱᓂᐅᓗᑎᒃ ᕐᑯᒻᒧᔪᒥᑦᑐᓘᓐᓃᑦ ᐃᓗᐃᑦᑐᓘᓐᓃᑦ)	1 ¼ cup (310 ml)	Tomatoes, red, ripe, canned, whole
ᑕᓇᐅᖅ	½ teaspoon (2 ml)	Salt
Pepper	½ teaspoon (2 ml)	Pepper
Beef broth	2 ½ cups (625 ml)	Beef broth
Millet	½ cup (125 ml)	Millet
ᑐᒃᑐᕕᓂᖅ	2/3 pound (300 g)	Caribou

ᐊᑐᐃᓐᓇᕈᕐᑕᐅᒍᓱᖕᒋᑦ

Instructions

1. ᐊᒥᓄᔭᕐᓗᒋᑦ ᐃᓚᕐᕿᓗᒋᓪᓗ ᐅᐊᓂᐅᕐᑦ garlic-ᓗ
2. ᐅᒃᑯᓯᒥ ᐅᕐᓱᖅ ᐆᓇᕐᓯᓯᐊᓇᓗᒍ ᐆᓇᕐᓂᖕᒐ ᐊᑯᓪᓕᒦᑦᑎᓗᒍ ᐅᕐᓱᒍᑦ ᐃᒐᓗᒋᑦ ᐅᐊᓂᐅᕐᑦ garlic-ᓗ ᐊᕿᓪᓕᖕᒋᓐᓂᓕᒫᖕᒋᓐᓂ
3. ᑐᒃᑐᕕᓂᖅ ᐃᓚᕐᕿᓗᒍ ᒥᕿᕐᓚᐅᓈᕐᑎᑎᓪᓗᒍ;
4. ᑐᒃᑐᕕᓂᖅ, ᑐᒫᑐᐃᓪᓗ, parsley, ᑕᓇᐅᖅ, pepper, beef broth-ᓗ. ᑎᕐᑎᐅᒐᕐᑎᓗᒋᑦ ᕿᕝᓪᓚᒍᓯᓕᒫᒥ (ᐃᑲᐅᕐᓂᓕᒫᒥ);
5. Millet-ᓂᒃ ᐃᓚᓗᒍ ᑎᕐᑎᐅᒐᕐᑎᓯᒻᒥᓗᒍ ᕿᕝᓪᓚᒍᓯᐅᑉ (ᐃᑲᐅᕐᓂᐅᑉ) ᕿᑎᕐᕐᑲᖕᒐᓂ;
6. ᐊᑐᐃᓐᓇᓯᔭᐅᑎᓗᒋᑦ.

1. Peel and chop onion and garlic ;
2. In a pot, heat oil over medium heat and cook onion and garlic until onion is transparent ;
3. Cut caribou into small pieces ;
4. Add caribou, tomatoes, parsley, salt, pepper and broth. Let simmer about 60 minutes ;
5. Add millet and simmer for 30 minutes ;
6. Serve.

Nutrient values – 1 serving =294g

203,7 kCal Calories • 20,3 g Carbo • 5,0 g Fat • 18,3 g Protein • 2,9 g Fiber • 4,2 mg Iron

ᑐᒫᑐᕕᓂᖅ ᓄᓇᕗᒻᒥ ᖁᐱᕐᕈᐊᔪᓐᓂᒥ (ᐃᕐᕿᐅᔭᕐᓂᒥ) ᐃᓚᖃᕐᓯᓂ ᖃᔪᖅ
Tomato Vegetable Rice Soup

ᓄᓇᕕᒻᒥ ᓂᕿᑦᓯᐊᓂᒃ ᓂᓇᖁᓪᓗᑕ ᒪᓕᒐᓕᐊᖑᒍᒪᔪᑦ

ᐸᐅᕐᖏᑦ/ᑭᒍᑕᖅᒋᕐᓂᑦ/ᑭᒻᒥᓂᑦ, ᐱᕈᕐᑐᕕᓃᑦ ᒪᒪᕐᑐᐃᑦ ᓄᓇᕗᒻᒥ ᐱᕈᕐᑐᕕᓃᑦ

ᓇᓪᓕᒃᑲᕐᓂᓴᓇᖃᑦᑕᓗᒋᑦ ᑕᐅᑦᑐᖅᒋᑦ ᕿᕐᓂᑖᖅᒐᓂᕐᓴᑦ ᓄᓇᕗᑦ, ᐸᐅᕐᖑᓗᓐᓂᒃ (orange) ᐱᕈᕐᑐᕕᓂᕐᓂᓗ ᓄᓇᔭᓂᒃ ᐱᕈᕐᑐᕕᕐᓂᓂᓗ ᒪᒪᕐᑐᓂᒃ

Nunavik Food Guide Group

Berries, fruits & Vegetable

Choose dark green and orange vegetables and orange fruits more often

ᖃᓄᓪᓗᐊᑎᒋᒃ ᐊᑐᐃᓐᓇᕈᕐᑎᑕᐅᒐᓯᐊᕐᓂᐊᓂᖅᒐᑦ: 15 ᒥᓂᑦᑦ
ᖃᓄᓪᓗᐊᑎᒋᒃ ᖃᓚᒐᓯᐊᕐᓂᐊᓂᖅᒐᑦ: 65 ᒥᓂᑦᑦ

Preparation Time: 15 minutes
Cooking Time: 65 minutes

ᓂᑮᑦ ᖃᓄᐃᑦᑑᓂᖅᒋᑦ

Foods Items

Tomatoes red (ᐊᐅᐸᕐᓯᓂᐅᓗᑎᒃ ᖁᒻᒧᔪᒥᑦᑐᓘᓐᓃᑦ ᐃᓗᐃᑦᑐᓘᓐᓃᑦ)	1 cup (250 ml)	Tomatoes, red, ripe, canned, whole
ᑐᒫᑐᐃᑦ ᐃᑦᑎᖅᒐ	½ cup (125 ml)	Tomato juice
Celery	1 tablespoon (15 ml)	Celery
Carrot	1 tablespoon (15 ml)	Carrot
Broccoli	1 tablespoon (15 ml)	Broccoli
Cauliflower	1 tablespoon (15 ml)	Cauliflower
sxî5	1 tablespoon (15 ml)	Onion
Parsley	½ teaspoon (2 ml)	Parsley
Thyme	½ teaspoon (2 ml)	Thyme
Oregano	½ teaspoon (2 ml)	Oregano
Celery seed	½ teaspoon (2 ml)	Celery seed
ᑕᓇᐅᖅ	½ teaspoon (2 ml)	Salt
ᐃᒪᖅ	2/3 cup (160 ml)	Water
ᖁᐱᕐᕈᐊᔪᐃᑦ (ᐃᕐᕿᐅᔭᕐᑦ) ᖃᑯᕐᑌᑦ	¼ cup (60 ml)	White rice

ᐊᑐᐃᓐᓇᕈᕐᑕᐅᒍᓯᖅᒋᑦ

Instructions

1. ᐊᒥᓄᔭᕐᓗᒋᑦ ᐃᕐᕈᑐᕐᓗᒋᓪᓗ ᐃᓚᕐᕿᓗᒋᓪᓗ ᓄᓇᕗᑦ ᐱᕈᕐᑐᕕᓃᑦ
2. ᐅᒃᑯᓯᒍᕐᓗᒋᑦ ᐃᓗᓐᓈᑎᒃ ᖁᐱᕐᕈᐊᔪᖅᒋᑐᐃᓐᓇᑐᖅ (ᐃᕐᕿᐅᔭᐅᖅᒋᑐᐃᓐᓇᑐᖅ);
3. ᐅᒃᑯᓯᒃ ᑭᐊᑦᓴᐅᑎᐅᑉ ᖁᒃᒐᓄᕐᓗᒍ ᐆᓇᕐᓂᖅᒐ ᐆᓇᕈᓐᓇᕕᓕᒫᒥᓂᑦᑎᓗᒍ. ᑎᕐᑎᓯᐊᓇᓗᒋᑦ. ᑎᕐᑎᓯᑉᐸᑦ ᖁᐱᕐᕈᐊᔪᐃᑦ (ᐃᕐᕿᐅᔭᑦ) ᐅᒃᑯᓯᒍᕐᓗᒋᑦ;
4. ᐆᓇᕈᓐᓄᑎᒋᐊᕐᓗᒍ ᑭᐊᑦᓴᐅᑎᒃ ᑎᕐᑎᐅᒐᕐᑎᓯᓗᒋᑦ ᕿᑦᓚᒍᓯᓕᒫᒥ (ᐃᑲᐅᕐᓂᓕᒫᒥ) ᐅᑭᑦᓘᓐᓃᑦ ᓄᓇᕗᑦ ᐱᕈᕐᑐᕕᓃᑦ ᖁᐱᕐᕈᐊᔪᐃᓪᓗ (ᐃᕐᕿᐅᔭᓪᓗ) ᐊᕿᓪᓕᖅᒋᓐᓂᓕᒫᖅᒋᓐᓂ;
5. ᐊᑐᐃᓐᓇᓯᔭᐅᑎᓗᒋᑦ.

1. Peel, wash and chop vegetables ;
2. In a pot, add all ingredients except the rice ;
3. Place pot on stove over high heat. Bring to a boil. Add rice
4. Reduce heat and simmer for approximately 1 hour or until the vegetables are tender and the rice is cooked
5. Serve.

Nutrient values – 1 serving=134g

61,4 kCal Calories • 13,4 g Carbo • 0,2 g Fat • 2,2 g Protein • 1,6 g Fiber • 1,8 mg Iron

ᐱᑭᕐᑐᕕᓃᑦ ᓄᓇᒥ ᓇᑦᑐᓂᓗ

ᓂᕐᓯᐅᕈᓱᑦ ᑐᑭᐊᒎᑦᓯᐊᑐᑦ ᓄᓇᕕᒻᒥ ᓂᕿᑦᓯᐊᓂᒃ ᖃᐅᔨᒪᐅᑏᑦ ᐱᑭᕐᑐᕕᓂᕐᓂᒃ ᓄᓇᒥ ᓇᑦᑐᓂᓗ

ᓱᒍᑦ ᐱᑭᕐᑐᕕᓃᑦ ᓄᓇᒥ ᓇᑦᑐᓂᓗ ᐱᒻᒪᓇᐅᕙᑦ ?

ᓄᓂᕖᑦᓴᑦ, ᐱᑭᕐᑐᕕᓃᑦ ᓇᑦᑐᓂ ᓄᓇᒥᑦᓗ ᖃᓂᒪᑏᒃᑯᑎᑦᖃᕐᐳᑦ ᐋᓐᓂᐊᓄᑦᓗ ᐁᑦᑐᑕᐅᑏᒃᑯᑎᑦᖃᕐᓯᑎᒃ. ᐃᔨᖃᑦᓯᐊᓇᕐᑑᓯᑎᑦᓗ ᐅᕕᓂᖃᑦᓯᐊᓇᕐᑑᓯᑎᑦᓗ ᐃᓚᖃᕐᒥᒃ ᑎᔭᐅᔪᓂᒃ vitamin A and vitamin C.

Vitamin A ᑕᑯᓐᓇᓯᐊᕐᓇᑐᕐᑕᓕᒃ ᐅᕕᓂᖃᑦᓯᐊᓇᕐᑐᑕᖃᕐᓯᓂᓗ. ᐋᓐᓂᐊᓄᑦ ᐁᑦᑐᑕᐅᑏᒃᑯᑎᑦᖃᕐᓯᓂᓗ. ᑎᔭᐅᔪᖅ Vitamin C ᐅᕕᓂᖃᑦᓯᐊᓇᕐᑑᒥᔪᖅ ᑭᓕᕐᑐᖃᕋᒥᓗ ᒪᒥᓐᓇᑐᕐᑕᖃᕐᓯᓂ. ᑎᔭᐅᔪᖅ Vitamin C ᖃᓂᒪᔪᖃᓕᕋᒥ ᐋᕐᕿᕝᕕᓕᐊᒍᑎᑦᓴᑕᖃᕐᒥᔪᖅ.

ᖃᐅᔨᒪᐅᑎᑦᓴᑦ ᓱᓄᑦ ᓂᕆᒐᑦᓴᓯᐊᒍᒻᒪᖕᒐᑕ ᐱᑭᕐᑐᕕᓃᑦ ᓄᓇᒥ ᓇᑦᑐᓂᓗ:

- ᐊᑦᔨᒌᖕᒋᑐᓂᒃ ᓂᕆᑦᓯᐊᖃᑦᑕᕆᐊᖃᕐᕐᑎᑦ ᐱᑭᕐᑐᕕᓂᕐᓂᒃ ᓄᓇᒥ ᓇᑦᑐᓂᓗ ᐊᑦᔨᒌᖕᒋᑐᓂᒃ ᖃᓄᐃᖕᒋᓯᐊᕐᓇᑐᕐᑕᖃᕐᒪᑕ.

Rich in Vitamin C	Broccoli, oranges, red peppers, strawberries, tomatoes.
Rich in Vitamin A	Apricots, cantaloupes, carrots, mango, pumpkin, sweet potatoes.
Rich in Folate (protect against birth defects)	Lettuce, spinach, brussel sprouts, 100% orange juice.

- ᐅᕐᓯᒥᒃ ᐃᓚᓗᐊᕐᒐᓕᕝᕙᓗᒋᑦ ᐱᑭᕐᑐᕕᓃᑦ ᒐᒫᑐᐃᓐᓇᖅ ᓂᕆᓚᖕᒐᒍᕕᒃᑭᑦ ᐃᒐᓚᖕᒐᒍᕕᒃᑭᓘᓐᓃᑦ. ᐅᕐᓯᖃᓗᐊᕐᑎᓯᓲᒍᒻᒪᑕ ᒪᑯᐊ butter, mayonnaise, cheese or salad dressing.
- Season vegetables with herbs and spices rather than with sauces, butter, margarine, or fatty meat drippings.
- ᑎᕐᑎᑑᑉ ᖁᓛᓂ ᐃᒐᕐᑲᑦᑕᓗᒋᑦ, ᑎᕐᑎᑎᕐᑲᑦᑕᓗᒋᑦ, ᑭᐊᑦᓴᐅᑎᐅᓪᓘᓃᑦ ᐃᓗᐊᓂ ᐃᒐᕐᑲᑦᑕᓗᒋᑦ ᐱᑭᕐᑐᕕᓃᑦ; ᐅᕝᕙᓘᓐᓃᑦ, ᓵᑦᑑᔭᕐᓗᒋᑦ ᒥᑭᔪᐊᐱᒻᒧᑦ ᐱᑭᕐᑐᕕᓃᑦ ᐅᕐᓯᖕᒐᓄᑦ.
- ᐱᑭᕐᑐᕕᓃᑦ ᐅᕐᓯᒧᑦ ᐃᒐᓯᒪᔪᑦ ᐱᑦᑎᓕᕝᕙᓗᒋᑦ, ᐅᕐᓯᖃᓗᐊᕐᒪᑕ.

❖ Use nonfat or low-fat salad dressings, or use only small amounts of regular dressings. Try lemon juice or balsamic vinegar on salads.

Vegetables & Fruits

The recipes in this section all belong to the Vegetables and Fruits food group of the Nunavik Food Guide.

Why are Vegetables & Fruit important?

Berries, fruits and vegetables help your body to fight sickness and infection. They also help to give you healthy eyes and skin because they have lots of vitamin A and vitamin C.

Vitamin A helps you see better and keeps your skin healthy. It also protects you against infection. Vitamin C also keeps your skin healthy and can help your body heal when you get hurt. Vitamin C is important in fighting sickness.

Helpful Tips for Eating Vegetables & Fruits:

- It's important to eat many different vegetables and fruits because different kinds of fruits and vegetables have different amounts and types of vitamins and minerals.

Rich in Vitamin C	Broccoli, oranges, red peppers, strawberries, tomatoes.
Rich in Vitamin A	Apricots, cantaloupes, carrots, mango, pumpkin, sweet potatoes.
Rich in Folate (protect against birth defects)	Lettuce, spinach, brussel sprouts, 100% orange juice.

- Limit the fat added to vegetables at the table or during cooking. Adding butter, mayonnaise, cheese or salad dressing add to the fat content.
- Season vegetables with herbs and spices rather than with sauces, butter, margarine, or fatty meat drippings.
- Steam, boil, broil, or bake vegetables; or for a change, stir-fry in a very small amount of vegetable oil.
- Avoid vegetables that are fried, because they are high in fat.
- Use nonfat or low-fat salad dressings, or use only small amounts of regular dressings. Try lemon juice or balsamic vinegar on salads.

Broccoli ᐅᐊᓂᐅᔪᓪᓗ ᐅᐊᑭᑎᓛᑦ Cheese -ᒥᒃ
Broccoli & Onion au Gratin

ᓄᓇᕗᒻᒥ ᓂᕿᑦᓯᐊᓂᒃ ᓂᓇᕐᑯᓪᓗᑕ ᒪᓕᒐᓕᐊᖑᒍᒪᔪᑦ

ᐸᐅᕐᖏᑦ/ᑭᒍᑕᖕᒋᕐᖕᑦ/ᑭᒻᒥᖕᑦ, ᐱᑭᕐᑐᕕᓃᑦ ᒪᒪᕐᑐᐃᑦ ᓄᓇᕋᓪᓗ ᐱᑭᕐᑐᕕᓃᑦ

ᓇᓪᓕᒃᑲᕐᓂᓴᓇᖅᑲᑦᑕᓗᒋᑦ ᑕᐅᑦᑐᓛᑦ ᕿᕐᓂᑖᖕᒐᓂᕐᓴᒥᒃ ᓄᓇᕋᑦ, ᐸᐅᖕᒐᓗᓐᓂᒃ (orange) ᐱᑭᕐᑐᕕᓂᕐᓂᓗ ᓄᓇᔭᓂᒃ ᐱᑭᕐᑐᕕᕐᓂᓂᓗ ᒪᒪᕐᑐᓂᒃ

ᕐᑲᓄᓪᓗᐊᑎᒋᒃ ᐊᑐᐃᓐᓇᑭᕐᑎᑕᐅᒐᓯᐊᕐᓂᐊᓂᖕᒐᑦ: 20 ᒥᓂᑦᑦ
ᕐᑲᓄᓪᓗᐊᑎᒋᒃ ᕐᑲᓚᒐᓯᐊᕐᓂᐊᓂᖕᒐᑦ: 35 ᒥᓂᑦᑦ

Preparation Time: 20 minutes
Cooking Time: 35 minutes

ᓂᒌᑦ ᕐᑲᓄᐃᑦᑑᓂᖕᒋᑦ

Foods Items

ᐅᐊᓂᐅᔭᖅ ..... 1 ..... Onion
ᐅᕐᓯᖅ Canola oil ..... 1 teaspoon (5 ml) ..... Canola oil
Broccoli, ᑎᕐᑎᓯᒪᔪᖅ, ᐃᒣᔭᕐᓯᒪᔪᖅ ..... 2 cups (500 ml) ..... Broccoli, boiled, drained
ᓴᓇᐅᒐᖅ (ᓂᕿᑦᓴᔭᖅ) ᑲᔫᓂᕐᓴᖅ ..... 1 tablespoon (15 ml) ..... Whole wheat flour
ᑕᓇᐅᖅ ..... ½ teaspoon (2 ml) ..... Salt
Pepper ..... ½ teaspoon (2 ml) ..... Pepper
ᐃᒻᒧᖅ 2 % ..... 2/3 cup (160 ml) ..... 2 % milk
ᐅᕐᓯᑕᖅᑲᓗᐊᖕᖕᒋᑐᖅ cream cheese ..... 1/3 cup (80 ml) ..... Light cream cheese
ᓂᐊᕐᑯᔭᐅᑉ ᑲᖕᖕᒐᓂᓗᑯᖕᒋᑦ ..... ¼ cup (60 ml) ..... Breadcrumbs
Parmesan ..... 1 tablespoon (15 ml) ..... Parmesan

ᐊᑐᐃᓐᓇᑭᕐᑕᐅᒍᓯᖕᒋᑦ

1. ᐊᒥᓗᔭᕐᓗᒍ ᐊᒥᑦᑐᑑᖕᒍᓇᕐᑎᑎᓪᓗᒍᓗ ᐃᓚᕐᕿᓗᒍ ᐅᐊᓂᐅᔭᖅ (ᐅᐊᓂᖅ).
2. ᐃᕐᕿᓗᒍ ᐃᓚᕐᕿᓗᒍᓗ broccoli ᐅᕐᑯᒻᒥᓗᐊᖕᒍᓈᕐᑎᓪᓗᒍ. ᑎᕐᑎᑐᒥᑦᑎᓗᒍ ᐃᒪᕐᒥ ᑎᕐᑎᓯᑉᐸᓗ ᐃᒪᖕᒐ ᑯᐱᓗᒍ.
3. ᓵᑦᑑᔭᕈᑎᒧᑦ, ᐆᓇᕐᓂᖕᒐ ᐊᑯᓪᓕᒦᑦᑎᓗᒍ ᐃᒐᓗᒍ ᐅᕐᓯᒧᑦ (ᖃᓗᕋᐅᑎᐊᐱᓪᓗᐊᒥᒃ ᐅᕐᓯᒥᒃ) ᐅᐊᓂᐅᔭᖅ ᐊᕿᓪᓕᑦᓯᐊᓇᓗᒍ.
4. ᐅᕐᓯᑎᐊᐱᓪᓗᒍ ᓵᑦᑑᔭᕈᑎᒃ. broccoli ᐅᐊᓂᐅᔭᕐᓗ (ᐅᐊᓂᕐᓗ) ᖃᓚᒪᓕᕐᑎᓗᒋᒃ ᐃᓕᓯᒻᒥᓗᒋᑦ ᓵᑦᑑᔭᕈᑎᓐᓄᑦ.
5. ᓵᑦᑑᔭᕈᑎᒧᕐᓯᓗᑎᑦ ᐅᕐᓯᒐᓛᐱᒻᒥᒃ ᐆᓇᕐᓂᖕᒐ ᐊᑯᓪᓕᒦᑦᑎᓗᒍ. ᓴᓇᐅᒐᖅ (ᓂᕿᑦᓴᔭᖅ), ᑕᓇᐅᖅ pepper-ᓗ ᓵᑦᑑᔭᕈᑎᒨᓯᒻᒥᓗᒋᑦ.
6. ᐃᒻᒧᒥᒃ ᐃᓚᓗᒍ ᐃᒐᒋᐊᒃᑲᓂᕐᓗᒍ. ᐃᖕᒍᓚᖕᒋᓐᓇᓗᒍ ᖃᔪᕈᖕᖕᒋᓂᓕᒫᖕᒐᓂ ᐳᓪᓚᑲᓪᓛᖕᒋᓐᓂᓕᒫᖕᒐᓂᓗ.

Instructions

1. Peel and slice onion thinly.
2. Wash and cut broccoli in bite-size pieces. Boil in water and drain.
3. In a frying pan, over medium heat, sauté the onion in 1 teaspoon of oil until softened.
4. Lightly grease an oven pan. Put in the cooked broccoli and onion.
5. In a frying pan, put a few drops of oil over medium heat. Blend in the flour, salt and pepper.
6. Add the milk and cook. Stir continuously until thick and bubbly.
7. Reduce the heat and add the cream cheese, stirring and blending until smooth. Pour over the vegetables.
8. Bake, uncovered, at 350°F (180°C) for about 20 minutes.
9. Sprinkle the breadcrumbs and Parmesan cheese over the casserole and continue baking for another 15 minutes.

Nutrient values – 1 serving =117g

113,6 kCal Calories • 12,1 g Carbo • 4,8 g Fat • 5,2 g Protein • 1,9 g Fiber • 0,7 mg Iron

7. ᑭᐊᑦᓴᐅᑎᒃ ᐆᓇᕈᓐᓄᑎᒋᐊᕐᓗᒍ cream cheese ᐃᓕᓯᒻᒥᓗᒍ, ᐃᖑᓚᖕᒥᓐᓇᓯᐊᕐᓗᒍ ᐅᐊᕈᑎᒋᑦᓯᐊᑎᒐᓯᐊᕐᓗᒍᓗ. ᓄᓇᕋᑦ ᐱᕈᕐᑐᕕᓃᑦ ᖃᖓᓄᕐᓗᒍ.
8. ᑭᐊᑦᓴᐅᑎᐅᑉ ᐃᓗᐊᓂ ᐃᒐᓗᒍ, ᒪᑐᓯᒪᑦᔭᒍᓐᓄᑦᓗᒍ ᐆᓇᕐᓂᖓ 350°F (180°C)-ᒥᑦᑎᓗᒍ 20 ᒥᓂᑦᓯᒐᓛᒥ.
9. ᓂᐊᕐᑯᔭᐅᑉ ᑲᕐᖓᓂᓗᑯᖕᒋᓐᓂᒃ ᖃᖓ ᐱᑕᑦᓯᓗᒍ Parmesan cheese-ᒥᓗ ᑭᐊᑦᓴᐅᑎᐅᑉ ᐃᓗᐊᓂ ᐃᒐᒍᑎᒥᑦᑎᓗᒍ ᐃᒐᒋᐊᒃᑲᓂᕐᓗᒍ 15 ᒥᓂᑦᓯᒋᐊᓪᓚᒥ.

Carrot ᐅᐊᑭᑎᓛᑦ ᐸᐅᖅᒐᐅᔭᕐᓂᒃ
Carrot & Raisin Salad

ᓄᓇᕗᒻᒥ ᓂᕿᑦᓯᐊᓂᒃ ᓂᓇᕐᑯᓪᓗᑕ ᒪᓕᒐᓕᐊᖅᒍᒪᔪᑦ

ᐸᐅᖅᑐᑦ/ᑭᒍᑕᖅᒋᕐᓂᑦ/ᑭᒻᒥᓂᑦ, ᐱᑭᕐᑐᕕᓃᑦ ᒪᒪᕐᑐᐃᑦ ᓄᓇᕋᓪᓗ ᐱᑭᕐᑐᕕᓃᑦ

ᓇᓪᓕᒃᑦᓂᓴᓇᖃᑦᑕᓗᒋᑦ ᑕᐅᑦᑐᓃᑦ ᕿᕐᓂᑖᖅᒐᓂᕐᓴᓂᒃ ᓄᓇᕋᑦ, ᐸᐅᖅᒐᓗᓐᓂᒃ (orange) ᐱᑭᕐᑐᕕᓂᕐᓂᓗ ᓄᓇᔭᓂᒃ ᐱᑭᕐᑐᕕᕐᓂᓂᓗ ᒪᒪᕐᑐᓂᒃ

Nunavik Food Guide Group

Berries, fruits & Vegetable

Choose dark green and orange vegetables and orange fruits more often

ᖃᓄᓪᓗᐊᑎᒋᒃ ᐊᑐᐃᓐᓇᑭᕐᑎᑕᐅᒐᓯᐊᕐᓂᐊᓂᖅᒐᑦ: 10 ᒥᓂᑦᑦ
ᖃᓄᓪᓗᐊᑎᒋᒃ ᖃᓚᒐᓯᐊᕐᓂᐊᓂᖅᒐᑦ: 0 ᒥᓂᑦᑦ

Preparation Time: 10 minutes
Cooking Time: 0 minutes

ᓂᑖᑦ ᖃᓄᐃᑦᑑᓂᖅᒋᑦ

Foods Items

ᓯᖃᓪᓕᓯᒪᑎᓪᓗᒋᑦ Carrots ..... 2 cups (500ml) ..... Carrots, shredded
ᐸᐅᖅᒐᐅᔭᑦ ..... ½ cup (125 ml) ..... Raisins
ᐋᐳᐃᑦ ..... 2 ..... Apples
ᐃᓚᕐᕿᓯᒪᑦᓱᓂ pineapple ᕐᑯᒻᒧᔪᒥᑦᑐᖅ ..... 2 cups (500 ml) ..... Crushed pineapple, canned
Lemon ᐃᑦᑎᖅᒐ ..... 1 tablespoon (15 ml) ..... Lemon juice
ᐅᕐᓱᖃᓪᓗᐊᕋᓂ mayonnaise
ᐅᕝᕙᓘᓐᓃᑦ ᐱᑭᕐᑐᕕᓂᕐᓂᒃ ᓂᓇᓕᕋᒥᑦ ᐅᐊᑭᑎᑦᓴᔭᓐᓈᓇᓂᕐᐸᑦ ..... 1/3 cup (90 ml) ..... Light mayonnaise or your favourite salad dressing

ᐊᑐᐃᓐᓇᑭᕐᑕᐅᒍᓯᖅᒋᑦ

Instructions

1. ᐊᒥᓐᔭᕐᓗᒋᑦ carrots ᐃᓚᕐᕿᓗᒋᓪᓗ ᐃᖅᒍᑦᓯᕕᒻᒧᕐᑲᕐᓗᒋᑦ.
2. ᐃᕐᕿᑐᕐᓗᒋᑦ ᓇᑲᑎᕐᓗᒋᓪᓗ ᐋᐳᐃᑦ ᓯᒃᑭᑕᐅᓈᕐᑎᓗᒋᑦ.
3. ᐃᖅᒍᑦᓯᕕᒻᒧᑦ ᑲᑎᑎᓗᒋᑦ. ᖃᓗᐃᑦᓯᐊᓗᒋᑦ.
4. ᓂᓪᓕᒪᔪᖃᐅᑎᒧᕐᓗᒍ ᐊᑐᐃᓐᓇᓯᒪᑦᓴᓇᓗᒍ.

1. Peel carrots and grate them into a large bowl.
2. Wash and cut up apple into cubes.
3. Add all ingredients to the carrot bowl. Mix well.
4. Refrigerate until ready to serve.

Nutrient values–1 serving=232g

206,3 kCal Calories • 40,1 g Carbo • 5,5 g Fat • 1,2 g Protein • 4,1 g Fiber • 0,8 mg Iron

Chickpeas ᓄᓇᔭᓂᒃ ᐅᐊᕈᑎᓖᑦ
Chickpeas & Vegetable Salad

ᓄᓇᕗᒻᒥ ᓂᕿᑦᓯᐊᓂᒃ ᓂᓇᕐᑯᓪᓗᑕ ᒪᓕᒐᓕᐊᖑᒍᒪᔪᑦ

ᐸᐅᕐᖏᑦ/ᑭᒍᑕᖕᒋᕐᓂᑦ/ᑭᒻᒥᓂᑦ, ᐱᕈᕐᑐᕕᓖᑦ ᒪᒪᕐᑐᐃᑦ ᓄᓇᕗᑦᓗ ᐱᕈᕐᑐᕕᓖᑦ

ᓇᓪᓕᒃᑲᕐᓂᓴᓇᖃᑦᑕᓗᒋᑦ ᑕᐅᑦᑐᓖᑦ ᕿᕐᓂᑖᖕᒐᓂᕐᓴᒥᒃ ᓄᓇᕗᑦ, ᐸᐅᖕᒐᓗᓐᓂᒃ (orange) ᐱᕈᕐᑐᕕᓂᕐᓂᓗ ᓄᓇᔭᓂᒃ ᐱᕈᕐᑐᕕᕐᓂᓂᓗ ᒪᒪᕐᑐᓂᒃ

Nunavik Food Guide Group

Berries, fruits & Vegetable

Choose dark green and orange vegetables and orange fruits more often

ᕐᑲᓄᓪᓗᐊᑎᒋᒃ ᐊᑐᐃᓐᓇᕈᕐᑎᑕᐅᒐᓯᐊᕐᓂᐊᓂᖕᒐᑦ: 15 ᒥᓂᑦᑦ
ᕐᑲᓄᓪᓗᐊᑎᒋᒃ ᕐᑲᓚᒐᓯᐊᕐᓂᐊᓂᖕᒐᑦ: 0 ᒥᓂᑦᑦ

Preparation Time: 15 minutes
Cooking Time: 0 minutes

ᓂᑮᑦ ᕐᑲᓄᐃᑦᑑᓂᖕᒋᑦ

Foods Items

Chickpeas	½ cup (125 ml)	Chickpeas
Green pepper	1	Green pepper
Red pepper	½	Red pepper
Cucumber	1	Cucumber
ᐅᕐᓯᕐᑲᓪᓗᐊᕋᓂ mayonnaise	2 tablespoons (30 ml)	Light mayonnaise
Plain yogurt	3 tablespoons (45 ml)	Plain yogurt
Parsley	2 tablespoons (30 ml)	Parsley
Curry powder	½ teaspoon (2 ml)	Curry powder

ᐊᑐᐃᓐᓇᕈᕐᑕᐅᒍᓯᖕᒋᑦ

Instructions

1. ᐃᒐᓗᒋᑦ chickpeas (ᕐᑲᓚᒪᖕᖕᒋᑐᐊᕐᐸᑕ) ᐊᕐᕿᓕᖕᒋᓐᓂᓕᒫᖕᒋᓐᓂ. ᐃᒪᓕᒫᖕᒐ ᑯᕕᓗᒍ. *ᕐᑯᒻᒧᔪᒥᑦᑐᓂᒃ chickpeas-ᓂᒃ ᐊᑐᕈᕕᑦ, ᐃᒪᓕᒫᖕᒐ ᑯᕕᓗᒍ ᐃᕐᕈᓯᐊᕐᓗᒋᓪᓗ ᐃᒪᕐᒧᑦ ᑯᕕᔪᒥᑦ ᓂᓪᓕᒪᔪᒧᑦ.
2. ᐃᕐᕈᓗᒋᑦ ᐃᓚᕐᕿᓗᒋᓪᓗ ᓄᓇᕗᑦ ᐱᕈᕐᑐᕕᓖᑦ ᒥᑭᔪᕐᓚᐅᓈᕐᑎᑎᓪᓗᒋᑦ.
3. ᐃᖑᑦᓯᕕᒻᒨᓗᒋᑦ, pepper cucumber-ᓗ ᐃᖑᓚᓗᒋᑦ.
4. ᐃᖑᑦᓯᕕᒻᒥ ᐊᓯᐊᓂ, ᐃᖑᓚᓗᒋᑦ mayonnaise, yougurt, parsley, curry power, chickpeas.
5. ᓄᓇᔭᓂᒃ ᐱᕈᕐᑐᕕᓂᕐᓂᒃ ᐃᓚᓗᒋᑦ.
6. ᓂᓪᓕᒪᔪᒧᕐᓗᒋᑦ (ᓂᓪᓕᒪᔪᕐᑲᐅᑎᒨᕐᓗᒋᑦ ᐊᑐᐃᓐᓇᓯᒐᑦᓴᓇᓗᒋᑦ).

1. Cook the chickpeas (if uncooked) until soft. Drain well. *If you are using canned chickpeas, drain and rinse the chickpeas under cold running water.
2. Wash and cut the vegetables in small pieces.
3. In a bowl, mix the peppers and cucumber.
4. In another bowl, mix the mayonnaise, yogurt, parsley, curry powder, chickpeas.
5. Toss with vegetables.
6. Chill the salad (keep in the refrigerator until ready to serve).

Nutrient values – 1 serving=136g

65,4 kCal Calories • 8,5 g Carbo • 2,5 g Fat • 2,7 g Protein • 2,3 g Fiber • 0,7 mg Iron

ᐱᑭᕐᑐᕕᓂᕐᓂᒃ ᒪᒪᕐᑐᓂᒃ ᐅᐊᑭᑎᓕᒃ ᓂᐊᕐᑰᔭᖅ
Fruit Bread

ᓄᓇᕕᒻᒥ ᓂᕿᑦᓯᐊᓂᒃ ᓂᓇᕐᑯᓪᓗᑕ ᒪᓕᒐᓕᐊᖅᒍᒪᔪᑦ

ᐸᐅᕐᖏᑦ/ᑭᒍᑕᖅᑭᕐᖑᑦ/ᑭᒻᒥᖑᑦ, ᐱᑭᕐᑐᕕᓃᑦ ᒪᒪᕐᑐᐃᑦ ᓄᓇᕋᓪᓗ ᐱᑭᕐᑐᕕᓃᑦ

ᓇᓪᓕᒃᑯᕐᓂᓴᓇᖃᑦᑕᓗᒋᑦ ᑕᐅᑦᑐᓃᑦ ᕿᕐᓂᑖᖅᒐᓂᕐᓴᒥᒃ ᓄᓇᕋᑦ, ᐸᐅᖅᑲᓗᓐᓂᒃ (orange) ᐱᑭᕐᑐᕕᓂᕐᓂᓗ ᓄᓇᔭᓂᒃ ᐱᑭᕐᑐᕕᕐᓂᓂᓗ ᒪᒪᕐᑐᓂᒃ

Berries, fruits & Vegetable

Choose dark green and orange vegetables and orange fruits more often

ᕐᑲᓄᓪᓗᐊᑎᒋᒃ ᐊᑐᐃᓐᓇᑭᕐᑎᑕᐅᒐᓱᐊᕐᓂᐊᓂᖅᒐᑦ: 15 ᒥᓂᑦᑦ
ᕐᑲᓄᓪᓗᐊᑎᒋᒃ ᕐᑲᓚᒐᓱᐊᕐᓂᐊᓂᖅᒐ: 40 ᒥᓂᑦᑦ

Preparation Time: 15 minutes
Cooking Time: 40 minutes

ᓂᑮᑦ ᕐᑲᓄᐃᑦᑑᓂᖅᒋᑦ

Foods Items

ᓴᓇᐅᒐᖅ (ᓂᕿᑦᓴᔭᖅ) ᑲᔫᓂᕐᓴᖅ ..... 1 ½ cups (375 ml) ..... Whole wheat flour
ᓴᓇᐅᒐᖅ (ᓂᕿᑦᓴᔭᖅ) ᕐᑲᑯᕐᑕᖅ ..... 1 ½ cups (375 ml) ..... White flour
ᐳᑦᔪᓴᐅᑎᒃ ..... 2 teaspoons (10 ml) ..... Baking powder
Baking soda ..... 1 teaspoon (5 ml) ..... Baking soda
ᑕᓇᐅᖅ ..... ½ teaspoon (2 ml) ..... Salt
ᐱᑕᑦᓴᖅ (ᒪᒪᕐᓴᐅᑎᒃ) ..... ½ cup (125 ml) ..... Sugar
Plain yogurt ..... ½ cup ..... Plain yogurt
ᒪᓐᓃᑦ ..... 2 ..... Eggs
ᐋᐳ ᓯᕐᑲᓪᓕᓯᒪᔪᖅ ..... 1 cup ..... Apple, shredded
Vanilla extract ..... ½ teaspoon (2ml) ..... Vanilla extract
Walnuts (ᐃᓚᐅᕐᑯᖅᖅᒋᑯᕕᒃᑭᑦ ᐃᓚᐅᒋᐊᑐᖅᖅᒋᑐᑦ) ..... ½ cup (125ml) ..... Walnuts (optional)

ᐊᑐᐃᓐᓇᑭᕐᑕᐅᒍᓯᖅᒋᑦ

Instructions

1. ᑭᐊᑦᓴᐅᑎᐅᑦ ᐃᓗᐊ ᐆᓇᕐᓯᓯᐊᓇᕐᖅᑳᓗᒍ 350 F. ᓂᐊᕐᑰᔭᓕᐅᑭᑎᒃ ᐅᕐᓯᑎᓪᓗᒍ.
2. ᐃᖅᒍᑦᓯᕕᒻᒧᑦ ᐃᓕᓗᒋᑦ ᑕᒪᒃᑯᐊᓕᒫᑦ ᐅᐊᑭᑎᒌᓕᕐᑎᓗᒋᑦ ᕐᑲᐅᓯᓕᕐᑐᐃᓇᐅᖅᖅᒋᓂᓕᒫᖅᒋᓐᓂ.
3. ᓂᐊᕐᑰᔭᓕᐅᑭᑎᒧᕐᓗᒍ.
4. ᑭᐊᑦᓴᐅᑎᐅᑦ ᐃᓗᐊᓈᕐᓗᒍ ᐆᓇᕐᓂᖅᒐ 350-ᒦᑦᑐᒧᑦ 35 ᒥᓂᑦᓯᒥᑦ 40 ᒥᓂᑦᓯᒧᑦ.
5. ᓇᑲᑎᕐᓗᒍ ᕐᑯᓕᐅᓈᕐᓗᒋᑦ.

1. Preheat oven to 350 F. Grease a loaf pan.
2. In a large bowl, mix all ingredients together just until all ingredients are wet.
3. Pour batter into the loaf pan.
4. Bake at 350 F for 35 to 40 minutes.
5. Cut into 10 slices.

Nutrient values – 1 serving =90g

245,5 kCal Calories • 40,5 g Carbo • 6,0 g Fat • 7,7 g Protein • 3,7 g Fiber • 2,1 mg Iron

ᐱᑭᕐᑐᕕᓃᑦ ᐅᐊᑭᑦᓯᓯᒪᔪᑦ ᐃᒥᕋᑦᓴᔭᒥᒃ
Fruit Shake

ᓄᓇᕕᒻᒥ ᓂᕿᑦᓯᐊᓂᒃ ᓂᓇᕐᑯᓪᓗᑕ ᒪᓕᒐᓕᐊᖑᒍᒪᔪᑦ

ᐸᐅᕐᖏᑦ/ᑭᒍᑕᖕᒋᕐᓂᑦ/ᑭᒻᒥᓂᑦ, ᐱᑭᕐᑐᕕᓃᑦ ᒪᒪᕐᑐᐃᑦ ᓄᓇᕋᓪᓗ ᐱᑭᕐᑐᕕᓃᑦ

ᓇᓪᓕᒃᑲᕐᓂᓴᓇᕐᑲᑦᑕᓗᒋᑦ ᑕᐅᑦᑐᓂᑦ ᕿᕐᓂᑖᖕᒐᓂᕐᓴᒥᒃ ᓄᓇᕋᑦ, ᐸᐅᖕᒐᓗᓐᓂᒃ (orange) ᐱᑭᕐᑐᕕᓂᕐᓂᓗ ᓄᓇᔭᓂᒃ ᐱᑭᕐᑐᕕᕐᓂᓂᓗ ᒪᒪᕐᑐᓂᒃ

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ᕐᑲᓄᓪᓗᐊᑎᒋᒃ ᐊᑐᐃᓐᓇᑭᕐᑎᑕᐅᒐᓯᐊᕐᓂᐊᓂᖕᒐᑦ: 7 ᒥᓂᑦᑦ
ᕐᑲᓄᓪᓗᐊᑎᒋᒃ ᕐᑲᓚᒐᓯᐊᕐᓂᐊᓂᖕᒐᑦ: 0 ᒥᓂᑦᑦ

Preparation Time: 7 minutes
Cooking Time: 0 minutes

ᓂᑮᑦ ᕐᑲᓄᐃᑦᑑᓂᖕᒋᑦ

Foods Items

ᕐᑯᐊᑦ ᐅᑯᓐᓇᓐᓂᑦ ᓄᑖᒍᑎᓪᓗᒋᑦ ᐸᐅᕐᖏᑦ/ᑭᒍᑕᖕᒋᕐᓂᑦ/ᑭᒻᒥᓂᑦ ..... 2 cups (500 ml) ..... Frozen or fresh berries
ᐸᓈᓇ ..... 1 ..... Banana
ᐸᐅᖕᒐᓗᑉ Orange ᐃᑦᑎᖕᒐ ..... 2 cups (500 ml) ..... Orange juice
Plain yogurt ..... 1 cup (250 ml) ..... Plain yogurt
ᐃᒻᒧᖅ ᐸᓂᕐᑐᖅ ..... ½ cup (125 ml) ..... Skim milk powder

ᐊᑐᐃᓐᓇᑭᕐᑕᐅᒍᓯᖕᒋᑦ

Instructions

1. ᑖᒃᑯᐊᓕᒫᑦ ᓯᕐᑲᓪᓕᒍᑎᒧᕐᓗᒋᑦ.
2. ᓯᕐᑲᓪᓕᓗᒋᑦ ᓱᑲᓐᓂᐸᒦᑦᑎᓗᒍ ᓯᕐᑲᓪᓕᒍᑎᒃ ᐅᐊᑭᑎᒌᓪᓕᕐᑎᓯᐊᕐᓗᒋᑦ.
3. ᐱᔭᐅᑎᑦᓴᐅᑎᒋᓗᒍ. ᐊᒥᐊᒃᑯᖕᒐ ᓂᓪᓕᒪᔪᖕᑲᐅᑎᒧᕐᓗᒍ.

1. Place all ingredients in a blender.
2. Blend on high until the mixture is well blended and smooth.
3. Serve immediately. Refrigerate leftovers.

Nutrient values –1 serving=239g

142,0 kCal Calories • 28,9 g Carbo • 1,0 g Fat • 6,2 g Protein • 2,1 g Fiber • 0,7 mg Iron

ᐱᑭᕐᑐᕕᓃᑦ ᒪᒪᕐᑐᐃᑦ ᐅᐊᑭᑎᒌᑦ
Fruited Coleslaw

ᓄᓇᕕᒻᒥ ᓂᕿᑦᓯᐊᓂᒃ ᓂᓇᕐᑯᓪᓗᑕ ᒪᓕᒐᓕᐊᖅᒍᒪᔪᑦ

ᐸᐅᕐᖏᑦ/ᑭᒍᑕᖅᑭᕐᓂᑦ/ᑭᒻᒥᓂᑦ, ᐱᑭᕐᑐᕕᓃᑦ ᒪᒪᕐᑐᐃᑦ ᓄᓇᕗᓪᓗ ᐱᑭᕐᑐᕕᓃᑦ

ᓇᓪᓕᒃᑯᕐᓂᓴᓇᕐᑲᑦᑕᓗᒋᑦ ᑕᐅᑦᑐᓛᑦ ᕿᕐᓂᑖᖅᒐᓂᕐᓴᒥᒃ ᓄᓇᕗᑦ, ᐸᐅᖅᒐᓗᓐᓂᒃ (orange) ᐱᑭᕐᑐᕕᓂᕐᓂᓗ ᓄᓇᒃᓂᒃ ᐱᑭᕐᑐᕕᕐᓂᓂᓗ ᒪᒪᕐᑐᓂᒃ

ᕐᑲᓄᓪᓗᐊᑎᒋᒃ ᐊᑐᐃᓐᓇᑭᕐᑎᑕᐅᒐᓯᐊᕐᓂᐊᓂᖅᒐᑦ: 15 ᒥᓂᑦᑦ
ᕐᑲᓄᓪᓗᐊᑎᒋᒃ ᕐᑲᓚᒐᓯᐊᕐᓂᐊᓂᖅᒐᑦ: 0 ᒥᓂᑦᑦ

Preparation Time: 15 minutes
Cooking Time: 0 minutes

ᓂᒌᑦ ᕐᑲᓄᐃᑦᑑᓂᖅᒋᑦ

Foods Items

ᐱᑭᕐᑐᕕᓂᖅ Cabbage shredded	1 ½ cup (375 ml)	Cabbage shredded
ᒪᒪᕐᑐᖅ ᐱᑭᕐᑐᕕᓂᖅ Pineapple ᓯᕐᑲᓪᓕᓯᒪᑦᓯᓂ ᕐᑯᒻᒧᒍᔪᒥᑦᑐᖅ ᐃᑦᑎᖅᒐᓗ	1 ½ cup (375 ml)	Pineapple, crushed, canned in juice
ᓯᕐᑲᓪᓕᓗᒍ ᐋᐳ	½ cup (125 ml)	Apple chopped
ᒥᑭᔪᖅᒍᐊᑯᑦᓯᑎᒃ marshmallows	¼ cup (60 ml)	Miniature marshmallows
ᐱᑭᕐᑐᕕᓂᖅ ᓯᕐᑲᓪᓕᓗᒍ Celery chopped	¼ cup (60 ml)	Celery, chopped
ᐱᑭᕐᑐᕕᓂᖅ ᒪᒪᕐᑐᖅ Peaches, ᕐᑯᒻᒧᔪᒥᑦᑐᖅ ᐃᑦᑎᖅᒐᓗ	½ cup (125 ml)	Peaches, canned in juice
ᐅᕐᓯᕐᑲᓪᓗᐊᕋᓂ mayonnaise	¼ cup (60 ml)	Light mayonnaise
ᑕᓇᐅᖅ	½ teaspoon (2 ml)	Salt

ᐊᑐᐃᓐᓇᑭᕐᑕᐅᒍᓯᖅᒋᑦ

Instructions

1. ᓯᕐᑲᓪᓕᓗᒋᑦ cabbage, ᐋᐳ, ᐊᒻᒪᓗ celery.
2. ᐊᒻᒪᓗᒍ ᓯᕐᑲᓪᓕᓯᒪᑦᓯᓂ ᐱᑭᕐᑐᕕᓂᖅ pineapple, ᐃᒪᖅᒐ ᑯᕕᓗᒍ
3. ᐆᒍᑕᕐᒧᑦ ᐊᖅᒋᔪᒎᕐᓗᒋᑦ ᑖᒃᑯᐊᓕᒫᑦ.
4. Mayonnaise-ᒧᑦ ᐃᓗᓐᓇᓯᐊᑎᒃ ᐅᐊᑭᑦᓯᓯᐊᖅᒋᓐᓂᓕᒫᖅᒋᓐᓂ ᐃᖅᒍᓗᒋᑦ.
5. ᓂᓪᓕᒪᔪᖅᑲᐅᑎᒧᕐᓗᒋᑦ ᐊᑐᐃᓐᓇᓯᒐᑦᓴᐅᑎᓪᓗᒋᑦ.

1. Chop up cabbage, apple and celery.
2. Open can of crushed pineapple and drain excess liquid.
3. In a large mixing bowl, combine all ingredients together.
4. Toss until the mixture is well coated with mayonnaise.
5. Refrigerate until you are ready to serve.

Nutrient values — 1 serving=153g

116,5 kCal Calories • 19,8 g Carbo • 4,0 g Fat • 0,6 g Protein • 1,6 g Fiber • 0,5 mg Iron

ᓄᓇᕗᑦ ᒪᒪᕐᑐᒥᒃ ᓲᕐᓇᑐᒥᓪᓗ ᐅᐊᕈᑎᓛᑦ
Green Salad With Sweet & Sour Dressing

ᓄᓇᕕᒻᒥ ᓂᕿᑦᓯᐊᓂᒃ ᓂᓇᕐᑯᓪᓗᑕ ᒪᓕᒐᓕᐊᖑᒍᒪᔪᑦ

ᐸᐅᕐᖓᑦ/ᑭᒍᑕᖕᒋᕐᓐᑦ/ᑭᒻᒥᓐᑦ, ᐱᕈᕐᑐᕕᓃᑦ ᒪᒪᕐᑐᐃᑦ ᓄᓇᕗᑦ ᐱᕈᕐᑐᕕᓃᑦ

ᓇᓪᓕᒃᑲᕐᓂᓴᓇᖃᑦᑕᓗᒋᑦ ᑕᐅᑦᑐᓛᑦ ᕿᕐᓂᑖᖕᒐᓂᕐᓴᒥᒃ ᓄᓇᕗᑦ, ᐸᐅᖕᒐᓗᓐᓂᒃ (orange) ᐱᕈᕐᑐᕕᓂᕐᓂᓗ ᓄᓇᔭᓂᒃ ᐱᕈᕐᑐᕕᕐᓂᓂᓗ ᒪᒪᕐᑐᓂᒃ

ᕐᑲᓄᓪᓗᐊᑎᒋᒃ ᐊᑐᐃᓐᓇᕈᕐᑎᑕᐅᒐᓱᐊᕐᓂᐊᓂᖕᒐᑦ: 20 ᒥᓂᑦᑦ
ᕐᑲᓄᓪᓗᐊᑎᒋᒃ ᕐᑲᓚᒐᓱᐊᕐᓂᐊᓂᖕᒐᑦ: 0 ᒥᓂᑦᑦ

Preparation Time: 20 minutes
Cooking Time: 0 minutes

ᓂᒌᑦ ᕐᑲᓄᐃᑦᑑᓂᖕᒋᑦ

Foods Items

Iceberg lettuce	1 cup (250 ml)	Iceberg lettuce
Cucumber	1/3	Cucumber
Tomato	½	Tomato
Mushroom	½ cup (125 ml)	Mushroom
ᐅᕐᓯᖅ Canola oil	2 teaspoons (10 ml)	Canola oil
ᐱᑕᑦᓴᖅ (ᒪᒪᕐᓴᐅᑎᒃ) ᑲᔪᖅ	1 teaspoon (5 ml)	Brown sugar
Vinegar	1 teaspoon (5 ml)	Vinegar
Dried parsley	1 teaspoon (5 ml)	Dried parsley
ᑕᓇᐅᖅ	½ teaspoon (2 ml)	Salt
Pepper	½ teaspoon (2 ml)	Pepper

ᐊᑐᐃᓐᓇᕈᕐᑕᐅᒍᓯᖕᒋᑦ

Instructions

1. ᓯᖃᓪᓗᒍ lettuce ᒥᑭᔪᕐᓚᐅᓈᕐᑎᓗᒍ, ᐃᕐᕈᓗᒍ ᐃᒣᔭᑦᓯᐊᓚᖕᒐᓗᒍ ᐃᕐᕈᒋᕐᐸᑦ.
2. ᐃᕐᕈᓗᒋᑦ ᐱᕈᕐᑐᕕᓃᑦ cucumber, ᑐᒫᑐᐃᑦ, mushrooms-ᓗ. ᐃᓚᕐᕿᓗᒋᑦ ᓄᓇᕗᑦ ᒥᑭᔪᕐᓚᐅᓇᕐᑎᓗᒋᑦ.
3. ᓄᓇᔭᓕᒫᑦ ᐆᒍᑕᕐᒨᓗᒋᑦ. ᒪᑐᓯᐊᓗᒋᑦ ᓂᓪᓕᒪᔪᖅᑲᐅᑎᒧᕐᓗᒋᑦ.
4. ᐊᓯᐊᓄᑦ ᐃᖑᑦᓯᕕᒻᒧᑦ, ᑲᑎᑎᓗᒋᑦ ᐅᕐᓯᖅ, ᐱᑕᑦᓴᖅ (ᒪᒪᑦᓴᐅᑎᒃ), parsley, ᑕᓇᐅᖅ pepper-ᓗ. ᐃᖑᓚᑦᓯᐊᓗᒋᑦ. ᒪᑐᑦᓯᐊᓗᒋᑦ ᓂᓪᓕᒪᔪᖅᑲᐅᑎᒧᕐᓗᒋᑦ.
5. ᓂᓇᔭᐅᓚᐅᕐᑎᓇᒋᑦ, ᐅᐊᕈᑎᑦᓴᔭᖕᒐ ᐃᖑᑦᓯᐊᓗᒍ, ᐱᕈᕐᑐᕕᓂᕐᓄᓗ ᐅᐊᕈᑦᓯᐅᑎᒋᓗᒍ.

1. Break lettuce in small pieces, rinse and drain well.
2. Wash cucumber, tomato and mushrooms. Cut vegetables in small pieces.
3. Place all vegetables in a mixing bowl. Cover and place in the refrigerator.
4. In another mixing bowl, combine oil, sugar, parsley, salt and pepper. Mix well. Cover and place in the refrigerator.
5. Just before serving, shake the dressing vigorously, add to the salad and toss gently.

Nutrient values – 1 serving =50g

27,7 kCal Calories • 2,4 g Carbo • 1,9 g Fat • 0,4 g Protein • 0,5 g Fiber • 0,2 mg Iron

ᐱᑭᕐᑐᕕᓃᑦ ᒪᒪᕐᑐᐃᑦ ᐃᑦᑎᖃᕐᓯᑎᒃ ᐅᐊᕈᑎᒌᑦ
Juicy Fruit Salad

ᓄᓇᕗᒻᒥ ᓂᕿᑦᓯᐊᓂᒃ ᓂᓇᕐᑯᓪᓗᑕ ᒪᓕᒐᓕᐊᖑᒍᒪᔪᑦ

ᐸᐅᕐᖏᑦ/ᑭᒍᑕᖕᒋᕐᓂᑦ/ᑭᒻᒥᓂᑦ, ᐱᑭᕐᑐᕕᓃᑦ ᒪᒪᕐᑐᐃᑦ ᓄᓇᕗᓪᓗ ᐱᑭᕐᑐᕕᓃᑦ

ᓇᓪᓕᒃᑦᓂᓴᓇᖃᑦᑕᓗᒋᑦ ᑕᐅᑦᑐᓖᑦ ᕿᕐᓂᑖᖕᒐᓂᕐᓴᓂᒃ ᓄᓇᕗᑦ, ᐸᐅᖕᒐᓗᖕᓂᒃ (orange) ᐱᑭᕐᑐᕕᓂᕐᓂᓗ ᓄᓇᔭᓂᒃ ᐱᑭᕐᑐᕕᕐᓂᓂᓗ ᒪᒪᕐᑐᓂᒃ

Nunavik Food Guide Group

Berries, fruits & Vegetable

Choose dark green and orange vegetables and orange fruits more often

ᕐᑲᓄᓪᓗᐊᑎᒋᒃ ᐊᑐᐃᖕᓇᑭᕐᑎᑕᐅᒐᓯᐊᕐᓂᐊᓂᖕᒐᑦ: 15 ᒥᓂᑦᑦ
ᕐᑲᓄᓪᓗᐊᑎᒋᒃ ᕐᑲᓚᒐᓯᐊᕐᓂᐊᓂᖕᒐᑦ: 0 ᒥᓂᑦᑦ

Preparation Time: 15 minutes
Cooking Time: 0 minutes

ᓂᒌᑦ ᕐᑲᓄᐃᑦᑑᓂᖕᒋᑦ

Foods Items

ᐱᑭᕐᑐᕕᓂᖅ ᒪᒪᕐᑐᖅ Pineapple ᐃᓗᐃᒃᑲᑲᓪᓚᔪᖅ,
ᕐᑯᒻᒧᔪᒥᑦᑐᖅ ᐃᑦᑎᖕᒐᓗ ..... 1 can (15 ounces) ..... Pineapple chunks, canned in juice
ᐋᐳᐃᑦ ..... 1 ..... Apple
ᐸᐅᖕᒐᓗᒃ Orange ..... 1 ..... Orange
ᐸᓈᓇ ..... 1 ..... Banana
ᐱᑭᕐᑐᕕᓃᑦ Grapes ..... 1 cup (250 ml) ..... Grapes

ᐊᑐᐃᖕᓇᑭᕐᑕᐅᒍᓯᖕᒋᑦ

Instructions

1. ᐱᑭᕐᑐᕕᓂᖅ ᒪᒪᕐᑐᖅ Pineapple ᐃᓗᐃᒃᑲᑲᓪᓚᔪᖅ ᐃᑦᑎᖕᒐ ᐊᑕᑎᓪᓗᒍ ᐃᖕᒍᑦᓯᕕᒻᒨᓗᒍ.
2. ᐃᓚᕐᕿᓗᒋᑦ ᐋᐳ, ᐸᐅᖕᒐᓗᒃ (orange), ᐸᓈᓇᓗ.
3. ᐱᑭᕐᑐᕕᓃᑦ grapes ᕐᑯᐱᓪᓗᐊᓯᐊᕐᓗᒋᑦ ᐊᕝᕙᓗᐊᖕᒋᑦᑎᒍᑦ ᐱᐊᕋᕐᓄᑦ (ᑲᒃᑲᓛᓄᑦ) ᓂᓇᔭᐅᓚᖕᒐᑐᐊᕐᐸᑕ (ᑐᐱᒍᑕᐅᑦᓴᕈᐊᕐᒪᑕ).
4. ᐱᑭᕐᑐᕕᓃᑦ ᒪᒪᕐᑐᐃᑦ ᓇᑲᑎᕐᓯᒪᔪᑦ ᐆᒍᑕᕐᒨᓗᒋᑦ pineapple-ᑕᓕᒻᒍᑦ.
5. ᐃᖕᒍᓚᓗᒋᑦ ᓂᓪᓕᒪᔪᖅᑲᐅᑎᒌᑦᑎᓗᒋᑦ ᐊᑐᐃᖕᓇᓯᔭᐅᓂᐊᕐᒪᑕ.

1. Pour pineapple chunks with juice into a large bowl.
2. Cut up apple, orange and banana.
3. Slice grapes in half if serving to children (to prevent choking).
4. Add the cut-up fruit to the bowl of pineapple.
5. Stir and refrigerate until serving.

Nutrient values – 1 serving=196g

122,2 kCal Calories • 31,9 g Carbo • 0,3 g Fat • 1,2 g Protein • 2,9 g Fiber • 0,5 mg Iron

ᑭᓂᑦᓯᓯᒪᑦᓱᑎᒃ ᐅᐊᑭᑎᒦᑦ ᓄᓇᕋᑦ
Marinated Coleslaw

ᓄᓇᕕᒻᒥ ᓂᕿᑦᓯᐊᓂᒃ ᓂᓇᕐᑯᓪᓗᑕ ᒪᓕᒐᓕᐊᖕᒍᒪᔪᑦ

ᐸᐅᕐᖕᒥᑦ/ᑭᒍᑕᖕᒋᕐᓐᑦ/ᑭᒻᒥᓐᑦ, ᐱᑭᕐᑐᕕᓃᑦ ᒪᒪᕐᑐᐃᑦ ᓄᓇᕋᓪᓗ ᐱᑭᕐᑐᕕᓃᑦ

ᓇᓪᓕᒃᑲᕐᓂᓴᓇᖅᑲᑦᑕᓗᒋᑦ ᑕᐅᑦᑐᓘᑦ ᕿᕐᓂᑖᖕᒐᓂᕐᓴᓂᒃ ᓄᓇᕋᑦ, ᐸᐅᖕᒐᓗᓐᓂᒃ (orange) ᐱᑭᕐᑐᕕᓂᕐᓂᓗ ᓄᓇᔭᓂᒃ ᐱᑭᕐᑐᕕᕐᓂᓂᓗ ᒪᒪᕐᑐᓂᒃ

ᕐᑲᓄᓪᓗᐊᑎᒋᒃ ᐊᑐᐃᓐᓇᑭᕐᑎᑕᐅᒐᓱᐊᕐᓂᐊᓂᖕᒐᑦ: 20 ᒥᓂᑦᑦ
ᕐᑲᓄᓪᓗᐊᑎᒋᒃ ᕐᑲᓚᒐᓱᐊᕐᓂᐊᓂᖕᒐᑦ: 1 – 2 days refrigerated

Preparation Time: 20 minutes
Cooking Time: 1 – 2 days refrigerates

Berries, fruits & Vegetable

Choose dark green and orange vegetables and orange fruits more often

ᓂᒋᑦ ᕐᑲᓄᐃᑦᑑᓂᖕᒋᑦ

Foods Items

Cabbage	¼ head	Cabbage
Carrot	1	Carrot
ᐅᐊᓂᐅᔭᖅ	½	Onion
Vinegar	3 tablespoons (45 ml)	Vinegar
ᐅᕐᓱᖅ Canola oil	1 tablespoon (15 ml)	Canola oil
Apple juice, ᕐᑯᐊᖅ, ᐃᑦᑏᑭᓯᒪᔪᖅ, ᐅᐊᑭᑦᓯᑐᕐᓯᒪᖕᖕᒋᑐᖅ	1/3 cup (80 ml)	Apple juice, frozen, concentrate, undiluted
ᐱᑕᑦᓴᖅ (ᒪᒪᕐᓴᐅᑎᒃ) ᑲᔪᖅ	1/3 cup (80 ml)	Brown sugar
ᑕᓇᐅᖅ	½ teaspoon (2 ml)	Salt
Celery seed	1 teaspoon (5 ml)	Celery seed

ᐊᑐᐃᓐᓇᑭᕐᑕᐅᒍᓱᖕᒋᑦ

Instructions

1. ᐊᒦᔭᕐᓗᒋᑦ ᐃᕐᕈᓗᒋᓪᓗ ᓄᓇᕋᑦ.
2. ᓇᓪᓗᓗᒍ cabbage, ᓯᕐᑲᓪᓕᓗᒍ carrot ᐅᐊᓂᐅᔭᕐᓗ ᓯᕐᑲᓪᓕᓯᐊᕐᓗᒍ.
3. ᐃᖕᒍᑦᓯᐱᒻᒨᓗᒋᑦ cabbage, carrot ᐅᐊᓂᐅᔭᕐᓗ ᐃᖕᒍᓚᓗᒋᑦ.
4. ᐸᓂᐅᑉᐹᒨᕐᓗᒋᑦ, vinegar, oil, concentrated apple juice (do not add water or sugar), salt and celery seeds ᐃᖕᒍᓚᓗᒋᑦ.
5. ᑎᕐᑎᓯᐊᓇᓗᒋᑦ, ᕐᑲᓗᐃᓇᐊᑦᓴᐅᑎᒋᕐᑲᑦᑕᓗᒋᑦ.
6. ᑯᕕᓗᒍ cabbage –ᒥᒃ ᐅᐊᑭᑎᓕᓐᓄᑦ ᐃᖕᒍᓚᑦᓯᐊᓗᒋᑦ.
7. ᒪᑐᓯᒪᑦᓯᐊᑎᓪᓗᒍ ᓴᓂᕐᑯᓇᐊᓕᒃ ᓂᓪᓕᒪᔪᕐᑲᐅᑎᒧᑦ ᐅᓪᓗᓂ 1 – 2 - ᓂ ᓂᓇᓚᐅᕐᓇᒍ.

1. Peel and wash vegetables.
2. Slice cabbage finely, grate carrot and chop onion very finely.
3. In a bowl, mix cabbage, carrot and onion.
4. In a saucepan, mix vinegar, oil, concentrated apple juice (do not add water or sugar), salt and celery seeds.
5. Bring to a boil, stirring frequently.
6. Pour over cabbage mixture and stir well.
7. Store tightly covered in the refrigerator **for 1-2 days before eating.**

Nutrient values – 1 serving=100g

103,5 kCal Calories • 19,5 g Carbo • 3,0 g Fat • 0,9 g Protein • 1,8 g Fiber • 0,8 mg Iron

ᑭᐊᑦᓴᐅᑎᐅᑉ ᐃᓗᐊᓂ ᐃᒐᓯᒪᔪᑦ ᐸᑏᓲᑦ ᑕᑭᑦᑐᑳᑦ
Oven Fries

ᓄᓇᕗᒻᒥ ᓂᕿᑦᓯᐊᓂᒃ ᓂᓇᕐᑯᓪᓗᑕ ᒪᓕᒐᓕᐊᖑᒍᒪᔪᑦ

ᐸᐅᕐᖓᑦ/ᑭᒍᑕᖕᒋᕐᓂᑦ/ᑭᒻᒥᓂᑦ, ᐱᕈᕐᑐᕕᓃᑦ ᒪᒪᕐᑐᐃᑦ ᓄᓇᕋᓪᓗ ᐱᕈᕐᑐᕕᓃᑦ

ᓇᓪᓕᒃᑯᕐᓂᓴᓇᕐᑲᑦᑕᓗᒋᑦ ᑕᐅᑦᑐᓛᑦ ᕿᕐᓂᑖᖓᓂᕐᓴᓂᒃ ᓄᓇᕋᑦ, ᐸᐅᖕᒐᓗᖕᓂᒃ (orange) ᐱᕈᕐᑐᕕᓂᕐᓂᓗ ᓄᓇᒃᓂᒃ ᐱᕈᕐᑐᕕᕐᓂᓂᓗ ᒪᒪᕐᑐᓂᒃ

Nunavik Food Guide Group

Berries, fruits & Vegetable

Choose dark green and orange vegetables and orange fruits more often

ᕐᑲᓄᓪᓗᐊᑎᒋᒃ ᐊᑐᐃᖕᓇᕈᕐᑎᑕᐅᒐᓱᐊᕐᓂᐊᓂᖓᑦ: 15 ᒥᓂᑦᑦ
ᕐᑲᓄᓪᓗᐊᑎᒋᒃ ᕐᑲᓚᒐᓱᐊᕐᓂᐊᓂᖓᑦ: 25 ᒥᓂᑦᑦ

Preparation Time: 15 minutes
Cooking Time: 25 minutes

ᓂᒌᑦ ᕐᑲᓄᐃᑦᑑᓂᖕᒋᑦ

Foods Items

ᐸᑏᑕᓲᑦ ..... 5 ..... Potatoes
ᐅᕐᓱᖅ Canola oil ..... 2 tablespoons (30 ml) ..... Canola oil
Garlic ᐸᓂᕐᑑᓱᓂ ᓯᕐᑲᓪᓕᓯᒪᔪᖅ ..... ½ teaspoon (2 ml) ..... Garlic powder
Pepper ..... ½ teaspoon (2 ml) ..... Pepper

ᐊᑐᐃᖕᓇᕈᕐᑕᐅᒍᓱᖕᒋᑦ

Instructions

1. ᑭᐊᑦᓴᐅᑎᐅᑉ ᐃᓗᐊ 400-ᒨᕐᓗᒍ ᐸᕐᕐᑳᓂᖓ.
2. ᐅᕐᓱᑎᐊᐱᓪᓗᒍ ᐃᒐᕕᒋᓂᐊᕐᒐᑦ.
3. ᐸᑏᓲᑦ ᐃᕐᕈᓗᒋᑦ ᓱᒃᑭᑕᐅᓈᕐᑎᓗᒋᓪᓗ 2,5 cm (1 inch) .
4. ᐃᖕᒍᑦᓯᕕᒻᒨᓗᒋᑦ ᐸᑏᓲᑦ ᐅᕐᓱᓗ, garlic and pepper.
5. ᐃᒐᕕᒋᓂᐊᕐᑕᓈᕐᓗᒋᑦ.
6. ᐃᒐᓗᒋᑦ 25 -ᒥᓂᑦ, ᐸᑏᓲᑦ ᐊᕐᑭᓕᖕᖕᒋᓂᓕᒫᖕᒋᓐᓂ ᑲᔪᒐᓛᒍᖕᖕᒋᓂᓕᒫᖕᒋᓐᓂᓗ.

Instructions

1. Preheat oven to 400°F (200°C).
2. Lightly grease baking dish.
3. Wash and cut potatoes into 2,5 cm (1 inch) cubes.
4. In a mixing bowl, combine potatoes with oil, garlic and pepper.
5. Place in baking dish.
6. Bake for 25 minutes, until potatoes are tender and golden.

Nutrient values – 1 serving=154g

152,0 kCal Calories • 26,7 g Carbo • 5,6 g Fat • 4,1 g Protein • 3,1 g Fiber • 1,1 mg Iron

ᐊᒻᒪᓗᑭᑖᑦ ᐸᑏᓲᑦ
Scalloped Potatoes

ᓄᓇᕕᒻᒥ ᓂᕿᑦᓯᐊᓂᒃ ᓂᓇᕐᑯᓪᓗᑕ ᒪᓕᒐᓕᐊᖕᒍᒪᔪᑦ

ᐸᐅᕐᖓᑦ/ᑭᒍᑕᖕᒋᕐᓂᑦ/ᑭᒻᒥᓂᑦ, ᐱᕈᕐᑐᕕᓃᑦ
ᒪᒪᕐᑐᐃᑦ ᓄᓇᕋᓪᓗ ᐱᕈᕐᑐᕕᓃᑦ

ᓇᓪᓕᒃᑲᕐᓂᓴᓇᕐᒃᑕᓗᒋᑦ ᑕᐅᑦᑐᓃ ᕿᕐᓂᑖᖕᒐᓂᕐᓴᒥᒃ ᓄᓇᕋᑦ, ᐸᐅᕐᖓᓗᓐᓂᒃ (orange) ᐱᕈᕐᑐᕕᓂᕐᓂᓗ ᓄᓇᔭᓂᒃ ᐱᕈᕐᑐᕕᕐᓂᓂᓗ ᒪᒪᕐᑐᓂᒃ

ᕐᑲᓄᓪᓗᐊᑎᒋᒃ ᐊᑐᐃᓐᓇᕈᕐᑎᑕᐅᒐᓱᐊᕐᓂᐊᓂᖕᒐᑦ: 25 ᒥᓂᑦᑦ
ᕐᑲᓄᓪᓗᐊᑎᒋᒃ ᕐᑲᓚᒐᓱᐊᕐᓂᐊᓂᖕᒐᑦ: 35 ᒥᓂᑦᑦ

Preparation Time: 25 minutes
Cooking Time: 35 minutes

Nunavik Food Guide Group

Berries, fruits & Vegetable

Choose dark green and orange vegetables and orange fruits more often

ᓂᑖᑦ ᕐᑲᓄᐃᑦᑑᓂᖕᒋᑦ

Foods Items

ᐅᐊᓂᐅᔭᖅ ᕐᑯᐱᐅᕐᖅᑲᓯᒪᔪᖅ	1	Onion, sliced
ᐸᑏᓲᑦ ᕐᑯᐱᐅᕐᖅᑲᓯᒪᔪᑦ ᓵᑦᑐᔭᑦ ᐊᒻᒪᓗᑭᑖᑦ	5	Potatoes, sliced
ᑕᓇᐅᖅ	2 teaspoons (10 ml)	Salt
Margarine (ᐸᑕᐅᔭᖅ)	2 tablespoons (30 ml)	Margarine
ᓴᓇᐅᒐᖅ (ᓂᕿᑦᓴᔭᖅ)	2 tablespoons + 1 teaspoon (35 ml)	Flour
ᐃᒻᒧᖅ 2 %	1 ¾ cup (420 ml)	2 % milk
Pepper	½ teaspoon (2 ml)	Pepper
Parsley	2 tablespoons (30 ml)	Parsley

ᐊᑐᐃᓐᓇᕈᕐᑕᐅᒍᓯᖕᒋᑦ

Instructions

1. ᑭᐊᑦᓴᐅᑎᐅᑦ ᐃᓗᐊ ᐸᕐᖓᓯᐊᓇᓗᒍ 400 -ᒧᕐᓗᒍ.
2. ᐊᒦᔭᕐᓗᒋᑦ ᕐᑯᐱᐅᕐᖅᑲᓗᒋᓪᓗ ᐅᐊᓂᐅᓴᑦ ᐸᑏᓲᓪᓗ ᓵᑦᑐᓇᕐᑎᓗᒋᑦ.
3. ᑐᕐᕐᑯᓗᒋᑦ ᐅᐊᓂᐅᓴᑦ ᐸᑏᓲᓪᓗ, 1-ᕐᑲᓗᕐᑐᐅᑎᐊᐱᒃ ᑕᓇᐅᖅ ᐊᒻᒪᓗ parsley ᐸᓂᐅᑉᐹᒍᑦ. ᐃᒻᒥᓗᒍ 1 inch ᐸᓂᐅᑉᐹᖅ. ᑎᕐᑎᑎᓗᒍ 5 ᒥᓂᑦ, ᐃᑐᔭᓕᕐᒥᓗᒍ.
4. ᐆᔪᓕᐅᕈᑎᐊᐱᒻᒨᓗᒋᑦ, ᓂᕿᑦᓴᔭᖅ, pepper, 1 ᕐᑲᓗᕐᑐᐅᑎᐊᐱᒃ ᑕᓇᐅᖅ ᐊᒻᒪᓗ ᐃᒻᒧᖅ. ᐃᒐᓗᒋᑦ ᕐᑲᔪᓇᑦᓯᖕᒋᓐᓂᓕᒫᖕᒋᓐᓂ, ᕐᑲᓗᐃᖕᒋᓐᓇᓗᒋᑦ.
5. ᐅᐊᕈᑦᓯᐅᑎᒋᓕᕐᒥᓗᒍ ᐅᐊᓂᕐᓄᑦ ᐸᑏᑕᓯᓄᓗ. ᐃᒐᐅᑎᒧᕐᓗᒋᑦ.
6. ᐃᒐᓯᓗᒋᑦ 35 ᒥᓂᑦ ᐆᓇᕐᓂᖕᒐ 400 ᖕᒍᑎᓪᓗᒍ.

1. Preheat oven to 400F.
2. Peel and slice onions and potatoes into thin slices.
3. Place onions, potatoes, 1 teaspoon of salt and parsley in a frying pan. Add about 1 inch of water to pan. Boil for 5 minutes, then drain excess water.
4. In a small pot, add flour, pepper, 1 teaspoon of salt and milk. Cook until thickened, stirring constantly.
5. Combine sauce with onions and potatoes. Pour mixture into a baking dish.
6. Bake for about 35 minutes at 400F.

Nutrient values – 1 serving=277g

211,8 kCal Calories • 36,3 g Carbo • 6,2 g Fat • 7,6 g Protein • 3,8 g Fiber • 1,4 mg Iron

ᐅᐊᑭᑎᑦ
Spinach & Bacon Salad

ᓄᓇᕗᒻᒥ ᓂᕿᑦᓯᐊᓂᒃ ᓂᓇᕐᑯᓐᓗᑕ ᒪᓕᒐᓕᐊᖑᒍᒪᔪᑦ

ᐸᐅᕐᖏᑦ/ᑭᒍᑕᖕᒋᕐᓂᑦ/ᑭᒻᒥᓂᑦ, ᐱᑭᕐᑐᕕᓃᑦ ᒪᒪᕐᑐᐃᑦ ᓄᓇᕋᓐᓗ ᐱᑭᕐᑐᕕᓃᑦ

ᓇᓐᓕᒃᑯᕐᓂᓴᓇᖃᑦᑕᓗᒋᑦ ᑕᐅᑦᑐᓛᑦ ᕿᕐᓂᑖᖕᒐᓂᕐᓴᒥᒃ ᓄᓇᕋᑦ, ᐸᐅᖕᒐᓗᓐᓂᒃ (orange) ᐱᑭᕐᑐᕕᓂᕐᓂᓗ ᓄᓇᔭᓂᒃ ᐱᑭᕐᑐᕕᕐᓂᓂᓗ ᒪᒪᕐᑐᓂᒃ

Nunavik Food Guide Group

Berries, fruits & Vegetable

Choose dark green and orange vegetables and orange fruits more often

ᕐᑲᓄᓐᓗᐊᑎᒋᒃ ᐊᑐᐃᓐᓇᕿᕐᑎᑕᐅᒐᓱᐊᕐᓂᐊᓂᖕᒐᑦ: 25 ᒥᓂᑦᑦ
ᕐᑲᓄᓐᓗᐊᑎᒋᒃ ᕐᑲᓇᒐᓱᐊᕐᓂᐊᓂᖕᒐᑦ: 0 ᒥᓂᑦᑦ

Preparation Time: 25 minutes
Cooking Time: 0 minutes

ᓂᒌᑦ ᕐᑲᓄᐃᑦᑑᓂᖕᒋᑦ

Foods Items

Bacon	2 slices	Bacon
Vinegar	2 tablespoons (30 ml)	Vinegar
Spinach	¼ pound (110 g)	Spinach
Iceberg lettuce	¼ cup (60 ml)	Iceberg lettuce
ᓄᓇᐅᔭᖅ ᐅᐊᓂᖅ	2 tablespoons (30 ml)	Green onion
ᐱᑕᑦᓴᖅ (ᒪᒪᕐᓴᐅᑎᒃ) ᑲᔪᖅ	½ teaspoon (2 ml)	Brown sugar
ᑕᓇᐅᖅ	½ teaspoon (2 ml)	Salt
Pepper	½ teaspoon (2 ml)	Pepper

ᐊᑐᐃᓐᓇᕿᕐᑕᐅᒍᓱᖕᒋᑦ

Instructions

1. ᐃᒐᓗᒍ bacon ᐸᓂᐅᑉᐹᒥ ᐃᑯᒪᑭᑦᑐᐊᐱᒻᒧᑦ, ᕐᑲᓗᐃᑦᓴᕋᑕᕐᑲᑦᑕᓗᒍ, ᕐᑲᕐᑯᓛᕈᕋᑕᕐᑎᓗᒍ.
2. ᐅᐊᕿᑦᓯᓕᕐᒥᓗᒍ vinegar-ᒥᒃ. ᓂᕿᒥᑦᓯᑐᐊᕐᐸᑦ ᐲᕐᓗᒍ ᐸᕐᕐᑲᒥᑦ.
3. ᐅᐊᕿᑦᓯᓕᕐᒥᓗᒍ spinach-ᒥᒃ ᓄᓇᐅᔭᕐᓂᓗ ᐅᐊᓂᕐᓂᒃ ᑖᓐᓇ bacon ᐃᒐᕋᑦ.
4. ᑲᕐᖓᓯᐃᕕᒋᒐᓛᐱᓐᓗᒍ ᒪᒪᕐᓴᐅᑎᒥᒃ, ᑕᓇᐅᒥᒃ ᐱᐊᐸᒥᓐᓗ.
5. ᕐᑲᓗᐃᓕᕐᓗᒋᑦ 1-2 ᒥᓂᑦᑦ ᐅᑯᑦᑖᓐᓃᑦ spinach ᑐᕐᑯᓐᓗᖕᒋᓐᓂᓕᒫᖕᒐᓂ.

1. Cook bacon in a pan over low heat, stirring occasionally, until crisp.
2. Stir in vinegar. Heat through and remove from heat.
3. Add spinach and green onion to the bacon mixture.
4. Sprinkle with sugar, salt and pepper.
5. Toss 1-2 minutes or until spinach is wilted.

Nutrient values – 1 serving =37g

21,0 kCal Calories • 1,7 g Carbo • 1,1 g Fat • 1,4 g Protein • 0,7 g Fiber • 0,7 mg Iron

Spinach Dip

ᓄᓇᕕᒻᒥ ᓂᕿᑦᓯᐊᓂᒃ ᓂᕆᕐᑯᓪᓗᑕ ᒪᓕᒐᓕᐊᖑᒍᒪᔪᑦ

ᐸᐅᕐᖓᑦ/ᑭᒍᑕᖕᒋᕐᓐᑦ/ᑭᒻᒥᓐᑦ, ᐱᕈᕐᑐᕕᓃᑦ ᒪᒪᕐᑐᐃᑦ ᓄᓇᕋᓪᓗ ᐱᕈᕐᑐᕕᓃᑦ

ᓇᓪᓕᒃᑯᕐᓂᓴᓇᕐᑲᑦᑕᓗᒋᑦ ᑕᐅᑦᑐᓈᑦ ᕿᕐᓂᑖᖓᓂᕐᓴᒥᒃ ᓄᓇᔭᒥᒃ, ᐸᐅᖕᒐᓗᓐᓂᒃ (orange) ᐱᕈᕐᑐᕕᓂᕐᓂᓗ ᓄᓇᔭᓂᒃ ᐱᕈᕐᑐᕕᕐᓂᓂᓗ ᒪᒪᕐᑐᓂᒃ

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ᕐᑲᓄᓪᓗᐊᑎᒋᒃ ᐊᑐᐃᓐᓇᕈᕐᑎᑕᐅᒐᓯᐊᕐᓂᐊᓂᖓᑦ: 10 ᒥᓂᑦᑦ
ᕐᑲᓄᓪᓗᐊᑎᒋᒃ ᕐᑲᓚᒐᓯᐊᕐᓂᐊᓂᖓᑦ: 60 ᒥᓂᑦᑦ

Preparation Time: 10 minutes
Cooking Time: 60 minutes

ᓂᑮᑦ ᕐᑲᓄᐃᑦᑑᓂᖕᒋᑦ

Foods Items

Spinach	¼ pound (110 g)	Spinach
Sour cream (ᐃᓱᕐᑑᓗᐊᖕᒋᓂᕐᐹᖕ)	5 tablespoons (75 ml)	Sour cream (light if possible)
Plain yogurt	5 tablespoons (75 ml)	Plain yogurt
ᓄᓇᐅᔭᖅ ᐅᐊᓂᖅ	1	Green onion
Tarragon	½ teaspoon (2 ml)	Tarragon
ᑕᕆᐅᖅ	½ teaspoon (2 ml)	Salt
Dry mustard	½ teaspoon (2 ml)	Dry mustard
Pepper	½ teaspoon (2 ml)	Pepper
Garlic	½ teaspoon (2 ml)	Garlic

ᐊᑐᐃᓐᓇᕈᕐᑕᐅᒍᓯᖕᒋᑦ

Instructions

1. Spinach ᕐᑯᐊᒍᐸᐸᑕ, ᐃᑦᑏᔭᑦᓯᐊᕆᐊᓖᑦ ᐸᓂᕐᑐᓯᐊᒍᖕᒋᓂᓕᒫᖕᒋᓐᓂ. Spinach ᓄᑖᔭᐅᓂᕐᓴᐅᐸᑕ ᕐᑯᐊᕐᒥᑑᓗᑎᒃᓂᒃ, ᐃᓕᓗᒋᑦ microwave-ᒧᑦ ᐃᒐᐅᑎᐅᒍᓐᓇᑐᒧᑦ ᐃᓗᓕᕐᑯᑎᒧᑦ ᐃᒻᒥᐊᐱᓗᒋᑦ. ᒪᑐᓗᒋᑦ ᐃᓕᓗᒋᑦ microwave-ᒧᑦ ᐃᒐᐅᑎᒧᑦ ᐃᒐᓗᒋᑦ spinach ᐊᕿᓕᖕᖕᒋᓂᓕᒫᖕᒐᓂ (ᒥᑦᓵᓂ 1 ᒥᓂᑦᑦ).
2. ᐅᓗᕝᕕᐊᕈᕐᒥ, ᐃᖕᒍᓗᒋᑦ ᐃᓘᓐᓇᓕᒫᑎᒃ.
3. ᒪᑐᓯᒪᓗᑎᒃ ᓂᓪᓕᒪᔪᕐᑲᐅᑎᒍᕐᓗᒋᑦ ᒥᑦᓵᓂ 1 ᐃᑲᐅᕐᓂᓂ ᑎᐸᖕᒋᑦ ᐅᐊᕈᑎᑏᓕᕐᑎᓯᐊᕐᓂᐊᒪᑕ.

1. If you are using frozen spinach, squeeze excess moisture from spinach until it is dry. If you are using fresh spinach, place the spinach in a microwaveable container with a little bit of water. Cover and heat in microwave until spinach is soft (about 1 minute).
2. In a bowl, mix all the ingredients together.
3. Cover and refrigerate at least 1 hour to allow flavours to blend.

Nutrient values – 1 serving =60g

38,1 kCal Calories • 3,6 g Carbo • 1,6 g Fat • 2,6 g Protein • 0,7 g Fiber • 0,7 mg Iron

Turnip & Bacon

ᓄᓇᕗᒻᒥ ᓂᕿᑦᓯᐊᓂᒃ ᓂᓇᕐᑯᓪᓗᑕ ᒪᓕᒐᓕᐊᖑᒍᒪᔪᑦ

ᐸᐅᕐᖏᑦ/ᑭᒍᑕᖕᒋᕐᓂᑦ/ᑭᒻᒥᓂᑦ, ᐱᕈᕐᑐᕕᓃᑦ ᒪᒪᕐᑐᐃᑦ ᓄᓇᕗᓪᓗ ᐱᕈᕐᑐᕕᓃᑦ

ᓇᓪᓕᒃᑯᕐᓂᓴᓇᖃᑦᑕᓗᒋᑦ ᑕᐅᑦᑐᓃᑦ ᕿᕐᓂᑖᖕᒐᓂᕐᓴᒥᒃ ᓄᓇᕗᑦ, ᐸᐅᖕᒐᓗᓐᓂᒃ (orange) ᐱᕈᕐᑐᕕᓂᕐᓂᓗ ᓄᓇᔭᓂᒃ ᐱᕈᕐᑐᕕᕐᓂᓂᓗ ᒪᒪᕐᑐᓂᒃ

ᕐᑲᓄᓪᓗᐊᑎᒋᒃ ᐊᑐᐃᓐᓇᕈᕐᑎᑕᐅᒐᓱᐊᕐᓂᐊᓂᖕᒐᑦ: 20 ᒥᓂᑦᑦ
ᕐᑲᓄᓪᓗᐊᑎᒋᒃ ᕐᑲᓚᒐᓱᐊᕐᓂᐊᓂᖕᒐᑦ: 35 ᒥᓂᑦᑦ

Preparation Time: 20 minutes
Cooking Time: 35 minutes

ᓂᑮᑦ ᕐᑲᓄᐃᑦᑑᓂᖕᒋᑦ

Foods Items

Turnips	2 – 3	Turnips
Bacon	10 slices	Bacon
ᓯᕐᑲᓕᓯᒪᔪᖅ ᐅᐊᓂᐅᔭᖅ	1	Chopped onion
Parsley	1 tablespoon (15 ml)	Parsley
ᑕᓇᐅᖅ	½ teaspoon (2 ml)	Salt

ᐊᑐᐃᓐᓇᕈᕐᑕᐅᒍᓯᖕᒋᑦ

1. ᐃᕐᒥᓗᒋᑦ turnips. ᐊᒥᖓᔭᑦᔭᒍᓐᓂᓗᒋᑦ.
2. ᐃᓗᐃᑦᑐᖅ turnip ᑐᕐᕐᑯᓗᒍ ᑎᕐᑎᑐᒍᑦ (ᑕᓇᐅᓪᓕᓯᒫᑦᑐᒍᑦ). ᐃᑯᒪᑭᓕᒋᐊᕐᓗᒍ ᑎᕐᑎᐅᒐᕐᑎᓗᒍ ᒥᑦᓵᓂ 20 ᒥᓂᑦ ᐊᕿᓕᑦᓯᐊᓇᓗᒍᓘᓐᓃᑦ, ᐊᕿᓗᕐᕿᐅᓗᐊᕈᓐᓂᑎᓪᓗᒍ.
3. ᐃᒣᔭᕐᓗᒍ. ᓇᑲᑎᓯᓗᒍ ᓯᒃᑭᑕᑲᓪᓚᐅᓈᕐᑎᑐᓂᒃ turnips (1 inch x 1 inch).
4. ᓯᕐᑲᓪᓕᓗᒍ ᐅᐊᓂᐅᔭᖅ ᐊᒻᒪᓗ ᓇᑲᑎᕐᓗᒍ bacon ᒥᑭᔪᕐᓚᐅᓈᕐᑎᓗᒍ.
5. ᐸᓂᐅᑉᐹᒥ ᐊᖏᔪᒥ, ᐃᒐᓗᒋᑦ bacon ᓱᒃᑭᑐᒥᒃ ᕐᑲᓗᐃᓇᐊᑦᓴᐅᑎᒋᐊᐱᕐᑲᑦᑕᓗᒍ.
6. 5 ᒥᓂᑦ ᓈᑐᐊᕐᐸᑕ, ᐃᓚᓗᒍ ᐃᓚᕐᕿᐱᐊᓂᒃ ᐅᐊᓂᐅᔭᕐᓂᒃ. ᐃᒐᓗᒋᑦ 10 ᒥᓂᑦ, ᐃᓚᓂᕐᒥᓗᒍ turnips.
7. ᑲᖅᓯᐃᕕᒋᓗᒍ parsley–ᒥᒃ ᐊᑐᐃᓐᓇᓯᐊᓇᔭᐅᓂᐊᕐᒪᑦ.

Instructions

1. Wash turnips. Do not peel.
2. Bring a pot of water (+ pinch of salt) to a boil and add whole turnips. Lower heat and let simmer for about 20 minutes or until tender, but still a little firm.
3. Drain water. Cut turnips into cubes (about 1 inch x 1 inch).
4. Chop onion and cut bacon into small pieces.
5. In a large frying pan, cook the bacon over low heat stirring frequently.
6. After 5 minutes, add the chopped onion. Cook for 10 minutes, then add the turnips.
7. Sprinkle with parsley and serve.

Nutrient values – 1 serving=142g

100,5 kCal Calories • 9,4 g Carbo • 5,1 g Fat • 5,0 g Protein • 2,5 g Fiber • 0,8 mg Iron

ᐱᑭᕐᑐᕕᓂᓗᒃᑲᑦ ᐅᐊᑭᑎᒌᑦ ᑭᐊᑦᓴᐅᑎᐅᑉ ᐃᓗᐊᓂ ᐃᒫᑦ
Vegetable Casserole

ᓄᓇᕕᒻᒥ ᓂᕿᑦᓯᐊᓂᒃ ᓂᓇᕐᑯᓪᓗᑕ ᒪᓕᒐᓕᐊᖑᒍᒪᔪᑦ

ᐸᐅᕐᖏᑦ/ᑭᒍᑕᖕᒋᕐᓐᑦ/ᑭᒻᒥᓐᑦ, ᐱᑭᕐᑐᕕᓃᑦ ᒪᒪᕐᑐᐃᑦ ᓄᓇᕋᓪᓗ ᐱᑭᕐᑐᕕᓃᑦ

ᓇᓪᓕᒃᑲᕐᓂᓴᓇᕐᑲᑦᑕᓗᒋᑦ ᑕᐅᑦᑐᖕᒋᑦ ᕿᕐᓂᑖᖕᒐᓂᕐᓴᑦ ᓄᓇᕋᑦ, ᐸᐅᖕᒐᓗᓐᓂᒃ (orange) ᐱᑭᕐᑐᕕᓂᕐᓂᓗ ᓄᓇᒃᓂᒃ ᐱᑭᕐᑐᕕᕐᓂᓂᓗ ᒪᒪᕐᑐᓂᒃ

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ᕐᑲᓄᓪᓗᐊᑎᒋᒃ ᐊᑐᐃᓐᓇᑭᕐᑎᑕᐅᒐᓱᐊᕐᓂᐊᓂᖕᒐᑦ: 15 ᒥᓂᑦᑦ
ᕐᑲᓄᓪᓗᐊᑎᒋᒃ ᕐᑲᓚᒐᓱᐊᕐᓂᐊᓂᖕᒐᑦ: 30 ᒥᓂᑦᑦ

Preparation Time: 15 minutes
Cooking Time: 30 minutes

ᓂᒌᑦ ᕐᑲᓄᐃᑦᑑᓂᖕᒋᑦ

Foods Items

Green beans (ᓄᑖᐊᑦ, ᕐᑯᐊᑦ ᕐᑯᒻᒧᐊᒦᑦᑐᐃᓘᓐᓃᑦ)	1½ cup (375 ml)	Green beans (fresh, frozen or canned)
Corn niblets (ᕐᑯᐊᑦ ᕐᑯᒻᒧᐊᒦᑦᑐᐃᓘᓐᓃᑦ)	1½ cup (375 ml)	Corn niblets (frozen or canned)
ᓱᒃᑭᑕᐅᓕᓯᒪᔪᑦ ᑐᒫᑐᐃᑦ ᕐᑯᒻᒧᐊᒦᑦᑐᑦ	1 cup (250 ml)	Diced tomatoes, canned
Cheddar cheese ᐃᓚᕐᕿᐱᐊᑦ	½ cup (125 ml)	Cheddar cheese, shredded
Green pepper ᐃᓚᕐᕿᓯᒪᔪᖅ	1½ cup (375 ml)	Green pepper, chopped
Celery ᐃᓚᕐᕿᓯᒪᔪᖅ	½ cup (125 ml)	Celery, chopped
ᐅᐊᓂᐅᔭᖅ ᐃᓚᕐᕿᓯᒪᔪᖅ	½ cup (125 ml)	Onion, chopped

ᐊᑐᐃᓐᓇᑭᕐᑕᐅᒍᓱᖕᒋᑦ

Instructions

1. ᐸᕐᕐᑲᑎᒋᐊᕐᓗᒍ ᑭᐊᑦᓴᐅᑎᐅᑉ ᐃᓗᐊ 350 -ᒧᑦ
2. ᕐᑯᒻᒥᔪᒦᑦᑐᓂᒃ ᐊᓯᓂᒃ ᐊᒻᒪᓗ corn ᐊᑐᕈᕕᑦ, ᐊᒻᒪᓗᒍ ᐃᒥᔭᕐᓗᒍᓗ ᐃᓘᓐᓇᒥ.
3. ᐃᖕᒍᑦᓯᕕᒻᒥ ᐊᖕᒋᔪᒥ, ᑲᑎᑎᕐᓗᒋᑦ ᐅᐊᕈᑎᓕᐊᑎᑦ ᕐᑲᓗᐃᑦᓯᐊᓗᒋᓪᓗ
4. ᑭᐊᑦᓴᐅᑎᐅᑉ ᐃᓗᐊᓂ ᐃᒪᐅᑎᒧᑦ ᑐᕐᕐᑯᓗᒋᑦ ᐃᒪᓗᒋᑦ 350 -ᒥ, 25 -30 -ᒥᓂᑦᑦᒥ.

1. Preheat oven to 350F.
2. If using canned beans or corn, open and drain excess liquid.
3. In a large bowl, combine all the ingredients together and mix well.
4. Pour into an oven dish and bake at 350F for 25 to 30 minutes.

Nutrient values– 1 serving=236g

127,9 kCal Calories • 19,5 g Carbo • 3,6 g Fat • 5,8 g Protein • 4,2 g Fiber • 0,6 mg Iron

ᓄᑖᔭᕕᓃᑦ ᐅᐊᕈᑎᓃᑦ ᐆᓇᕐᓇᑐᑦᓴᔭᓂᒃ
Vegetable Chili

ᓄᓇᕕᒻᒥ ᓂᕿᑦᓯᐊᓂᒃ ᓂᓇᕐᑯᓐᓗᑕ ᒪᓕᒐᓕᐊᖅᒍᒪᔪᑦ

ᐸᐅᕐᖏᑦ/ᑭᒍᑕᖅᑭᕐᓂᑦ/ᑭᒻᒥᓂᑦ, ᐱᕈᕐᑐᕕᓃᑦ ᒪᒪᕐᑐᐃᑦ ᓄᓇᕋᓐᓗ ᐱᕈᕐᑐᕕᓃᑦ

ᓇᓕᒃᑲᕐᓂᓴᓇᖃᑦᑕᓗᒋᑦ ᑕᐅᑦᑐᓃᑦ ᕿᕐᓂᑖᖅᒐᓂᕐᓴᒥᒃ ᓄᓇᕋᑦ, ᐸᐅᖅᓚᓗᓐᓂᒃ (orange) ᐱᕈᕐᑐᕕᓂᕐᓂᓗ ᓄᓇᔭᓂᒃ ᐱᕈᕐᑐᕕᕐᓂᓂᓗ ᒪᒪᕐᑐᓂᒃ

ᕐᑲᓄᓐᓗᐊᑎᒋᒃ ᐊᑐᐃᓐᓇᕈᕐᑎᑕᐅᒐᓱᐊᕐᓂᐊᓂᖅᒐᑦ: 15 ᒥᓂᑦᑦ
ᕐᑲᓄᓐᓗᐊᑎᒋᒃ ᕐᑲᓚᒐᓱᐊᕐᓂᐊᓂᖅᒐᑦ: 20 ᒥᓂᑦᑦ

Preparation Time: 15 minutes
Cooking Time: 20 minutes

ᓂᑮᑦ ᕐᑲᓄᐃᑦᑑᓂᖅᒋᑦ

Foods Items

ᕐᑯᐊᑦ ᐅᐊᕈᑎᑏᑦ ᓄᑖᔭᑦᓴᔭᕕᓃᑦ	2 cups (500 ml)	Frozen mixed vegetables
ᐅᐊᓂᖅ	1	Onion
Tomato soup	1 can (284 ml)	Tomato soup
ᓯᒃᑭᑕᐅᓕᓯᒪᔪᑦ ᑐᒫᑐᐃᑦ ᕐᑯᒻᒥᔪᑏᑦᑐᑦ	1 can (28 oz)	Diced tomatoes canned
Garlic clove	1	Garlic clove
ᑕᓇᐅᖅ	½ teaspoon (2 ml)	Salt
Pepper	½ teaspoon (2 ml)	Pepper
Thyme	1 teaspoon (5 ml)	Thyme
Oregano	1 teaspoon (5 ml)	Oregano
Basil	1 teaspoon (5 ml)	Basil

ᐊᑐᐃᓐᓇᕈᕐᑕᐅᒍᓯᖅᒋᑦ

Instructions

1. ᐆᔪᓕᐅᕈᑎᒧᕐᓗᒋᑦ, ᐅᐊᕈᑎᓕᐊᑦᓴᑎᑦ.
2. ᐃᒐᓗᒋᑦ ᓄᑖᔭᕕᓃᑦ ᐊᕿᓕᖅᒋᓂᓕᒫᖅᒋᓐᓂ
3. ᐆᕐᓗᒍ ᐸᖅᑳᒥᑦ ᐊᑐᐃᓐᓇᓯᒐᑦᓴᓕᐊᓇᓗᒍ. (ᒪᒪᕐᑐᐊᓗᒃ ᐃᖅᑭᐅᔭᓂᒃ ᐃᓚᕐᑲᕐᓯᓂ)

1. In a large pot, combine all ingredients.
2. Cook until vegetables are tender.
3. Remove from heat and serve. (Tasty served over rice).

Nutrient values– 1 serving=340g

139,4 kCal Calories • 30,7 g Carbo • 0,1 g Fat • 5,0 g Protein • 4,9 g Fiber • 2,4 mg Iron

ᓄᑖᔭᕕᓃᑦ ᐅᐊᕈᑎᓃᑦ ᐃᖅᑭᐅᔭᓂᒃ ᐆᑦᑎᓯᒪᔪᑦ ᐸᓂᐅᑉᐹᒧᑦ
Vegetable Fried Rice

ᓄᓇᕕᒻᒥ ᓂᕿᑦᓯᐊᓂᒃ ᓂᓇᖁᓪᓗᑕ ᒪᓕᒐᓕᐊᖅᒍᒪᔪᑦ

ᐸᐅᖅᑐᑦ/ᑭᒍᑕᖅᑭᖅᑦ/ᑭᒻᒥᓐᑦ, ᐱᕈᖅᑐᕕᓃᑦ ᒪᒪᖅᑐᐃᑦ ᓄᓇᕗᓪᓗ ᐱᕈᖅᑐᕕᓃᑦ

ᓇᓪᓕᒃᑯᓂᓴᓇᖅᑕᓗᒋᑦ ᑕᐅᑦᑐᓖᑦ ᖃᖅᓂᑖᖅᒐᓂᖅᓴᒥᒃ ᓄᓇᕗᑦ, ᐸᐅᖅᒐᓗᓐᓂᒃ (orange) ᐱᕈᖅᑐᕕᓂᖅᓂᓗ ᓄᓇᐅᔭᓂᒃ ᐱᕈᖅᑐᕕᖅᓂᓂᓗ ᒪᒪᖅᑐᓂᒃ

ᖃᓄᓪᓗᐊᑎᒋᒃ ᐊᑐᐃᓐᓇᕈᖅᑎᑕᐅᒐᓱᐊᖅᓂᐊᓂᖅᒐᑦ: 20 ᒥᓂᑦᑕ
ᖃᓄᓪᓗᐊᑎᒋᒃ ᖃᓚᒐᓱᐊᖅᓂᐊᓂᖅᒐᑦ: 35 ᒥᓂᑦᑕ

Preparation Time: 20 minutes
Cooking Time: 35 minutes

ᓂᑮᑦ ᖃᓄᐃᑦᑑᓂᖅᒋᑦ

Foods Items

ᐅᖅᓱᖅ Canola oil	1 tablespoon (15 ml)	Canola oil
ᒪᓐᓃᑦ	3	Eggs
ᐃᒪᖅ	2 cups (500 ml)	Water
ᓄᑖᔭᑦ, ᐊᑦᔨᑏᖅᑐᓗᑑᑦ, ᖁᐊᒍᓗᑎᒃ, ᖃᓚᒪᖅᑐᑦ	1 package (16 oz)	Mixed frozen vegetables
Light soy sauce	¼ cup (60 ml)	Light soy sauce
Chicken broth cube	1	Chicken broth cube
ᒥᓂᑦᓯᒥ ᐃᒐᔭᐅᓲᑦᓴᔭᖅ ᐃᖅᑭᐅᔭᖅ, ᐃᒐᒪᖅᑐᖅ	2 cups (500 ml)	Minute white rice, uncooked

ᐊᑐᐃᓐᓇᕈᑦᑕᐅᒍᓯᖅᑭᑦ

Instructions

1. ᐆᓇᑦᓯᓯᓗᒍ ᐅᑦᓱᖅ ᐸᓂᐅᑉᐹᒥ ᐆᓇᑦᓂᖅᒐ ᑭᑎᖅᒐᓃᑦᑎᓗᒍ. ᐃᓚᓗᒍ ᒪᓐᓂᓂᒃ ᐃᒐᓗᒋᑦ ᖃᓚᖅᑭᓂᓚᒫᖅᑭᓐᓂ ᖃᓗᐃᖃᑦᑕᓗᒍ. ᐸᖅᑳᒥᑦ ᐲᑦᓗᒍ.
2. ᐃᒐᐅᑎᒥ ᐊᖅᑭᔪᒥ, ᐃᒻᒥᓗᒍ, ᑐᖅᑯᓗᒋᑦ ᓄᑖᔭᑦ, light soy sauce and bouillon cube.
3. ᑎᑦᑎᑎᓗᒍ.
4. ᐅᐊᕈᑦᓯᐅᑎᓗᒋᑦ ᐃᖅᑭᐅᔭᑦ. ᒪᑐᓗᒍ. ᐲᑦᓗᒍ ᐸᖅᑳᒥᑦ.
5. ᖃᑲᕐᓐᓇᑎᓪᓗᒍ 5 ᒥᓂᑦᑕᒥ.
6. ᒪᓐᓃᑦ ᐅᐊᕈᑦᓯᐅᑎᓗᒋᑦ ᖃᓗᐃᑦᓗᒋᑦ. ᓂᓇᔭᐅᑦᓴᐅᑎᒋᒋᐊᓖᑦ.

1. Heat oil in frying pan on medium heat. Add eggs and cook until set stirring occasionally. Remove from heat.
2. In a large pot, add water, vegetables, light soy sauce and bouillon cube.
3. Bring to a boil.
4. Stir in rice. Cover pot. Remove from heat.
5. Let stand 5 minutes.
6. Stir in egg. Serve immediately.

Nutrient values—1 serving =305g

373,5 kCal Calories • 67,6 g Carbo • 5,8 g Fat • 11,6 g Protein • 3,1 g Fiber • 3,6 mg Iron

Yogurt ᐅᐊᑭᑎᓕᒃ ᐸᕐᖓᑐᒥᐅᑦᓴᔭᓂᒃ ᐱᑭᕐᑐᕕᓂᕐᓂᒃ
Yogurt & Tropical Fruit

ᓄᓇᕕᒻᒥ ᓂᕿᑦᓯᐊᓂᒃ ᓂᓇᕐᑯᓐᓗᑕ ᒪᓕᒐᓕᐊᖑᒍᒪᔪᑦ

ᐸᐅᕐᖏᑦ/ᑭᒍᑕᖕᒋᕐᓐᑦ/ᑭᒻᒥᓐᑦ, ᐱᑭᕐᑐᕕᓃᑦ ᒪᒪᕐᑐᐃᑦ ᓄᓇᕋᓐᓗ ᐱᑭᕐᑐᕕᓃᑦ

ᓇᓐᓕᒃᕐᓂᓴᓇᕐᒃᑕᓗᒋᑦ ᑕᐅᑦᑐᖕᒋᑦ ᕿᕐᓂᑖᖕᒐᓂᕐᓴᑦ ᓄᓇᕋᑦ, ᐸᐅᕐᖓᓗᓐᓂᒃ (orange) ᐱᑭᕐᑐᕕᓂᕐᓂᓗ ᓄᓇᔭᓂᒃ ᐱᑭᕐᑐᕕᕐᓂᓂᓗ ᒪᒪᕐᑐᓂᒃ

Nunavik Food Guide Group

Berries, fruits & Vegetable

Choose dark green and orange vegetables and orange fruits more often

ᕐᒃᓄᓐᓗᐊᑎᒋᒃ ᐊᑐᐃᓐᓇᑭᕐᑎᑕᐅᒐᓱᐊᕐᓂᐊᓂᖕᒐᑦ: 5 ᒥᓂᑦᑦ
ᕐᒃᓄᓐᓗᐊᑎᒋᒃ ᕐᒃᓇᒐᓱᐊᕐᓂᐊᓂᖕᒐᑦ: 0 ᒥᓂᑦᑦ

Preparation Time: 5 minutes
Cooking Time: 0 minutes

ᓂᒌᑦ ᕐᒃᓄᐃᑦᑑᓂᖕᒋᑦ

Foods Items

Vanilla yogurt (ᐅᑯᑯᓘᓐᓃᑦ ᑎᐸᖕᒐ ᐊᑦᔨᐅᖕᒋᓐᓂᓴᐅᒍᓐᓇᑐᖅ)
ᐅᕐᓱᕐᒃᓗᐊᖕᖕᒋᑐᖅ .....2 cups (500 ml).....Vanilla yogurt (or other flavour) low fat
ᐸᕐᖓᑐᒥᐅᔭᑦᓴᔪᑦ ᐱᑭᕐᑐᕕᓃᑦ ᒪᒪᕐᑐᐃᑦ ᐅᐊᑭᑎᒌᑦ,
ᕐᑯᒻᒥᔪᒌᑦᑐᑦ ᐃᑦᑎᓕᒻᒥ. .....1 can (450 ml)..... Tropical fruit salad, canned in juice

ᐊᑐᐃᓐᓇᑭᕐᑕᐅᒍᓱᖕᒋᑦ

Instructions

1. ᑯᕕᓗᒍ yogurt ᐃᖕᒍᑦᓱᕕᒻᒧᑦ ᐊᑯᓐᓕᒧᑦ.
2. ᐊᒻᒪᓗᒍ ᕐᑯᒻᒧᔪᖅ ᐱᑭᕐᑐᕕᓂᖅᑲᐅᑎᒃ ᐅᐊᑭᑎᒌᓂᒃ ᐃᑦᑏᔭᕐᓗᒍ.
3. ᑯᕕᓗᒋᑦ ᐱᑭᕐᑐᕕᓃᑦ ᒪᒪᕐᑐᓴᔪᑦ yogurt ᕐᒃᖓᓄᑦ.
4. ᓂᓐᓕᒪᔪᖅᑲᐅᑎᒧᕐᓗᒍ ᓂᓇᓐᓇᓱᖕᖕᒋᓂᖕᒐᓂ.

1. Pour yogurt into a medium size bowl.
2. Open can of tropical fruit salad and drain excess liquid.
3. Pour fruit salad over yogurt.
4. Refrigerate until you are ready to serve.

Nutrient values – 1 serving=185g

140,0 kCal Calories • 27,7 g Carbo • 1,2 g Fat • 5,5 g Protein • 0,7 g Fiber • 0,3 mg Iron

ᓂᐊᖁᔭᑦᓴᕋᑦ

ᓂᐊᖁᔭᑦᓴᕋᑦ ᒪᑯᐊᒍᕗᑦ ᓂᕿᑦᓴᔭᖅ/ ᐸᓂᖅᑎᑕᖅ, ᓂᐊᖁᔭᖅ, ᐅᓪᓗᕈᒥᑕᑦᓴᔭᖅ, muffins, bagels, pasta, noodles ᐊᓯᖕᒋᓪᓗ ! ᓂᖅᓯᐅᕈᓱᑦ ᐃᓚᐅᕗᑦ ᓄᓇᕕᒻᒥ ᓂᕿᓂᒃ ᖃᐅᔨᒪᐅᑎᓃᑦᑐᓄᑦ ᓂᐊᖁᔭᑦᓴᔭᓄᑦ.

ᓱᒧᑦ ᓂᐊᖁᔭᑦᓴᕋᑦ ᐱᒻᒪᕆᐅᕙᑦ ?

ᑖᒃᑯᐊ ᓂᖅᑮᑦ ᓄᒃᑭᓇᖅᑐᐃᑦ. ᖃᓄᐃᖅᑭᓯᐊᖅᓇᑐᖅᑕᖅᓱᑎᓪᓗ ᑎᔭᐅᔪᓂᒃ vitamin B. Vitamin B ᒍᓂᕋᖅᑕᒧᑦ ᑎᒥᕗᑦ ᓄᑭᖅᖅᑎᑕᐅᓲᖅ.

ᓂᕆᑦᓯᐊᖅᑲᑦᑕᕆᐊᖅᖅᑯᒍᑦ ᓂᐊᖁᔭᑦᓴᔭᓕᓐᓂᒃ, ᑲᔪᖅᓂᒃ ᓂᐊᖁᔭᓂᒃ, ᑲᔪᖅᓂᒃ ᐸᓂᖅᑎᑕᓂᒃ/ᓂᕿᑦᓴᔭᓂᒃ, ᐅᓪᓗᕈᒥᑕᑦᓴᔭᓂᓪᓗ ᐅᖅᑐᒥᓗᐊᕈᒪᖕᖕᒋᑯᑦᑕ, ᖅᑯᖅᕕᑐᑦᓯᐊᖅᑲᑦᑕᕈᒪᒍᑦᑕ, ᐊᖅᑭᐊᕈᓕᕆᖅᑲᑦᑕᕈᒪᖕᖕᒋᑯᑦᑕ, ᐆᒻᒪᓯᕆᖅᑲᑦᑕᕈᒪᖕᖕᒋᑯᑦᑕ ᐱᕈᐃᓐᓇᓲᓂᓪᓘᓃᑦ ᐋᓐᓂᐊᑖᖅᑲᑦᑕᕈᒪᖕᖕᒋᑯᑦᑕ, ᐊᐅᒃᑯᓗ ᐱᑕᑦᓴᖅᑲᓗᐊᓂᐅᔭᖅᑭᒍᒪᖕᖕᒋᑯᑦᑕ.

ᖃᐅᔨᒪᐅᑎᑦᓴᑦ ᓇᓪᓕᖕᒋᓐᓂᒃ ᓂᐊᖁᔭᑦᓴᔭᓕᓐᓂᒃ ᓂᕆᔪᑦᓴᐅᒪᖕᒑᑦᑕ:

- ᓂᐊᖁᔭᒥᒃ ᑲᔪᖅᒥᒃ ᓇᓪᓕᒃᖅᓂᓴᐅᖅᑲᑦᑕᓗᑎᑦ.
- ᓂᖅᓯᐅᕈᓯᖅᓂᒃ ᐊᑐᓕᕈᕕᑦ, ᓇᐸᐸᓗᐊᖕᒐ ᖃᑯᖅᑕᐅᑉ ᓂᕿᑦᓴᔭᐅᑉ ᑕᐅᖅᓯᐅᑎᖅᑲᖅᑎᖕᒑᖅᓗᒍ ᑲᔪᖅᒥᒃ ᓂᕿᑦᓴᔭᒥᒃ ... ᐃᓚᒍᓐᓇᒥᕋᑦ ᖃᔪᑦᓴᔭᒥᒃ !
- ᐅᓪᓗᕈᒥᑕᑦᓴᔭᓂᒃ ᓂᐊᖁᔭᑦᓴᔭᓕᓐᓂᒃ ᐅᑦᑐᖅᑲᑦᑕᓗᑎᑦ: Bran Flakes, Shreddies, Mini-Wheats, Raisin Bran, etc…
- ᒪᒪᖅᓴᐅᑎᓕᓐᓂᒃ ᐱᑦᑐᓕᖅᑲᑦᑕᓗᑎᑦ: Lucky Charms, Fruit Loops, Honeycomb, Frosted Flakes, Cocoa Pebbles, etc…
- ᐅᖅᓱᖅᑲᓗᐊᖅᑎᓯᑦᑐᓕᕐᓪᓗᑎᑦ ᐃᒥᑦᑐᓂᒃ butter / margarine / lard ᓂᕿᑦᓴᔭᒥᒃ ᓂᐊᖁᔭᒥᓪᓗ.
- ᐅᑯᐊ ᓇᓪᓕᑐᐃᓐᓇᖅᑭᓐᓂᒃ ᐊᑐᖅᑲᑦᑕᓗᑕ ᑕᒥᓐᓂᐅᖅᑭᑦᑐᖅ (either butter or mayonnaise on a sandwich), (butter or peanut butter on toast)…
- ᐸᓂᖅᑎᑕᓕᐅᓕᕈᕕᑦ ᑭᐊᑦᓴᐅᑎᐅᑉ ᐃᓗᐊᓂ ᐃᒐᖅᑲᑦᑕᓗᒍ ᐃᓛᓐᓂᓴᕋᑕᖅ ᐅᖅᓱᒧᑦ ᐃᒐᖅᑲᑦᑕᓗᑎᑦ ᓂᕿᑦᓴᔭᓕᐅᓕᕈᕕᑦ.
- Choose tomato sauces for your spaghetti and noodles and limit creamy sauces.

GRAIN PRODUCTS

Grain products include bannock, bread, cereal, oats, muffins, bagels, pasta, noodles and the list goes on! The recipes in this section all belong to the Grain Products food group of the Nunavik Food Guide.

Why are Grain Products important?

These foods give us energy. They also provide us with vitamin B.
Vitamin B helps your body use energy.

Choosing high fiber grain products, like whole wheat bread, whole wheat bannock, and high fiber cereals is important to help us keep a healthy weight, to help us go to the bathroom, to keep our digestive system in good working order, to help prevent heart disease and certain types of cancer, and to lower our chances of getting diabetes.

Helpful Tips for Eating Grain Products:

- Choose whole wheat bread more often.
- In recipes, substitute half the white flour for whole wheat flour….or try adding oats!
- Try cereals made from whole grains like: Bran Flakes, Shreddies, Mini-Wheats, Raisin Bran, etc…
- Avoid sugary cereals like: Lucky Charms, Fruit Loops, Honeycomb, Frosted Flakes, Cocoa Pebbles, etc…
- Use less butter / margarine / lard on your bannock and bread.
- Try using only one spread (either butter or mayonnaise on a sandwich), (butter or peanut butter on toast)….instead of both.
- Bake your bannock and save fried bannock only for very special occasions.
- Choose tomato sauces for your spaghetti and noodles and limit creamy sauces.

ᐸᓂᕐᑎᑕᖅ ᑭᐊᑦᓴᐅᑎᐅᑉ ᐃᓗᐊᓂ ᖃᓚᑦᓯᒪᔪᖅ
Baked Bannock

ᓄᓇᕗᒻᒥ ᓂᕿᑦᓯᐊᓂᒃ ᓂᓇᕐᑯᓪᓗᑕ ᒪᓕᒐᓕᐊᖕᒍᒪᔪᑦ

ᐸᓚᐅᒫᑦᓴᕋᑦ: ᐸᓂᕐᑎᑕᖅ, ᓂᐊᕐᑰᔭᖅ, ᐅᓪᓛᕈᒥᑕᑦᓴᔭᖅ, ᐃᕐᕿᐅᔭᖅ, Pasta

ᓂᕿᑦᓴᕋᑦ ᑲᔫᓂᕐᓴᑦ ᓂᕈᐊᕐᓂᓴᓇᕝᕙᓪᓗᒋᑦ

Nunavik Food Guide Group

Grain Products : Bannock, Bread, Cereal, Rice & Pasta

Choose whole grain more often

ᖃᓄᓪᓗᐊᑎᒋᒃ ᐊᑐᐃᓐᓇᕈᕐᑎᑕᐅᒐᓯᐊᕐᓂᐊᓂᖕᒐᑦ: 15 ᒥᓂᑦᑦ
ᖃᓄᓪᓗᐊᑎᒋᒃ ᖃᓚᒐᓯᐊᕐᓂᐊᓂᖕᒐᑦ: 30 ᒥᓂᑦᑦ

Preparation Time: 15 minutes
Cooking Time: 30 minutes

ᓂᑮᑦ ᖃᓄᐃᑦᑑᓂᖕᒋᑦ

Foods Items

ᓴᓇᐅᒐᖅ (ᓂᕿᑦᓴᔭᖅ) ..... 1 1/3 cup (300 ml) ..... Flour
ᓴᓇᐅᒐᖅ (ᓂᕿᑦᓴᔭᖅ) ᑲᔫᓂᕐᓴᖅ ..... 1 1/3 cup (300 ml) ..... Whole wheat flour
ᐳᑦᔪᓴᐅᑎᒃ ..... 1 tablespoon (15 ml) ..... Baking powder
ᐱᑕᑦᓴᖅ (ᒪᒪᕐᓴᐅᑎᒃ) ᑲᔪᖅ ..... 2 tablespoons (30 ml) ..... Brown sugar
ᑕᓇᐅᖅ ..... 1 teaspoon (5 ml) ..... Salt
ᐃᒻᒧᖅ 2 % ..... 1 1/3 cup (300 ml) ..... 2 % milk
ᒪᓐᓂᖅ ..... 1 ..... Egg
ᐅᕐᓯᖅ Canola oil ..... 3 tablespoons (45 ml) ..... Canola oil

ᐊᑐᐃᓐᓇᕈᕐᑕᐅᒍᓯᖕᒋᑦ

1. ᐃᖕᒍᑦᓯᐃᒻᒥ, ᐅᐊᕈᑎᑏᑦᑎᓗᒋᑦ ᓂᕿᑦᓴᔭᖅ, ᐳᑦᔪᓯᐅᑎᒃ, ᒪᒪᕐᓴᐅᑎᒃ ᑲᔪᖅ ᑕᓇᐅᕐᓗ.
2. ᐃᖕᒍᑦᓯᐃᒥᐊᓪᓚᒥ, ᖃᓗᐃᑦᓯᐊᓗᒋᒃ ᒪᓐᓂᖅ, ᐅᕐᓯᓗ canola. ᐃᓚᓗᒍ ᐃᒻᒧᒥᒃ.
3. ᐅᐊᕈᑦᓯᐅᑎᒥᓗᒍ ᓂᕿᑦᓴᔭᒧᑦ, ᖃᓗᐃᕐᓗᒍ ᐃᓘᓐᓇᒥ ᖃᐅᓯᓕᖕᖕᒋᓂᓕᒫᖕᒐᓂ ᐅᓗᓗᐊᕐᑐᓕᓗᒍ.
4. ᐃᓕᐅᕐᖃᓗᒍ ᐅᕐᑰᐱᒐᓛᐱᑦᓯᒪᔪᒧᑦ ᑭᐊᑦᓴᐅᑎᐅᑉ ᐃᓗᐊᓂ ᐃᒐᐅᑎᒧᑦ ᑕᑭᑦᑐᑳᒧᑦ (2 inches (5 ᓯᓐᑎᑏᑕ) ᐳᕐᑐᓂᓕᒻᒧᑦ)
5. ᐃᒐᓗᒍ ᐆᓇᕐᓂᖕᒐ 375 -ᒥ (190°C) 30 ᒥᓂᑦᑦ ᒥᑦᓵᓂ.

1. In a mixing bowl, mix flours, baking powder, brown sugar and salt.
2. In another mixing bowl, mix the egg, and canola oil well. Add the milk.
3. Add to the flour mixture, stirring to incorporate it well but do not over mix.
4. Put onto a lightly greased rectangular oven pan (approximately 2 inches (5 cm) high).
5. Bake at 375°F (190°C) for approximately 30 minutes.

Nutrient values– 1 serving =160g

389,7 kCal Calories • 56,9 g Carbo • 12,3 g Fat • 11,9 g Protein • 5,3 g Fiber • 3,4 mg Iron

ᐸᓂᕐᑎᑕᖅ ᐸᐅᕐᖓᓕᒃ
Bannock With Berries

ᓄᓇᕗᒻᒥ ᓂᕿᑦᓯᐊᓂᒃ ᓂᓇᕐᑯᓪᓗᑕ ᒪᓕᒐᓕᐊᖑᒍᒪᔪᑦ

ᐸᓚᐅᒫᑦᓴᓴᑦ: ᐸᓂᕐᑎᑕᖅ, ᓂᐊᕐᑰᔭᖅ, ᐅᓪᓛᕈᒥᑕᑦᓴᔭᖅ, ᐃᕐᕿᐅᔭᖅ, Pasta

ᓂᕿᑦᓴᓴᑦ ᑲᔫᓂᕐᓴᑦ ᓂᕈᐊᕐᓂᓴᓇᕝᕚᓪᓗᒋᑦ

Nunavik Food Guide Group

Grain Products : Bannock, Bread, Cereal, Rice & Pasta

Choose whole grain more often

ᕐᑲᓄᓪᓗᐊᑎᒋᒃ ᐊᑐᐃᓐᓇᕈᕐᑎᑕᐅᒐᓱᐊᕐᓂᐊᓂᖓᑦ: 15 ᒥᓂᑦᑦ
ᕐᑲᓄᓪᓗᐊᑎᒋᒃ ᕐᑲᓚᒐᓱᐊᕐᓂᐊᓂᖓᑦ: 15 ᒥᓂᑦᑦ

Preparation Time: 15 minutes
Cooking Time: 15 minutes

ᓂᑮᑦ ᕐᑲᓄᐃᑦᑑᓂᖏᑦ

Foods Items

ᓴᓇᐅᒐᖅ (ᓂᕿᑦᓴᔭᖅ) ..... 1 1/3 cup (300 ml) ..... Flour
ᓴᓇᐅᒐᖅ (ᓂᕿᑦᓴᔭᖅ) ᑲᔫᓂᕐᓴᖅ ..... 1 1/3 cup (300 ml) ..... Whole wheat flour
Baking soda ..... 1 tablespoon (15 ml) ..... Baking soda
ᐱᑕᑦᓴᖅ (ᒪᒪᕐᓴᐅᑎᒃ) ᑲᔪᖅ ..... 2 tablespoons (30 ml) ..... Brown sugar
ᑕᓇᐅᖅ ..... 1 teaspoon (5 ml) ..... Salt
ᐃᒻᒧᖅ 2 % ..... 1 1/3 cup (300 ml) ..... 2 % milk
ᒪᓐᓂᖅ ..... 1 ..... Egg
ᐅᕐᓯᖅ Canola oil ..... 1 tablespoon (15 ml) ..... Canola oil
ᑭᒍᑎᖏᕐᓂᑦ (ᐊᓯᖏᓪᓗᓃᑦ ᐸᐅᕐᖑᑦ) ..... ½ cup (125 ml) ..... Blueberry (or any other berries)

ᐊᑐᐃᓐᓇᕈᕐᑕᐅᒍᓯᖏᑦ

1. ᐃᖑᑦᓯᕕᒻᒥ ᐊᖏᔪᒥ, ᐅᐊᕈᑎᒌᑦᑎᓗᒋᑦ ᓂᕿᑦᓴᔭᖅ, ᐳᑦᔪᓯᐅᑎᒃ, ᒪᒪᕐᓴᐅᑎᒃ ᑲᔪᖅ ᑕᓇᐅᕐᓗ.
2. ᐃᖑᑦᓯᕕᐅᑉ ᐊᓯᐊᓂ ᐊᖏᔫᒻᒥᔪᒥ, ᕐᑲᓄᐃᓪᓗᒍ ᒪᓐᓂᖅ, ᐅᕐᓯᓗ. ᐃᓚᓗᒍ ᒪᓐᓂᒥᒃ. ᑐᕐᕐᑯᓗᒍ ᓂᕿᑦᓴᔭᕐᑕᓕᒻᒧᑦ, ᕐᑲᓗᐃᕐᓗᒍ ᕐᑲᑎᑦᓯᐊᓗᒍ ᐃᓘᓐᓇᒥ.
3. ᐃᓚᒋᓕᐅᑎᓗᒋᑦ ᐸᐅᕐᖑᑦ
4. ᓵᑦᑐᔭᓕᐊᓇᓗᒍ.
5. ᐃᒐᓗᒍ ᐅᕐᓯᐊᓯᒪᒐᓛᐱᑦᑐᒥ ᐸᓂᐅᑉᐹᒥ ᐊᖏᔪᒥ ᑲᔪᕈᖅᖏᓂᓕᒫᖅᒐᓂ ᐊᑖ, ᒧᒥᓗᒍᓗ ᑲᔪᕈᕐᐸᑦ.

1. In a large mixing bowl, mix flours, baking powder, brown sugar and salt.
2. In another large mixing bowl, mix the egg, and oil well. Add the milk. Add to the flour mixture, stirring to incorporate it well.
3. Add berries.
4. Shape into patty.
5. Cook in a lightly oil large frying pan until brown on one side and then turn over.

Instructions

Nutrient values – 1 serving=170g

348,5 kCal Calories • 60,5 g Carbo • 6,8 g Fat • 12,0 g Protein • 5,7 g Fiber • 3,4 mg Iron

ᑲᔪᖅ ᐃᕐᕿᐅᔭᖅ/ᕐᑯᐱᕐᕈᐊᓗᔭᖅ
Brown Rice

ᓄᓇᕗᒻᒥ ᓂᕿᑦᓯᐊᓂᒃ ᓂᓇᕐᑯᓪᓗᑕ ᒪᓕᒐᓕᐊᖕᒍᒪᔪᑦ

ᐸᓚᐅᒫᑦᓴᔪᑦ: ᐸᓂᕐᑎᑕᖅ, ᓂᐊᕐᑰᔭᖅ, ᐅᓪᓛᕈᒥᑦᓴᔭᖅ, ᐃᕐᕿᐅᔭᖅ, Pasta

ᓂᕿᑦᓴᔪᑦ ᑲᔫᓂᕐᓴᑦ ᓂᕈᐊᕐᓂᓴᓇᕝᓪᓗᒋᑦ

Nunavik Food Guide Group

Grain Products : Bannock, Bread, Cereal, Rice & Pasta

Choose whole grain more often

ᕐᑲᓄᓪᓗᐊᑎᒋᒃ ᐊᑐᐃᓐᓇᕈᕐᑎᑕᐅᒐᓱᐊᕐᓂᐊᓂᖕᒐᑦ: 5 ᒥᓂᑦᑐ
ᕐᑲᓄᓪᓗᐊᑎᒋᒃ ᕐᑲᓚᒐᓱᐊᕐᓂᐊᓂᖕᒐᑦ: 35 ᒥᓂᑦᑐ

Preparation Time: 15 minutes
Cooking Time: 35 minutes

ᓂᑮᑦ ᕐᑲᓄᐃᑦᑑᓂᖕᒋᑦ

Foods Items

ᑲᔪᖅ ᐃᕐᕿᐅᔭᖅ ..... 1 1/3 cup (300 ml) ..... Brown rice
ᐃᒪᖅ ..... 2 cups (500 ml) ..... Water
ᐅᕐᓯᖅ Canola oil ..... 2 teaspoons (10 ml) ..... Canola oil
ᑕᓇᐅᖅ ..... ½ teaspoon (2 ml) ..... Salt

ᐊᑐᐃᓐᓇᕈᕐᑕᐅᒍᓯᖕᒋᑦ

1. ᐃᒐᓚᖕᒐᔭᓕᒫᑎᑦ ᐃᓗᓐᓇᑎᒃ ᐅᒃᑯᓯᒍᑦ ᐊᖕᒋᔪᒧᕐᓗᒋᑦ.
2. ᑎᕐᑎᑎᓗᒍ ᐆᓇᕐᓂᖕᒐ ᐱᕕᑐᕐᑐᒥ. ᒪᑐᓗᒍ. ᐃᑯᒪᑭᓪᓕᒋᐊᕐᓗᒍ ᐊᑯᓪᓕᐅᓂᕐᓴᒧᑦ.
3. ᑎᕐᑎᐅᒐᕐᑎᓗᒍ ᐊᕐᕿᓕᖕᖕᒋᓂᓕᒫᖕᒐᓂ, 25 ᒥᓂᑦᑐᒥ.

Instructions

1. In a large pot, combine all ingredients. Stir well.
2. Bring to a boil over high heat. Cover. Reduce heat to medium low.
3. Simmer until tender, 25 minutes.

Nutrient values– 1 serving =146g

199,0 kCal Calories • 38,1 g Carbo • 3,3 g Fat • 3,9 g Protein • 1,7 g Fiber • 0,7 mg Iron

ᓂᐊᖁᔭᖅ
Cornbread

ᓄᓇᕗᒻᒥ ᓂᕿᑦᓯᐊᓂᒃ ᓂᓇᖁᓪᓗᑕ ᒪᓕᒐᓕᐊᖑᒍᒪᔪᑦ

ᓂᐊᖁᔭᑦᓴᓴᑦ: ᐸᓂᖅᑎᑕᖅ, ᓂᐊᖁᔭᖅ, ᐅᓪᓛᕈᒥᑕᑦᓴᔭᖅ, ᐃᖅᑭᐅᔭᖅ, Pasta

ᓂᕿᑦᓴᓴᑦ ᑲᔫᓂᖅᓴᑦ ᓂᕈᐊᖅᓂᓴᓇᕝᕙᓪᓗᒋᑦ

Nunavik Food Guide Group

Grain Products : Bannock, Bread, Cereal, Rice & Pasta

Choose whole grain more often

ᖃᓄᓪᓗᐊᑎᒋᒃ ᐊᑐᐃᓐᓇᕈᖅᑎᑕᐅᒐᓱᐊᖅᓂᐊᓂᖕᒐᑦ: 15 ᒥᓂᔅᑦ
ᖃᓄᓪᓗᐊᑎᒋᒃ ᖃᓚᒐᓱᐊᖅᓂᐊᓂᖕᒐᑦ: 45 ᒥᓂᔅᑦ

Preparation Time: 15 minutes
Cooking Time: 45 minutes

ᓂᑮᑦ ᖃᓄᐃᑦᑑᓂᖕᒋᑦ

Foods Items

ᓴᓇᐅᒐᖅ (ᓂᕿᑦᓴᔭᖅ) ..... 1 cup (250 ml) ..... Flour
Cornmeal ..... ½ cup (125 ml) ..... Cornmeal
ᐱᑕᑦᓴᖅ (ᒪᒪᖅᓴᐅᑎᒃ) ᑲᔪᖅ ..... 1/3 cup (60 ml) ..... Brown sugar
S5Jnst4 ..... ½ teaspoon (2 ml) ..... Baking powder
Baking soda ..... ½ teaspoon (2 ml) ..... Baking soda
ᑕᓇᐅᖅ ..... ½ teaspoon (2 ml) ..... Salt
ᐃᒻᒧᖅ 2 % ..... ¾ cup (180 ml) ..... 2 % milk
Vinegar ..... 1 tablespoon (15 ml) ..... Vinegar
ᐅᖁᖅ Canola oil ..... 2 tablespoons (30 ml) ..... Canola oil
ᒪᓐᓂᖅ ..... 1 ..... Egg

ᐊᑐᐃᓐᓇᕈᖅᑕᐅᒍᓱᖕᒋᑦ

Instructions

1. ᐸᖅᑲᑎᒋᐊᖅᓗᒍ ᑭᐊᑦᓴᐅᑎᐅᑉ ᐃᓗᐊ 375 -ᒧᑦ. ᐅᖁᐊᒐᓛᐱᓪᓗᒍ ᓂᐊᖁᔭᓕᐅᕈᑎ
2. ᐃᖑᑦᓯᐱᒻᒥ ᐊᑯᓐᓈᖅᑭᒥ, ᖃᓗᐃᖅᓗᒋᑦ ᐃᒻᒧᖅ ᐊᒻᒪᓗ vinegar. ᓴᓂᖅᑮᓗᒋᒃ (ᑖᒃᑯᐊ ᑲᑎᒐᒥᒃ ᐅᔭᐅᓯᓱᒃ "buttermilk")
3. ᐃᖑᑦᓯᐱᒻᒥ ᐊᖑᒋᔪᒥ, ᑲᑎᑎᓗᒋᑦ ᓂᕿᑦᓴᔭᖅ, cornmeal, ᒪᒪᖅᓴᐅᑎᒃ, ᐳᑦᔪᓴᐅᑎᒃ, baking soda, ᑕᓇᐅᖅᓗ.
4. ᐃᖑᑦᓯᐱᐅᑉ ᐊᓯᐊᓂᒋᐊᓪᓚᐅᒥᔪᖅ, ᑲᑎᑎᖅᓗᒋᑦ buttermilk, ᐅᖅᓱᖅ ᒪᓐᓂᓗ. ᑖᓐᓇᓗ ᑯᐱᓗᒍ ᓂᕿᑦᓴᔭᖅᑕᓕᒻᒧᑦ, ᖃᓗᐃᖅᓗᒍ ᐱᑦᓯᐊᕋᓱᐊᖅᓗᒍ ᖃᐅᒃᑲᑐᐃᓐᓇᐅᖑᓐᓂᓕᒫᖕᒐᓂ. ᐅᓗᓗᐊᖅᑐᓕᓗᒍ.
5. ᓂᐊᖁᔭᓕᐅᕈᑎᒍᓪᓗᒍ. ᐃᒐᓗᒍ 45 ᒥᓂᔅᑦ ᒥᑦᓵᓂ.

1. Preheat the oven to 375°F (190°C). Lightly oil a pan.
2. In a medium mixing bowl, mix milk and vinegar. Set aside (the two together become "buttermilk")
3. In a large mixing bowl, combine flour, cornmeal, sugar, baking powder, baking soda and salt.
4. In a separate mixing bowl, mix together buttermilk, oil and egg. Add to flour mixture, stirring gently until just blended. Do not over mix.
5. Spread in bread pan. Bake for approximately 45 minutes.

Nutrient values –1 serving =105g

256,2 kCal Calories • 40,6 g Carbo • 8,1 g Fat • 6,1 g Protein • 2,0 g Fiber • 2,0 mg Iron

Couscous

ᓄᓇᕗᒻᒥ ᓂᕿᑦᓯᐊᓂᒃ ᓂᓇᕐᑯᓪᓗᑕ ᒪᓕᒐᓕᐊᖑᒍᒪᔪᑦ

ᓂᐊᕐᑰᔭᑦᓴᕋᑦ: ᐸᓂᕐᑎᑕᖅ, ᓂᐊᕐᑰᔭᖅ, ᐅᓪᓛᕈᒥᑕᑦᓴᔭᖅ, ᐃᕐᕿᐅᔭᖅ, Pasta

ᓂᕿᑦᓴᕋᑦ ᑲᔫᓂᕐᓴᑦ ᓂᕈᐊᕐᓂᓴᓇᕝᕙᓪᓗᒋᑦ

Nunavik Food Guide Group

Grain Products : Bannock, Bread, Cereal, Rice & Pasta

Choose whole grain more often

ᕐᑲᓄᓪᓗᐊᑎᒋᒃ ᐊᑐᐃᓐᓇᕈᕐᑎᑕᐅᒐᓱᐊᕐᓂᐊᓂᖕᒐᑦ: 5 ᒥᓂᔅᑦ
ᕐᑲᓄᓪᓗᐊᑎᒋᒃ ᕐᑲᓚᒐᓱᐊᕐᓂᐊᓂᖕᒐᑦ: 5 ᒥᓂᔅᑦ

Preparation Time: 5 minutes
Cooking Time: 5 minutes

ᓂᑮᑦ ᕐᑲᓄᐃᑦᑑᓂᖕᒋᑦ

Foods Items

ᐃᒪᖅ ..... 1½ cup (375 ml) ..... Water
ᐅᕐᓯᖅ Canola oil ..... 2 teaspoons (10 ml) ..... Canola oil
Couscous ..... 1 cup (250 ml) ..... Couscous

ᐊᑐᐃᓐᓇᕈᕐᑕᐅᒍᓯᖕᒋᑦ

Instructions

1. ᐃᒐᐅᑎᒥ ᑎᒍᓕᓕᒻᒥ, ᑎᕐᑎᑎᓗᒍ ᐃᒪᖅ ᐅᕐᓯᑕᓕᒃ.
2. ᐅᐊᕈᑦᓯᐅᑎᓗᒍ ᕐᑲᓗᐃᕐᓗᒍ ᑕᕝᕗᖕᒐ couscous.
3. ᒪᑐᓗᒍ ᐸᕐᕐᑳᒥᓪᓗ ᐋᕐᓗᒍ; ᓂᓪᓕᓯᑎᓪᓗᒍ 5 ᒥᓂᔅᑦᒥ.
4. ᐊᔭᑦᓴᐅᑎᒍᑦ ᕐᑲᓗᐃᕐᓗᒍ ᐊᑐᐃᓐᓇᓯᒐᑦᓴᓕᐊᓇᓗᒍ.

1. In a pot, bring water and oil to a boil.
2. Stir in couscous.
3. Cover and remove from heat; let stand for 5 minutes.
4. Fluff with a fork before serving.

Nutrient values– 1 serving =107g

146,6 kCal Calories • 26,8 g Carbo • 2,1 g Fat • 4,4 g Protein • 1,7 g Fiber • 0,4 mg Iron

ᐅᕐᓯᒧᑦ ᐃᒐᓯᒪᔪᖅ ᓂᕿᑦᓴᔭᖅ
Fried Bannock

ᓄᓇᕕᒻᒥ ᓂᕿᑦᓯᐊᓂᒃ ᓂᓇᕐᑯᓪᓗᑕ ᒪᓕᒐᓕᐊᖕᒍᒪᔪᑦ

ᓂᐊᑰᔭᑦᓴᓴᑦ: ᐸᓂᕐᑎᑕᖅ, ᓂᐊᕐᑰᔭᖅ, ᐅᓪᓛᕈᒥᑕᑦᓴᔭᖅ, ᐃᕐᕿᐅᔭᖅ, Pasta

ᓂᕿᑦᓴᓴᑦ ᑲᔫᓂᕐᓴᑦ ᓂᕈᐊᕐᓂᓴᓇᕝᕙᓪᓗᒋᑦ

Nunavik Food Guide Group

Grain Products : Bannock, Bread, Cereal, Rice & Pasta

Choose whole grain more often

ᕐᑲᓄᓪᓗᐊᑎᒋᒃ ᐊᑐᐃᓐᓇᕈᕐᑎᑕᐅᒐᓱᐊᕐᓂᐊᓂᖕᒐᑦ: 20 ᒥᓂᑦᑦ
ᕐᑲᓄᓪᓗᐊᑎᒋᒃ ᕐᑲᓚᒐᓱᐊᕐᓂᐊᓂᖕᒐᑦ: 10 ᒥᓂᑦᑦ

Preparation Time: 20 minutes
Cooking Time: 10 minutes

ᓂᑖᑦ ᕐᑲᓄᐃᑦᑑᓂᖕᒋᑦ

Foods Items

ᓴᓇᐅᒐᖅ (ᓂᕿᑦᓴᔭᖅ) ..... 1 cup (250 ml) ..... Flour
ᓴᓇᐅᒐᖅ (ᓂᕿᑦᓴᔭᖅ) ᑲᔫᓂᕐᓴᖅ ..... 1 cup (250 ml) ..... Whole wheat flour
ᑕᓇᐅᖅ ..... ½ teaspoon (2 ml) ..... Salt
ᐳᑦᔪᓴᐅᑎᒃ ..... 1½ teaspoon (7 ml) ..... Baking powder
ᐱᑕᑦᓴᖅ (ᒪᒪᕐᓴᐅᑎᒃ) ᑲᔪᖅ ..... 5 teaspoons (25 ml) ..... Brown sugar
ᐸᐅᖕᒐᐅᔪᑦ ..... ¼ cup (60 ml) ..... Raisins
ᐃᒻᒧᖅ 2 % ..... ¾ cup (180 ml) ..... 2 % milk
ᐅᕐᓯᖅ Canola oil ..... 5 teaspoons (25 ml) ..... Canola oil

ᐊᑐᐃᓐᓇᕈᕐᑕᐅᒍᓯᖕᒋᑦ

Instructions

1. ᐃᖕᒍᑦᓯᐃᒻᒥ, ᐅᐊᕈᑎᒌᑦᑎᓗᒋᑦ ᓂᕿᑦᓴᔭᖅ, ᑕᓇᐅᖅ, ᐳᑦᔪᓯᐅᑎᒃ, ᒪᒪᕐᓴᐅᑎᒃ ᑲᔪᖅ ᐸᐅᖕᒐᐅᔪᓪᓗ.
2. ᐃᖕᒍᑦᓯᐃᐅᑉ ᐊᓯᐊᓂ, ᐅᐊᕈᑎᒌᑦᑎᓗᒋᒃ ᐃᒻᒧᖅ ᐅᕐᓯᓗ. ᐃᓚᒋᓕᐅᑎᓕᕐᒥᓗᒍ ᓂᕿᑦᓴᔭᖅ ᐅᐊᕈᑎᒌᒃ, ᐅᓗᓪᓗᒍ ᐅᐊᕈᑎᒌᓕᑦᓯᐊᖕᒋᓐᓂᓕᒫᖕᒐᓂ, ᐅᓗᓗᐊᕐᑐᓕᑐᐃᓐᓇᓗᒍ.
3. ᑕᓪᓕᒪᐅᓕᕿᖕᒐᓗᓂ ᐸᑦᑕᐅᓈᕐᑎᑎᓪᓗᒍ (ᐊᑐᓅᕈᑎᑦᓴᓕᐊᓇᓗᒍ ᑕᓪᓕᒪᓄᑦ). ᓱᓪᓗᓕᐊᐱᓕᐊᓇᓗᒋᑦ.
4. ᐃᒐᓗᒋᑦ ᐅᕐᓯᒧᑦ ᐃᒐᐅᑎᒥ ᐆᓇᕐᓂᖕᒐ ᐊᑯᓐᓈᕐᕿᒥ, ᑲᔪᕈᑦᓯᐊᖕᒋᓐᓂᓕᒫᖕᒋᓐᓂ.

1. In a mixing bowl, mix flours, salt, baking powder, brown sugar and raisins.
2. In another mixing bowl, mix milk and oil. Add the flour mixture, kneading until the dough is well mixed, but do not over knead.
3. Make 5 balls (one for each person). Shape into doughnuts.
4. Cook in a pot in oil over medium heat, until golden brown.

Nutrient values — 1 serving=107g

286,7 kCal Calories • 48,9 g Carbo • 6,7 g Fat • 7,9 g Protein • 4,3 g Fiber • 2,6 mg Iron

ᐊᐅᑦᓯᐊᕐᑭᓐᓇᑐᖅ ᐸᓂᕐᑎᑕᖅ
Iron Rich Bannock

ᓄᓇᕗᒻᒥ ᓂᕿᑦᓯᐊᓂᒃ ᓂᓇᕐᑯᓪᓗᑕ ᒪᓕᒐᓕᐊᖑᒍᒪᔪᑦ

ᓂᐊᕐᑰᔭᑦᓴᓴᑦ: ᐸᓂᕐᑎᑕᖅ, ᓂᐊᕐᑰᔭᖅ, ᐅᓪᓛᕈᒥᑕᑦᓴᔭᖅ, ᐃᕐᕿᐅᔭᖅ, Pasta

ᓂᕿᑦᓴᓴᑦ ᑲᔫᓂᕐᓴᑦ ᓂᕈᐊᕐᓂᓴᓇᕝᕙᓪᓗᒋᑦ

Nunavik Food Guide Group

Grain Products : Bannock, Bread, Cereal, Rice & Pasta

Choose whole grain more often

ᕐᑲᓄᓪᓗᐊᑎᒋᒃ ᐊᑐᐃᓐᓇᕈᕐᑎᑕᐅᒐᓱᐊᕐᓂᐊᓂᖓᑦ: 15 ᒥᓂᑦᑦ
ᕐᑲᓄᓪᓗᐊᑎᒋᒃ ᕐᑲᓚᒐᓱᐊᕐᓂᐊᓂᖓᑦ: 30 ᒥᓂᑦᑦ

Preparation Time: 15 minutes
Cooking Time: 30 minutes

ᓂᒋᑦ ᕐᑲᓄᐃᑦᑑᓂᖏᑦ

Foods Items

ᓴᓇᐅᒐᖅ (ᓂᕿᑦᓴᔭᖅ) ....1¼ cup (300 ml)....Flour
ᓴᓇᐅᒐᖅ (ᓂᕿᑦᓴᔭᖅ) ᑲᔫᓂᕐᓴᖅ ....1¼ cup (300 ml)....Whole wheat flour
ᐳᑦᔪᓴᐅᑎᒃ ....1 tablespoon (15 ml)....Baking powder
ᑕᓇᐅᖅ ....1 teaspoon (5 ml)....Salt
ᐃᒪᖅ ....¾ cup (180 ml)....Water
ᒪᓐᓂᖅ ....1....Egg
ᐸᐅᖅᒐᐅᔪᑦ ....½ cup (125 ml)....Raisins
ᐅᕐᓱᖅ Canola oil ....1 tablespoon (15 ml)....Canola oil
ᒪᓛᓯ ....2 teaspoons (10 ml)....Molasses
Wheat germ ....1 tablespoon (15 ml)....Wheat germ
ᐃᒻᒧᖅ ᐸᓂᕐᑐᖅ ....5 tablespoon (75 ml)....Milk powder

ᐊᑐᐃᓐᓇᕈᕐᑕᐅᒍᓱᖕᒋᑦ

Instructions

1. ᐃᖑᑦᓯᕕᒻᒥ, ᐅᐊᕈᑎᒌᑦᑎᓗᒋᑦ ᓂᕿᑦᓴᔭᖅ, ᐃᒻᒧᖅ ᐸᓂᕐᑐᖅ, ᐳᑦᔪᓴᐅᑎᒃ, ᑕᓇᐅᖅ, wheat germ ᐊᒻᒪᓗ ᐸᐅᖅᒐᐅᔪᑦ.
2. ᐃᖑᑦᓯᕕᐅᑉ ᐁᑉᐹᖅᒐᓅᕐᓗᒋᑦ ᐃᒪᖅ, ᐅᕐᓱᖅ, ᒪᓐᓂᖅ, ᒪᓛᓯᓗ. ᓂᕿᑦᓴᔭᕐᑕᓕᒻᒧᑦ ᑐᕐᕐᑯᓗᒋᑦ ᐅᐊᕈᑎᒌᑦᑎᓗᒋᑦ, ᕐᑲᓗᐃᕐᓗᒋᑦ ᓂᕿᑦᓴᔭᖅ ᕐᑲᐅᓯᓕᕐᑐᐃᓇᐅᖅᖅᒋᓂᓕᒫᖅᒐᓂ.
3. ᐅᓗᓪᓗᒍ 1 ᓯᓐᑎᒌᑕᒥᒃ ᐃᑦᔪᓂᕐᑲᖅᖅᒋᓂᖅᒐᓂ.
4. ᑖᓐᓇ ᐆᒋᒃ ᐅᕐᓱᑎᕐᓯᒪᔪᒧᑦ ᓂᐊᕐᑰᔭᓕᐅᕈᑎᒧᑦ ᐃᓕᓗᒍ ᑭᐊᑦᓴᐅᑎᐅᑉ ᐃᓗᐊᓂ ᐃᒐᐅᑎᒧᑦ.
5. ᐃᒐᓗᒍ 400 ᒥ (200°C) 30 ᒥᓂᑦᑦᒥ.

1. In a mixing bowl, mix flours, milk powder, baking powder, salt, wheat germ and raisins.
2. In another mixing bowl, mix water, oil, the egg, and molasses. Add to the flour mixture, stirring until the flour is wet.
3. Knead to 1 cm (approximately ½ inch) thick.
4. Place dough in lightly oiled oven pan.
5. Bake at 400°F (200°C) for approximately 30 minutes.

Nutrient values — 1 serving=140g

346,7 kCal Calories • 63,1 g Carbo • 5,5 g Fat • 11,7 g Protein • 5,8 g Fiber • 3,6 mg Iron

Macaroni Salad

ᓄᓇᕗᒻᒥ ᓂᕿᑦᓯᐊᓂᒃ ᓂᓇᕐᑯᓪᓗᑕ ᒪᓕᒐᓕᐊᖑᒍᒪᔪᑦ

ᐸᓚᐅᒫᑦᓴᔪᑦ: ᐸᓂᕐᑎᑕᖅ, ᓂᐊᕐᑰᔭᖅ, ᐅᓪᓛᕈᒥᑕᑦᓴᔭᖅ, ᐃᕐᕿᐅᔭᖅ, Pasta

ᓂᕿᑦᓴᔪᑦ ᑲᔫᓂᕐᓴᑦ ᓂᕈᐊᕐᓂᓴᓇᕝᕚᓪᓗᒋᑦ

Nunavik Food Guide Group

Grain Products : Bannock, Bread, Cereal, Rice & Pasta

Choose whole grain more often

ᕐᑲᓄᓪᓗᐊᑎᒋᒃ ᐊᑐᐃᓐᓇᕈᕐᑎᑕᐅᒐᓱᐊᕐᓂᐊᓂᖕᒐᑦ: 10 ᒥᓂᔅᑦ
ᕐᑲᓄᓪᓗᐊᑎᒋᒃ ᕐᑲᓚᒐᓱᐊᕐᓂᐊᓂᖕᒐᑦ: 17 ᒥᓂᔅᑦ

Preparation Time: 10 minutes
Cooking Time: 17 minutes

ᓂᑮᑦ ᕐᑲᓄᐃᑦᑑᓂᖕᒋᑦ

Foods Items

ᐅᐊᓃᑦ	½	Onion
Macaroni	1 cup (250 ml)	Macaroni
Celery	½ stalk	Celery
ᑕᓇᐅᖅ	½ teaspoon (2 ml)	Salt
ᑎᕐᑎᓯᒪᔪᖅ ᒪᓐᓂᖅ	1	Hard boiled egg
Pepper	½ teaspoon (2 ml)	Pepper
ᐅᕐᓱᖃᓪᓗᐊᕋᓂ mayonnaise	¼ cup (60 ml)	Light mayonnaise
Tuna, ᕐᑯᒻᒧᔪᒦᑦᑐᖅ ᐃᒪᓕᒻᒥ.	2 cans	Tuna, canned in water

ᐊᑐᐃᓐᓇᕈᕐᑕᐅᒍᓱᖕᒋᑦ

Instructions

1. ᑎᕐᑎᑎᓗᒋᑦ macaroni. ᓂᓪᓕᒪᔪᖃᐅᑎᒌᕐᓗᒋᑦ ᓂᓪᓕᓯᐊᓇᓯᓗᒋᑦ
2. ᑎᕐᑎᑎᓗᒍ ᒪᓐᓂᖅ 10 ᒥᓂᔅᑦᒥ ᕐᑯᕐᓱᑕᕐᑕᖕᒐ ᓯᑎᓕᑦᓯᐊᓇᓗᒍ.
3. ᐃᕐᒥᓗᒍ ᐃᒪᕐᒧᑦ ᓂᓪᓕᒪᔪᒧᑦ ᐊᒥᖕᒐᔭᕐᓗᒍᓗ. ᓇᖃᑎᕐᓗᒍ ᒥᑭᔪᕐᓚᐅᓈᕐᑎᐊᐱᑦᓴᓗᒍ.
4. ᓇᖃᑎᕐᓗᒋᑦ ᐅᐊᓃᑦ ᒥᑭᔪᕐᓚᐅᓈᕐᑎᑐᐊᐱᓐᓂᒃ, ᐃᕐᒥᓗᒍ ᓇᖃᑎᕐᒥᓗᒍᓗ celery ᒥᑭᔪᕐᓚᐅᓈᕐᑎᓗᒍ.
5. ᐃᖑᑦᓯᕕᒻᒥ, ᐅᐊᕈᑎᒌᑦᑎᓗᒋᑦ ᐃᓗᓐᓇᒥ ᑕᒪᒃᑯᐊᓕᒫᑦ.
6. ᒪᑐᓗᒍ ᐃᓕᓗᒍᓗ ᓂᓪᓕᒪᔪᖃᐅᑎᒧᑦ ᐊᑐᐃᓐᓇᓯᒐᑦᓴᓕᐊᓇᓗᒍ.

1. Cook macaroni noodles. Refrigerate to cool.
2. Boil the egg approximately 10 minutes or until the yolk is hard.
3. Wash in cold water and peel. Chop in small pieces.
4. Chop the onion finely, wash and chop celery finely.
5. In a mixing bowl, mix all ingredients together.
6. Cover and place in the refrigerator until serving time.

Nutrient values — 1 serving =112g

200,5 kCal Calories • 18,6 g Carbo • 5,4 g Fat • 17,0 g Protein • 1,0 g Fiber • 1,0 mg Iron

Noodles

ᓄᓇᕗᒻᒥ ᓂᕿᑦᓯᐊᓂᒃ ᓂᕆᕐᑯᓪᓗᑕ ᒪᓕᒐᓕᐊᖑᒍᒪᔪᑦ

ᐸᓚᐅᒫᑦᓴᔪᑦ: ᐸᓂᕐᑎᑕᖅ, ᓂᐊᕐᑰᔭᖅ, ᐅᓪᓛᕈᒥᑦᓴᔭᖅ, ᐃᕐᕿᐅᔭᖅ, Pasta

ᓂᕿᑦᓴᔪᑦ ᑲᔫᓂᕐᓴᑦ ᓂᕈᐊᕐᓂᓴᓇᕝᕚᓪᓗᒋᑦ

Nunavik Food Guide Group

Grain Products : Bannock, Bread, Cereal, Rice & Pasta

Choose whole grain more often

ᕐᑲᓄᓪᓗᐊᑎᒋᒃ ᐊᑐᐃᓐᓇᕈᕐᑎᑕᐅᒐᓱᐊᕐᓂᐊᓂᖅᒐᑦ: 5 ᒥᓂᑦᑦ
ᕐᑲᓄᓪᓗᐊᑎᒋᒃ ᕐᑲᓚᒐᓱᐊᕐᓂᐊᓂᖅᒐᑦ: 15 ᒥᓂᑦᑦ

Preparation Time: 5 minutes
Cooking Time: 15 minutes

ᓂᑮᑦ ᕐᑲᓄᐃᑦᑑᓂᖅᒋᑦ

Foods Items

Egg noodles ..... 1¼ cup (300 ml) ..... Egg noodles

ᐊᑐᐃᓐᓇᕈᕐᑕᐅᒍᓯᖅᒋᑦ

Instructions

1. ᐅᒃᑯᓯᒃ ᐃᒻᒥᓗᒍ ᑎᕐᑎᑎᓗᒍ.
2. ᑐᕐᑯᓗᒋᑦ noodles ᕐᑲᓗᐃᕐᓗᒋᓪᓗ.
3. ᐃᑯᒪᑭᓪᓕᒋᐊᕐᓗᒍ ᐃᒐᐅᒐᓯᒻᒥᓗᒍ 15 - 20 ᒥᓂᑦᑦ ᒥᑦᓵᓂ ᐊᕿᓕᖅᖅᒋᓂᓕᒫᖅᒐᓂᓘᓐᓃᑦ.

1. Bring a pot of water to boil.
2. Add the noodles and stir.
3. Reduce heat and cook for approximately 15-20 minutes or until tender.

Nutrient values — 1 serving=96 g

127,7 kCal Calories • 23,9 g Carbo • 1,4 g Fat • 4,5 g Protein • 1,1 g Fiber • 1,5 mg Iron

ᑭᐊᑦᓴᐅᑎᐅᑉ ᖃᖓᓂ ᐃᒪᔭᐅᓲᖅ ᐸᓂᕐᑎᑕᖅ
Stove-top Bannock

ᓄᓇᕗᒻᒥ ᓂᕿᑦᓯᐊᓂᒃ ᓂᓇᕐᑯᓪᓗᑕ ᒪᓕᒐᓕᐊᖑᒍᒪᔪᑦ

ᐸᓚᐅᒫᑦᓴᔪᑦ: ᐸᓂᕐᑎᑕᖅ, ᓂᐊᕐᑰᔭᖅ, ᐅᓪᓛᕈᒥᑕᑦᓴᔭᖅ, ᐃᕐᕿᐅᔭᖅ, Pasta

ᓂᕿᑦᓴᔪᑦ ᑲᔫᓂᕐᓴᑦ ᓂᕈᐊᕐᓂᓴᓇᕝᕙᓪᓗᒋᑦ

Nunavik Food Guide Group

Grain Products : Bannock, Bread, Cereal, Rice & Pasta

Choose whole grain more often

ᕐᑲᓄᓪᓗᐊᑎᒋᒃ ᐊᑐᐃᓐᓇᕈᕐᑎᑕᐅᒐᓱᐊᕐᓂᐊᓂᖓᑦ: 15 ᒥᓂᑦᑦ
ᕐᑲᓄᓪᓗᐊᑎᒋᒃ ᕐᑲᓚᒐᓱᐊᕐᓂᐊᓂᖓᑦ: 20 ᒥᓂᑦᑦ

Preparation Time: 15 minutes
Cooking Time: 20 minutes

ᓂᑮᑦ ᕐᑲᓄᐃᑦᑑᓂᖏᑦ

Foods Items

ᓴᓇᐅᒐᖅ (ᓂᕿᑦᓴᔭᖅ) ..... ¾ cup (180 ml) ..... Flour
ᓴᓇᐅᒐᖅ (ᓂᕿᑦᓴᔭᖅ) ᑲᔫᓂᕐᓴᖅ ..... 2/3 cup (160 ml) ..... Whole wheat flour
ᑕᓇᐅᖅ ..... ½ teaspoon (2 ml) ..... Salt
ᐳᑦᔪᓴᐅᑎᒃ ..... 1 tablespoon (15 ml) ..... Baking powder
ᐃᒪᖅ ..... ¾ cup (180 ml) ..... Water
ᐅᕐᓯᖅ Canola oil ..... 2 tablespoons (30 ml) ..... Canola oil
ᐃᒻᒧᖅ 2 % ..... ½ cup (125 ml) ..... 2 % milk

ᐊᑐᐃᓐᓇᕈᕐᑕᐅᒍᓯᖏᑦ

Instructions

1. ᐃᖑᑦᓯᕕᒻᒥ, ᐅᐊᕈᑎᑖᑦᑎᓗᒋᑦ ᓂᕿᑦᓴᔭᖅ, ᑕᓇᐅᖅ, ᐳᑦᔪᓯᐅᑎᓗ.
2. ᐃᖑᑦᓯᕕᒋᐊᓪᓚᒥ, ᖃᓗᐃᕐᓗᒋᒃ ᐃᒪᖅ ᐅᕐᓯᓗ.
3. ᐃᓚᒋᓕᐅᑎᓕᕐᒥᓗᒍ ᓂᕿᑦᓴᔭᕐᑕᓕᒻᒧᑦ, ᖃᓗᐃᕐᓗᒍ ᓂᕿᑦᓴᔭᖅ ᖃᐅᓯᓕᖕᖏᓂᓕᒫᖓᓂ.
4. ᐅᓗᑦᓯᒪᔪᖅ ᓵᑦᑐᔭᕐᑦᓴᓕᐊᓇᓗᒍ.
5. ᐃᒪᓗᒍ ᐅᕐᓱᑎᕐᓯᒪᔪᒧᑦ ᐸᓂᐅᑉᐹᒧᑦ, ᑲᔪᕈᖕᖏᓂᓕᒫᖓᓂ ᕐᑯᑉᐹ (ᒥᑦᓵᓂ 8-10 ᒥᓂᑦᑦ) ᒧᒥᓗᒍ ᕐᑯᑉᐹᓄᑦ ᐃᒪᓯᒻᒥᓗᒍ 8-10 ᒥᓂᑦᑦᒥᐊᓪᓚᒥ.
6. ᓇᑲᑎᕐᓗᒍ ᑕᓪᓕᒪᐅᓕᓗᒍ.

1. In a mixing bowl, mix flours, salt and baking soda.
2. In another mixing bowl, mix water and oil.
3. Add to the flour mixture, stirring until the flour is wet.
4. Shape into patty.
5. Cook in a lightly oiled frying pan, until brown on one side (approximately 8-10 minutes) and turn over for another 8-10 minutes.
6. Cut in 5 pieces.

Nutrient values – 1 serving=105g

192,5 kCal Calories • 26,8 g Carbo • 6,9 g Fat • 5,3 g Protein • 2,7 g Fiber • 1,6 mg Iron

ᐃᕐᕿᐅᔭᖅ/ᖁᐱᕐᕈᐊᓗᔭᖅ ᖃᑯᕐᑕᖅ
White Rice

ᓄᓇᕗᒻᒥ ᓂᕿᑦᓯᐊᓂᒃ ᓂᓇᖁᓪᓗᑕ ᒪᓕᒐᓕᐊᖑᒍᒪᔪᑦ

ᐸᓚᐅᒫᑦᓴᔪᑦ: ᐸᓂᕐᑎᑕᖅ, ᓂᐊᕐᑰᔭᖅ, ᐅᓪᓛᕈᒥᑕᑦᓴᔭᖅ, ᐃᕐᕿᐅᔭᖅ, Pasta

ᓂᕿᑦᓴᔪᑦ ᑲᔫᓂᕐᓴᑦ ᓂᕈᐊᕐᓂᓴᓇᕝᕕᓪᓗᒋᑦ

Nunavik Food Guide Group

Grain Products : Bannock, Bread, Cereal, Rice & Pasta

Choose whole grain more often

ᖃᓄᓪᓗᐊᑎᒋᒃ ᐊᑐᐃᓐᓇᕈᕐᑎᑕᐅᒐᓱᐊᕐᓂᐊᓂᖕᒐᑦ: 5 ᒥᓂᔅᑊ
ᖃᓄᓪᓗᐊᑎᒋᒃ ᖃᓚᒐᓱᐊᕐᓂᐊᓂᖕᒐᑦ: 25 ᒥᓂᔅᑊ

Preparation Time: 5 minutes
Cooking Time: 25 minutes

ᓂᑮᑦ ᖃᓄᐃᑦᑑᓂᖕᒋᑦ

Foods Items

ᖁᐱᕐᕈᐊᔪᐃᑦ (ᐃᕐᕿᐅᔭᑦ) ᖃᑯᕐᑐᑦ ..... 1 cup (250 ml) ..... White rice
ᐃᒪᖅ ..... 2 cups (500 ml) ..... Water
Margarine ..... 1 teaspoon (5 ml) ..... Margarine
ᑕᓇᐅᖅ ..... ½ teaspoon (2 ml) ..... Salt

ᐊᑐᐃᓐᓇᕈᕐᑕᐅᒍᓯᖕᒋᑦ

Instructions

1. ᐃᒐᐅᑎᒃ ᑎᒍᓕᓕᒃ ᐃᒻᒥᓗᒍ, ᐃᓚᓗᒍᓗ ᐃᕐᕿᐅᔭᓂᒃ, margarine ᑕᓇᐅᕐᒥᓗ.
2. ᖃᓗᐃᑦᓯᐊᓗᒋᑦ.
3. ᑎᕐᑎᑎᓗᒋᑦ ᐃᑯᒪᓇᑦᑐᒍᑦ
4. ᒪᑐᓗᒋᑦ.
5. ᐃᑯᒪᑭᑦᓕᒋᐊᕐᓗᒍ ᐊᑯᓐᓈᕐᕿᒥᑦ-ᐃᑯᒪᑭᓐᓂᐹᒍᑦ.
6. ᑎᕐᑎᑎᐅᒐᕐᓗᒍ ᐊᕐᕿᓕᖕᖕᒥᓂᓕᒫᖕᒐᓂ, 20 - 25 ᒥᓂᔅᑊᒥ.

1. In a pot, combine rice, water, margarine and salt.
2. Stir well.
3. Bring to boil over high heat.
4. Cover.
5. Reduce heat to medium low.
6. Simmer until tender, 20-25 minutes.

Nutrient values– 1 serving =132g

128,3 kCal Calories • 28,0 g Carbo • 0,7 g Fat • 2,4 g Protein • 0 g Fiber • 1,2 mg Iron

ᐃᖅᑭᐅᔭᑯᑖᑦ/ᖁᐱᖅᑭᐊᓗᔭᑯᑖᑦ ᐅᐊᕈᑎᒌᑦ
Wild Rice Mix

ᓄᓇᕗᒻᒥ ᓂᕿᑦᓯᐊᓂᒃ ᓂᓇᖁᓪᓗᑕ ᒪᓕᒐᓕᐊᖑᒍᒪᔪᑦ

ᐸᓚᐅᒫᑦᓴᔪᑦ: ᐸᓂᖅᑎᑕᖅ, ᓂᐊᖅᑰᔭᖅ, ᐅᓪᓛᕈᒥᑦᓴᔭᖅ, ᐃᖅᑭᐅᔭᖅ, Pasta

ᓂᕿᑦᓴᔪᑦ ᑲᔫᓂᖅᓴᑦ ᓂᕈᐊᖅᓂᓴᓇᕝᕙᓪᓗᒋᑦ

Nunavik Food Guide Group

Grain Products : Bannock, Bread, Cereal, Rice & Pasta

Choose whole grain more often

ᖃᓄᓪᓗᐊᑎᒋᒃ ᐊᑐᐃᓐᓇᕈᖅᑎᑕᐅᒐᓱᐊᖅᓂᐊᓂᖕᒐᑦ: 5 ᒥᓂᑦᑦ
ᖃᓄᓪᓗᐊᑎᒋᒃ ᖃᓚᒐᓱᐊᖅᓂᐊᓂᖕᒐᑦ: 25 ᒥᓂᑦᑦ

Preparation Time: 5 minutes
Cooking Time: 25 minutes

ᓂᑖᑦ ᖃᓄᐃᑦᑑᓂᖕᒋᑦ

Foods Items

ᖁᐱᖅᑭᐊᔪᐃᑦ (ᐃᖅᑭᐅᔭᑦ) ᖃᖁᖅᑐᑦ ..... 1 cup (250 ml) ..... Wild rice
ᐃᒪᖅ ..... 2 cups (500 ml) ..... Water
ᐅᖅᓱᖅ Canola oil ..... 2 teaspoon (10 ml) ..... Canola oil
ᑕᓇᐅᖅ ..... ½ teaspoon (2 ml) ..... Salt

ᐊᑐᐃᓐᓇᕈᖅᑕᐅᒍᓱᖕᒋᑦ

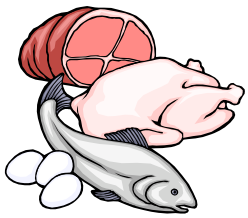
Instructions

1. ᐃᒪᐅᑎᒃ ᑎᒍᓕᓕᒃ, ᑐᖅᖁᐃᕕᒋᓗᒍ ᐅᐊᕈᑎᑖᓕᒫᓂᒃ.
2. ᖃᓄᐃᖅᓗᒋᑦ.
3. ᑎᖅᑎᑎᓗᒋᑦ ᐃᖁᒪᓇᑦᑐᒍᑦ
4. ᒪᑐᓗᒍ.
5. ᐃᖁᒪᑭᓪᓕᒋᐊᖅᓗᒍ ᐊᖁᓐᓈᖅᑭᒥᑦ-ᐃᖁᒪᑭᓐᓂᐸᒍᑦ.
6. ᑎᖅᑎᑎᐅᒐᖅᓗᒍ ᐊᖅᑭᓕᖕᖕᒋᓂᓕᒫᖕᒐᓂ, 20 - 25 ᒥᓂᑦᑦᒥ.

1. In a pot, combine all ingredients.
2. Stir well.
3. Bring to boil over high heat.
4. Cover.
5. Reduce heat to medium low.
6. Simmer until tender, 20-25 minutes.

Nutrient values — 1 serving=129g

130,1 kCal Calories • 24,0 g Carbo • 2,2 g Fat • 4,7 g Protein • 2,0 g Fiber • 0,6 mg Iron



ᓂᕿᑐᐃᓐᓇᖅ, ᐃᖃᓗᕕᓃᑦ, ᒪᓐᓃᑦ, ᑎᒻᒥᐊᕕᓃᑦ, ᐲᓲᓪᓗ

ᓂᕿᑐᐃᓐᓇᓄᑦ, ᐃᖃᓗᕕᓂᕐᓄᑦ, ᑎᒻᒥᐊᕕᓂᕐᓄᓗ, ᒪᓐᓃᓄᓪᓗ ᐲᓲᓄᓪᓗ ᐃᓚᐅᔪᑦ ᓇᓗᓇᒐᓛᖅᒥᓚᑦ. ᐅᑦᑐᕋᐅᑎᒋᑦᓱᒋᑦ ᐅᑯᐊ: ᑐᒃᑐᕕᓂᖅ, ᐊᑭᒡᒥᕕᓂᖅ, ᓂᕐᓕᕕᓂᖅ, ᒥᑎᕕᓂᖅ, ᐃᖃᓗᐸᐱᕕᓂᖅ, ᐃᓯᐅᕋᓕᑦᑖᖅ, ᓵᒪᕕᓂᖅ, ᐃᒻᒧᓕᐅᕐᑎᕕᓂᖅ, ᐊᑭᒡᒥᐅᔭᕕᓂᖅ, ᒪᓐᓃᑦ ᐲᓲᓪᓗ.
ᐅᑯᐊ ᓂᕐᑮᑦ ᐃᓚᐅᒻᒥᑎᓪᓗᒋᑦ: Peanut butter, nuts, tofu, and lentils. ᓂᕐᓯᐅᕈᓲᑦ ᐃᓚᐅᕗᑦ ᓄᓇᕕᒻᒥ ᓂᕿᓂᒃ ᖃᐅᔨᒪᐅᑎᓃᑦᑐᓄᑦ ᐅᑯᓄᖓ ᓂᕿᑐᐃᓐᓇᓄᑦ, ᐃᖃᓗᕕᓂᕐᓄᑦ, ᑎᒻᒥᐊᕕᓂᕐᓄᓗ, ᒪᓐᓂᓄᓪᓗ ᐲᓲᓄᓪᓗ.

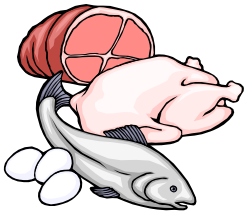
ᓱᒧᑦ ᓂᕿᑐᐃᓐᓄᑦ ᐱᒻᒪᕆᐅᕝᑦ ᓂᕿᑐᐃᓐᓄᓗ ᑕᐅᕐᓯᐅᑎᒋᒍᓐᓇᑕᖅᒥᑦ ?

ᓂᕿᑐᐃᓐᓇᓄᑦ, ᐃᖃᓗᕕᓂᕐᓄᑦ, ᑎᒻᒥᐊᕕᓂᕐᓄᓗ, ᒪᓐᓂᓄᓪᓗ ᐲᓲᓄᓪᓗ ᐃᓚᐅᔪᑦ ᓂᕿᑮᑦ ᓄᒃᑭᓴᐅᑎᑦᓯᐊᒍᕗᑦ ᐊᐅᖃᑦᓯᐊᕈᑎᐅᑦᓱᑎᓪᓗ ᐃᓗᓕᖃᕋᒥᒃ ᖃᓄᐃᖅᒥᓯᐊᕐᓇᑐᓂᒃ ᑎᔭᐅᔪᓂᒃ protein, iron and vitamin B12. ᑎᔭᐅᔪᖅ protein ᐊᖏᓕᕝᓕᐊᒍᑎᑦᓯᐊᖅ ᒪᒥᑉᐸᓕᐊᒍᑎᑦᓯᐊᒍᑦᓱᓂᓗ. ᑎᔭᐅᔪᖅ iron ᐊᐅᖃᑦᓯᐊᕈᑎᑦᓯᐊᖅ, ᐊᒻᒪᓗ vitamin B12 ᓄᑭᖃᑦᓯᐊᓇᕐᑐᖅ ᐊᐅᖃᑦᓯᐊᓇᕐᓱᓂᓗ.

ᓂᕿᑐᐃᓐᓄᑦ ᓇᓪᓕᖅᒥᑦ ᐱᐅᔫᒻᒪᖕᒫᑕ ᖃᐅᔨᒪᐅᑎᑦᓴᑦ ᓂᕿᑐᐃᓐᓇᖃᖅᖅᒥᑐᐊᕐᒪᓗ ᓱᓇᖕᒫᑦ ᓂᓇᔭᐅᒋᐊᖃᕐᒪᖕᒫᑕ:

- ᓂᕿᑐᐃᓐᓄᑦ, ᑎᒻᒥᐊᕕᓃᑦ ᐃᖃᓗᕕᓃᓪᓗ ᓇᓪᓕᑲᕐᑦᓴᓯᐊᒍᕗᑦ.
- ᓂᕿᑐᐃᓐᓇᓯᓚᖕᒐᒍᕕᑦ, ᐅᕐᓱᖃᓗᐊᖅᒥᑐᓂᒃ ᓂᐅᕕᖃᑦᑕᓇᐊᖃᕐᕐᑯᑎᑦ. ᖃᕐᕐᑯᓂᖅᒥᑦ ᓂᕿᑐᐃᓐᓇᐅᑉ ᐊᕙᓗᐊᓃᑦᑐᐃᓗ ᐅᕐᓱᐃᑦ ᖃᓄᐃᖅᒥᓯᐊᕐᓇᑐᕐᑕᖃᖅᖅᒥᓚᑦ.
- ᓂᕿᑐᐃᓐᓇᒥᒃ ᐃᒐᓯᒥᐊᓚᐅᕐᓇᒃ ᐅᕐᓱᐃᕐᕐᖃᓇᐊᖃᕐᕐᑯᑎᑦ.
- ᐅᑯᓂᖅᒐ ᓇᓪᓕᑲᖅᖅᒥᓂᕐᓴᐅᕐᖃᑦᑕᓇᐊᖃᕐᕐᑯᑎᑦ: bologna, hotdogs, salami, pepperoni, bacon, canned meat like Klik, Spam, Kam and other processed meats. ᐅᕐᓱᕐᖃᓗᐊᕐᒪᑕ ᑕᓇᐅᓇᓗᐊᕐᓱᑎᓪᓗ.
- ᐅᕐᓱᒧᑦ ᐃᒐᓯᒪᔪᓂᒃ ᓂᓇᕐᖃᑦᑕᕈᓐᓄᓗᑎᑦ ᓂᐊᕐᑰᔭᒥᓪᓗ ᐃᓚᓯᒪᔪᓂᒃ ᐃᖃᓗᕕᓂᕐᓂᒃ, ᐊᒥᑦᑐᖃᐅᓕᓯᒪᔪᓂᓪᓗ ᐃᖃᓗᕕᓂᕐᓂᒃ, KFC, ᐊᓯᖅᒥᓐᓂᓗ...
- ᐅᕐᓱᒧᑦ ᐃᒐᑦᑎᓕᖃᑦᑕᓗᑎᑦ ! ᐅᕐᓱᒧᑦ ᐃᒐᓚᖅᒐᒍᕕᑦ, ᒥᑭᔪᐊᐱᒻᒥᒃ ᐅᕐᓱᒥᒃ ᐃᒐᐅᑎᖃᖃᑦᑕᓗᑎᑦ ᐅᕐᓱᒨᖅᒥᑐᕐᔫᓃᑦ ᐃᒐᖃᑦᑕᓗᑎᑦ Goil, margarine, butter, lard).

- ᐊᕿᒡᒋᐅᔭᕐᑐᓕᕈᕕᑦ, ᐃᒐᓚᐅᕐᓇᒍ ᐋᕐᕐᑲᓇᐊᓖᑦ. ᐊᑭᒡᒋᐅᔭᐅᑉ ᐅᕐᓯᖓ ᖃᓄᐃᖕᖕᒋᓯᐊᕐᓇᑐᕐᑕᖃᖕᖕᒋᒪᑦ.
- ᓂᕿᒥᒃ ᐊᑦᑕᓇᕐᑐᓕᒪᑎᑦᓯᓂᖅ...ᓯᔭᕐᓯᑎᑦᓯᐊᓗᒍ ᖁᐊᒍᑐᐊᕐᐸᑦ ᓂᕿᑐᐃᓐᓇᖅ, ᐃᖃᓗᕕᓂᖅ ᑎᒻᒥᐊᕕᓂᕐᓗ ᓂᓪᓕᒪᔪᖃᐅᑎᒥ. ᓂᓪᓕᒪᔪᖃᐅᑎᒦᑦᑎᑕᐅᓐᓂᖕᒋᒃᑯᓂ ᐊᑯᓂ ᓂᕿᑐᐃᓐᓇᖅ, ᐃᖃᓗᕕᓂᖅ ᑎᒻᒥᐊᕕᓂᕐᔅᓃᑦ ᖁᐱᕐᕈᑖᕈᓐᓇᒪᑦ ᑐᖁᒍᑕᐅᒍᓐᓇᑐᓂᒃ.



MEAT, FISH, EGGS, BIRDS, BEANS

Most of the foods that go in the Meat, Fish, Birds, Eggs and Beans group are quite obvious. Some easy examples are: caribou, ptarmigan, goose, duck, char, trout, salmon, beef, chicken, eggs and beans.
Some other foods that belong in this group are: Peanut butter, nuts, tofu, and lentils.
The recipes in this section all belong to the Meat, Fish, Eggs, Birds, Beans food group of the Nunavik Food Guide.

Why are Meat & Meat Substitutes important?

Foods from the Meat, Fish, Birds, Eggs and Bean group help build strong muscles and healthy blood because they have lots of protein, iron and vitamin B12. Protein helps your body grow and repair itself. Iron helps build healthy blood, and vitamin B12 helps keep your muscles and blood healthy.

Helpful Tips for Eating Meat & Meat Substitutes:

- Traditional (or country) meat, birds and fish are all good choices.
- When buying meat, choose leaner cuts with less fat. The white parts in meat and around the edges are unhealthy fats.
- Trim the fat from your meat before cooking.
- Choose these foods less often: bologna, hotdogs, salami, pepperoni, bacon, canned meat like Klik, Spam, Kam and other processed meats. They are very high in fat and salt.
- Avoid breaded or fried meats like battered fish, fish sticks, KFC, etc…
- Try not to FRY! Broil, grill, roast, bake, stew, smoke, boil, or poach the foods in this group instead! If you fry, use little or no fats (oil, margarine, butter, lard).
- When eating chicken, remove the skin before cooking. The skin of chicken is just a layer of unhealthy fat.
- Food Safety…Make sure to thaw out frozen meat, fish and birds in the refrigerator. Leaving meat, fish and birds at room temperature for long periods of time can make germs that cause food poisoning.

ᐃᒻᒧᓕᐅᕐᑎᕕᓂᕐᓗ ᑎᖑᓪᓗ ᓂᐊᕐᑰᔭᓕᐅᕈᑎᐅᑉ ᐃᓗᐊᓂ ᐃᒐᓯᒪᔪᒃ
Beef and Liver Loaf

ᓄᓇᕕᒻᒥ ᓂᕿᑦᓯᐊᓂᒃ ᓂᓇᕐᑯᓪᓗᑕ ᒪᓕᒐᓕᐊᖑᒍᒪᔪᑦ

ᓂᕿᑐᐃᓐᓂᑦ, ᐃᕐᑲᓗᐃᑦ, ᒪᓐᓃᑦ, ᑎᒻᒥᐊᑦ ᐋᓇᓯᓪᓗ

ᓇᓪᓕᑳᕐᓯᓇᓇᓗᒋᑦ ᐃᕐᑲᓗᕕᓃᑦ, ᑕᓇᐅᕐᒥᐅᑐᑦ, ᒪᓐᓃᑦ, ᑎᒻᒥᐊᕕᓃᑦ ᐅᕐᓯᕐᑲᓪᓗᐊᖏᑦᑐᐃᓗ ᓂᕿᑐᐃᓐᓂᑦ

Nunavik Food Guide Group

Meat, Fish, Eggs, Birds & Beans

Choose fish, marine mammals, eggs, birds and lean meats more often

ᕐᑲᓄᓪᓗᐊᑎᒋᒃ ᐊᑐᐃᓐᓇᕈᕐᑎᑕᐅᒐᓯᐊᕐᓂᐊᓂᖓᑦ: 30 ᒥᓂᑦᑦ
ᕐᑲᓄᓪᓗᐊᑎᒋᒃ ᕐᑲᓕᒐᓯᐊᕐᓂᐊᓂᖓᑦ: 1 ᕿᓪᓕᒍᓯᒃ 20 ᒥᓂᑦᑦ

Preparation Time: 30 minutes
Cooking Time:1 hour 20

ᓂᒃᑯᑦ ᕐᑲᓄᐃᑦᑑᓂᖏᑦ

Foods Items

ᑎᖑᖓ (ᐃᒻᒧᓕᐅᕐᑎᕕᓂᐅᑉ ᐊᕿᒻᒥᐅᔭᕕᓂᐅᓪᓗᓃᑦ) ..... 1 ¼ cup (310 ml) ..... Liver (beef or chicken)
ᐅᐊᓃᑦ ..... 1 ..... Onion
ᕐᑲᔪᑦᓴᔭᖅ ..... ½ cup (125 ml) ..... Oats
ᑐᒫᑐᐃᑦ ᐃᑦᑎᖓ ..... 2/3 cup (160 ml) ..... Tomato juice
ᒪᓐᓂᖅ ..... 1 ..... Egg
ᐃᓚᕐᕿᐱᐊᖅ ᐃᒻᒧᓕᐅᕐᑎᕕᓂᖅ (ᐅᕐᓯᕐᑲᓗᐊᖑᒋᓂᕐᔪᖅ) ..... ¾ pound (360 g) ..... Ground beef (extra lean)

ᐊᑐᐃᓐᓇᕈᕐᑕᐅᒍᓯᖏᑦ

Instructions

1. ᑭᐊᑦᓴᐅᑎᐅᑉ ᐃᓗᐊ ᐸᕐᕐᑳᑎᒋᐊᕐᓗᒍ 350 ᒧᑦ. ᐅᕐᓯᑎᒐᓛᐱᓪᓗᒍ ᓂᐊᕐᑰᔭᓕᕈᑎᒃ;
2. ᓴᓗᒻᒪᓴᕐᓗᒍ ᑎᖑ ᒥᑭᒃᑳᖅ;
3. ᐊᒥᖕᔭᕐᓗᒍ ᐃᓚᕐᕿᓗᒍᓗ ᐅᐊᓂᖅ ᓯᑕᒪᐅᓕᓗᒍ;
4. ᑎᖑᓪᓗ ᐅᐊᓂᕐᓗ ᐃᓚᕐᕿᐅᑎᐅᑉ ᐃᑯᒪᐅᑎᒧᕐᑑᑉ ᐃᓗᐊᓅᕐᓗᒋᑦ. ᐃᖏᕐᕋᑎᓪᓗᒍ ᐃᒪᕈᐱᖕᖑᖏᓐᓂᓕᒫᖕᒐᓂ.
5. ᐃᖑᑦᓯᐱᒻᒥ, ᑭᓂᑦᓯᑎᓪᓗᒋᑦ ᕐᑲᔪᑦᓴᔪᑦ ᑐᒫᑐᑉ ᐃᑦᑎᖓᓂ 10-ᒥᓂᑦᑦᒥ.
6. ᐃᓕᓕᕐᒥᓗᒍ ᑎᖑᒍ ᐃᒪᕈᐱᐊᓕᕐᑎᓯᒪᔪᖅ, ᐃᓚᕐᕿᐱᐊᖅ ᐃᒻᒧᓕᐅᕐᑎᕕᓂᖅ ᒪᓐᓂᓗ ᕐᑲᔪᑦᓴᔭᒧᑦ. ᐃᖑᑦᓯᐊᓗᒋᑦ;
7. ᑖᓐᓇᓕᒫᖅ ᐃᖑᔪᑦ ᑐᕐᕐᑯᓗᒍ ᓂᐊᕐᑰᔭᓕᕈᑎᒧᑦ
8. ᐃᒐᓗᒍ ᒥᑦᓵᓂ 75 ᒥᓂᑦᑦ ᐅᕝᕙᓘᓐᓃᑦ ᕿᑎᖓᑕ ᐆᓇᕐᓂᖓ 180 (83°C) ᒥᑦᓵᓘᕐᐸᑦ.
9. ᓂᓪᓕᓯᐊᓇᕐᕐᑳᓗᒍ 5-ᒥᓂᑦᑦᒥ ᓇᑲᑎᓚᐅᕐᓇᒍ.
10. ᐊᕕᐅᕐᕐᑲᓗᒍ ᑎᒪ ᓂᓇᔭᐅᓂᐊᓕᕐᒪᑦ.

Preheat oven to 350°F (180°C). Lightly oil bread pan ;
Clean raw liver ;
Peel and chop onion in quarters ;
Put liver and onion in blender. Blend to a smooth puree ;
In a bowl, soak oats in tomato juice for 10 minutes ;
Now add liver puree, minced beef and egg to oat mixture. Mix well ;
Pour mixture into bread pan ;
Cook for approximately 1hr 15 minutes or until inside temperature is at least 180° F (83°C) ;
Let stand 5 minutes before slicing ;
Slice and serve.

Nutrient values – 1 serving = 212g

226,5 kCal Calories • 11,9 g Carbo • 6,6 g Fat • 29,2 g Protein • 1,5 g Fiber • 4,9 mg Iron

ᐃᒻᒧᓕᐅᕐᑎᕕᓂᖅ, corn ᐊᒻᒪᓗ ᑐᒫᑐ ᑭᐊᑦᓴᐅᑎᑉ ᐃᓗᐊᓂ ᐃᒐᓯᒪᔪᑦ
Beef, Corn and Tomato Casserole

ᓄᓇᕕᒻᒥ ᓂᕿᑦᓯᐊᓂᒃ ᓂᓇᕐᑯᓪᓗᑕ ᒪᓕᒐᓕᐊᖑᒍᒪᔪᑦ

ᓂᕿᑐᐃᓐᓄᑦ, ᐃᖃᓗᐃᑦ, ᒪᓐᓃᑦ, ᑎᒻᒥᐊᑦ ᐋᓇᓯᓪᓗ

ᓇᓪᓕᒃᑯᕐᓯᓇᓇᓗᒋᑦ ᐃᖃᓗᕕᓃᑦ, ᑕᓇᐅᕐᒥᐅᑌᑦ, ᒪᓐᓃᑦ, ᑎᒻᒥᐊᕕᓃᑦ ᐅᕐᓱᖃᓪᓗᐊᖏᑦᑐᐃᓗ ᓂᕿᑐᐃᓐᓄᑦ

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ᖃᓄᓪᓗᐊᑎᒋᒃ ᐊᑐᐃᓐᓇᑭᕐᑎᑕᐅᒐᓱᐊᕐᓂᐊᓂᖕᒐᑦ: 35 ᒥᓂᑦᑦ
ᖃᓄᓪᓗᐊᑎᒋᒃ ᖃᓕᒐᓱᐊᕐᓂᐊᓂᖕᒐᑦ: 45 ᒥᓂᑦᑦ

Preparation Time: 35 minutes
Cooking Time: 45 minutes

ᓂᑮᑦ ᖃᓄᐃᑦᑑᓂᖕᒋᑦ

Foods Items

Tomato	1	Tomato
ᐃᒻᒧᓕᐅᕐᑎᕕᓂᖅ ᐃᓚᕐᕿᐱᐊᖅ ᑐᑦᑐᕕᓂᕐᓗᓃᑦ (ᐅᕐᓱᖃᓗᐊᖕᒥᓂᕐᐸᖅ)	1-pound (454 g)	Extra lean beef or caribou
Green pepper	½	Green pepper
Red pepper	½	Red pepper
Garlic	1 clove	Garlic
Chili powder	½ teaspoon (2 ml)	Chili powder
Cumin	½ teaspoon (2 ml)	Cumin
Oregano	½ teaspoon (2 ml)	Oregano
ᑕᓇᐅᖅ	½ teaspoon (2 ml)	Salt
Pepper	½ teaspoon (2 ml)	Pepper
ᑐᒫᑐᕕᓂᖅ ᐃᒪᕈᕕᐊᓕᕐᑎᓯᒪᔪᖅ	2 tablespoons (30 ml)	Tomato paste
Coriander seed	½ teaspoon (2 ml)	Coriander seed
ᐃᒪᖅ	2 ½ cups (625 ml)	Water
Cornmeal	2/3 cup (160 ml)	Cornmeal
Plain yogurtl	1/3 cup (80 ml)	Plain yogurt
ᖁᐊᑦ (Frozen corn)	1 cup (250 ml)	Frozen corn
ᐃᓚᕐᕿᐱᐊᑦ Cheddar cheese	½ cup (125 ml)	Cheddar cheese, shredded

ᐊᑐᐃᓐᓄᕈᕐᑕᐅᒍᓯᖕᒋᑦ

Instructions

1. ᐸᕐᖃᑎᒋᐊᕐᓗᒍ ᑭᐊᑦᓴᐅᑎᐅᑉ ᐃᓗᐊ 375 -ᒧᑦ;
2. ᐃᕐᒥᓗᒋᑦ ᓯᒃᑭᑕᐅᓕᓗᒋᓪᓗ ᑐᒫᑐᐃᑦ ᐊᒻᒪᓗ peppers;
3. ᐸᓂᐅᑉᐹᒥ, ᐃᒐᓗᒍ ᐃᓚᕐᕿᐱᐊᖅ ᐃᒻᒧᓕᐅᕐᑎᕕᓂᖅ ᑐᑦᑐᕕᓂᕐᓗᓃᑦ ᐆᓇᕐᓂᖕᒐ ᐊᑯᓐᓈᕐᕿᒥ 5 - 10 ᒥᓂᑦᑦ ᒥᑦᓴᓂ (ᐊᐅᐸᓗᖕᒐᒍᓐᓂᐸᓪᓗᓃᑦ). ᐅᕐᓱᖕᒐ ᑯᐱᓗᒍ. ᓂᕿ ᖃᓚᑦᑐᖅ ᓴᓂᕐᑭᓗᒍ (ᐃᖕᒍᑦᓯᐱᒻᒥ ᒪᑐᓯᒪᓗᓂ)
4. ᑕᑭᖕᒐᑦᓴᓇᖅ ᐸᓂᐅᑉᐹᒧᑦ, ᐃᓕᓕᕐᒥᓗᒋᑦ green and red peppers, garlic, chilli powder, cumin, oregano, pepper ᑕᓇᐅᕐᓗ. ᐃᒐᓗᒍ ᐆᓇᕐᓂᖕᒐ ᐊᑯᓐᓈᕐᕿᒥ 5 ᒥᓂᑦᑦ ᐅᑭᑦᓗᓐᓃᑦ pepper ᐊᕿᓕᖕᖕᒋᓂᓕᒫᖕᒋᓐᓂ. ᖃᓗᐃᓇᐊᑦᓴᐅᑎᒋᖃᑦᑕᓗᒍ.
5. ᐅᐊᕈᑦᓯᐅᑎᓕᕐᒥᓗᒍ tomato paste ᖃᓗᐃᕐᓗᒍᓗ ᐊᒻᒪᓗ ᑐᒫᑐᐃᑦ ᐃᓚᕐᕿᓯᒪᔪᑦ, ᑎᕐᑎᐅᒐᕐᑎᓯᒻᒥᓗᒍ 5 ᒥᓂᑦᑦ ᖃᔪᓇᑦᓯᖕᒋᓐᓂᓕᒫᖕᒐᓂ.
6. ᐃᓚᒋᓕᐅᑎᓕᕐᒥᓗᒍ ᐃᓚᕐᕿᐱᐊᖅ ᐃᒻᒧᓕᐅᕐᑎᕕᓂᖅ (ᑐᑦᑐᕕᓂᕐᓗᓃᑦ) ᐊᒻᒪᓗ ᑯᓇᐊᓐᑐ coriander seed;

1. Preheat oven to 375°F ;
2. Wash and dice the tomatoes and the peppers ;
3. In a frying pan, cook the ground beef or caribou over medium heat for about 5-10 minutes (until no longer pink). Drain fat. Put the meat aside (in a bowl, covered) ;
4. In the same frying pan, place the green and red peppers, garlic, chilli powder, cumin, oregano, salt and pepper. Cook over medium heat for about 5 minutes or until peppers are tender. Stir occasionally ;
5. Stir in tomato paste and chopped tomatoes. Simmer for about 5 minutes or until it thickens ;
6. Add the beef (or caribou) and coriander seed ;
7. Pour water into an oven pan. Place pan on stove and bring water to a boil over medium heat ;
8. Lightly oil another oven pan ;

7. ᐃᒻᒥᓗᒍ ᑭᐊᑦᓴᐅᑎᐅᑉ ᐃᓗᐊᓂ ᐃᒐᐅᑎᒃ. ᑭᐊᑦᓴᐅᑎᐅᑉ ᖃᖓᓂ ᑎᕐᑎᑎᓗᒍ ᐆᓇᕐᓂᖓ ᐊᑯᓐᓈᕐᑭᒥ
8. ᐅᕐᓯᑎᐊᐱᓪᓗᒍ ᐊᓯᐊ ᑭᐊᑦᓴᐅᑎᐅᑉ ᐃᓗᐊᓂ ᐃᒐᐅᑎᒃ
9. ᐃᓛᕐᑑᑎᒋᕙᓪᓕᐊᑕᐅᒐᕐᓗᒍ cornmeal ᐃᒪᕐᒧᑦ ᑎᕐᑎᑐᒧᑦ. ᖁᐊᒍᓪᓛᒍᑦᓯᑎ ᖃᓗᐃᑭᑎᒧᑦ ᖃᓗᐃᖅᑭᓐᓇᓯᐊᕐᓗᒍ. ᐸᖅᑲᑭᓪᓕᑎᕐᓗᒍ ᐸᖅᑲᑭᓐᓂᐹᒥᑎᓪᓗᒍ ᖃᓗᐃᖅᑭᓐᓇᓕᒫᑦᓯᐊᓗᒍ 5 ᒥᓂᔅᒥ ᐅᕝᕙᓘᓐᓃᑦ ᐃᒪᕈᕕᖕᖕᒍᖅᑭᓐᓂᓕᒫᖓᓂ. ᐲᕐᓗᒍ ᐸᖅᑲᒥᒃ.
10. ᐅᐊᕈᑦᓯᓕᕐᒥᓗᒍ corn and plain yogurt. ᖃᓄᐃᑲᓪᓕᒐᓯᐊᕐᓗᒍ, 2/3-ᖓ ᑖᑦᓯᒪ ᐅᕐᓯᐊᒐᓛᐱᑦᓯᒪᔪᒧᑦ ᑭᐊᑦᓴᐅᑎᐅ ᐃᓗᐊᓂ ᐃᒐᐅᑎᒧᑦ ᑐᖅᑯᓗᒍ. ᓇᕐᓂᑐᒐᓛᐱᓪᓗᒍ.
11. ᐃᕐᐸᑎᓪᓗᒍ ᐃᒻᒧᓕᐅᕐᑎᕕᓂᖅ (ᑐᑦᑐᕕᓂᕐᓘᓃᑦ) ᑖᑦᓯᒪ cornmeal ᐃᒐᐅᑎᒦᑦᑑᑉ ᖃᖓᓄᑦ. ᑲᖅᖓᓯᐃᕕᒥᓕᕐᒥᓗᒍ ᓇᐸᖓᓂᒃ ᓱᓯᐅᑉ (1/4-ᖓᓂᒃ ᖃᓪᓗᑎᐅᑉ ᓱᓯᒥᒃ)
12. ᐃᕐᐸᑎᓪᓗᒍ ᐊᒥᐊᒃᑯᓕᒫᖓ cornmeal ᖃᖓᓄᑦ ᓱᓯᐅᑉ. ᐃᓂᓪᓕᑎᕐᓗᒋᑦ ᑐᒫᑐᐃᑦ ᐃᓕᕐᑭᓯᒪᔪᑦ ᓱᓯᓗ ᐊᒥᐊᒃᑯᓕᒫᖓ (1/4-ᖓᓂᒃ ᖃᓪᓗᑎᒃ ᓱᓯ) ᖃᖓᓄᑦ. ᖃᐅᔨᒪᒋᐊᓕᒃ: ᐱᔭᕇᐊᑐᔫᔪᕇᑐᐊᑭᕕᐅᒃ cornmeal ᐊᕕᑦᑐᖃᑦᑕᕋᓯᐊᕇᐊᖓ, ᐊᑖᓃᑦᑎᓗᒍ ᐃᓅᓐᓇᒥ ᐃᒐᐅᑎᐅᑉ ᐅᕐᓯᑎᕐᓯᒪᔫᑉ ᐃᒐᓗᒍ ᐆᑦᑐᑭᓐᓇᒥᕋᑦ.
13. ᐃᒐᓗᒍ ᑭᐊᑦᓴᐅᑎᐅᑉ ᐃᓗᐊᓂ ᐆᓇᕐᓂᖓ 375ᒥ, ᐃᒻᒪᕐᑲ 45 ᒥᓂᔅᓂ ᐅᕝᕙᓘᓐᓃᑦ ᑲᔪᑭᑐᐊᕐᐸᑦ ᑕᐅᑦᑐᖓ ᐃᓗᒥᐅᑕᖓᓗ ᖃᐳᓕᒐᓕᕐᐸᑦ ᓄᕐᖃᓗᒍ.

9. Gradually add the cornmeal to the boiling water. WHISK CONSTANTLY. Reduce heat to low. Cook STIRRING CONSTANTLY for 5 minutes or until creamy. Remove from heat.
10. Stir in frozen corn and plain yogurt. WORKING QUICKLY, transfer 2/3 of the mixture into the oiled oven pan. Press down lightly.
11. Spread beef (or caribou) mixture over the cornmeal in the oiled oven pan. Sprinkle with ½ of the cheese (1/4 cup of cheese).
12. Spread the remaining cornmeal mixture on top of the cheese. Arrange the diced tomatoes and leftover cheese (1/4 cup) on top. *NOTE : If it's too much work to divide the cornmeal mixture, you can try putting it all on the bottom of the oiled oven pan.*
13. Bake in oven at 375° F (190° C) for approximately 45 minutes or until golden and filling is bubbly.

Nutrient values – 1 serving =345g

262,6 kCal Calories • 25,3 g Carbo • 7,9 g Fat • 24,3 g Protein • 3,4 g Fiber • 2,5 mg Iron

ᐅᖃᐅᓗᓗᒥᒃ ᐃᒻᒧᓯᕐᓯᒪᔪᑦ ᐅᐊᕈᑎᒌᓗᑲᑦ
Cabbage Roll Casserole

ᓄᓇᕗᒻᒥ ᓂᕿᑦᓯᐊᓂᒃ ᓂᓇᕐᑯᓪᓗᑕ ᒪᓕᒐᓕᐊᖑᒍᒪᔪᑦ

ᓂᕿᑐᐃᓐᓂᑦ, ᐃᖃᓗᐃᑦ, ᒪᓐᓃᑦ, ᑎᒻᒥᐊᑦ ᐊᓇᓯᓪᓗ

ᓇᓪᓕᑲᕐᓯᓇᓇᓗᒋᑦ ᐃᖃᓗᕕᓃᑦ, ᑕᓇᐅᕐᒥᐅᑎᑦ, ᒪᓐᓃᑦ, ᑎᒻᒥᐊᕕᓃᑦ ᐅᕐᓯᖃᓪᓗᐊᖏᑦᑐᐃᓗ ᓂᕿᑐᐃᓐᓂᑦ

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ᖃᓄᓪᓗᐊᑎᒋᒃ ᐊᑐᐃᓐᓇᕈᕐᑎᑕᐅᒐᓯᐊᕐᓂᐊᓂᖕᒐᑦ: 15 ᒥᓂᑦᑕ
ᖃᓄᓪᓗᐊᑎᒋᒃ ᖃᓚᒐᓯᐊᕐᓂᐊᓂᖕᒐᑦ: 1 ᕿᓪᓚᒍᓯᒃ 25 ᒥᓂᑦᑕ

Preparation Time: 15 minutes
Cooking Time: 1 hour 25

ᓂᑏᑦ ᖃᓄᐃᑦᑑᓂᖕᒋᑦ

Foods Items

Cabbage ..... ½ ..... Cabbage
ᐃᒻᒧᓕᐅᕐᑎᐃᓂᖅ ᐃᓚᕐᕿᐱᐊᖅ ᑐᑦᑐᐃᓂᕐᓗᓃᑦ (ᐅᕐᓯᖃᓗᐊᖕᖕᒋᓂᕐᑉᖅ)1-pound (454 g) ..... Extra lean beef or caribou
ᐅᐊᓃᑦ ..... 2 ..... Onions
Wocestershire sauce ..... 2 teaspoons (10 ml) ..... Wocestershire sauce
ᖁᐱᕐᕈᐊᔪᐃᑦ (ᐃᕐᕿᐅᐊᕐᑦ) ᖃᑯᕐᑐᑦ ..... ¼ cup (60 ml) ..... White rice
ᑐᒫᑑᑉ ᖃᔪᖕᒐ ..... 1 cup (250 ml) ..... Tomato soup
Pepper ..... ½ teaspoon (2 ml) ..... Pepper
Tomatoes red (ᐊᐅᓂᐅᓗᑎᒃ ᖁᒻᒧᔪᒥᑦᑐᓗᓐᓃᑦ ᐃᓗᐃᑦᑐᓗᓐᓃᑦ) ..... 2 cups (500 ml) ..... Tomatoes, red, ripe, canned, whole

ᐊᑐᐃᓐᓇᕈᕐᑕᐅᒍᓯᖕᒋᑦ

Instructions

1. ᐸᕐᖃᑎᒋᐊᕐᓗᒍ ᑭᐊᑦᓴᐅᑎᐅᑉ ᐃᓗᐊ 350 -ᒧᑦ;
2. ᐅᕐᓯᐊᒐᓛᐱᓪᓗᒍ ᖃᕐᕐᑯᐊᓗᐊᐱᓕᐅᕈᑎᑯᑖ
3. ᓇᒃᑎᕐᓗᒋᑦ ᖁᐳᐊᒍᓪᓛᖕᒍᑎᓪᓗᒋᑦ cabbage. ᑖᒃᑯᐊᓗ ᐃᓕᐅᕐᖃᓗᒋᑦ ᑐᒥᐅᔭᕐᒧᑦ ᑭᐊᑦᓴᐅᑎᐅᑉ ᐃᓗᐊᓂ ᐃᒐᐅᑎᒧᑦ. ᓴᓂᕐᕿᓗᒍ;
4. ᐃᒐᐅᑎᒥ ᑎᒍᓕᓕᒻᒥ, ᐃᒐᓗᒍ ᐃᒻᒧᓕᐅᕐᑎᐃᓂᖅ ᐃᓚᕐᕿᐱᐊᖅ ᐆᓇᕐᓂᖕᒐ ᐊᑯᓐᓈᕐᕿᒥ, 8 - 10 ᒥᓂᑦᑕ ᐅᕝᕿᓗᓐᓃᑦ ᐊᐅᐸᓛᖕᒍᒍᓐᓂᐸᑦ - ᐅᕐᓯᖕᒐ ᑯᐃᓗᒍ
5. ᐃᓚᓗᒍ ᐃᕐᕿᐅᔭᒥᒃ, Worcestershire sauce, ᖃᔪᕐᒥᒃ, ᑐᒫᑐᓂᒃ, pepper ᐃᒐᒪᔪᖅ ᐃᒻᒧᓕᐅᕐᑎᐃᓂᐅᕐᓯᓂ ᐃᓚᕐᕿᐊᖅ. ᖃᓗᕋᐅᑎᒧᑦ ᖃᓗᑕᕐᓗᒍ ᖃᖕᒐᓄᑦ ᐃᓕᐅᕐᖃᓗᒍ cabbage ᖁᓛᓄᑦ.
6. ᒪᑐᒪᑎᓪᓗᒍ ᐃᒐᓗᒍ 75 ᒥᓂᑦᑕ, ᒪᑐᐃᓕᕐᒥᓗᒍ 10 ᒥᓂᑦᑕ ᑭᖕᒍᓪᓕᐸᖕᒋᓐᓂ ᐃᒐᓂᑦᓴᖕᒐᑕ.
7. ᐊᑐᐃᓐᓇᓯᔭᐅᑎᓗᒍ.

1. Preheat oven to 350°F (180°C) ;
2. Lightly oil a large baking dish ;
3. Shred cabbage. Spread shredded cabbage over bottom of baking dish. Set aside ;
4. In a pot, cook ground beef over medium heat, for 8-10 minutes or until no longer pink – drain fat ;
5. Add rice, Worcestershire sauce, soup, tomatoes and pepper to the cooked beef. Stir well. Spoon mixture on top of cabbage ;
6. Cover and bake for 1hr 15 minutes, uncovering for the last 10 minutes of baking time ;
7. Serve.

Nutrient values – 1 serving =397g

235,0 kCal Calories • 29,8 g Carbo • 3,9 g Fat • 21,7 g Protein • 4,6 g Fiber • 3,7 mg Iron

Chili

ᓄᓇᕕᒻᒥ ᓂᕿᑦᓯᐊᓂᒃ ᓂᓇᕐᑯᓪᓗᑕ ᒪᓕᒐᓕᐊᖑᒍᒪᔪᑦ

ᓂᕿᑐᐃᓐᓄᑦ, ᐃᖃᓗᐃᑦ, ᒪᓐᓃᑦ, ᑎᒻᒥᐊᑦ ᐆᓇᓯᓪᓗ

ᓇᓪᓕᒃᑲᕐᓯᓇᓇᓗᒋᑦ ᐃᖃᓗᕕᓃᑦ, ᑕᓇᐅᕐᒥᐅᑌᑦ, ᒪᓐᓃᑦ, ᑎᒻᒥᐊᕕᓃᑦ ᐅᕐᓯᖃᓪᓗᐊᖏᑦᑐᐃᓗ ᓂᕿᑐᐃᓐᓄᑦ

Nunavik Food Guide Group

Meat, Fish, Eggs, Birds & Beans

Choose fish, marine mammals, eggs, birds and lean meats more often

ᖃᓄᓪᓗᐊᑎᒋᒃ ᐊᑐᐃᓐᓇᕈᕐᑎᑕᐅᒐᓯᐊᕐᓂᐊᓂᖕᒐᑦ: 15 ᒥᓂᑦᑦ
ᖃᓄᓪᓗᐊᑎᒋᒃ ᖃᓚᒐᓯᐊᕐᓂᐊᓂᖕᒐᑦ: 1 ᕿᓪᓚᒍᓯᒃ 25 ᒥᓂᑦᑦ

Preparation Time: 15 minutes
Cooking Time: 1 hour 25

ᓂᑮᑦ ᖃᓄᐃᑦᑑᓂᖕᒋᑦ

Foods Items

ᐃᒻᒧᓕᐅᕐᑎᕕᓂᖅ ᐃᓚᕐᕿᐱᐊᖅ ᑐᑦᑐᕕᓂᕐᓘᓃᑦ (ᐅᕐᓯᖃᓗᐊᖕᖕᒋᓂᕐᐸᖅ)	2/3 pound (300 g)	Extra lean beef or caribou
ᐅᐊᓂᐅᕐᑦ	1 ½	Onions
Celery	1 stalk	Celery
Carrot	1	Carrot
Garlic ᐸᓂᕐᑑᓯᓂ ᓯᖃᓪᓕᓯᒪᔪᖅ	½ teaspoon (2 ml)	Garlic powder
Tomatoes red (ᐊᐅᓂᐅᓗᑎᒃ ᕐᑯᒻᒧᔪᒥᑦᑐᓘᓐᓃᑦ ᐃᓗᐃᑦᑐᓘᓐᓃᑦ)	1 can	Tomatoes, red, ripe, canned, whole
ᑐᒫᑐᑉ ᖃᔪᖕᒐ	½ cup (125 ml)	Tomato soup
ᑕᕐᑑᔭᑦ ᐆᓯᑦ	1 ¾ cup (430 ml)	Kidney beans
Green pepper	½	Green pepper
Chili powder	2 teaspoons (10 ml)	Chili powder

ᐊᑐᐃᓐᓄᕈᕐᑕᐅᒍᓯᖕᒋᑦ

Instructions

1. ᐃᒐᐅᑎᒥ ᑎᒍᓕᓕᒻᒥ, ᐃᒐᓗᒍ ᐃᓚᕐᕿᐱᐊᖅ ᐃᒻᒧᓕᐅᕐᑎᕕᓂᖅ ᐆᓇᕐᓂᖕᒐ ᐊᑯᓐᓈᕐᕿᒥ 8 - 10 ᒥᓂᑦᑦ ᐅᕝᕙᓘᓐᓃᑦ ᐊᐅᐸᓗᖕᒐᒫᒍᓐᓂᐸᑦ: ᐅᕐᓯᖕᒐ ᑯᕕᓗᒍ
2. ᓇᑲᑎᕐᓗᒋᑦ ᐅᐊᓃᑦ, carrots and celery;
3. ᐃᓚᓗᒍ garlic powder -ᒥᒃ ᐊᒻᒪᓗ ᓄᓇᔭᕕᓂᕐᓂᒃ ᓂᕿᑐᐃᓐᓇᖅ. ᑎᕐᑎᐅᒐᕐᑎᓗᒍ ᒪᑐᒪᒍᓐᓂᑎᓪᓗᒍ 12 - 15 ᒥᓂᑦᑦ, ᓄᑖᔭᕕᓃᑦ ᐊᕿᓕᕋᑦᑎᓗᒋᑦ
4. ᐃᓚᓗᒍ ᕐᑯᒻᒧᔪᒥᑦᑐᒥᒃ ᑐᒫᑐᒥᒃ (ᐃᒣᔭᕐᓯᒪᖕᖕᒋᑐᒥᒃ), ᑐᒫᑐᑉ ᖃᔪᖕᒐᓂᒃ, ᑕᕐᑑᔭᓂᒃ ᐆᓯᓂᒃ, ᓄᓇᐅ/s5hi green pepper and chilli powder ;
5. ᑎᕐᑎᐅᒐᕐᑎᓗᒍ, ᒪᑐᒪᒍᓐᓂᓗᓂ, ᖃᓗᐃᑦᓴᕋᑦᑕᖃᑦᑕᓗᒍ, 1 ᐃᖃᐅᕐᓂᓂ ᐅᕝᕙᓘᓐᓃᑦ ᖃᔪᕈᖕᖕᒋᓂᓚᒫᖕᒐᓂ.
6. ᐊᑐᐃᓐᓄᓯᔭᐅᑎᓗᒍ.

1. In a pot, cook ground beef over medium heat, for 8-10 minutes or until no longer pink; drain fat ;
2. Chop onions, carrots and celery ;
3. Add garlic powder and vegetables to meat. Simmer uncovered for 12-15 minutes, until vegetables are tender ;
4. Add the can of tomatoes (not drained), tomato soup, kidney beans, green pepper and chilli powder ;
5. Simmer, uncovered, stirring occasionally, for 1 hour or until thickened ;
6. Serve

Nutrient values — 1 serving=292g

227,8 kCal Calories • 31,5 g Carbo • 2,9 g Fat • 19,9 g Protein • 10,2 g Fiber • 1,7 mg Iron

Chinese Macaroni

ᓄᓇᕕᒻᒥ ᓂᕿᑦᓯᐊᓂᒃ ᓂᓇᕐᑯᓪᓗᑕ ᒪᓕᒐᓕᐊᖕᒍᒪᔪᑦ

ᓂᕿᑐᐃᓐᓄᑦ, ᐃᖃᓗᐃᑦ, ᒪᓐᓃᑦ, ᑎᒻᒥᐊᑦ ᐆᓇᓯᓪᓗ

Nunavik Food Guide Group

Meat, Fish, Eggs, Birds & Beans

ᓇᓪᓕᒃᑲᕐᓯᓇᓇᓗᒋᑦ ᐃᖃᓗᕕᓃᑦ, ᑕᓇᐅᕐᒥᐅᑌᑦ, ᒪᓐᓃᑦ, ᑎᒻᒥᐊᕕᓃᑦ ᐅᕐᓯᕐᖃᓪᓗᐊᖕᒋᑦᑐᐃᓗ ᓂᕿᑐᐃᓐᓄᑦ

Choose fish, marine mammals, eggs, birds and lean meats more often

ᖃᓄᓪᓗᐊᑎᒋᒃ ᐊᑐᐃᓐᓇᕿᕐᑎᑕᐅᒐᓯᐊᕐᓂᐊᓂᖕᒐᑦ: 20 ᒥᓂᑦᑦ
ᖃᓄᓪᓗᐊᑎᒋᒃ ᖃᓚᒐᓯᐊᕐᓂᐊᓂᖕᒐᑦ: 32 ᒥᓂᑦᑦ

Preparation Time: 20 minutes
Cooking Time: 32 minutes

ᓂᒌᑦ ᖃᓄᐃᑦᑑᓂᖕᒋᑦ

Foods Items

ᐃᒻᒧᓕᐅᕐᑎᕕᓂᖅ ᐃᓚᕐᕿᐱᐊᖅ ᑐᑦᑐᕕᓂᕐᓘᓃᑦ (ᐅᕐᓯᕐᖃᓗᐊᖕᖕᒋᓂᕐᐸᖅ)1 ¼ pound (540 g) ..... Extra lean beef or caribou
Macaroni elbow ..... 1 box (500 g) ..... Macaroni elbow
Celery ..... 1 stalk ..... Celery
ᐅᐊᓃᑦ ..... 1 ..... Onion
Light soy sauce ..... 4 tablespoons (60 ml) ..... Light soy sauce

ᐊᑐᐃᓐᓄᕿᕐᑕᐅᒍᓯᖕᒋᑦ

Instructions

1. ᐃᒪᖅ ᑎᕐᑎᑎᓗᒍ ᐸᕐᕐᑲᓇᑦᑐᒥ. ᐃᓚᓗᒍ macaroni noodles ᐸᕐᕐᑲᑭᑦᓯᒋᐊᕐᓗᒍ ᐊᑯᓐᓈᕐᑭᒍᑦ. ᐃᒐᒋᐊᓪᓚᓯᒻᒥᓗᒍ 8 - 10 ᒥᓂᑦᑦᒥ; ᐃᒣᔭᕐᓗᒍ ᑖᒃᑯᐊᓗ macaroni noodles ᓴᓂᕐᕝᓗᒋᑦ
2. ᐃᒐᐅᑎᐅᑉ ᑎᒍᓕᓕᐅᑉ ᐊᓯᐊᓂ, ᐃᒐᓗᒍ ᓂᕿᑐᐃᓐᓄᖅ ᐸᕐᕐᑲᓂᖕᒐ ᐊᑯᓐᓈᕐᑭᒥ, 8 – 10 ᒥᓂᑦᑦᒥ ᐊᐅᐸᓛᖕᒐᒍᓐᓃᕿᑦᑎᓗᒍ; ᐅᕐᓯᖕᒐ ᑯᐱᓗᒍ
3. ᓇᑲᑎᕐᓗᒋᑦ celery, green peppers and onion. ᑖᒃᑯᐊ ᐃᓚᒋᓕᐅᑎᓗᒋᑦ ᓂᕿᑐᐃᓐᓄᒍᑦ; ᐃᒐᓗᒍ ᐆᓇᕐᓂᖕᒐ ᐊᑯᓐᓈᕐᑭᒥ 10 ᒥᓂᑦᑦᒥ.
4. ᖃᓗᐃᓕᕐᒥᓗᒍ ᑕᑯᖕᒐ macaroni, light soy sauce. ᐆᓇᕐᓯᑎᒋᐊᕐᓗᒍ 2 ᒥᓂᑦᑦᒋᐊᓪᓚᒥ.
5. ᐊᑐᐃᓐᓄᓯᔭᐅᑎᓗᒍ.

1. Bring a pot of water to a boil over high heat. Add macaroni noodles and reduce to medium heat. Cook for 8-10 minutes ; Drain water and put noodles aside ;
2. In another pot, cook meat over medium heat, for 8-10 minutes until no longer pink; drain fat ;
3. Chop celery, green peppers and onion. Add vegetables to beef; cook on medium heat for 10 minutes ;
4. Stir in macaroni and light soy sauce. Heat for 2 minutes ;
5. Serve.

Nutrient values – 1 serving =292g

528,0 kCal Calories • 80,5 g Carbo • 6,1 g Fat • 36,6 g Protein • 3,6 g Fiber • 5,9 mg Iron

Hamburger Patties

ᓄᓇᕕᒻᒥ ᓂᕿᑦᓯᐊᓂᒃ ᓂᓇᕐᑯᓪᓗᑕ ᒪᓕᒐᓕᐊᖑᒍᒪᔪᑦ

ᓂᕿᑐᐃᓐᓄᑦ, ᐃᖃᓗᐃᑦ, ᒪᓐᓃᑦ, ᑎᒻᒥᐊᑦ ᐋᓇᓯᓪᓗ

ᓇᓪᓕᒃᑲᕐᓯᓇᓇᓗᒋᑦ ᐃᖃᓗᕕᓃᑦ, ᑕᓇᐅᕐᒥᐅᑌᑦ, ᒪᓐᓃᑦ, ᑎᒻᒥᐊᕕᓃᑦ ᐅᕐᓱᖃᓪᓗᐊᖏᑦᑐᐃᓗ ᓂᕿᑐᐃᓐᓄᑦ

Nunavik Food Guide Group

Meat, Fish, Eggs, Birds & Beans

Choose fish, marine mammals, eggs, birds and lean meats more often

ᖃᓄᓪᓗᐊᑎᒋᒃ ᐊᑐᐃᓐᓇᕈᕐᑎᑕᐅᒐᓱᐊᕐᓂᐊᓂᖕᒐᑦ: 20 ᒥᓂᑦᑦ
ᖃᓄᓪᓗᐊᑎᒋᒃ ᖃᓚᒐᓱᐊᕐᓂᐊᓂᖕᒐᑦ: 60 ᒥᓂᑦᑦ

Preparation Time: 20 minutes
Cooking Time: 60 minutes

ᓂᒌᑦ ᖃᓄᐃᑦᑑᓂᖕᒋᑦ

Foods Items

ᐃᒻᒧᓕᐅᕐᑎᕕᓂᖅ ᐃᓚᕐᕿᐱᐊᖅ ᑐᑦᑐᕕᓂᕐᓘᓃᑦ (ᐅᕐᓱᖃᓗᐊᖕᖕᒋᓂᕐᐸᖅ)¾ pound (340 g) ..... Extra lean beef or caribou
Mushrooms ..... 2/3 cup (160 ml) ..... Mushrooms
ᐅᐊᓃᑦ ..... 1 ..... Onion
ᑐᒫᑑᑉ ᖃᔪᖕᒐ ..... 1 cup (250 ml) ..... Tomato soup
ᒪᓐᓂᖅ ..... 1 ..... Egg

ᐊᑐᐃᓐᓇᕈᕐᑕᐅᒍᓯᖕᒋᑦ

Instructions

1. ᐸᕐᕐᑲᑎᒋᐊᕐᓗᒍ ᑭᐊᑦᓴᐅᑎᐅᑉ ᐃᓗᐊ 375 -ᒧᑦ;
2. ᓇᑲᑎᕐᓗᒋᑦ ᐅᐊᓃᑦ ᕐᑯᐱᐅᕐᕐᑲᓗᒋᓪᓗ ᐳᐋᑦ
3. ᐃᖕᒍᑦᓯᕕᒻᒥ ᐊᖕᒋᔪᒥ, ᐅᐊᕈᑎᒦᑦᑎᓗᒍ ᐃᒻᒧᓕᐅᕐᑎᕕᓂᖅ ᐃᓚᕐᕿᒋᐊᖅ ᒪᓐᓂᓗ, ᐅᐊᓂᕐᓗ, ᐳᐋᓪᓗ.
4. ᐅᓗᓪᓗᒍ ᓂᕿ ᓵᓪᓕᑎᕐᓗᒍ ᒪᕐᐸᓗᒍ 1/4 ᐃᑦᑐᒃ ᐃᑦᔪᓂᖃᕐᑎᓗᒍ. ᐃᓕᓗᒍ ᑭᐊᑦᓴᐅᑎᐅᑉ ᐃᓗᐊᓂ ᑐᒥᐅᔭᕐᒧᑦ;
5. ᑯᐱᓗᒍ ᑐᒫᑑᑉ ᖃᔪᖕᒐ ᑖᒃᑯᓄᖕᒐ ᓵᑐᔭᖕᒍᓕᕐᑎᓯᒪᔪᑦ ᓂᕿᓄᑦ
6. ᐃᒐᓗᒍ 45 - 60 ᒥᓂᑦᑦᒥ ᐆᓇᕐᓂᖕᒐ 375ᖕᒍᑎᓪᓗᒍ
7. ᐊᑐᐃᓐᓇᓯᔭᐅᑎᓗᒍ.

ᖃᐅᔨᒪᔭᐅᒋᐊᓕᒃ: ᐃᒐᔭᐅᒍᓐᓇᒥᔪᑦ ᑖᒃᑯᐊ ᓵᑦᑐᔭᖕᒍᓕᕐᑎᓯᒪᔪᑦ ᓂᕿᑦ ᐸᓈᓯᕈᑎᒥ ᐅᕝᕙᓘᓐᓃᑦ ᐸᓂᐅᑉᐸᒥ ᓂᐊᕐᑯᔭᒃᑲᓪᓚᒧᑦ ᐃᑭᐊᕐᒥᐅᑕᓇᔭᐅᓗᑎᒃ. ᑐᒫᑑᑉ ᖃᔪᖕᒐᓂᒃ ᐃᓚᓯᒪᒋᐊᕐᖃᖕᖕᒋᑐᖅ.

1. Preheat oven to 375° F (190° C) ;
2. Chop onion and slice mushrooms ;
3. In a large bowl, mix ground beef with egg, onion and mushrooms ;
4. Use your hands to make hamburger patties about ¼ inches thick. Place in a baking dish ;
5. Pour tomato soup over patties ;
6. Cook about 45 to 60 minutes at 375°F (190°C) ;
7. Serve.

Note : You can also cook these hamburger patties over the BBQ or in a frying pan and eat them in a bun. Just do not add the tomato soup in this case.

Nutrient values – 1 serving =165g

142,8 kCal Calories • 11,2 g Carbo • 3,7 g Fat • 16,0 g Protein • 1,1 g Fiber • 1,7 mg Iron

ᓂᕿᑲᓪᓚᒃ ᐃᓚᕐᕿᐱᐊᖅ ᐅᐊᕈᑎᓕᒃ ᓄᑖᔭᓂᒃ
Hamburger Stew

ᓄᓇᕕᒻᒥ ᓂᕿᑦᓯᐊᓂᒃ ᓂᓇᕐᑯᓪᓗᑕ ᒪᓕᒐᓕᐊᖑᒍᒪᔪᑦ

ᓂᕿᑐᐃᓐᓄᑦ, ᐃᕐᑲᓗᐃᑦ, ᒪᓐᓃᑦ, ᑎᒻᒥᐊᑦ ᐆᓇᓯᓪᓗ

ᓇᓪᓕᑳᕐᓯᓇᓇᓗᒋᑦ ᐃᕐᑲᓗᕕᓃᑦ, ᑕᓇᐅᕐᒥᐅᑌᑦ, ᒪᓐᓃᑦ, ᑎᒻᒥᐊᕕᓃᑦ ᐅᕐᓯᕐᑲᓪᓗᐊᖏᑦᑐᐃᓗ ᓂᕿᑐᐃᓐᓄᑦ

Nunavik Food Guide Group

Meat, Fish, Eggs, Birds & Beans

Choose fish, marine mammals, eggs, birds and lean meats more often

ᕿᓄᓪᓗᐊᑎᒋᒃ ᐊᑐᐃᓐᓇᕈᕐᑎᑕᐅᒐᓯᐊᕐᓂᐊᓂᖓᑦ: 25 ᒥᓂᑦᑕ
ᕿᓄᓪᓗᐊᑎᒋᒃ ᕿᓚᒐᓯᐊᕐᓂᐊᓂᖓᑦ: 45 ᒥᓂᑦᑕ

Preparation Time: 25 minutes
Cooking Time: 45 minutes

ᓂᑮᑦ ᕿᓄᐃᑦᑑᓂᖏᑦ

Foods Items

ᐃᒻᒧᓕᐅᕐᑎᕕᓂᖅ ᐃᓚᕐᕿᐱᐊᖅ ᑐᑦᑐᕕᓂᕐᓘᓃᑦ (ᐅᕐᓯᕐᑲᓗᐊᖑᖏᓂᕐᔪᖅ)½ pound (225 g) ..... Extra lean beef or caribou
Tomatoes red (ᐊᐅᓂᐅᓗᑎᒃ ᕐᑯᒻᒧᔪᒥᑦᑐᓘᓐᓃᑦ ᐃᓗᐃᑦᑐᓘᓐᓃᑦ) ..... 1 ½ cup (375 ml) ..... Tomatoes, red, ripe, canned, whole
ᑕᕐᑑᔭᑦ ᐆᓯᑦ ..... 1 cup (250 ml) ..... Kidney beans
ᑐᒫᑐ ᓱᑉ ..... ½ cup (125 ml) ..... Tomato soup
ᐃᒪᖅ ..... 1½ cup (375 ml) ..... Water
ᐅᐊᓃᑦ ..... 1 ..... Onion
Carrot ..... ½ ..... Carrot
Celery ..... ½ ..... Celery
Barley ..... ¼ cup (60 ml) ..... Barley
Worcestershire sauce ..... ½ teaspoon (2 ml) ..... Worcestershire sauce
Pepper ..... ½ teaspoon (2 ml) ..... Pepper

ᐊᑐᐃᓐᓇᕈᕐᑕᐅᒍᓯᖏᑦ

Instructions

1. ᓇᑲᑎᕐᓗᒋᑦ ᐅᐊᓂᖅ, carrot and celery. ᓴᓂᕐᑯᓗᒋᑦ;
2. ᐃᒪᐅᑎᒥ ᐊᖏᔪᒥ, ᐃᒻᒧᓕᐅᕐᑎᕕᓂᖅ ᑲᔪᕐᑎᓗᒍ ᐆᓇᕐᓂᖓ ᐊᑯᓐᓈᕐᑭᒥ 8-10 ᒥᓂᑦᑕᒥ ᓂᕿᖓ ᐊᐅᐸᓐᖓᔫᒍᓐᓃᕋᑦᑎᓗᒍ; ᐅᕐᓯᖓ ᑯᕕᓗᒍ;
3. ᐃᓚᓗᒍ ᐃᒻᒧᓕᐅᕐᑎᕕᓂᖅ ᑐᒫᑐᓂᒃ, ᑕᕐᑑᔭᕐᓂᒃ ᐆᓯᓂᒃ, ᑐᒫᑐᑉ ᕐᑲᔪᖓᓂᒃ, ᐃᒪᕐᒥᒃ, ᐅᐊᓂᕐᒥᒃ, carrot, celery, barley, Worcestershire sauce and pepper;
4. ᑖᒃᑯᐊᓕᒫᑦ ᑎᕐᑎᑎᓗᒋᑦ.
5. ᐃᑯᒪᕈᓕᒋᐊᕐᓗᒍ ᑎᕐᑎᐅᒐᕐᑎᓯᓗᒍ, ᒪᑐᓯᒪᑎᓪᓗᒍ, 45 ᒥᓂᑦᑕᒥ.
6. ᐊᑐᐃᓐᓇᓯᔭᐅᑎᓗᒍ.

1. Chop onion, carrot and celery. Put aside ;
2. In a large pot, brown beef over medium heat for 8-10 minutes until no longer pink; drain fat ;
3. Add tomatoes, kidney beans, tomato soup, water, onion, carrot, celery, barley, Worcestershire sauce and pepper to beef ;
4. Bring mixture to a boil ;
5. Reduce heat and simmer, covered, for 45 minutes ;
6. Serve.

Nutrient values – 1 serving =315g

192,6 kCal Calories • 28,7 g Carbo • 2,4 g Fat • 15,2 g Protein • 8,0 g Fiber • 2,1 mg Iron

Lasagna

ᓄᓇᕕᒻᒥ ᓂᕿᑦᓯᐊᓂᒃ ᓂᓇᕐᑯᓪᓗᑕ ᒪᓕᒐᓕᐊᖑᒍᒪᔪᑦ

ᓂᕿᑐᐃᓐᓂᑦ, ᐃᖃᓗᐃᑦ, ᒪᓐᓃᑦ, ᑎᒻᒥᐊᑦ ᐊᓇᓯᓪᓗ

Nunavik Food Guide Group

Meat, Fish, Eggs, Birds & Beans

ᓇᓪᓕᒃᑐᖅᓯᓇᓇᓗᒋᑦ ᐃᖃᓗᐃᓃᑦ, ᑕᓇᐅᖅᒥᐅᑎᑦ, ᒪᓐᓃᑦ, ᑎᒻᒥᐊᐃᓃᑦ ᐅᖅᓱᖃᓪᓗᐊᖅᒋᑦᑐᐃᓗ ᓂᕿᑐᐃᓐᓂᑦ

Choose fish, marine mammals, eggs, birds and lean meats more often

ᖃᓄᓪᓗᐊᑎᒋᒃ ᐊᑐᐃᓐᓇᑭᖅᑎᑕᐅᒐᓱᐊᖅᓂᐊᓂᖅᒐᑦ: 60 ᒥᓂᑦᑦ
ᖃᓄᓪᓗᐊᑎᒋᒃ ᖃᓚᒐᓱᐊᖅᓂᐊᓂᖅᒐᑦ: 45 ᒥᓂᑦᑦ

Preparation Time: 60 minutes
Cooking Time: 45 minutes

ᓂᑮᑦ ᖃᓄᐃᑦᑑᓂᖅᒋᑦ

Foods Items

ᐃᒻᒧᓕᐅᖅᑎᐃᓂᖅ ᐃᓚᖅᑭᐱᐊᖅ ᑐᑦᑐᐃᓂᖅᓗᓃᑦ (ᐅᖅᓱᖃᓗᐊᖅᖅᒋᓂᖅᑉᖅ)	¾ pound (300 g)	Extra lean beef or caribou
ᐅᐊᓃᑦ	1	Onion
Carrot	½	Carrot
Celery	½ stalk	Celery
Mushroom	1 cup (250 ml)	Mushrooms
Tomatoes red (ᐊᐅᓂᐅᓗᑎᒃ ᖁᒻᒧᔪᒥᑦᑐᓗᓐᓃᑦ ᐃᓗᐃᑦᑐᓗᓐᓃᑦ)	4 cups (1000 ml)	Tomatoes, red, ripe, canned, whole
Tomato paste	½ cup (125 ml)	Tomato paste
Garlic ᐸᓂᖅᑑᓯᓂ ᓯᖃᓪᓕᓯᒪᔪᖅ	½ teaspoon (2 ml)	Garlic powder
Basil	½ teaspoon (2 ml)	Basil
Oregano	1 teaspoon (5 ml)	Oregano
Pepper	½ teaspoon (2 ml)	Pepper
Spinach ᖁᐊᖅᒍᓗᑎᒃ ᓇᑲᑎᖅᓯᒪᒍᓐᓂᓗᑎᓗ	1/3 pound (170 g)	Spinach frozen unprepared
Lasagna noodles	9	Lasagna noodles
Cottage cheese (ᐅᖅᓱᖃᓗᐊᖅᖅᒋᓂᖅᓴᐅᒪᑦ)	½ cup (125 ml)	Cottage cheese (less fat)
Partly skim mozzarella cheese	1 ½ cup (375 ml)	Partly skim mozzarella cheese

ᐊᑐᐃᓐᓇᑭᖅᑕᐅᒍᓯᖅᒋᑦ

1. ᐃᒐᐅᑎᒥ ᑎᒍᓕᓕᒻᒥ, ᐃᒐᓗᒍ ᐃᓚᖅᑭᐱᐊᖅ ᐃᒻᒧᓕᐅᖅᑎᐃᓂᖅ ᐆᓇᖅᓂᖅᒐ ᐊᑯᓐᓈᖅᑭᒥ 8 - 10 ᒥᓂᑦᑦᒥ ᓂᕿᖅᒐ ᐊᐅᐸᓗᖅᒐᔫᒍᓐᓃᕋᑦᑎᓗᒍ; ᐅᖅᓱᖅᒐ ᑯᐃᓗᒍ
2. ᓇᑲᑎᖅᓗᒋᑦ ᐅᐊᓂᖅ, carrot, celery ᐊᒻᒪᓗ ᐳᐱᖅ. ᐃᓚᒥᓕᐅᑎᓗᒋᑦ ᓄᑖᔭᐃᓃᑦ ᓂᕿᒧᑦ. ᑎᖅᑎᐅᒐᖅᑎᓗᒍ ᒪᑐᓯᒪᒍᓐᓂᓗᓂ 15 ᒥᓂᑦᑦᒥ, ᓄᑖᔭᐃᓃᑦ ᐊᕿᓕᕋᑦᑎᓗᒋᑦ.
3. ᐃᓚᓗᒍ ᑐᒫᑐᓂᒃ, tomato paste, garlic powder, basil, oregano and pepper ;
4. ᑎᖅᑎᐅᒐᖅᑎᓕᖅᓗᒍ, ᒪᑐᓯᒪᒍᓐᓂᓗᓂ, ᖃᓗᐃᑦᓴᕋᑦᑲᑦᑕᓗᒍ 30 ᒥᓂᑦᑦᒥ ᖃᔪᕿᖅᖅᒋᓂᓕᒫᖅᒐᓂᓗᓐᓃᑦ.
5. ᑲᓈᖅᒋᑦ spinach ᓇᑲᑎᖅᓗᒋᑦ. ᐃᓕᓗᒋᑦ spinach ᐃᒐᐅᑎᒧᑦ. ᐃᒻᒥᓗᒍ 1/8-ᖅᒐᓂᒃ ᖃᓪᓗᑎᓪᓗᐊᑉ. ᐃᒐᓗᒍ ᒪᑐᓯᒪᑎᓪᓗᒍ ᐱᐃᑐᖅᑐᒥᒃ 3 ᒥᓂᑦᑦᒥ. ᐃᖅᑭᓗᒋᑦ spinach ᐃᒪᖅᒧᑦ ᐃᑐᔭᖅᓗᒋᓪᓗ.
6. ᐃᒐᐅᑎᒥ ᐃᒪᖅ ᑎᖅᑎᑎᓗᒍ, ᐃᒐᓗᒋᑦ noodles ᐊᖅᑭᓕᖅᖅᒋᓂᓕᒫᖅᒋᓐᓂ ᖅᑭᕋᑦᑕᖅᑐᓐᓈᕋᓗᐊᖅᓗᑎᒃ; ᐃᑐᔭᖅᓗᒋᑦ ᐃᖅᑭᓗᒋᓪᓗ ᐃᒪᖅᒧᑦ ᓂᓪᓕᒪᔪᒧᑦ.

Instructions

1. In a pot, cook ground beef over medium heat for 8-10 minutes or until no longer pink; drain fat ;
2. Chop onion, carrot, celery and mushroom. Add vegetables to meat. Simmer uncovered for 15 minutes, until vegetables are tender ;
3. Add tomatoes, tomato paste, garlic powder, basil, oregano and pepper ;
4. Simmer, uncovered, stirring occasionally for 30 minutes or until slightly thickened ;
5. Cut the stems off the spinach. Put the spinach in a pot. Add 1/8 cup of water. Cover and cook on high heat for 3 minutes. Rinse spinach with cold water and drain ;
6. In a pot of boiling water, cook noodles until tender but firm; drain and rinse under cold water.

7. ᐱᑕᑦᓯᑐᕐᓗᒍ sauce-ᒥᒃ ᐊᑖᓕᒫᑦᓯᐊᖅᒐ ᑭᐊᑦᓴᐅᑎᐅᑉ ᐃᓗᐊᓂ ᐃᒐᐅᑎᐅᑉ. Lasagne noodles ᖃᖅᒐᓄᕐᓗᒋᑦ. Spinach-ᒥᒃ ᖃᒥᐅᑦᓯᒥᓗᒋᑦ, ᓇᑉᐸᖅᒐᓂᓗ ᓂᕿᑐᐃᓐᓇᑕᓕᐅᑉ, ᖃᒥᐅᑦᓯᒥᓗᒍ cottage cheese-ᒥᒃ. ᑲᕐᖅᒐᓱᐃᕕᒋᓗᒍ 1/3-ᖅᒐᓂᒃ mozzarella cheese. Lasagne noodles ᖃᒥᐅᑦᓯᑐᓇᐊᑦᓚᓕᕐᒥᓗᒍ, spinach -ᒥᒃ ᐊᒻᒪᓗ ᓂᕿᑐᐃᓐᓇᑕᓕᒻᒥᒃ. ᑲᕐᖅᒐᓱᐃᕕᒋᓕᕐᒥᓗᒍ mozzarella -ᒥᒃ.
8. ᐃᒐᓗᒍ ᑭᐊᑦᓴᐅᑎᐅᑉ ᐃᓗᐊᓂ ᐆᓇᕐᓂᖅᒐ 350ᒥ, 45 ᒥᓂᑦᒥ.
9. ᐊᑐᐃᓐᓇᓯᔭᐅᑎᓗᒍ.

7. Cover the bottom of a baking dish with a layer of sauce. Arrange a layer of lasagne noodles. Cover with a layer of spinach, half of the meat sauce, then the cottage cheese. Sprinkle with 1/3 of partly skim mozzarella cheese. Repeat noodle, spinach and meat sauce layers. Sprinkle with remaining mozzarella ;
8. Bake in the oven at 350° F(180° C) for 45 minutes ;
9. Serve.

Nutrient values – 1 serving =464g

420,0 kCal Calories • 50,7 g Carbo • 10,4 g Fat • 35,9 g Protein • 11,6 g Fiber • 6,4 mg Iron

Macaroni ᐅᐊᑭᑎᓕᒃ ᐃᒻᒧᓕᐅᕐᑎᕕᓂᕐᒥᒃ

ᓄᓇᕕᒻᒥ ᓂᕿᑦᓯᐊᓂᒃ ᓂᓇᕐᑯᓪᓗᑕ ᒪᓕᒐᓕᐊᖑᒍᒪᔪᑦ

ᓂᕿᑐᐃᓐᓂᑦ, ᐃᖃᓗᐃᑦ, ᒪᓐᓃᑦ, ᑎᒻᒥᐊᑦ ᐋᓇᓯᓪᓗ

ᓇᓪᓕᒃᑲᕐᓯᓇᓇᓗᒋᑦ ᐃᖃᓗᕕᓃᑦ, ᑕᓇᐅᕐᒥᐅᑌᑦ, ᒪᓐᓃᑦ, ᑎᒻᒥᐊᕕᓃᑦ ᐅᕐᓯᖃᓪᓗᐊᖏᑦᑐᐃᓗ ᓂᕿᑐᐃᓐᓂᑦ

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Meat, Fish, Eggs, Birds & Beans

Choose fish, marine mammals, eggs, birds and lean meats more often

ᖃᓄᓪᓗᐊᑎᒋᒃ ᐊᑐᐃᓐᓇᑭᕐᑎᑕᐅᒐᓯᐊᕐᓂᐊᓂᖕᒐᑦ: 30 ᒥᓂᑦᑦ
ᖃᓄᓪᓗᐊᑎᒋᒃ ᖃᓚᒐᓯᐊᕐᓂᐊᓂᖕᒐᑦ: 30 ᒥᓂᑦᑦ

Preparation Time: 30 minutes
Cooking Time: 30 minutes

ᓂᒌᑦ ᖃᓄᐃᑦᑑᓂᖕᒋᑦ

Foods Items

ᐃᒻᒧᓕᐅᕐᑎᕕᓂᖅ ᐃᓚᕐᕿᐱᐊᖅ ᑐᑦᑐᕕᓂᕐᓘᓃᑦ (ᐅᕐᓯᖃᓗᐊᖕᖕᒋᓂᕐᐹᖅ)1-pound (454 g) ..... Extra lean beef or caribou
Macaroni ..... 2 cups (500 ml) ..... Macaroni
ᐅᐊᓂᖅ ..... 1 ½ ..... Onion
Celery ..... 1 stalk ..... Celery
Pepper ..... ½ teaspoon (2 ml) ..... Pepper
Tomatoes red (ᐊᐅᓂᐅᓗᑎᒃ ᖁᒻᒧᔪᒥᑦᑐᓗᓐᓃᑦ ᐃᓗᐃᑦᑐᓗᓐᓃᑦ) ..... 2 ¼ cup (560 ml) ..... Tomatoes, red, ripe, canned, whole
ᐃᓚᕐᕿᐱᐊᑦ Cheddar cheese ..... 1 cup (250 ml) ..... Cheddar cheese, shredded

ᐊᑐᐃᓐᓇᑭᕐᑕᐅᒍᓯᖕᒋᑦ

Instructions

1. ᐸᕐᕐᑲᑎᒋᐊᕐᓗᒍ ᑭᐊᑦᓴᐅᑎᐅᑉ ᐃᓗᐊ 350 -ᒧᑦ;
2. ᐃᓚᕐᕿᐱᐊᕐᓗᒍ ᓱᓯ. ᓴᓂᕐᑯᓗᒍᓗ;
3. ᑎᕐᑎᑎᓗᒋᑦ macaroni noodles 8 - 10 ᒥᓂᑦᑦᒥ. ᐃᑐᔭᕐᓗᒍ ᓴᓂᕐᑯᓗᒍᓗ.
4. ᐃᒐᐅᑎᒧᕐᓗᒍ, ᐃᒻᒧᓕᐅᕐᑎᕕᓂᖅ ᑲᔪᕿᖕᖕᒋᓂᖕᒐᓂ ᐆᓇᕐᓂᖕᒐ ᐊᑯᓐᓈᕐᑭᒥ, 8 – 10 ᒥᓂᑦᑦᒥ ᓂᕿᖕᒐ ᐊᐅᐹᖕᒐᒍᓐᓄᕋᑦᑎᓗᒍ; ᐅᕐᓯᖕᒐ ᖁᕕᓗᒍ;
5. ᓇᑲᑎᕐᓗᒋᒃ ᐅᐊᓂᖅ, ᐊᒻᒪᓗ celery. ᐅᐊᕿᑦᓯᐅᑎᒋᓗᒋᑦ ᓂᕿᒧᑦ ᐃᒐᓗᒍ ᐆᓇᕐᓂᖕᒐ ᐊᑯᓐᓈᕐᑭᒦᑦᑎᓗᒍ 2 ᒥᓂᑦᑦᒥ.
6. ᐃᓚᓗᒍ ᑕᓇᐅᒥᒃ, pepper -ᒥᒃ ᐊᒻᒪᓗ ᖁᒻᒧᔪᒥᒃ ᑐᒫᑐᒥᒃ. ᑎᕐᑎᑎᓗᒋᑦ.
7. ᐃᓚᓕᕐᒥᓗᒍ macaroni -ᒥᒃ ᐃᒐᓯᒪᔪᒥᒃ. ᑭᐊᑦᓴᐅᑎᐅᑉ ᐃᓗᐊᓂ ᐃᒐᐅᑎᒧᑦ ᐃᓕᓗᒍ. ᑲᕐᖕᒐᓯᐃᕕᒋᓗᒍ ᓱᓯᒥᒃ.
8. ᐃᒐᓗᒍ ᑭᐊᑦᓴᐅᑎᐅᑉ ᐃᓗᐊᓂ 30 ᒥᓂᑦᑦ ᒥᑦᓵᓂ.
9. ᐊᑐᐃᓐᓇᓯᔭᐅᑎᓗᒍ.

1. Preheat oven to 350° F (180° C) ;
2. Grate cheese. Set aside ;
3. In a pot of boiling water, cook macaroni noodles for 8-10 minutes. Drain and set aside ;
4. In a pot, brown beef over medium heat, for 8-10 minutes until no longer pink; drain fat ;
5. Chop onion and celery. Add vegetables to beef and cook on medium heat for 2 minutes.
6. Add salt, pepper and canned tomatoes. Bring mixture to a boil.
7. Add cooked macaroni. Pour mixture into a large baking dish. Sprinkle the top with cheese.
8. Cook in oven for approximately 30 minutes.
9. Serve.

Nutrient values – 1 serving =317g

378,9 kCal Calories • 41,2 g Carbo • 10,8 g Fat • 29,4 g Protein • 3,1 g Fiber • 4,3 mg Iron

Penne with Hamburger, Peppers and Brocoli

ᓄᓇᕕᒻᒥ ᓂᕿᑦᓯᐊᓂᒃ ᓂᓇᕐᑯᓪᓗᑕ ᒪᓕᒐᓕᐊᖑᒍᒪᔪᑦ

ᓂᕿᑐᐃᓐᓄᑦ, ᐃᖃᓗᐃᑦ, ᒪᓐᓃᑦ, ᑎᒻᒥᐊᑦ ᐋᓇᓯᓪᓗ

ᓇᓪᓕᒃᑲᕐᓯᓇᓇᓗᒋᑦ ᐃᖃᓗᕕᓃᑦ, ᑕᓇᐅᕐᒥᐅᑌᑦ, ᒪᓐᓃᑦ, ᑎᒻᒥᐊᕕᓃᑦ ᐅᕐᓯᖃᓪᓗᐊᖏᑦᑐᐃᓗ ᓂᕿᑐᐃᓐᓄᑦ

Nunavik Food Guide Group

Meat, Fish, Eggs, Birds & Beans

Choose fish, marine mammals, eggs, birds and lean meats more often

ᖃᓄᓪᓗᐊᑎᒋᒃ ᐊᑐᐃᓐᓇᑭᕐᑎᑕᐅᒐᓯᐊᕐᓂᐊᓂᖕᒐᑦ: 25 ᒥᓂᑦᑦ
ᖃᓄᓪᓗᐊᑎᒋᒃ ᖃᓚᒐᓯᐊᕐᓂᐊᓂᖕᒐᑦ: 10 ᒥᓂᑦᑦ

Preparation Time: 25 minutes
Cooking Time: 10 minutes

ᓂᑖᑦ ᖃᓄᐃᑦᑑᓂᖕᒋᑦ

Foods Items

ᐃᒻᒧᓕᐅᕐᑎᕕᓂᖅ ᐃᓚᕐᕿᐱᐊᖅ ᑐᑦᑐᕕᓂᕐᓘᓃᑦ (ᐅᕐᓯᖃᓗᐊᖕᖕᒋᓂᕐᐸᖅ)	1 1/3 pound (600 g)	Extra lean beef or caribou
Macaroni	2 ¼ cups (560 ml)	Macaroni
Brocoli	1½ cup (375)	Brocoli
Red peppers	½ teaspoon (2 ml)	Red peppers
Parmesan cheese	½ cup (125 ml)	Parmesan cheese
ᑕᓇᐅᖅ	½ teaspoon (2 ml)	Salt
Pepper	½ teaspoon (2 ml)	Pepper
ᐃᒪᖅ	1 cup (250 ml)	Water

ᐊᑐᐃᓐᓇᑭᕐᑕᐅᒍᓯᖕᒋᑦ

Instructions

1. ᐸᓂᐅᑉᐹᒥ, ᐃᒐᓗᒍ ᐃᒻᒧᓕᐅᕐᑎᕕᓂᖅ ᓂᕿᑐᐃᓐᓇᖅ ᓯᖃᓪᓕᐊᖅ ᐆᓇᕐᓂᖕᒐ ᐊᑯᓐᓈᕐᑭᒥ. ᐅᕐᓯᖕᒐ ᑯᕕᓗᒍ.
2. ᑎᕐᑎᑎᓗᒋᑦ macaroni noodles. ᐃᒐᓗᒍ ᑖᓐᓇ 7-8 ᒥᓂᑦᑦᒥ. ᐃᑐᔭᑦᔭᒍᓐᓂᓗᒍ. (Pasta ᓱᓕ ᓯᑎᐊᒐᓛᐱᐅᖕᒋᓐᓇᓇᐊᓕᒃ)
3. Pasta ᑎᕐᑎᖕᒋᓐᓈᑎᓪᓗᒍ, ᐃᕐᕿᓗᒋᑦ ᓄᑖᕐᐊᑦ. ᓇᒃᑎᕐᓗᒍ broccoli ᐅᕐᑯᒻᒥᒐᓗᐊᒍᑎᓪᓗᒋᑦ, ᓯᒃᑭᑕᐅᓈᕐᑎᓗᒋᓪᓗ red pepper ;
4. ᐃᓚᒋᓕᐅᑎᓕᕐᓗᒋᑦ ᑖᒃᑯᐊ ᓄᑖᕐᐊᑦ ᓂᕿᑐᐃᓐᓇᒧᑦ ᐊᒻᒪᓗ pasta-ᒧᑦ ᐃᒪᖕᒐ ᐃᓚᐅᑎᓪᓗᒍ. ᑎᕐᑎᑎᒋᐊᓪᓚᓕᕐᒥᓗᒍ ᐆᓇᕐᓂᖕᒐ ᐊᑯᓐᓈᕐᑭᒥ ᑭᐊᑦᓴᐅᑎᒥ.
5. ᑕᓇᐅᓪᓕᑐᕐᓗᒋᑦ ᐆᓇᕐᓇᑐᓕᕐᑐᓗᒋᓪᓗ. ᐱᕐᓗᒍ ᑭᐊᑦᓴᐅᑎᒥᑦ.
6. ᖃᕐᖕᒐᓯᐃᕕᒋᓗᒍ Parmesan cheese -ᒥᒃ;
7. ᐊᑐᐃᓐᓇᓯᔭᐅᑎᓗᒍ.

1. In a frying pan, cook the ground beef over medium heat. Drain the fat ;
2. In a pot of boiling water, add the macaroni noodles. Cook the pasta for 7-8 minutes. Do NOT drain. (Pasta should still be a little bit hard) ;
3. While the pasta is cooking, wash the vegetables. Cut the broccoli in bite-size pieces and dice the red pepper ;
4. Add the vegetables and meat to the pasta + water. Bring to a boil over medium heat on the stove ;
5. Add salt and pepper. Remove from stovetop ;
6. Sprinkle with Parmesan cheese ;
7. Serve.

Nutrient values — 1 serving =368g

371,9 kCal Calories • 43,3 g Carbo • 6,9 g Fat • 35,3 g Protein • 5,4 g Fiber • 5,0 mg Iron

ᐃᕐᕿᐅᔭᐅᑦᓱᓂ ᓂᕿᒃᓚᒥᒃ ᐃᓗᓕᓕᒃ ᓂᐊᕐᑰᔭᓕᐅᕈᑎᒥ ᐃᒐᓯᒪᔪᖅ
Rice Meatloaf

ᓄᓇᕗᒻᒥ ᓂᕿᑦᓯᐊᓂᒃ ᓂᓇᕐᑯᓪᓗᑕ ᒪᓕᒐᓕᐊᖑᒍᒪᔪᑦ

ᓂᕿᑐᐃᓐᓄᑦ, ᐃᕐᒃᓗᐃᑦ, ᒪᓐᓃᑦ, ᑎᒻᒥᐊᑦ ᐊᓇᓯᓪᓗ

ᓇᓪᓕᑑᕐᓯᓇᓇᓗᒋᑦ ᐃᕐᒃᓗᕕᓃᑦ, ᑕᓇᐅᕐᒥᐅᑌᑦ, ᒪᓐᓃᑦ, ᑎᒻᒥᐊᕕᓃᑦ ᐅᕐᓱᕐᒃᓪᓗᐊᖏᑦᑐᐃᓗ ᓂᕿᑐᐃᓐᓄᑦ

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ᕿᓄᓪᓗᐊᑎᒋᒃ ᐊᑐᐃᓐᓇᕈᕐᑎᑕᐅᒐᓱᐊᕐᓂᐊᓂᖓᑦ: 25 ᒥᓂᑦᑦ
ᕿᓄᓪᓗᐊᑎᒋᒃ ᕿᓚᒐᓱᐊᕐᓂᐊᓂᖓᑦ: 60 ᒥᓂᑦᑦ

Preparation Time: 25 minutes
Cooking Time: 60 minutes

ᓂᑮᑦ ᕿᓄᐃᑦᑑᓂᖏᑦ

Foods Items

ᓂᕿᒃᓚᐅᑉ ᐅᐊᕈᑎᑦᓴᖏᑦ

Meatloaf ingredients

ᐃᒻᒧᓕᐅᕐᑎᐃᓂᖅ ᐃᓚᕐᕿᐱᐊᖅ ᑐᑦᑐᐃᓂᕐᓘᓃᑦ (ᐅᕐᓱᕐᒃᓗᐊᖏᓂᕐᐹᖅ)1 ¼ pound (550 g)	Extra lean beef or caribou
ᐃᓚᕐᕿᐱᐊᑦ, Cheddar cheese	½ cup (125 ml)	Cheddar cheese, shredded
ᒪᓐᓂᖅ	1	Egg
ᐃᒻᒧᖅ 2 %	½ cup (125 ml)	2 % Milk
ᐃᒐᓯᒪᔪᖅ ᐃᕐᕿᐅᔭᖅ	½ cup (125 ml)	Cooked rice
ᐅᐊᓂᖅ	1	Onion
Worcestishire sauce	½ teaspoon (2 ml)	Worcestishire sauce
ᑕᓇᐅᖅ	½ teaspoon (2 ml)	Salt

ᑑᓇᕐᑐᓴᖓᑕ ᐅᐊᕈᑎᑦᓴᖏᑦ

Sauce ingredients

Tomato sauce	½ cup (125 ml)	Tomato sauce
Ketchup	4 tablespoons (60 ml)	Ketchup
ᐱᑕᑦᓴᖅ (ᒪᒪᕐᓴᐅᑎᒃ) ᑲᔪᖅ	1 teaspoon (5 ml)	Brown sugar
Dry mustard	½ teaspoon (2 ml)	Dry mustard

ᐊᑐᐃᓐᓇᕈᕐᑕᐅᒍᓯᖏᑦ

Instructions

1. ᐸᕐᖃᑎᒋᐊᕐᓗᒍ ᑭᐊᑦᓴᐅᑎᐅᑉ ᐃᓗᐊ 350 -ᒧᑦ;
2. ᐃᓚᕐᕿᐱᐊᕐᓗᒍ ᓱᓯ. ᓯᕐᒃᓚᓪᓗᒍ ᐅᐊᓂᖅ.
3. ᐃᒐᐅᑎᒥ ᑎᒍᓕᓪᒥ ᐊᕐᑯᓐᓈᕐᕿᒥ, ᑐᕐᕐᑯᓗᒋᑦ ᐃᕐᕿᐅᔭᖅ ᐃᒪᕐᓗ. ᑎᕐᑎᑎᒋᐊᕐᕐᒃᓗᒍ, ᑎᕐᑎᐅᒐᕐᑎᓯᒪᒥᓗᒍ 15 ᒥᓂᑦᑦᒥ. ᓴᓂᕐᕝᓗᒍᓗ
4. ᐃᖑᑦᓯᐊᒻᒥ, ᓂᕿᒃᓚᐅᑉ ᐅᐊᕈᑎᑦᓴᖏᑦ ᑐᕐᕐᑯᓗᒋᑦ (ᐃᕐᕿᐅᔭᖅ ᐃᓚᐅᑎᓪᓗᒍ). ᐅᐊᕈᑎᑏᑦᑎᓯᐊᕐᓗᒋᑦ
5. ᐃᖑᑦᓯᐊᐅᑉ ᐊᓯᐊᓂ, ᑑᓇᕐᑐᓴᖓᑕ ᐃᓗᓕᑦᓴᖏᑦ ᑐᕐᕐᑯᑐᕐᓗᒋᑦ. ᐅᐊᕈᑎᑏᑦᑎᓯᐊᕐᒥᓗᒋᑦ.
6. ᐃᓚᒋᓕᐅᑎᓗᒍ ᑑᓇᕐᑐᓴᖓᑕ ᓇᑉᐸᖓ ᓂᕿᒃᓚᓪᓗᒧᑦ. ᐅᐊᕈᑎᑏᑦᑎᓯᐊᕐᓗᒍ;
7. ᓂᐊᕐᑰᔭᓕᐅᕈᑎᒧᑦ ᐊᖏᔪᒧᑦ ᑐᕐᕐᑯᓗᒍ ᓂᕿᒃᓚᓪᓗᒃ;
8. ᐃᒐᓗᒍ ᑑᓇᕐᓂᖓ 350 -ᒥ, 60 ᒥᓂᑦᑦ ᒥᑦᓴᓂ.
9. ᑑᓇᕐᓯᓯᓕᕐᒥᓗᒍ ᓇᑉᐸᖓ ᐊᒥᐊᒃᑰᕐᓇᑐᑉ ᑑᓇᕐᑐᓴᖓᑕ ᐃᒐᐅᑎᒥ ᓂᕿᒃᓚᓪᓗᒧᑦ ᒥᓱᑦᑕᐅᓯᑎᓪᓗᖑᒍ
10. ᐃᓇᕐᑯᓇᕐᓴᓗᒍ parsley-ᒧᑦ, ᒍᒪᑐᐊᕈᕕᐅᒃ.

1. Preheat oven to 350° F (180° C) ;
2. Grate cheese. Chop onions ;
3. In a medium pot, add rice and water. Bring to a boil, then simmer for 15 minutes. Set aside ;
4. In a bowl, add all the meatloaf ingredients (including the rice). Mix well ;
5. In a separate bowl, add all the sauce ingredients. Mix well ;
6. Add half of sauce mixture to meatloaf. Mix well ;
7. Spread meatloaf into a large pan ;
8. Bake at 350° F (180° C) for approximately 1 hour ;
9. Heat the other half of the sauce in a pot and serve with meatloaf ;
10. Decorate with parsley, if desired.

Nutrient values — 1 serving =204g

213,0 kCal Calories • 10,9 g Carbo • 7,5 g Fat • 25,8 g Protein • 1,0 g Fiber • 2,4 mg Iron

Shepherd's Pie

ᓄᓇᕗᒻᒥ ᓂᕿᑦᓯᐊᓂᒃ ᓂᓇᕐᑯᓪᓗᑕ ᒪᓕᒐᓕᐊᖑᒍᒪᔪᑦ

ᓂᕿᑐᐃᓐᓄᑦ, ᐃᖃᓗᐃᑦ, ᒪᓐᓃᑦ, ᑎᒻᒥᐊᑦ ᐋᓇᓯᓪᓗ

ᓇᓪᓕᒃᑲᕐᓯᓇᓇᓗᒋᑦ ᐃᖃᓗᕕᓃᑦ, ᑕᓇᐅᕐᒥᐅᑌᑦ, ᒪᓐᓃᑦ, ᑎᒻᒥᐊᕕᓃᑦ ᐅᕐᓯᖃᓪᓗᐊᖏᑦᑐᐃᓗ ᓂᕿᑐᐃᓐᓄᑦ

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ᖃᓄᓪᓗᐊᑎᒋᒃ ᐊᑐᐃᓐᓇᕈᕐᑎᑕᐅᒐᓯᐊᕐᓂᐊᓂᖕᒐᑦ: 60 ᒥᓂᑦᑦ
ᖃᓄᓪᓗᐊᑎᒋᒃ ᖃᓚᒐᓯᐊᕐᓂᐊᓂᖕᒐᑦ: 40 ᒥᓂᑦᑦ

Preparation Time: 60 minutes
Cooking Time: 40 minutes

ᓂᑖᑦ ᖃᓄᐃᑦᑑᓂᖕᒋᑦ

Foods Items

ᐃᒻᒧᓕᐅᕐᑎᕕᓂᖅ ᐃᓚᕐᕿᐱᐊᖅ ᑐᑦᑐᕕᓂᕐᓗᓃᑦ (ᐅᕐᓯᖃᓗᐊᖕᖕᒥᓂᕐᐹᖅ)	1-pound (454 g)	Extra lean beef or caribou
ᐸᑏᑕᓲᑦ	4	Potatoes
ᐃᒻᒧᖅ 2 %	3 tablespoons (45 ml)	2 % Milk
Margarine	1 tablespoon (15 ml)	Margarine
ᑕᓇᐅᖅ	½ teaspoon (2 ml)	Salt
Pepper	½ teaspoon (2 ml)	Pepper
ᐅᐊᓂᖅ	1	Onion
Carrot	1	Carrot
ᑐᒫᑑᑉ ᖃᔪᖕᒐ	2/3 cup (160 ml)	Tomato soup
Worcestershire sauce	1 teaspoon (5 ml)	Worcestershire sauce
ᓄᑖᑦ, ᐊᑦᑉᑏᖕᖕᒋᑐᓗᑲᑦ, ᖁᐊᒍᓗᑎᒃ, ᖃᓚᒪᖕᖕᒋᑐᑦ	1 cup (250 ml)	Vegetables, mixed, frozen, unprepared

ᐊᑐᐃᓐᓄᕈᕐᑕᐅᒍᓯᖕᒋᑦ

Instructions

1. ᐸᕐᕐᑲᑎᒋᐊᕐᓗᒍ ᑭᐊᑦᓴᐅᑎᐅᑉ ᐃᓗᐊ 350 -ᒧᑦ;
2. ᐊᒥᓄᔭᕐᓗᒍ ᓯᒃᑭᑕᐅᓈᕐᑎᓗᒋᓪᓗ ᐸᑏᑕᓲᑦ;
3. ᐃᒪᐅᑎᒥ, ᐃᒪᕐᒨᓗᒋᑦ ᐸᑏᓲᑦ; ᑎᕐᑎᑎᓗᒋᑦ ᐸᕐᕐᑲᓇᑦᑑᑎᓪᓗᒍ
4. ᐸᕐᕐᑲᑭᓪᓕᒋᐊᕐᓗᒍ, ᒪᑐᒪᑎᓪᓗᒍ ᑎᕐᑎᐅᒪᕐᑎᓯᓗᒍ 20 – 25 ᒥᓂᑦᑦᒥ; ᐃᒣᔭᓯᒻᒥᓗᒍ
5. ᐃᓚᓗᒍ ᐃᒻᒧᒥᒃ, margarine, ᑕᓇᐅᓪᓕᓗᒍ ᐆᓇᕐᓇᑐᓕᕐᑐᓗᒍᓗ. ᓯᕐᑲᓪᓕᓗᒍ ᒪᓂᕐᕐᑲᖕᒋᓐᓂᓕᒫᖕᒐᓂ. ᓴᓂᕐᑉᓗᒍ.
6. ᐊᒥᓄᔭᕐᓗᒍ ᓇᑲᑎᕐᓗᒍᓗ ᐅᐊᓂᖅ;
7. ᓯᓚᕐᕿᓗᒍ ᒥᑭᔪᕐᓚᐅᓈᕐᑎᑐᓂᒃ ᑲᕈᑦ
8. ᐃᒪᐅᑎᒥ, ᐃᒪᓗᒍ ᓂᕿᑲᓪᓚᒃ ᐆᓇᕐᓂᖕᒐ ᐊᑯᓐᓈᕐᑭᒥ, 8 - 10 ᒥᓂᑦᑦᒥ, ᐊᐅᐹᖕᒐᔪᑲᕈᓐᓄᐸᑦ ᑭᓯᐊᓂ ᓄᕐᕐᑲᓗᒍ; ᐅᕐᓯᖕᒐ ᑯᐃᓗᒍ
9. ᐃᓚᓗᒍ ᐅᐊᓂᕐᓂᒃ ᐊᒻᒪᓗ carrots. ᑎᕐᑎᐅᒪᕐᑎᓕᕐᓗᒍ, ᒪᑐᓯᒪᒍᓐᓄᓂ 12 - 15 ᒥᓂᑦᑦᒥ ᓄᑖᕐᑦ ᐊᕐᑭᓕᖕᖕᒋᓂᓕᒫᖕᒋᓐᓂ
10. ᐅᐊᕈᑦᓯᐅᑎᓗᒋᒃ ᑐᒫᑑᑉ ᖃᔪᖕᒐᓄᑦ ᐊᒻᒪᓗ Worcestershire sauce ᑭᐊᑦᓴᐅᑎᐅᑉ ᐃᓗᐊᓂ ᐃᒪᐅᑎᒧᑦ ᑐᕐᖁᓗᒋᑦ ᓂᕿᑐᐃᓐᓄᖅ ᐅᐊᕈᑎᖕᒋᓪᓗ
11. ᖁᕕᓗᒋᑦ ᓄᑖᔭᕕᓃᑦ ᓂᕿᑐᐃᓐᓄᐅᑉ ᖄᖕᒐᓄᑦ. ᐸᑏᓯ ᓯᖃᓕᓯᒪᔪᖅ ᖄᖕᒐᓄᕐᓗᒋᑦ ᓄᑖᕐᑦ.
12. ᐃᒪᓗᒍ 350 ᒥ 30 - 40 ᒥᓂᑦᑦᒥ ᐳᓪᓚᓕᖕᖕᒋᓂᓕᒫᖕᒐᓂ
13. ᐊᑐᐃᓐᓄᓯᔭᐅᑎᓗᒍ.

1. Preheat oven to 350° F (180° C) ;
2. Peel and quarter potatoes ;
3. In a pot, cover potatoes with water; bring to a boil over high heat ;
4. Reduce heat, cover and simmer for 20-25 minutes; drain ;
5. Add milk, margarine, salt and pepper. Mash until smooth. Set aside ;
6. Peel and chop onion ;
7. Grate carrots ;
8. In a pot, cook meat over medium heat, for 8-10 minutes, until no longer pink; drain fat ;
9. Add onions and carrots. Simmer, uncovered for 12-15 minutes until vegetables are tender ;
10. Mix in tomato soup and Worcestershire sauce. Spread meat mixture in baking dish ;
11. Pour mixed vegetables on top of meat. Spread mashed potatoes over vegetables ;

12. Bake at 350°F (180°C) for 30-40 minutes until bubbling.
13. Serve.

Nutrient values – 1 serving =309g

256,7 kCal Calories • 31,4 g Carbo • 6,0 g Fat • 22,4 g Protein • 4,3 g Fiber • 2,8 mg Iron

Spaghetti Sauce

ᓄᓇᕗᒻᒥ ᓂᕿᑦᓯᐊᓂᒃ ᓂᓇᕐᑯᓪᓗᑕ ᒪᓕᒐᓕᐊᖑᒍᒪᔪᑦ

ᓂᕿᑐᐃᓐᓄᑦ, ᐃᖃᓗᐃᑦ, ᒪᓐᓃᑦ, ᑎᒻᒥᐊᑦ ᐋᓇᓯᓪᓗ

ᓇᓪᓕᑲᕐᓯᓇᓇᓗᒋᑦ ᐃᖃᓗᕕᓃᑦ, ᑕᓇᐅᕐᒥᐅᑌᑦ, ᒪᓐᓃᑦ, ᑎᒻᒥᐊᕕᓃᑦ ᐅᕐᓱᖃᓪᓗᐊᖏᑦᑐᐃᓗ ᓂᕿᑐᐃᓐᓄᑦ

Nunavik Food Guide Group

Meat, Fish, Eggs, Birds & Beans

Choose fish, marine mammals, eggs, birds and lean meats more often

ᖃᓄᓪᓗᐊᑎᒋᒃ ᐊᑐᐃᓐᓇᕈᕐᑎᑕᐅᒐᓱᐊᕐᓂᐊᓂᖕᒐᑦ: 25 ᒥᓂᑦᑕ
ᖃᓄᓪᓗᐊᑎᒋᒃ ᖃᓚᒐᓱᐊᕐᓂᐊᓂᖕᒐᑦ: 60 ᒥᓂᑦᑕ

Preparation Time: 25 minutes
Cooking Time: 60 minutes

ᓂᑖᑦ ᖃᓄᐃᑦᑑᓂᖕᒋᑦ

Foods Items

ᐃᒻᒧᓕᐅᕐᑎᕕᓂᖅ ᐃᓚᕐᕿᐱᐊᖅ ᑐᑦᑐᕕᓂᕐᓗᓃᑦ (ᐅᕐᓱᖃᓗᐊᖕᖕᒥᓂᕐᐸᖅ)½ pound (225 g)	Extra lean beef or caribou
ᐅᐊᓂᖅ	1	Onion
Carrot	½	Carrot
Celery	½ stalk	Celery
Mushroom	1 cup (250 ml)	Mushrooms
ᑐᒫᑐᕕᓂᖅ ᐃᒪᕈᕕᐊᓕᕐᑎᓯᒪᔪᖅ	½ cup (125 ml)	Tomato paste
Tomatoes red (ᐊᐅᓂᐅᓗᑎᒃ ᕐᑯᒻᒧᔪᒥᑦᑐᓗᓐᓃᑦ ᐃᓗᐃᑦᑐᓗᓐᓃᑦ)	3 cups (750 ml)	Tomatoes, red, ripe, canned, whole
Garlic ᐸᓂᕐᑑᓱᓂ ᓯᖃᓪᓕᓯᒪᔪᖅ	½ teaspoon (2 ml)	Garlic powder
Basil	½ teaspoon (2 ml)	Basil
Oregano	1 teaspoon (5 ml)	Oregano
Pepper	½ teaspoon (2 ml)	Pepper

ᐊᑐᐃᓐᓇᕈᕐᑕᐅᒍᓯᖕᒋᑦ

Instructions

1. ᐃᒐᐅᑎᒥ, ᐃᒐᓗᒍ ᓂᕿᑐᐃᓐᓇᖅ ᓯᖃᓪᓕᐊᖅ ᐸᕐᕐᒃᑲᓂᖕᒐ ᐊᑯᓐᓈᕐᕿᒥ 8 - 10 ᒥᓂᑦᑕᒥ ᐅᕝᕙᓗᓐᓃᑦ ᓂᕿᑐᐃᓐᓇᖅ ᐊᐅᐸᕐᑑᒍᓐᓂᐸᑦ; ᐅᕐᓱᖕᒐ ᑯᕕᓗᒍ;
2. ᐃᕐᒥᓗᒋᑦ ᓇᑲᑎᕐᓗᒋᓪᓗ ᐅᐊᓃᑦ, carrots, celery ᐊᒻᒪᓗ ᐳᐱᖅ;
3. ᐃᓚᓗᒍ ᓂᕿᑐᐃᓐᓇᖅ ᓄᑖᔭᓂᒃ, ᑎᕐᑎᐅᒐᕐᑎᓗᒍ, ᒪᑐᓯᒪᒍᓐᓂᓗᓂ 15 ᒥᓂᑦᑕᒥ, ᓄᑖᔪᓪᓗᓃᑦ ᐊᕿᓕᑦᐸᑕ.
4. ᐃᓚᓗᒍ ᑐᒫᑐᓂᒃ, ᑐᒫᑑᑉ ᐃᒪᕈᕕᖕᒐᓂᒃ, garlic powder, basil, oregano and pepper. ᐃᖕᒍᓚᑦᓯᐊᓗᒋᑦ;
5. ᑎᕐᑎᐅᒐᕐᑎᓗᒍ, ᒪᑐᓯᒪᒍᓐᓂᓗᓂ, ᖃᓗᐃᑦᔪᕐᑕᖃᑦᑕᓗᒍ 1 ᐃᑲᐅᕐᓂᒥ ᐅᕝᕙᓗᓐᓃᑦ ᖃᔪᕈᕐᐸᑦ;
6. ᐊᑐᐃᓐᓇᓯᔭᐅᑎᓗᒍ.

1. In a pot, cook ground beef over medium heat for 8-10 minutes or until no longer pink ; drain fat ;
2. Wash and chop onions, carrots, celery and mushrooms ;
3. Add vegetables to meat, simmer, uncovered for 15 minutes, until vegetables are tender ;
4. Add tomatoes, tomato paste, garlic powder, basil, oregano and pepper. Stir well ;
5. Simmer, uncovered, stirring occasionally for 1 hour or until thickened ;
6. Serve.

Nutrient values — 1 serving =271g

120,7 kCal Calories • 14,9 g Carbo • 2,1 g Fat • 12,6 g Protein • 3,2 g Fiber • 2,9 mg Iron

ᑐᒃᑐᕕᓂᖅ

ᖃᖅᒍᑦᓈᓄᑦ ᐃᓄᓐᓄᑦ ᑐᒃᑐᕕᓂᖅ ᓂᖃᒋᔭᐅᓪᓚᓇᑦᓯᒪᔾᖅ.

ᑐᒃᑐᕕᓂᖅ ᖃᓄᐃᖅᖅᒋᓯᐊᖅᓇᑐᖅᑕᖅᖅᐳᖅ ᑎᔭᐅᔪᓂᒃ protein & iron, vitamins & minerals.

ᓯᓇᒥᒃ ᐱᐅᔫᒍᑎᖅᖅᖅ: ᑐᒃᑐᕕᓂᖅ ?

- ᑐᒃᑐᕕᓂᖅ ᖃᓄᐃᖅᖅᒋᓯᐊᖅᓇᑐᖅᑕᖅᖅᐳᖅ ᑎᔭᐅᔪᒥᒃ protein ᓄᑭᖅᑕᓯᐊᓇᖅᑐᒥᒃ ᐅᕕᓂᖅᑕᓯᐊᓇᖅᓯᓂᓗ ᐊᐅᖅᑕᓯᐊᓇᖅᓯᓂᓗ.
- ᑐᒃᑐᕕᓂᖅ ᐅᖅᓯᑲᓪᓗᐊᖅᒋᑦᑐᖅ, ᓂᐅᕕᐊᑦᓴᑦ ᐅᖅᓯᖅᑲᓱᒍᑎᓪᓗᒋᑦ (ᐃᒪᒧᓕᐅᖅᑎᕕᓃᑦ, ᑰᒃᑰᓯᕕᓃᑦ, ᐊᖅᑭᒡᒋᐅᔭᕕᓃᓪᓗ)
- ᑐᒃᑐᕕᓂᐅᑉ ᑎᖅᒍᖅᒐ ᐊᖅᑭᐊᑭᖅᒐᓗ ᖃᓄᐃᖅᖅᒋᓯᐊᖅᓇᑐᑕᖅᖅᖅᑯᑦ ᑎᔭᐅᔪᒥᒃ vitamin A. Vitamin A ᐅᕕᓂᖅᑕᓯᐊᓇᖅᑑᖅᖅ, ᓴᐅᓂᖅᑕᓯᐊᓇᖅᓯᓂᓗ ᑭᒍᑎᖅᑕᓯᐊᓇᖅᓯᓂᓗ. ᐅᓐᓄᑐᒃᑯᓗ ᑕᑯᓐᓇᓯᐊᑭᓐᓇᐅᑎᒋᓲᓇᒻᒥᔭᖅᑦ ᑎᒥᒃᑯᓗ ᐁᑦᑐᑑᑕᐅᒋᒃᑯᑎᒋᑦᓯᒍ ᐋᓐᓂᐊᓄᑦ.
- ᑐᒃᑐᕕᓂᐅᑉ ᑎᖅᒍᖅᒐ ᐊᐅᖅᒐᓗ ᐊᐅᖅᑕᓯᐊᓇᖅᑑᒥᔪᑦ.
- ᑐᒃᑐᕕᓂᖅ ᓂᓇᔭᐅᒍᓐᓇᑐᖅ ᐁᐸᔫᑎᓪᓗᒍ, ᖁᐊᒍᑎᓪᓗᒍ, ᐃᒍᓇᐅᑎᓪᓗᒍ, ᖃᓚᒪᑎᓪᓗᒍ ᓂᒃᑰᑎᓪᓗᒍᓘᓐᓃᑦ !

Reference: www.ITK.ca (wildlife factsheets)

Caribou

For generations caribou has been an important part of Inuit diet.

Caribou is rich in protein & iron, and provides us with many essential vitamins & minerals.

What's so great about: CARIBOU?

- Caribou is an excellent source of protein which we need to build and repair our muscles, skin and blood.
- Caribou meat is very low in fat, unlike store-bought meats (beef, pork, poultry)
- Caribou liver and stomach provides us with vitamin A. Vitamin A is needed for healthy skin, bones and teeth. It also gives us good night vision and helps our bodies fight infection.
- Caribou liver and blood are excellent sources of iron. We need iron for healthy blood.
- There are so many ways to eat caribou- Raw, frozen, aged, cooked or dried!

Reference: www.ITK.ca (wildlife factsheets)

ᑐᑦᑐᕕᓂᖅ ᓄᑖᔭᓂᒃ ᐅᐊᑭᑎᓕᒃ ᑭᐊᑦᓴᐅᑎᐅᑉ ᐃᓗᐊᓂ ᐃᒐᓯᒪᑦᓱᓂ
Caribou Casserole

ᓄᓇᕕᒻᒥ ᓂᕿᑦᓯᐊᓂᒃ ᓂᓇᖁᓪᓗᑕ ᒪᓕᒐᓕᐊᖑᒍᒪᔪᑦ

ᓂᕿᑐᐃᓐᓄᑦ, ᐃᖃᓗᐃᑦ, ᒪᓐᓃᑦ, ᑎᒻᒥᐊᑦ ᐊᓇᓯᓪᓗ

ᓇᓪᓕᒃᑲᖁᓯᓇᓇᓗᒋᑦ ᐃᖃᓗᕕᓃᑦ, ᑕᓇᐅᖁᒥᐅᑎᑦ, ᒪᓐᓃᑦ, ᑎᒻᒥᐊᕕᓃᑦ ᐅᖁᓯᖃᓪᓗᐊᖅᒋᑦᑐᐃᓗ ᓂᕿᑐᐃᓐᓄᑦ

Nunavik Food Guide Group

Meat, Fish, Eggs, Birds & Beans

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ᖃᓄᓪᓗᐊᑎᒋᒃ ᐊᑐᐃᓐᓇᑭᖁᑎᑕᐅᒐᓱᐊᖁᓂᐊᓂᖅᒐᑦ: 30 ᒥᓂᔅᑦ
ᖃᓄᓪᓗᐊᑎᒋᒃ ᖃᓚᒐᓱᐊᖁᓂᐊᓂᖅᒐᑦ: 30 ᒥᓂᔅᑦ

Preparation Time: 30 minutes
Cooking Time: 30 minutes

ᓂᑮᑦ ᖃᓄᐃᑦᑑᓂᖅᒋᑦ

Foods Items

ᑐᒃᑐᕕᓂᖅ	1 ½ cup (375 ml)	Caribou
ᐃᒻᒧᖅ 2 %	½ cup (125 ml)	2 % Milk
Pasta, macaroni elbow	2 cups (500 ml)	Pasta, macaroni elbow
ᐅᐊᓂᖅ	1	Onion
Celery	½ cup (125 ml)	Celery
Brocoli	½ cup (125 ml)	Brocoli
Basil	½ teaspoon (2 ml)	Basil
Oregano	½ teaspoon (2 ml)	Oregano
Garlic ᐸᓂᔅᑑᓯᓂ ᓯᖃᓪᓕᓯᒪᔪᖅ	½ teaspoon (2 ml)	Garlic powder
ᐃᓚᔅᕿᐱᐊᑦ Cheddar cheese	¼ cup (60 ml)	Cheddar cheese, shredded

ᐊᑐᐃᓐᓇᑭᖁᑕᐅᒍᓯᖅᒋᑦ

Instructions

1. ᑎᖁᑐᓗᒍ macaroni, ᐃᒐᓗᒍᓗ ᑖᓐᓇ 8 - 10 ᒥᓂᔅᑦᒥ, ᐊᕿᓕᖅᖅᒋᓂᓕᒫᖅᒐᓂ. ᐃᑐᔭᓯᒻᒥᓗᒍ.
2. ᓇᒃᑎᖁᓗᒍ ᐅᐊᓂᖅ ᐊᒻᒪᓗ celery. ᓴᓂᔅᑯᓗᒋᑦ;
3. ᓇᒃᑎᖁᓗᒍ ᑐᑦᑐᕕᓂᖅ ᒥᑭᔪᖁᓚᐅᓈᖁᑎᑎᓪᓗᒍ ᐅᑯᑯᓘᓐᓃᑦ ᓯᖃᓪᓕᓯᒪᔪᖅ ᑐᑦᑐᕕᓂᖅ;
4. ᐃᒐᐅᑎᒥ ᐊᖅᒋᔪᒥ ᐆᓇᖁᓂᖅᒐ ᐊᑯᓐᓈᖁᑭᒥ, ᐃᒐᓗᒍ ᑐᑦᑐᕕᓂᖅ
5. ᐃᓚᓗᒍ ᓇᒃᑎᖁᓯᒪᔪᓂᒃ ᐅᐊᓂᖁᒥᒃ ᐊᒻᒪᓗ celery -ᒥᒃ. ᐃᒐᓗᒍ ᓂᕿᑐᐃᓐᓇᖅᒐ ᑲᔪᑭᖅᖅᒋᓂᓕᒫᖅᒐᓂ;
6. ᐃᓚᓗᒍ ᖃᔪᖁᒥᒃ, ᐃᒻᒧᒥᒃ, basil, oregano and garlic powder. ᖃᓗᐃᑦᓯᐊᓗᒋᑦ. ᐃᒐᒋᐊᓪᓚᓗᒍ ᑖᓐᓇ ᐳᓪᓚᓕᖅᖅᒋᓂᓕᒫᖅᒐᓂ
7. ᐃᓚᓗᒋᑦ ᐃᒐᓯᒪᔪᓂᒃ macaroni and broccoli ᖃᓗᐃᖁᓗᒍᓗ;
8. ᑭᐊᑦᓴᐅᑎᐅᑉ ᐃᓗᐊᓂ ᐃᒐᐅᑎᒍᑦ ᑐᖁᓗᒋᑦ;
9. ᑲᖅᒐᓱᐃᕕᒋᓗᒍ ᓱᓯᒥᒃ;
10. ᐃᒐᓗᒍ 350 ᒥ 30 ᒥᓂᔅᑦ ᒥᑦᓴᓂ ᐅᑯᑯᓘᓐᓃᑦ ᓱᓯ ᐊᐅᖅᖅᒋᓂᖅᒐᓂ;
11. ᐊᑐᐃᓐᓇᓯᔭᐅᑎᓗᒍ.

1. In a pot of boiling water, add macaroni and cook for 8-10 minutes, until tender. Drain water ;
2. Chop onion and celery. Set aside ;
3. Cut caribou into small pieces or use ground caribou ;
4. In a large pot over medium heat, cook caribou pieces ;
5. Add chopped onion and celery to caribou. Cook until meat is brown ;
6. Add soup, milk, basil, oregano and garlic powder. Mix well. Continue to cook until mixture is bubbling ;
7. Add cooked macaroni and broccoli and stir ;
8. Pour mixture into an oven pan ;
9. Sprinkle cheese on top ;
10. Bake at 350°F (180°C) for approximately 30 minutes or until cheese is melted ;
11. Serve.

Nutrient values – 1 serving =242g

343,5 kCal Calories • 41,7 g Carbo • 5,9 g Fat • 29,2 g Protein • 2,4 g Fiber • 6,3 mg Iron

Caribou Chili

ᓄᓇᕗᒻᒥ ᓂᕿᑦᓯᐊᓂᒃ ᓂᓇᕐᑯᓪᓗᑕ ᒪᓕᒐᓕᐊᖑᒍᒪᔪᑦ

ᓂᕿᑐᐃᓐᓄᑦ, ᐃᖃᓗᐃᑦ, ᒪᓐᓃᑦ, ᑎᒻᒥᐊᑦ ᐆᓇᓯᓪᓗ

ᓇᓪᓕᑲᕐᓯᓇᓇᓗᒋᑦ ᐃᖃᓗᕕᓃᑦ, ᑕᓇᐅᕐᒥᐅᑎᑦ, ᒪᓐᓃᑦ, ᑎᒻᒥᐊᕕᓃᑦ ᐅᕐᓱᖃᓪᓗᐊᖏᑦᑐᐃᓗ ᓂᕿᑐᐃᓐᓄᑦ

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Meat, Fish, Eggs, Birds & Beans

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ᖃᓄᓪᓗᐊᑎᒋᒃ ᐊᑐᐃᓐᓇᑭᕐᑎᑕᐅᒐᓱᐊᕐᓂᐊᓂᖕᒐᑦ: 20 ᒥᓂᑦᑦ
ᖃᓄᓪᓗᐊᑎᒋᒃ ᖃᓚᒐᓱᐊᕐᓂᐊᓂᖕᒐᑦ: 50 ᒥᓂᑦᑦ

Preparation Time: 20 minutes
Cooking Time: 50 minutes

ᓂᑮᑦ ᖃᓄᐃᑦᑑᓂᖕᒋᑦ

Foods Items

ᓯᖃᓪᓕᐊᖅ ᑐᑦᑐᕕᓂᖅ	¾ pound (360 g)	Ground caribou
ᐅᐊᓂᖅ	1 ½	Onion
ᐅᕐᓱᖅ Canola oil	1 tablespoon (15 ml)	Canola oil
ᑕᓇᐅᖅ	½ teaspoon (2 ml)	Salt
Pepper	½ teaspoon (2 ml)	Pepper
Chili powder	1 teaspoon (5 ml)	Chili powder
ᑐᒫᑑᑦ ᖃᔪᖕᒐ	1 cup (250 ml)	Tomato soup
ᐱᑕᑦᓴᖅ (ᒪᒪᕐᓴᐅᑎᒃ) ᑲᔪᖅ	1 teaspoon (5 ml)	Brown sugar
ᐃᒪᖅ	2 ½ tablespoons (35 ml)	Water
Worcestishire sauce	1 tablespoon (15 ml)	Worcestishire sauce
ᑕᕐᑑᓴᑦ ᐆᓯᑦ	1 cup (250 ml)	Kidney beans

ᐊᑐᐃᓐᓇᑭᕐᑕᐅᒍᓯᖕᒋᑦ

Instructions

1. ᓇᑲᑎᕐᓗᒍ ᐅᐊᓂᖅ;
2. ᐃᒪᐅᑎᒥ ᐊᖏᔪᒥ ᐆᓇᕐᓂᖕᒐ ᐊᑯᓐᓈᕐᑭᒥ, ᐆᓇᕐᓯᓯᓗᒍ ᐅᕐᓱᖅ ᐆᑦᑎᓗᒋᓪᓗ ᐅᐊᓃᑦ 3 ᒥᓂᑦᑦ ᐊᕐᑭᓕᑉᐸᑕᓗᓐᓃᑦ
3. ᐃᓚᓗᒍ ᓯᖃᓪᓕᐊᒥᒃ ᑐᑦᑐᕕᓂᕐᒥᒃ (ᑐᑦᑐᕕᓂᕐᒥᓗᓐᓃᑦ ᒥᑭᔪᕐᓚᐅᓈᕐᑎᓯᒪᔪᒥᒃ). ᐃᒐᓗᒍ ᓂᕿᖕᒐ ᐊᐅᐸᓗᖕᒐᒍᓐᓃᕋᑦᑎᓗᒍ.
4. ᑕᓇᐅᓪᓕᓗᒍ, ᐅᐊᑭᑦᓯᓗᒍᓗ pepper, tomato soup, chilli powder, Worcestershire sauce, ᒪᒪᕐᓴᐅᑎᒥᒃ, ᐃᒪᕐᒥᓗ;
5. ᑎᕐᑎᐅᒐᕐᑎᓗᒍ ᐸᕐᕐᑲᑭᑦᑐᒥ 20 ᒥᓂᑦᑦ ᒥᑦᓵᓂ.
6. ᐃᓚᓗᒍ ᐆᓐᓯᓂᒃ ᑎᕐᑎᐅᒐᕐᑎᓗᒍᓗ 30 ᒥᓂᑦᑦᒥᐊᓪᓚᐅᒍᓇᕐᒥ.
7. ᐊᑐᐃᓐᓇᓱᔭᐅᑎᓗᒍ.

1. Chop onion;
2. In a large pot over medium heat, heat oil and fry onions for 3 minutes until soft ;
3. Add ground Caribou (or caribou broken into small pieces). Cook until meat is no longer pink ;
4. Add salt, pepper, tomato soup, chilli powder, sugar, water and Worcestershire sauce ;
5. Simmer over low heat for approximately 20 minutes ;
6. Add beans and simmer another 30 minutes approximately ;
7. Serve.

Nutrient values – 1 serving = 228g

234,3 kCal Calories • 25,3 g Carbo • 5,4 g Fat • 20,7 g Protein • 6,1 g Fiber • 3,9 mg Iron

Caribou Meat Balls

ᓄᓇᕕᒻᒥ ᓂᕿᑦᓯᐊᓂᒃ ᓂᓇᖁᓪᓗᑕ ᒪᓕᒐᓕᐊᖅᒍᒪᔪᑦ

ᓂᕿᑐᐃᓐᓄᑦ, ᐃᖃᓗᐃᑦ, ᒪᓐᓃᑦ, ᑎᒻᒥᐊᑦ ᐆᓇᓯᓪᓗ

ᓇᓪᓕᑳᖅᓯᓇᓇᓗᒋᑦ ᐃᖃᓗᕕᓃᑦ, ᑕᓇᐅᖅᒥᐅᑎᑦ, ᒪᓐᓃᑦ, ᑎᒻᒥᐊᕕᓃᑦ ᐅᖅᓱᖃᓪᓗᐊᖅᒋᑦᑐᐃᓗ ᓂᕿᑐᐃᓐᓄᑦ

Nunavik Food Guide Group

Meat, Fish, Eggs, Birds & Beans

Choose fish, marine mammals, eggs, birds and lean meats more often

ᖃᓄᓪᓗᐊᑎᒋᒃ ᐊᑐᐃᓐᓇᕈᖅᑎᑕᐅᒐᓱᐊᖅᓂᐊᓂᖅᒐᑦ: 25 ᒥᓂᑦᑦ
ᖃᓄᓪᓗᐊᑎᒋᒃ ᖃᓚᒐᓱᐊᖅᓂᐊᓂᖅᒐᑦ: 60 ᒥᓂᑦᑦ

Preparation Time: 25 minutes
Cooking Time: 60 minutes

ᓂᒌᑦ ᖃᓄᐃᑦᑑᓂᖅᒋᑦ

Foods Items

ᓯᖃᓪᓕᐊᖅ ᑐᑦᑐᕕᓂᖅ	1-pound (454 g)	Ground caribou
ᐅᐊᓂᖅ	1 ½	Onion
ᒪᓐᓂᖅ	1	Egg
dᐱᖅᑭᐊᔪᐃᑦ (ᐃᖅᑭᐅᔭᑦ) ᖃᑯᖅᑐᑦ	1 ¼ cup (310 ml)	White rice
Tomato sauce	1 ¼ cup (310 ml)	Tomato sauce
ᐃᒪᖅ	1 ½ cup (375 ml)	Water
ᑕᓇᐅᖅ	½ teaspoon (2 ml)	Salt
Pepper	½ teaspoon (2 ml)	Pepper

ᐊᑐᐃᓐᓇᕈᖅᑕᐅᒍᓯᖅᒋᑦ

Instructions

1. ᐸᖅᑲᑎᒋᐊᖅᓗᒍ ᑭᐊᑦᓴᐅᑎᐅᑉ ᐃᓗᐊ 350 -ᒧᑦ;
2. ᐃᖅᒍᑦᓯᕕᒻᒥ ᐊᖅᒋᔪᒥ, ᑲᑎᑎᓗᒋᑦ ᓯᖃᓪᓕᐊᖅ ᑐᑦᑐᕕᓂᖅ, ᒪᓐᓂᖅ, ᐅᐊᓂᖅ ᐊᒻᒪᓗ ᐃᖅᑭᐅᔭᖅ. ᐅᐊᕈᑎᒌᑦᑎᓯᐊᒻᒪᓇᐊᓗᓪᓗᒋᑦ
3. ᐊᕐᑎᓂᒃ ᐸᑦᑖᐱᓕᐅᖅᓗᑎᑦ ᐊᓇᐅᓪᓚᒫᐱᐅᑉ ᐸᑦᑖᐱᐅᑉ ᑐᒃᑯᐊᖅᒋᖅᓂᒃ.
4. ᑭᐊᑦᓴᐅᑎᐅᑉ ᐃᓗᐊᓂ ᐃᒪᐅᑎᒥ, ᖃᓗᐃᖅᓗᒋᑦ tomato sauce, ᐃᒪᖅ, ᑕᓇᐅᖅ pepper ;
5. ᓂᕿᑦ ᐸᑦᑕᐅᓕᓯᒪᔪᑦ ᑐᖅᑯᓗᒋᑦ ᑭᐊᑦᓴᐅᑎᐅᑉ ᐃᓗᐊᓂ ᐃᒪᐅᑎᒧᑦ tomato sauce -ᑕᓕᒻᒧᑦ. ᐃᒪᓗᒍ 350 ᐃᑲᐅᖅᓃᑦ 1 ᒥᑦᓵᓂ, ᐃᖅᑭᐅᔭᖅᒪ ᖃᓚᑉᐸᓘᓐᓃᑦ.
6. ᐊᑐᐃᓐᓇᓯᔭᐅᑎᓗᒍ.

1. Pre-heat oven to 350° F (180° C) ;
2. In a large bowl, add ground caribou, egg, onion and rice. Mix very well ;
3. Make 20 small balls approximately the size of a golf ball ;
4. In an oven pan, mix tomato sauce, water, salt and pepper ;
5. Place the meatballs in the oven pan with the tomato sauce. Bake at 350° F (180° C) for approximately 1 hour, until the rice is cooked ;
6. Serve.

Nutrient values – 1 serving =323g

320,2 kCal Calories • 43,9 g Carbo • 4,2 g Fat • 26,2 g Protein • 1,9 g Fiber • 6,6 mg Iron

Caribou Pizza

ᓄᓇᕗᒻᒥ ᓂᕿᑦᓯᐊᓂᒃ ᓂᕆᖁᓪᓗᑕ ᒪᓕᒐᓕᐊᖅᒍᒪᔪᑦ

ᓂᕿᑐᐃᓐᓄᑦ, ᐃᖃᓗᐃᑦ, ᒪᓐᓃᑦ, ᑎᒻᒥᐊᑦ ᐆᓇᓯᓪᓗ

ᓇᓪᓕᑑᖁᓯᓇᓇᓗᒋᑦ ᐃᖃᓗᕕᓃᑦ, ᑕᕆᐅᖁᒥᐅᑎᑦ, ᒪᓐᓃᑦ, ᑎᒻᒥᐊᕕᓃᑦ ᐅᖁᓯᖃᓪᓗᐊᖅᒋᑦᑐᐃᓗ ᓂᕿᑐᐃᓐᓄᑦ

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ᖃᓄᓪᓗᐊᑎᒋᒃ ᐊᑐᐃᓐᓇᕈᖁᑎᑕᐅᒐᓯᐊᖁᓂᐊᓂᖅᒐᑦ: 30 ᒥᓂᑦᑕ
ᖃᓄᓪᓗᐊᑎᒋᒃ ᖃᓚᒐᓯᐊᖁᓂᐊᓂᖅᒐᑦ: 25 ᒥᓂᑦᑕ

Preparation Time: 30 minutes
Cooking Time: 25 minutes

ᓂᑖᑦ ᖃᓄᐃᑦᑑᓂᖅᒋᑦ

Foods Items

ᑑᓇᖁᔭᖅᒐ

Sauce

ᑐᒫᑐ ᓵᑦ	½ cup (125 ml)	Tomato sauce
Basil	½ teaspoon (3 ml)	Basil
Thyme	½ teaspoon (2 ml)	Thyme
Pepper	½ teaspoon (2 ml)	Pepper

ᖃᒥᐅᑕᑦᔭ

Toppings

ᓯᖃᓪᓕᐊᖅ ᑐᑦᑐᕕᓂᖅ	½ cup (125 g)	Ground caribou
Green pepper	1	Green pepper
Tomato	1	Tomato
ᐅᐊᓂᖅ	½	Onion
ᐅᖁᑕᖃᓗᐊᕋᓂ mozzarella cheese	1 cup (250 ml)	Partly skim mozzarella cheese

ᓂᐊᖁᔭᖅᑕᖅᒐ

Dough

ᐳᑦᔪᔭᐅᑎᑦᔭᔭᖅᒐ ᓂᐊᖁᔭᐅᑉ	2½ teaspoons (13 ml)	Yeast
ᐃᒪᖅ ᓂᕈᒥᑦᑐᖅ	¾ cup (180 ml)	Warm water
ᐱᑕᑦᔭᖅ (ᒪᒪᖅᔭᐅᑎᒃ)	1 tablespoon (15 ml)	Sugar
ᐅᖁᖅ Canola oil	1 tablespoon (15 ml)	Canola oil
ᑕᕆᐅᖅ	½ teaspoon (2 ml)	Salt
ᓴᓇᐅᒐᖅ (ᓂᕿᑦᔭᔭᖅ) ᑲᔫᓂᖅᔭᖅ	1 cup (250 ml)	Whole-wheat flour
ᓴᓇᐅᒐᖅ (ᓂᕿᑦᔭᔭᖅ)	1½ cup (375ml)	All purpose flour

ᐊᑐᐃᓐᓇᕈᖅᑕᐅᒍᓯᖅᒋᑦ

Instructions

ᑑᓇᖁᔭᖅᒋᑦᑕ ᐊᑐᐃᓐᓇᕈᖅᑎᑕᐅᓂᖅᒐ

1. ᐃᖅᒍᑦᓯᐃᒻᒥ, ᐅᖃᕈᑎᒌᑦᑎᓗᒋᑦ tomato sauce with the basil, thyme and pepper. ᓴᓂᖅᑯᓗᒋᑦ.

ᖃᒥᐅᑕᑦᔭᖅᒋᑦᑕ ᐊᑐᐃᓐᓇᕈᖅᑎᑕᐅᓂᖅᒐ

1. ᓇᑲᑎᖅᓗᒍ ᐅᐊᓂᖅ;
2. ᐸᓂᐅᑉᐹᒥ ᑑᓇᖁᓂᖅᒐ ᐊᑯᓐᓈᖅᑭᒌᑦᑎᓗᒍ, ᑐᑦᑐᕕᓂᖅ ᐃᒐᓗᒍ ᐅᐊᓂᖅᓂᒃ ᐃᓚᖃᖅᓗᓂ ᓂᕿᖅᒐ ᐊᐅᐸᓛᖅᒐᔫᒍᓐᓄᕋᑦᑎᓗᒍ. ᐸᖅᑳᓂᖅᒐ ᖃᒥᓪᓗᒍ ᓴᓂᖅᑯᓗᒋᓪᓗ.
3. ᐃᖅᒥᓗᒋᑦ ᓇᑲᑎᖅᓗᒋᓪᓗ green pepper, ᑐᒫᑐᓗ. ᓵᑦᑐᑑᓕᖅᑎᓗᒋᑦ ᓇᑲᑎᖅᓗᒋᑦ. ᓴᓂᖅᑯᓗᒋᓪᓗ
4. ᐃᓚᖅᑭᒋᐊᖅᓗᒍ ᓱᓯ. ᓴᓂᖅᑯᓗᒍ.

ᓂᐊᖁᔭᖅᑕᖅᒐ

1. ᐃᖅᒍᑦᓯᐃᒻᒥ ᐊᖅᒋᔪᒥ, ᑲᑎᑎᖅᓗᒋᑦ ᓂᐊᖁᔭᐅᑉ ᐳᑦᔪᔭᐅᑎᑦᔭᔭᖅᒐ, ᐃᒪᖅ ᓂᕈᒥᑦᑐᖅ (ᑑᓇᖁᒍᓐᓄᓗᓂ), ᒪᒪᖅᔭᐅᑎᒃ, ᐅᖁᖅ ᑕᕆᐅᖅᓗ. ᐃᖅᒍᑦᓯᐊᓗᒋᑦ.
2. ᐃᓚᓗᒍ ᑲᔪᐃᖅᒐᔪᒥᒃ ᓂᕿᑦᔭᔭᒥᒃ. ᐃᖅᒍᑦᓯᐊᓗᒍ;

SAUCE PREPARATION

1. In a bowl, mix the tomato sauce with the basil, thyme and pepper. Set aside.

TOPPING PREPARATION

1. Chop onion ;
2. In a frying pan over medium heat, fry the caribou with the onions until the meat is no longer pink. Turn off heat and set aside ;
3. Wash and cut the green pepper and tomato. Cut into slices. Set aside ;
4. Grate the cheese. Set aside.

DOUGH

1. In a large bowl, combine the yeast, warm water (NOT hot water), sugar, oil and salt. Mix well ;
2. Add the whole-wheat flour. Mix well ;
3. Add the white flour until the mixture forms dough. Knead dough with hands. ;

3. ᐃᓚᓗᒍ ᖃᑯᕐᑕᒥᒃ ᓂᕿᑦᓴᔭᒥᒃ ᐅᓗᑦᑐᑦ ᐃᓗᐃᒃᑲᕈᖕᖕᒋᓂᓕᒫᖕᒐᓂ. ᐅᓗᓪᓗᒍ.
4. ᐅᓗᑦᓯᒪᔪᖅ ᕿᑲᕐᑎᑭᓐᓇᓗᒍ 5 - 10 ᒥᓂᑦᑦᒥ
5. ᓇᑲᑎᓇᕕᒃ ᕿᔪᖅ ᓂᕿᑦᓴᔭᒥᒃ ᐊᒥᐊᕐᓗᒍ. ᐅᓗᑦᓯᒪᔪᖅ ᑕᑯᑯᓂ ᐅᓗᒋᐊᓪᓚᓗᒍ ᒪᓂᕋᖕᖕᒍᖕᒋᓐᓕᒫᖕᒐᓂ.
6. ᓵᑦᑐᔮᓕᐅᕈᑎᒧᑦ ᕿᔪᒻᒧᑦ ᐊᒻᒪᓗᑭᑖᒧᑦ, ᐅᓗᑦᓯᒪᔪᖅ ᓵᑦᑐᔮᓕᐊᓇᓗᒍ ᐊᒻᒪᓗᑭᑖᕐᓗᖕᖕᒍᓗᒍ
7. ᐅᕐᓱᑎᒐᓛᐱᓪᓗᒍ ᐸᓂᕐᑎᓯᕕᑦᓴᑦ ᖃᕐᕐᑯᐊᓗᐊᐱᓕᐅᕈᑎᓘᓐᓃᑦ, ᐃᓕᓗᒍ ᐅᓗᑦᓯᒪᔪᖅ ᑕᑯᖕᖕᒐ

ᖃᑎᑎᓇᓂᖅ ᐸᓂᕐᑎᑕᑦᓴᒥᒃ

1. ᑖᓐᓇᓕᒫᖅ ᐅᓗᑦᓯᒪᔪᖅ ᐊᒻᒪᓗᑭᑖᕐᓗᒃ ᐃᓕᔅᕕᒋᓗᒍ tomato sauce -ᒥᒃ;
2. ᐃᓕᐅᕐᖃᓗᒋᑦ ᑐᑦᑐᕕᓃᑦ ᐅᐊᓂᕐᓗ ᖃᖕᒐᓄᑦ tomato sauce.
3. Green peppers, ᑐᒫᑐᐃᓪᓗ ᓵᑦᑐᔭᐅᓕᓯᒪᔪᑦ ᖃᖕᒍᓅᕐᖃᓗᒋᑦ.
4. ᑲᕐᖕᒐᓱᐃᕕᒋᓗᒍ ᓱᓱᒥᒃ;
5. ᐃᒐᓗᒍ ᐆᓇᕐᓂᖕᒐ 350 -ᒥ, 20 - 25 ᒥᓂᑦᑦ ᒥᑦᓵᓂ.
6. ᐋᕐᓗᒍ ᑭᐊᑦᓴᐅᑎᐅᑉ ᐃᓗᐊᓂᑦ. ᓂᓪᓕᓯᐊᓇᓗᒍ 5 ᒥᓂᑦᑦᒥ. ᓇᑲᑎᕐᓗᒍ 8-ᖕᒍᓈᕐᑎᑎᓪᓗᒍ ᐊᑐᐃᓐᓇᓯᔭᐅᓂᐊᕐᑎᓗᒍ.

4. Let dough rest for 5-10 minutes;
5. Cover a board with flour. Put the dough on it and knead it until smooth ;
6. With a rolling pin, roll the dough into a big circle ;
7. Lightly oil a pizza pan or cookie sheet, place the dough on the pan.

ASSEMBLING THE PIZZA

1. Spread the tomato sauce over the dough ;
2. Spread the caribou and onions on top of the sauce ;
3. Place the green pepper slices and tomato slices on top ;
4. Sprinkle the cheese ;
5. Bake at 350° F (180° C) for 20-25 minutes ;
6. Remove from oven. Let cool 5 minutes. Cut in 8 slices and serve.

Nutrient values – 1 serving =125g

202,1 kCal Calories • 27,4 g Carbo • 5,0 g Fat • 11,6 g Protein • 3,3 g Fiber • 2,9 mg Iron

ᑐᑦᑐᕕᓂᐅᑉ ᑐᓕᒫᖕᒋᑦ ᑭᒻᒥᓇᕐᓂᒃ ᐅᐊᕈᑎᓖᑦ
Caribou Ribs with Cranberries

ᓄᓇᕕᒻᒥ ᓂᕿᑦᓯᐊᓂᒃ ᓂᓇᕐᑯᓪᓗᑕ ᒪᓕᒐᓕᐊᖕᒍᒪᔪᑦ

ᓂᕿᑐᐃᓐᓄᑦ, ᐃᖃᓗᐃᑦ, ᒪᓐᓃᑦ, ᑎᒻᒥᐊᑦ ᐋᓇᓯᓪᓗ

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ᓇᓪᓕᒃᑲᕐᓯᓇᓇᓗᒋᑦ ᐃᖃᓗᕕᓃᑦ, ᑕᓇᐅᕐᒥᐅᑌᑦ, ᒪᓐᓃᑦ, ᑎᒻᒥᐊᕕᓃᑦ ᐅᕐᓱᖃᓪᓗᐊᖕᒋᑦᑐᐃᓗ ᓂᕿᑐᐃᓐᓄᑦ

Choose fish, marine mammals, eggs, birds and lean meats more often

ᖃᓄᓪᓗᐊᑎᒋᒃ ᐊᑐᐃᓐᓇᕈᕐᑎᑕᐅᒐᓱᐊᕐᓂᐊᓂᖕᒐᑦ: 25 ᒥᓂᑦᑦ
ᖃᓄᓪᓗᐊᑎᒋᒃ ᖃᓕᒐᓱᐊᕐᓂᐊᓂᖕᒐᑦ: 65 ᒥᓂᑦᑦ

Preparation Time: 25 minutes
Cooking Time: 65 minutes

ᓂᑮᑦ ᖃᓄᐃᑦᑑᓂᖕᒋᑦ

Foods Items

ᑐᑦᑐᕕᓂᐅᑉ ᑐᓕᒫᖕᒋᑦᑕ ᐅᐊᕈᑎᑦᓴᖕᒋᑦ

Caribou Ribs ingredients

ᑐᑦᑐᕕᓂᐅᑉ ᑐᓕᒫᖕᒋᑦ	2½ pounds (1135 g)	Caribou ribs
ᓴᓇᐅᒐᖅ (ᓂᕿᑦᓴᔭᖅ)	2½ tablespoons (35 ml)	Flour
ᑕᓇᐅᖅ	1 teaspoon (5 ml)	Salt
ᐱᑕᑦᓴᖅ (ᒪᒪᕐᓴᐅᑎᒃ) ᑲᔪᖅ	2½ tablespoons (35 ml)	Brown sugar
Dry mustard	½ teaspoon (2 ml)	Dry mustard
ᐃᒪᖅ	¼ cup (60 ml)	Water
Vinegar	1 tablespoon (15 ml)	Vinegar
Lemon ᐃᑦᑎᖕᒐ	1 tablespoon (15 ml)	Lemon juice

ᑭᒻᒥᓂᑦ ᐅᐊᕈᑎᑦᓴᖕᒋᑦ

Cranberry Sauce ingredients

ᑭᒻᒥᓂᑦ	¾ cup (180 ml)	Cranberries
ᐱᑕᑦᓴᖅ (ᒪᒪᕐᓴᐅᑎᒃ) ᑲᔪᖅ	½ cup (125 ml)	Brown sugar
ᐃᒪᖅ	¼ cup (60 ml)	Water

ᐊᑐᐃᓐᓇᕈᕐᑕᐅᒍᓯᖕᒋᑦ

Instructions

1. ᐃᕐᕈᓗᒋᑦ ᑭᒻᒥᓂᑦ, ᑎᒪ ᐅᒃᑯᓯᒻᒧᓗᒋᑦ ᐅᐊᕈᑎᖃᕐᑎᓗᒋᑦ ᒪᒪᕐᓴᐅᑎᒋᒃ ᐃᒪᕐᒥᓗ;
2. ᐃᒐᓗᒋᑦ ᐆᓇᕐᓂᖕᒐ ᐊᑯᓐᓈᕐᑭᒥ 15 ᒥᓂᑦᑦᒥ. ᓴᓂᕐᑯᓗᒍ. ᑖᓐᓇ ᐆᓇᕐᑐᓴᐅᓚᖕᒐᔪᖅ;
3. ᐸᕐᕐᑲᑎᒋᐊᕐᓗᒍ ᑭᐊᑦᓴᐅᑎᐅᑉ ᐃᓗᐊ 350 -ᒧᑦ;
4. ᑐᓕᒫᑦ ᐃᒐᐅᑎᒎᕐᓗᒋᑦ, ᐃᒐᓗᒍ ᑭᐊᑦᓴᐅᑎᐅᑉ ᖃᖅᒐᓂ ᓂᕿᖅᒐ ᑲᔪᕿᖅᒥᓂᖕᒐᓂ. ᐅᕐᓱᖕᒐ ᐋᔭᕐᓗᒍ ᓂᕿᖅᒐᓗ ᓴᓂᕐᑯᓗᒍ
5. ᐃᓚᓗᒍ ᐆᓇᕐᑐᓴᖅ ᓂᕿᑦᓴᔭᒥᒃ, ᑕᓇᐅᒥᒃ, ᒪᒪᕐᓴᐅᑎᒋᒃ ᑲᔪᕐᒥᒃ, mustard, vinegar and lemon juice, ᐃᒪᕐᒥᓗ;
6. ᐃᒐᓗᒍ ᖃᓗᐃᕐᓗᒍᓗ ᐸᕐᕐᑲᑭᑦᑐᐊᒻᒥ ᖃᔪᕿᖅᖅᒥᓂᓕᒫᖅᒐᓂ;
7. ᑯᐃᓗᒍ ᐆᓇᕐᑐᓴᖅᒐ ᑐᓕᒫᑦ ᖃᖅᒐᓄᑦ ᐃᒐᓗᒍ ᑭᐊᑦᓴᐅᑎᐅᑉ ᐃᓗᐊᓂ 20 ᒥᓂᑦᑦᒥ. ᒪᑐᖅᒐ ᐋᓕᕐᒥᓗᒍ 20 ᒥᓂᑦᑦᒥᐊᓪᓕᒥ ᐃᒐᓕᕐᒥᓗᒍ.
8. ᐊᑐᐃᓐᓇᓯᔭᐅᑎᓗᒍ.

1. Wash the cranberries, then place cranberries, sugar and water in a pot ;
2. Cook over medium heat for 15 minutes. Set aside. This is your cranberry sauce ;
3. Pre-heat oven at 350° F (180° C) ;
4. Place ribs in a pan, cook over stove until meat is brown. Drain fat ant put meat aside ;
5. Add flour, salt, brown sugar, mustard, water, vinegar and lemon juice to the pot with the cranberry sauce ;
6. Cook and stir over low heat until thickened ;
7. Pour sauce over ribs and bake in the oven for 45 minutes. Uncover and cook 20 more minutes ;
8. Serve.

Nutrient values : 1 serving = 305g

518,6 kCal Calories • 33,1 g Carbo • 8,0 g Fat • 74,6 g Protein • 0,8 g Fiber • 11,9 mg Iron

ᑐᑦᑐᕕᓂᖅ ᐅᐊᕈᑎᓕᒃ ᓄᓇᔭᕕᓂᕐᓂᒃ
Caribou Stew

ᓄᓇᕕᒻᒥ ᓂᕿᑦᓯᐊᓂᒃ ᓂᓇᕐᑯᓪᓗᑕ ᒪᓕᒐᓕᐊᖕᒍᒪᔪᑦ

ᓂᕿᑐᐃᓐᓂᑦ, ᐃᖃᓗᐃᑦ, ᒪᓐᓃᑦ, ᑎᒻᒥᐊᑦ ᐋᓇᓯᓪᓗ

ᓇᓪᓕᒃᑲᕐᓯᓇᓇᓗᒋᑦ ᐃᖃᓗᕕᓃᑦ, ᑕᓇᐅᕐᒥᐅᑌᑦ, ᒪᓐᓃᑦ, ᑎᒻᒥᐊᕕᓃᑦ ᐅᕐᓱᖃᓪᓗᐊᖕᒋᑦᑐᐃᓗ ᓂᕿᑐᐃᓐᓂᑦ

Nunavik Food Guide Group

Meat, Fish, Eggs, Birds & Beans

Choose fish, marine mammals, eggs, birds and lean meats more often

ᖃᓄᓪᓗᐊᑎᒋᒃ ᐊᑐᐃᓐᓇᑭᕐᑎᑕᐅᒐᓱᐊᕐᓂᐊᓂᖕᒐᑦ: 30 ᒥᓂᑦᑦ
ᖃᓄᓪᓗᐊᑎᒋᒃ ᖃᓚᒐᓱᐊᕐᓂᐊᓂᖕᒐᑦ: 2 ᕿᓪᓚᒍᓯᒃ

Preparation Time: 30 minutes
Cooking Time: 2 hours

ᓂᒌᑦ ᖃᓄᐃᑦᑑᓂᖕᒋᑦ

Foods Items

ᓯᒃᑭᑕᐅᓈᕐᑎᑐᑦ ᑐᑦᑐᕕᓃᑦ	1 pound (450 g)	Caribou in cubes
Green pepper	½	Green pepper
Carrot	1	Carrot
Garlic clove	1	Garlic clove
Garlic ᐸᓂᕐᑑᓯᓂ ᓯᕐᑲᓪᓕᓯᒪᔪᖅ	½ teaspoon (2 ml)	Garlic powder
ᑕᓇᐅᖅ	½ teaspoon (2 ml)	Salt

ᖃᔪᖕᒐ

ᓴᓇᐅᒐᖅ (ᓂᕿᑦᓴᔭᖅ)	¼ cup (50 ml)	Flour
ᐃᒪᖅ	¼ cup (50 ml	Water
ᐃᒐᒍᑎᒃ ᐃᒥᕋᑦᓴᔭᖅ	¾ cup (125 ml)	Cooking juice

ᐊᑐᐃᓐᓇᑭᕐᑕᐅᒍᓯᖕᒋᑦ

Instructions

1. ᐊᒥᐊᖕᒋᔭᕐᓗᒋᑦ ᐃᕐᒥᓗᒋᓪᓗ carrots ᕐᑯᐱᐅᕐᖃᓗᒋᓪᓗ
2. ᓇᒃᑎᕐᓗᒋᑦ ᐃᕐᕈᓗᒋᓪᓗ peppers ᕐᑯᐱᐅᕐᖃᓗᒋᓪᓗ
3. ᐃᓚᕐᕿᐱᐊᖕᒍᓈᕐᑎᓗᒍ garlic.
4. ᓇᒃᑎᕐᓗᒋᑦ ᑐᑦᑐᕕᓃᑦ ᓯᒃᑭᑕᐅᓈᕐᑎᓗᒋᑦ.
5. ᑖᒃᑯᐊ ᐱᖓᓲᔪᕐᑐᑦ ᐅᐊᕈᑎᑦᓴᖕᒋᑦ ᑐᕐᕐᑯᑐᕐᓗᒋᑦ ᐅᒃᑯᓯᐊᓗᒻᒧᑦ.
6. ᐃᒻᒥᓗᒋᑦ ᑕᑕᓪᓗᒍ.
7. ᐃᒐᓗᒋᑦ ᐸᕐᕐᒃᑳᖕᒐ ᐊᑯᓐᓈᕐᕿᒥ 2 ᐃᑲᐅᕐᓂᓂ, ᒪᑐᓯᒪᑎᓪᓗᒍ
8. **ᖃᔪᑦᓴᖕᒐ:** ᐸᓂᐅᑉᐹᒥ ᐊᖕᒋᔪᒥ, ᐃᒥᕋᑦᓴᔭᒥᒃ, ᐃᒪᕐᒥᓗ ᐃᓚᓗᒋᑦ. ᐃᓚᓗᒍ ᓂᕿᑦᓴᔭᒥᒃ ᖃᓗᐃᕐᓗᒍ ᐆᓇᕐᓂᖕᒐ ᐊᑯᓐᓈᕐᕿᒥ. ᐃᒐᓗᒍ 3-4 ᒥᓂᑦᑦᒥ, ᖃᓗᐃᑦᓴᕋᑖᓗᖃᑦᑕᓗᒍ.
9. ᐃᓚᒋᓕᐅᑎᓕᕐᓗᒍ ᒥᓴᕋᐅᔭᑦᓴᖕᒐ ᐅᒃᑯᓯᐊᓗᒻᒧᑦ ᐃᒐᔪᒧᑦ

1. Peel and wash carrots and slice them.
2. Cut and wash peppers and slice them.
3. Mince garlic.
4. Cut caribou meat in cubes.
5. Put the first six ingredients in a large pot.
6. Cover with water.
7. Cook over medium heat for 2 hours, covered.
8. **Gravy:** In large frying pan, put the cooking juice and water.. Add flour and mix over medium heat. Cook for 3-4 minutes, stirring occasionally.
9. Add the gravy to the stew

Nutrient values — 1 serving = 170g

149,4 kCal Calories • 6,7 g Carbo • 3,2 g Fat • 22,0 g Protein • 0,8 g Fiber • 4,6 mg Iron

Caribou Swiss Style

ᓄᓇᕗᒻᒥ ᓂᕿᑦᓯᐊᓂᒃ ᓂᓇᕐᑯᓪᓗᑕ ᒪᓕᒐᓕᐊᖑᒍᒪᔪᑦ

ᓂᕿᑐᐃᓐᓄᑦ, ᐃᖃᓗᐃᑦ, ᒪᓐᓃᑦ, ᑎᒻᒥᐊᑦ ᐆᓇᓯᓪᓗ

Nunavik Food Guide Group

Meat, Fish, Eggs, Birds & Beans

ᓇᓪᓕᒃᑲᕐᓯᓇᓇᓗᒥᑦ ᐃᖃᓗᐃᓃᑦ, ᑕᓇᐅᕐᒥᐅᑎᑦ, ᒪᓐᓃᑦ, ᑎᒻᒥᐊᐃᓃᑦ ᐅᕐᓯᕐᑲᓪᓗᐊᖏᑦᑐᐃᓗ ᓂᕿᑐᐃᓐᓄᑦ

Choose fish, marine mammals, eggs, birds and lean meats more often

ᖃᓄᓪᓗᐊᑎᒋᒃ ᐊᑐᐃᓐᓇᕈᕐᑎᑕᐅᒐᓯᐊᕐᓂᐊᓂᖕᒐᑦ: 25 ᒥᓂᑦᑦ
ᖃᓄᓪᓗᐊᑎᒋᒃ ᖃᓚᒐᓯᐊᕐᓂᐊᓂᖕᒐᑦ: 1 ᕿᓪᓚᒍᓯᒃ 30 ᒥᓂᑦᑦ

Preparation Time: 25 minutes
Cooking Time: 1 hour 30

ᓂᑮᑦ ᖃᓄᐃᑦᑑᓂᖕᒥᑦ

Foods Items

ᓇᑲᑎᕐᓯᒪᔪᑦ ᑐᑦᑐᐃᓃᑦ	1 1/3 pound (605 g)	Sliced caribou
ᓴᓇᐅᒐᖅ (ᓂᕿᑦᓴᔭᖅ)	2/3 cup (160 ml)	Flour
ᑕᓇᐅᖅ	½ teaspoon (2 ml)	Salt
Pepper	½ teaspoon (2 ml)	Pepper
ᐅᕐᓯᖅ Canola oil	2 tablespoons (30 ml)	Canola oil
Mushrooms	1 cup (250 ml)	Mushrooms
ᐅᐊᓂᖅ	1	Onion
ᐋᐳᐃᑦ	½	Apple
Garlic ᐸᓂᕐᑑᓯᓂ ᓯᖃᑦᓕᓯᒪᔪᖅ	½ teaspoon (2 ml)	Garlic powder
Light soy sauce	2 tablespoons (30 ml)	Light soy sauce
Lemon ᐃᑦᑎᖕᒐ	1 tablespoon (15 ml)	Lemon juice

ᐊᑐᐃᓐᓇᕈᕐᑕᐅᒍᓯᖕᒥᑦ

Instructions

1. ᓇᑲᑎᕐᓗᒍ ᐅᐊᓂᖅ ᐋᐳᓗ ᒥᑭᔪᕐᓚᐅᓈᕐᑎᑎᓪᓗᒋᒃ. ᕐᑯᐱᐅᕐᖃᓗᒍ ᐳᐱᖅ. ᓴᓂᕐᑯᓗᒋᓪᓗ.
2. ᐃᖕᒍᑦᓯᕕᒻᒥ ᐊᑯᓐᓈᕐᑭᒥ, ᑲᑎᑎᕐᓗᒋᑦ ᓂᕿᑦᓴᔭᖅ, ᑕᓇᐅᖅ, ᐊᒻᒪᓗ pepper;
3. ᓂᕈᒥᑦᓯᓯᑎᓗᒍ ᐅᕐᓯᖅ ᐸᓂᐅᑉᐋᒥ ᐊᖏᔪᒥ ᐸᕐᖃᓂᖕᒐ ᐊᑯᓐᓈᕐᑭᒥ ᑭᐊᑦᓴᐅᑎᒥ.
4. ᐊᒥᐊᕐᓗᒍ ᐊᑐᓂᑦ ᓂᕿ ᓂᕿᑦᓴᔭᒥᒃ ᐅᐊᕈᑦᓯᑐᕐᓯᒪᔪᒥᒃ (ᐃᓘᓐᓇᒥ). ᑲᔪᕈᖕᖕᒥᓂᖕᒐᓂ ᐃᒐᓗᒍ ᓂᕿ ᐸᓂᐅᑉᐋᒥ (ᕐᑯᑉᐸᓈᒥᒃ)
5. ᑲᔫᓕᕐᑐᑦ ᓂᕿᑮᑦ ᑭᐊᑦᓴᐅᑎᐅᑉ ᐃᓗᐊᓂ ᐃᒐᒍᑎᒧᑦ ᑐᕐᕐᑯᑐᕐᒥᓗᒥᑦ
6. ᐃᓚᒥᓕᐅᑎᓗᒥᑦ, ᐳᐱᖅ, ᐅᐊᓂᖅ, ᐋᐳᐃᑦ, garlic powder, light soy sauce and lemon juice ᓂᕿᑐᐃᓐᓇᑕᓕᒻᒧᑦ.
7. ᒪᑐᓗᒍ ᑎᕐᑎᐅᒐᕐᑎᓗᒍ ᐆᓇᕐᓂᖕᒐ ᐊᑯᓐᓈᕐᑭᒥ 1 ½ ᐃᑲᐅᕐᓂᓂ.
8. ᐊᑐᐃᓐᓇᓯᔭᐅᑎᓗᒍ.

1. Chop onion and apple into small pieces. Slice mushrooms. Set aside ;
2. In a medium bowl, mix flour, salt and pepper ;
3. Heat oil in a large frying pan over medium heat on the stove ;
4. Dip each meat slice in the flour mix (both sides). Then brown the meat in the frying pan (both sides) ;
5. Place cooked meat slices in an oven dish ;
6. Add mushrooms, onion, apples, garlic powder, light soy sauce and lemon juice to the meat dish ;
7. Cover and simmer over medium heat for 1 ½ hour ;
8. Serve.

Nutrient values – 1 serving = 196g

287,1 kCal Calories • 18,1 g Carbo • 10,0 g Fat • 30,1 g Protein • 1,6 g Fiber • 6,6 mg Iron

ᐊᕐᑭᒡᒋᐅᔭᖅ ᐃᕐᕿᐅᔭᓕᒃ/ᕐᑯᐱᕐᕈᐊᓗᔭᓕᒃ
Chicken and rice

ᓄᓇᕕᒻᒥ ᓂᕿᑦᓯᐊᓂᒃ ᓂᓇᕐᑯᓪᓗᑕ ᒪᓕᒐᓕᐊᖑᒍᒪᔪᑦ

ᓂᕿᑐᐃᓐᓄᑦ, ᐃᕐᑲᓗᐃᑦ, ᒪᓐᓃᑦ, ᑎᒻᒥᐊᑦ ᐊᓇᓯᓪᓗ

ᓇᓪᓕᑳᕐᓯᓇᓇᓗᒋᑦ ᐃᕐᑲᓗᕕᓃᑦ, ᑕᓇᐅᕐᒥᐅᑎᑦ, ᒪᓐᓃᑦ, ᑎᒻᒥᐊᕕᓃᑦ ᐅᕐᓱᕐᑲᓪᓗᐊᖏᑦᑐᐃᓗ ᓂᕿᑐᐃᓐᓄᑦ

Nunavik Food Guide Group

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ᕐᑲᓄᓪᓗᐊᑎᒋᒃ ᐊᑐᐃᓐᓇᕈᕐᑎᑕᐅᒐᓱᐊᕐᓂᐊᓂᖓᑦ: 25 ᒥᓂᑦᑦ
ᕐᑲᓄᓪᓗᐊᑎᒋᒃ ᕐᑲᓚᒐᓱᐊᕐᓂᐊᓂᖓᑦ: 20 ᒥᓂᑦᑦ

Preparation Time: 25 minutes
Cooking Time: 20 minutes

ᓂᒃᑭᑦ ᕐᑲᓄᐃᑦᑑᓂᖏᑦ

Foods Items

ᐅᕐᓱᖅ Canola oil ..... 1 teaspoon (5 ml) ..... Canola oil
Garlic ᐸᓂᕐᑑᓱᓂ ᓱᕐᑲᓪᓕᓯᒪᔪᖅ ..... ½ teaspoon (2 ml) ..... Garlic powder
ᐊᕐᑭᒡᒋᐅᔭᖅ ..... ¾ pound (340 g) ..... Chicken
Carrot ..... 1 ..... Carrot
ᐅᐊᓂᖅ ..... 1 ..... Onion
Celery ..... 1 stalk ..... Celery
Corn frozen ..... 1 cup (250 ml) ..... Corn frozen
ᕐᑯᐱᕐᕈᐊᔪᐃᑦ (ᐃᕐᕿᐅᔭᑦ) ᕐᑲᑯᕐᑎᑦ ..... 1 cup (250 ml) ..... White rice
Tomatoes red (ᐊᐅᓂᐅᓗᑎᒃ ᕐᑯᒻᒧᔪᒥᑦᑐᓘᓐᓃᑦ ᐃᓗᐃᑦᑐᓘᓐᓃᑦ) ..... 4 cups (1000 ml) ..... Red ripe canned tomatoes
Pepper ..... ½ teaspoon (2 ml) ..... Pepper

ᐊᑐᐃᓐᓇᕈᕐᑕᐅᒍᓱᖏᑦ

Instructions

1. ᐃᕐᕈᓗᒍ ᐊᕐᑭᒡᒋᐅᔭᖅ ᓇᑲᑎᕐᓗᒍ 1 ᐃᓐᑦᑦ (2.5 ᓱᓐᑎᒦᑕ) ᓱᒃᑭᑕᐅᓈᕐᑎᓗᒋᑦ
2. ᐃᒐᐅᑎᒥ ᑎᒍᓕᓕᒻᒥ, ᐆᓇᕐᓯᓱᑎᓗᒍ ᐆᓇᕐᓂᖓ ᐊᑯᓐᓈᕐᑭᒥ. ᐃᓚᓗᒍ ᐊᕐᑭᒡᒋᐅᔭᒥᒃ ᐊᒻᒪᓗ garlic powder. ᐃᒐᓗᒍ 5 ᒥᓂᑦᑦᒥ ᑲᔪᒐᓛᒍᖏᓂᓕᒫᖓᓂ.
3. ᓇᑲᑎᕐᓗᒋᑦ ᐅᐊᓂᖅ, carrot and celery. ᓇᑲᑎᕐᓯᒪᔪᓪᓗ ᑖᒃᑯᐊ ᐃᓚᖃᕐᒥᑎᓪᓗᒋᑦ corn, ᐃᕐᕿᐅᔭᖅ, ᑐᒫᑐ ᐊᒻᒪᓗ pepper ᐊᕐᑭᒡᒋᐅᔭᒧᑦ ᐅᐊᕈᑦᓯᐅᑎᒋᓗᒋᑦ.
4. ᐃᑯᒪᑭᓪᓕᒋᐊᕐᓗᒍ, ᒪᑐᓗᒍ ᑎᕐᑎᐅᒐᕐᑎᓯᓗᒍ 20 ᒥᓂᑦᑦᒥ ᐅᑦᑦᓘᓐᓃᑦ ᐃᕐᕿᐅᔭᖏᑦ ᐊᕐᑭᓕᖏᖏᓂᓕᒫᖏᓐᓂ.
5. ᐊᑐᐃᓐᓇᓯᔭᐅᑎᓗᒍ.

1. Wash chicken and cut into 1-inch (2,5 cm) cubes ;
2. In a pot, heat oil over medium heat. Add chicken and garlic powder. Cook for 5 minutes until lightly browned ;
3. Chop onion, carrot and celery. Add chop vegetables, corn, rice, tomatoes and pepper to chicken ;
4. Reduce heat, cover and simmer for 20 minutes or until rice is tender ;
5. Serve.

Nutrient values – 1 serving =356g

280,3 kCal Calories • 45,5 g Carbo • 3,0 g Fat • 19,3 g Protein • 3,9 g Fiber • 3,8 mg Iron

ᐊᕿᒡᒋᐅᔭᖅ ᐃᑯᐊᓚᐅᑉ ᕐᑯᓛᓂ ᐃᒪᓯᒪᔪᖅ
Chicken BBQ

ᓄᓇᕕᒻᒥ ᓂᕿᑦᓯᐊᓂᒃ ᓂᓇᕐᑯᓪᓗᑕ ᒪᓕᒐᓕᐊᖑᒍᒪᔪᑦ

ᓂᕿᑐᐃᓐᓄᑦ, ᐃᖃᓗᐃᑦ, ᒪᓐᓃᑦ, ᑎᒻᒥᐊᑦ ᐆᓇᓯᓪᓗ

ᓇᓪᓕᒃᑲᕐᓯᓇᓇᓗᒋᑦ ᐃᖃᓗᕕᓃᑦ, ᑕᓇᐅᕐᒥᐅᑎᑦ, ᒪᓐᓃᑦ, ᑎᒻᒥᐊᕕᓃᑦ ᐅᕐᓱᖃᓪᓗᐊᖑᒋᑦᑐᐃᓗ ᓂᕿᑐᐃᓐᓄᑦ

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Choose fish, marine mammals, eggs, birds and lean meats more often

ᖃᓄᓪᓗᐊᑎᒋᒃ ᐊᑐᐃᓐᓇᕈᕐᑎᑕᐅᒐᓱᐊᕐᓂᐊᓂᖕᒐᑦ: 25 ᒥᓂᑦᑕ
ᖃᓄᓪᓗᐊᑎᒋᒃ ᖃᓚᒐᓱᐊᕐᓂᐊᓂᖕᒐᑦ: 30 ᒥᓂᑦᑕ

Preparation Time: 25 minutes
Cooking Time: 30 minutes

ᓂᑖᑦ ᖃᓄᐃᑦᑑᓂᖕᒋᑦ

Foods Items

ᐊᕿᒡᒋᐅᔭᖅ	1¾ pound (800 g)	Chicken
ᐅᐊᓂᖅ	1	Onion
Garlic ᐸᓂᕐᑑᓱᓂ ᓱᖃᓪᓕᓯᒪᔪᖅ	½ teaspoon (2 ml)	Garlic powder
ᐅᕐᓱᖅ Canola oil	1 tablespoon (15 ml)	Canola oil
Ketchup	2/3 cup (160 ml)	Ketchup
ᐃᒪᖅ	1 cup (250 ml)	Water
ᐱᑕᑦᓴᖅ (ᒪᒪᕐᓴᐅᑎᒃ) ᑲᔪᖅ	¼ cup (60 ml)	Brown sugar
Worcestershire sauce	1 tablespoon (15 ml)	Worcestershire sauce

ᐊᑐᐃᓐᓇᕈᕐᑕᐅᒍᓱᖕᒋᑦ

Instructions

1. ᐸᕐᕐᑳᑎᒋᐊᕐᓗᒍ ᑭᐊᑦᓴᐅᑎᐅᑉ ᐃᓗᐊ 350 -ᒧᑦ. ᐅᕐᓱᑎᒐᓛᐱᓪᓗᒍ ᑭᐊᑦᓴᐅᑎᐅᑉ ᐃᓗᐊᓂ ᐃᒐᐅᑎᒃ;
2. ᓇᑲᑎᕐᓗᒍ ᐅᐊᓂᖅ ᒥᑭᔪᕐᓚᐅᓈᕐᑎᐊᐱᒐᓱᐊᒻᒪᓇᑦᑐᓂᒃ;
3. ᐸᓂᐅᑉᐹᒥ, ᐆᓇᕐᓯᓯᓗᒍ ᐅᕐᓱᖅ ᐆᓇᕐᓂᖕᒐ ᐊᑯᓐᓈᕐᑭᒦᑦᑎᓪᓗᒍ. ᐃᒐᓗᒋᑦ ᐅᐊᓂᖅ ᐊᒻᒪᓗ garlic powder 2 ᒥᓂᑦᑦᒥ.
4. ᐃᓚᓗᒍ ketchup-ᒥᒃ, ᐃᒪᕐᒥᒃ, ᒪᒪᕐᓴᐅᑎᒥᒃ ᑲᔪᕐᒥᒃ ᐊᒻᒪᓗ Worcestershire sauce-ᒥᒃ. ᖃᓗᐃᕐᓗᒋᑦ ᑎᕐᑎᐅᒐᕐᑎᓗᒋᓪᓗ ᐸᕐᕐᑲᑭᑦᑐᐊᐱᐅᑎᓪᓗᒍ 2 ᒥᓂᑦᑦᒥ. ᖃᒥᓪᓗᒍ;
5. ᐊᕿᒡᒋᐅᔭᖅ ᓇᑲᑎᕐᓯᒪᔪᖅ ᑐᕐᕐᑯᓗᒍ ᐅᐊᕈᑎᑦᓴᓕᐊᓇᓯᒪᔪᒧᑦ ᖃᓗᐃᑦᓯᐊᓗᒍ ᓂᕿ ᐅᐊᕈᑦᓯᑐᑦᓯᐊᓗᒍ ᐃᓘᓐᓈᒍᑦ;
6. ᐊᕿᒡᒋᐅᔭᖅ ᐃᓕᐅᕐᕐᖃᓗᒍ ᐅᕐᓱᑎᕐᓯᒪᔪᒧᑦ ᑭᐊᑦᓴᐅᑎᐅᑉ ᐃᓗᐊᓂ ᐃᒐᐅᑎᒧᑦ ᐊᒻᒪᓗ ᑭᐊᑦᓴᐅᑎᐅᑉ ᐃᓗᐊᓂ ᐃᒐᓗᒍ 30 ᒥᓂᑦᑦᒥ
7. 15 ᒥᓂᑦᑦᒥ ᐃᒐᒦᕐᐸᑦ, ᐊᒥᐊᒃᑯᐱᓂᖕᒐ ᐅᐊᕈᑎᑦᓴᔭᖕᒐᑕ ᐊᕿᒡᒋᐅᔭᐅᑉ ᖃᖕᒐᓄᑦ ᑯᐱᓗᒍ ᒪᑐᓕᕐᒥᓗᒍ ᓴᐱᕋᔭᑦᓴᔭᐅᑦᓱᓂ ᐆᑦᓴᔭᒧᑦ 15 ᒥᓂᑦᓯᒋᐊᓪᓚᒥ. ᐃᒐᓗᒍ ᐊᕿᒡᒋᐅᔭᖅ ᐊᐅᐸᓗᖕᒐᓛᒍᓐᓂᐸᑦ ᑭᓯᐊᓂ ᐃᒐᓗᒍ.
8. ᐊᑐᐃᓐᓇᓯᔭᐅᑎᓗᒍ.

Instructions

1. Preheat oven to 350°F (180°). Lightly oil a baking pan ;
2. Chop onions into very small pieces ;
3. In a frying pan, heat oil on medium heat. Cook onions and garlic powder for 2 minutes ;
4. Add ketchup, water, brown sugar and Worcestershire sauce. Stir and simmer on low heat for 2 minutes. Turn the heat off ;
5. Put the chicken pieces in the sauce and mix well so each piece is covered with sauce ;
6. Place the chicken in the oiled baking pan and cook in the oven for 30 minutes ;
7. After 15 minutes of cooking, put the leftover sauce over the chicken and cover with aluminium foil for another 15 minutes. Cook until the chicken is no longer pink ;
8. Serve.

Nutrient values – 1 serving =229g

284,4 kCal Calories • 22,6 g Carbo • 6,6 g Fat • 33,1 g Protein • 0,9 g Fiber • 1,7 mg Iron

ᐊᕐᑭᒡᒋᐅᔭᑦ ᖃᕐᕐᑯᓛᑦ ᑕᑭᑦᑐᑲᐅᓕᓯᒪᔪᑦ
Chicken Crispy Fingers

ᓄᓇᕕᒻᒥ ᓂᕿᑦᓯᐊᓂᒃ ᓂᓇᕐᑯᓪᓗᑕ ᒪᓕᒐᓕᐊᖑᒍᒪᔪᑦ

ᓂᕿᑐᐃᓐᓄᑦ, ᐃᕐᑲᓗᐃᑦ, ᒪᓐᓃᑦ, ᑎᒻᒥᐊᑦ ᐲᓇᓯᓪᓗ

ᓇᓪᓕᑳᕐᓯᓇᓇᓗᒋᑦ ᐃᕐᑲᓗᕕᓃᑦ, ᑕᓇᐅᕐᒥᐅᑌᑦ, ᒪᓐᓃᑦ, ᑎᒻᒥᐊᕕᓃᑦ ᐅᕐᓱᕐᑲᓪᓗᐊᖑᑦᑐᐃᓗ ᓂᕿᑐᐃᓐᓄᑦ

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ᖃᓄᓪᓗᐊᑎᒋᒃ ᐊᑐᐃᓐᓇᑭᕐᑎᑕᐅᒐᓯᐊᕐᓂᐊᓂᖕᒐᑦ: 35 ᒥᓂᑦᑦ
ᖃᓄᓪᓗᐊᑎᒋᒃ ᖃᓚᒐᓯᐊᕐᓂᐊᓂᖕᒐᑦ: 20 ᒥᓂᑦᑦ

Preparation Time: 35 minutes
Cooking Time: 20 minutes

ᓂᑖᑦ ᖃᓄᐃᑦᑑᓂᖕᒋᑦ

Foods Items

ᐊᕐᑭᒡᒋᐅᔭᖅ	1 pound (454 g)	Chicken
ᓂᐊᕐᑰᔭᕕᓃᑦ ᐃᓚᕐᕐᑭᐱᐊᑦ ᐸᓂᕐᑐᐃᑦ	½ cup (125 ml)	Breadcrumbs
Bran	2 tablespoons (30 ml)	Bran
Thyme	½ teaspoon (2 ml)	Thyme
ᒪᓐᓂᖅ	1	Egg
ᐃᒻᒧᖅ 2 %	2 teaspoons (10 ml)	2 % Milk

ᐊᑐᐃᓐᓇᑭᕐᑕᐅᒍᓯᖕᒋᑦ

Instructions

1. ᐸᕐᕐᑳᑎᒋᐊᕐᓗᒍ ᑭᐊᑦᓴᐅᑎᐅᑉ ᐃᓗᐊ 400 -ᒧᑦ;
2. ᐃᕐᑭᓗᒍ ᓇᑲᑎᕐᓗᒍᓗ ᐊᕐᑭᒡᒋᐅᔭᖅ ᑕᑭᑦᑐᑳᒍᓈᕐᑎᓗᒍ 3ᐃᓐᑦ ᑐᑭᒧᖕᒐ 1ᐃᓐᑦᑦ ᐊᑦᓴᑐᓂᖕᒐ. ᓴᓂᕐᑯᓗᒋᑦ.
3. ᐅᕐᓱᑎᒐᓈᐱᓪᓗᒍ ᑭᐊᑦᓴᐅᑎᐅᑉ ᐃᓗᐊᓂ ᐃᒐᐅᑎᒃ.
4. ᐃᖕᒍᑦᓯᕕᒻᒥ ᐊᖕᒋᔪᒥ ᑲᑎᑎᕐᓗᒋᑦ ᓂᐊᕐᑰᔭᕕᓃᑦ ᐃᓚᕐᕐᑭᐱᐊᑦ ᐸᓂᕐᑐᑦ, bran and thyme. ᑐᕐᕐᑯᓗᒍ ᐃᓚᖕᒐ ᓯᑕᒥᕐᑐᓗᐊᖕᒐ ᑖᑦᓯᒧᖕᒐ ᐆᕐᒧᑦ ᕿᓪᓚᔭᑦᑐᒧᑦ (ᐆᑦᑑᑎᒋᓗᒍ ᓱᑦᑕᑐᓕᑦᓴᔭᐅᑦᓯᓂ ᕿᓪᓚᔭᑦᑐᖅ)
5. ᐊᓯᐊᓂ ᐃᖕᒍᑦᓯᕕᒻᒥ, ᖃᓗᐃᕐᓗᒍ ᓱᕐᑯᐱᒃ ᒪᓐᓂᖅ ᐃᒻᒧᑕᓕᒃ.
6. ᒥᓱᑦᓯᓗᒍ ᐊᕐᑭᒡᒋᐅᔭᑦ ᑕᑭᑦᑐᑳᑦ ᒪᓐᓂᑕᓕᒻᒧᑦ ᖃᓗᐃᕐᓇᑕᕐᓄᑦ; ᓯᑕᒪᐅᓈᕐᑎᓗᒋᑦ ᑐᕐᕐᑯᖃᑦᑕᓗᒋᑦ ᐆᑦᓴᔭᒧᑦ ᕿᓪᓚᔭᑦᑐᒧᑦ ᓂᐊᕐᑰᔭᕕᓂᕐᑕᓕᒻᒧᑦ ᐃᑦᓱᒥᓗᒍ ᐊᕐᓱᕈᒍᓐᓄᓗᑎᑦ ᐊᒥᐊᕋᓱᐊᕐᓗᒋᑦ.
7. ᐊᕐᑭᒡᒋᐅᔭᑦ ᐃᓕᐅᕐᖃᓕᕐᓗᒋᑦ ᐅᕐᓱᑎᕐᓱᒪᔪᒧᑦ ᐃᒐᐅᑎᑦᓴᒧᑦ
8. ᒐᒫᑦᓴᓈᕐᓗᒋᑦ ᐃᓅᓐᓇᑎᒃ ᐊᕐᑭᒡᒋᐅᔭᓕᒫᑦ ᐃᓚᒋᐊᖃᑦᑕᓗᒍ ᓄᖑᓕᑐᐊᕐᐸᑦ ᓂᐊᕐᑰᔭᑦᓴᔭᒥᒃ
9. ᐃᒐᓗᒋᑦ ᐊᒥᐊᕐᓯᒪᔪᑦ ᐊᕐᑭᒡᒋᐅᔭᑦ 20 ᒥᓂᑦᑦᒥ ᐆᓇᕐᓂᖕᒐ 400-ᒥ ᐅᑯᑦᓗᓐᓂᑦ ᐊᔭᑦᓴᐅᑎᒧᑦ ᑲᐱᓗᒋᑦ ᐊᐅᓈᕈᓐᓄᐸᑕ ᓄᕐᕐᑲᓗᒋᑦ
10. ᐊᑐᐃᓐᓇᓯᔭᐅᑎᓗᒍ.

1. Preheat oven to 400 °F (200° C) ;
2. Wash and cut chicken into 3 inch X 1-inch (8 cm X 2,5 cm) strips. Set aside ;
3. Lightly oil a baking dish ;
4. In a large bowl, combine breadcrumbs, bran and thyme. Pace ¼ of mixture in a heavy plastic food storage bag (For example : Ziplock) ;
5. In a separate mixing bowl, lightly beat egg with milk ;
6. Dip chicken strips in egg mixture; place 4 strips at a time in the breadcrumb bag and shake gently to coat ;
7. Place chicken strips on a greased baking dish ;
8. Continue coating chicken pieces, adding breadcrumb mixture to bag as needed ;
9. Bake coated chicken pieces for 20 minutes at 400 °F (200° C) or until juices run clear when chicken is pierced with a fork ;
10. Serve.

Nutrient values – 1 serving = 84 g

160,5 kCal Calories • 8,6 g Carbo • 3,8 g Fat • 21,5 g Protein • 1,1 g Fiber • 1,7 mg Iron

ᑐᒫᑐᒥᒃ ᐅᐊᑭᑦᓯᓯᒪᔪᖅ ᐊᕿᒡᒋᐅᔭᖅ
Tomato Chicken

ᓄᓇᕕᒻᒥ ᓂᕿᑦᓯᐊᓂᒃ ᓂᓇᕐᑯᓪᓗᑕ ᒪᓕᒐᓕᐊᖑᒍᒪᔪᑦ

ᓂᕿᑐᐃᓐᓄᑦ, ᐃᖃᓗᐃᑦ, ᒪᓐᓃᑦ, ᑎᒻᒥᐊᑦ ᐆᓇᓯᓪᓗ

ᓇᓪᓕᑳᕐᓯᓇᓇᓗᒋᑦ ᐃᖃᓗᕕᓃᑦ, ᑕᓇᐅᕐᒥᐅᑎᑦ, ᒪᓐᓃᑦ, ᑎᒻᒥᐊᕕᓃᑦ ᐅᕐᓱᖃᓪᓗᐊᖑᒋᑦᑐᐃᓗ ᓂᕿᑐᐃᓐᓄᑦ

Nunavik Food Guide Group

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ᖃᓄᓪᓗᐊᑎᒋᒃ ᐊᑐᐃᓐᓇᕿᖅᑎᑕᐅᒐᓯᐊᖅᓂᐊᓂᖅᒐᑦ: 35 ᒥᓂᑦᑦ
ᖃᓄᓪᓗᐊᑎᒋᒃ ᖃᓚᒐᓯᐊᖅᓂᐊᓂᖅᒐᑦ: 40 ᒥᓂᑦᑦ

Preparation Time: 35 minutes
Cooking Time: 40 minutes

ᓂᒃᑭᑦ ᖃᓄᐃᑦᑑᓂᖅᒋᑦ

Foods Items

ᐊᕿᒡᒋᐅᔭᖅ	1 pound (454 g)	Chicken
Mushrooms	¾ cup (180 ml)	Mushrooms
Pepper	½ teaspoon (2 ml)	Pepper
ᐅᕐᓱᖅ Canola oil	2 teaspoons (10 ml)	Canola oil
ᐅᐊᓂᖅ	1	Onion
Garlic ᐸᓂᕐᑑᓱᓂ ᓯᖃᓪᓕᓯᒪᔪᖅ	½ teaspoon (2 ml)	Garlic powder
Green pepper	1	Green pepper
Beef broth	1 teaspoon (5 ml)	Beef broth
Tomato sauce	1 cup (250 ml)	Tomato sauce

ᐊᑐᐃᓐᓇᕿᖅᑕᐅᒍᓯᖅᒋᑦ

Instructions

1. ᓇᑲᑎᕐᓗᒍ ᐅᐊᓂᖅ;
2. ᐃᕿᓗᒍ ᓇᑲᑎᕐᓗᒍᓗ ᐊᕿᒡᒋᐅᔭᖅ 3ᐃᓐᑦ ᑐᑭᒧᖅᒐ 1ᐃᓐᑦᑦ ᐊᑦᓴᑐᓂᖅᒐ ᑕᑭᑦᑐᑳᓂᒃ.
3. ᐃᖅᒍᑦᓯᐃᒻᒥ, ᐅᐊᕿᑎᑏᑦᑎᓗᒋᑦ ᓂᕿᑦᓴᔭᖅ ᐊᒻᒪᓗ pepper (spice) ;
4. ᐊᕿᒡᒋᐅᔭᖅ ᐊᒥᐊᕐᓗᒍ ᓂᕿᑦᓴᔭᒥᒃ.
5. ᐃᒐᐅᑎᒥ ᑎᒍᓕᓕᒻᒥ, ᐆᓇᕐᓯᓯᓗᒍ ᐅᕐᓱᖅ ᐆᓇᕐᓂᖅᒐ ᐊᑯᓐᓈᕿᑏᑦᑎᓗᒍ ᐃᒐᓗᒍ ᐊᕿᒡᒋᐅᔭᖅ 5 ᒥᓂᑦᑦᒥ. ᐃᓚᓗᒍ ᐅᐊᓂᕐᒥᒃ ᐃᒐᒥᐊᓪᓚᓕᕐᒥᓗᒍ 2 ᒥᓂᑦᑦᒥᐊᓪᓚᒥ
6. ᐃᕿᓗᒋᑦ ᓇᑲᑎᕐᓗᒋᓪᓗ green pepper, ᐳᐱᕐᓗ;
7. ᐅᐊᕿᑦᓯᐅᑎᓗᒋᑦ beef broth, garlic, green pepper, mushroom and tomato sauce ᐊᕿᒡᒋᐅᔭᒧᑦ ᐅᐊᓂᕐᒧᓗ. ᒪᑐᓗᒍ ᑎᕐᑎᐅᒐᕐᑎᓗᒍᓗ 40 ᒥᓂᑦᑦᒥ, ᖃᓗᐃᑦᓴᕐᑕᖃᑦᑕᓗᒍ;
8. ᐊᑐᐃᓐᓇᓯᔭᐅᑎᓗᒍ.

1. Chop onion ;
2. Wash and cut chicken into 3 inch X 1 inch (8 cm X 2,5 cm) strips ;
3. In a mixing bowl, combine flour and pepper (spice) ;
4. Coat chicken in flour by dipping chicken strips into flour mixture ;
5. In a pot, heat oil on medium heat and cook coated chicken pieces for 5 minutes. Add onion and cook for 2 more minutes ;
6. Wash and chop green pepper and mushrooms ;
7. Add beef broth, garlic, green pepper, mushroom and tomato sauce to chicken and onion mixture. Cover and let simmer for 40 minutes, stirring occasionally ;
8. Serve.

Nutrient values – 1 serving = 225g

218,6 kCal Calories • 21,9 g Carbo • 3,5 g Fat • 24,4 g Protein • 2,5 g Fiber • 2,2 mg Iron

ᐃᒃᑐᐸᐱᕕᓂᖅ

ᐃᒪᑦᓯᐊᒥᐅᑕᓂᒃ ᐃᖅᑐᓐᓂᒃ ᐃᓄᐃᑦ ᐊᑯᓂᐊᓗᒃ ᓂᕿᖅᑲᓲᒍᓕᖅᑐᑦ ᖃᓄᐃᙱᓯᐊᕈᑎᒋᑦᓱᒍ.

ᐃᖅᑐᒃ ᑎᙵᒥᒍᑦ, ᐳᕝᒥᒍᑦ, ᐊᒥᖅᒥᑎᒍᓪᓗ ᖃᓄᐃᙱᓯᐊᖅᓇᑐᖅᑕᖅᖅᑯᑦ ᑕᔭᐅᔪᓂᒃ Protein and iron. ᐃᖅᑐᕕᓂᐅᑉ ᐆᔫᑉ ᓴᐅᓂᙱᑦ, ᓂᐊᖅᑯᙱᓪᓗ ᐊᒥᙱᓪᓗ ᖃᓄᐃᙱᓯᐊᖅᓇᑐᖅᑕᖅᖅᒥᔪᑦ ᑕᔭᐅᔪᓂᒃ Calcium. ᐃᖅᑐᕕᓂᖅ ᖃᓄᐃᙱᓯᐊᖅᓇᑐᖅᑕᖅᖅᒥᔪᖅ ᑕᔭᐅᔪᒥᒃ Selenium.

ᓱᓇᒥᒃ ᐱᐅᔫᒍᑎᖅᖅᖃ: ᐃᖅᑐᐸᐱᕕᓂᖅ ?

- ᐃᖅᑐᐸᐱᒃ ᐆᒪᑎᖅᑲᓯᐊᓇᖅᑐᑕᓕᒃ ᑕᔭᐅᔪᒥᒃ omega-3 fatty acids.
- ᐃᖅᑐᐸᐱᖅ ᓂᓇᔭᐅᓲᖅ ᐅᐸᔫᑎᓪᓗᒍ, ᖅᑯᐊᒍᑎᓪᓗᒍ, ᓂᒃᑰᑎᓪᓗᒍ, ᐃᓯᓇᖅᓯᓯᒪᑎᓪᓗᒍ, ᐃᒍᓇᐅᑎᓪᓗᒍ ᖃᓚᒪᑎᓪᓗᒍᓘᓐᓃᑦ !
- ᐃᖅᑐᐸᐱᐅᑉ ᐊᒥᕋᖅᒐ ᓂᐊᖅᑯᖅᒐᓗ ᖃᓄᐃᙱᓯᐊᖅᓇᑐᖅᑕᖅᖅᒥᔪᑦ ᑕᔭᐅᔪᒥᒃ calcium. ᓴᐅᓂᖅᑲᓯᐊᓇᖅᑐᑕᓕᒃ calcium ᑭᒍᑎᖅᑲᓯᐊᓇᖅᑐᑕᖅᖅᓱᓂᓗ !
- ᐃᖅᑐᐸᐱᕕᓂᖅ ᖃᓄᐃᙱᓯᐊᖅᓇᑐᖅᑕᓕᒃ ᑕᔭᐅᔪᒥᒃ selenium - ᓱᒃᑯᑕᐅᑦᑕᓕᒍᑎᑦᓴᖅᒐ ᑎᒥᐅᑉ ᑎᒥᒻᒥᐅᑕᖅᑲᓂᕈᑦᑕ ᑕᔭᐅᔪᒥᒃ mercury.
- ᐃᖅᑐᐸᐱᕕᓂᖅ ᖃᓄᐃᙱᓯᐊᖅᓇᑐᑕᓕᒃ ᑕᔭᐅᔪᒥᒃ protein ᓄᑭᖅᑲᓯᐊᓇᖅᑐᒥᒃ, ᐅᕕᓂᖅᑲᓯᐊᓇᖅᑐᒥᒃ ᐊᐅᖅᑲᓯᐊᓇᖅᑐᒥᓪᓗ.

Arctic Char

The most Northern freshwater fish has been an important and healthy food resource to Inuit for centuries.

Protein and iron are found in many parts of the fish (meat, liver, eggs, skin). Calcium is found in soft cooked fish bones, heads and skin. Selenium is also found in fish, especially in the meat.

What's so great about: Arctic Char?

- Char contains omega-3 fatty acids which help prevent heart disease.
- Char can be eaten raw, frozen, dried, smoked, aged or cooked!
- The skin and head of char provide a unique source of calcium. We need calcium for strong bones and teeth!
- Arctic char are a source of selenium- a mineral that helps protect our bodies from the effects of mercury.
- Fish are an excellent source of protein which is necessary to build and repair muscles, skin and blood.

Reference: www.ITK.ca (wildlife factsheets)

ᐃᖃᓗᐸᐱᖅ ᐅᐊᕈᑎᓕᒃ ᑐᒫᑐᒥᒃ
Arctic Char and Tomato

ᓄᓇᕗᒻᒥ ᓂᕿᑦᓯᐊᓂᒃ ᓂᓇᖁᓪᓗᑕ ᒪᓕᒐᓕᐊᖑᒍᒪᔪᑦ

ᓂᕿᑐᐃᓐᓄᑦ, ᐃᖃᓗᐃᑦ, ᒪᓐᓃᑦ, ᑎᒻᒥᐊᑦ ᐊᓇᓯᓪᓗ

ᓇᓪᓕᑳᖅᓯᓇᓇᓗᒋᑦ ᐃᖃᓗᕕᓃᑦ, ᑕᓇᐅᖅᒥᐅᑎᑦ, ᒪᓐᓃᑦ, ᑎᒻᒥᐊᕕᓃᑦ ᐅᖅᓱᖃᓪᓗᐊᖑᒋᑦᑐᐃᓗ ᓂᕿᑐᐃᓐᓄᑦ

Nunavik Food Guide Group

Meat, Fish, Eggs, Birds & Beans

Choose fish, marine mammals, eggs, birds and lean meats more often

ᖃᓄᓪᓗᐊᑎᒋᒃ ᐊᑐᐃᓐᓇᕈᖅᑎᑕᐅᒐᓱᐊᖅᓂᐊᓂᖅᒐᑦ: 25 ᒥᓂᑦᑦ
ᖃᓄᓪᓗᐊᑎᒋᒃ ᖃᓚᒐᓱᐊᖅᓂᐊᓂᖅᒐᑦ: 60 ᒥᓂᑦᑦ

Preparation Time: 25 minutes
Cooking Time: 60 minutes

ᓂᒌᑦ ᖃᓄᐃᑦᑑᓂᖅᒋᑦ

Foods Items

ᐃᖃᓗᐸᐱᖅ ..... 1 pound (454 g) ..... Arctic char
Tomatoes red (ᐊᐅᓂᐅᓗᑎᒃ ᖁᒻᒧᔪᒥᑦᑐᓘᓐᓃᑦ ᐃᓗᐃᑦᑐᓘᓐᓃᑦ) ..... 2 cups (500 ml) ..... Tomatoes, red, ripe, canned, whole
Dried parsley ..... ½ teaspoon (2 ml) ..... Dried parsley
Lemon ᐃᑦᑎᖅᒐ ..... 1 tablespoon (15 ml) ..... Lemon juice
Garlic ..... 1 clove ..... Garlic

ᐊᑐᐃᓐᓇᕈᖅᑕᐅᒍᓱᖅᒋᑦ

Instructions

1. ᐸᖅᖄᑎᒋᐊᖅᓗᒍ ᑭᐊᑦᓴᐅᑎᐅᑉ ᐃᓗᐊ 400 -ᒧᑦ;
2. ᓴᓗᒻᒪᓴᖅᓗᒍ ᐃᖃᓗᒃ;
3. Garlic ᒥᑭᔪᖅᓚᐅᓈᖅᑎᐊᐱᑦᓴᓗᒍ ᓯᖃᓪᓕᓗᒍ;
4. ᑭᐊᑦᓴᐅᑎᐅᑉ ᐃᓗᐊᓂ ᐃᒐᐅᑎᒧᑦ, ᐅᐊᕈᑎᑏᑦᑎᓗᒋᑦ ᑖᒃᑯᐊ ᐃᓗᓕᑦᓴᖅᒋᑦ. ᒪᑐᓗᒍ ᐃᒐᓗᒍᓗ 400-ᒥ 1 ᐃᑲᐅᖅᓂᑐᖅᓗᓂ ᒥᑦᓴᓂ ᐅᑯᖅᑰᓐᓃᑦ ᐃᖃᓗᒃ ᐃᑭᐊᖅᑎᖅᒋᓐᓂᓕᒫᖅᒐᓂ ᐃᓘᓐᓇᒥᓗ ᖃᓚᑦᓯᐊᓗᓂ.
5. ᐊᑐᐃᓐᓇᓱᔭᐅᑎᓗᒍ.

ᖃᐅᔨᒪᔭᐅᒋᐊᓕᒃ: ᐃᑉᐱᒋᑦᓯᐊᓗᒋᑦ ᐃᖃᓘᑉ ᓴᐅᓂᖅᒋᑦ ᑲᒃᑲᓛᓄᑦ ᓴᐅᓐᓂᕈᑕᐅᑐᐃᓐᓇᓇᐊᖃᖅᒪᑕ.

1. Preheat the oven at 400° F (200° C) ;
2. Clean fish ;
3. Crush or cut garlic in very small pieces ;
4. In an oven dish, mix all ingredients. Cover and bake at 400° F (200° C) for approximately 1 hour or until the fish is flaky and cooked through ;
5. Serve.

Note: Be very cautions with fish bones with children.

Nutrient values – 1 serving = 190g

147,0 kCal Calories • 4,3 g Carbo • 5,9 g Fat • 18,8 g Protein • 0,9 g Fiber • 1,7 mg Iron

ᐃᖃᓗᐸᐱᖅ ᐸᑦᑕᐅᓕᓯᒪᔪᑦ
Arctic Char Balls

ᓄᓇᕗᒻᒥ ᓂᕿᑦᓯᐊᓂᒃ ᓂᓇᖁᓪᓗᑕ ᒪᓕᒐᓕᐊᖑᒍᒪᔪᑦ

ᓂᕿᑐᐃᓐᓄᑦ, ᐃᖃᓗᐃᑦ, ᒪᓐᓃᑦ, ᑎᒻᒥᐊᑦ ᐊᓇᓯᓪᓗ

ᓇᓪᓕᑑᖁᓯᓇᓇᓗᒋᑦ ᐃᖃᓗᕕᓃᑦ, ᑕᓇᐅᖁᒥᐅᑎᑦ, ᒪᓐᓃᑦ, ᑎᒻᒥᐊᕕᓃᑦ ᐅᖁᓯᖃᓪᓗᐊᖑᒋᑦᑐᐃᓗ ᓂᕿᑐᐃᓐᓄᑦ

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ᖃᓄᓪᓗᐊᑎᒋᒃ ᐊᑐᐃᓐᓇᕈᖁᑎᑕᐅᒐᓯᐊᖁᓂᐊᓂᖅᒐᑦ: 30 ᒥᓂᑦᑦ
ᖃᓄᓪᓗᐊᑎᒋᒃ ᖃᓕᒐᓯᐊᖁᓂᐊᓂᖅᒐᑦ: 2 ᕿᓪᓕᒍᓯᒃ (refrigerate)

Preparation Time: 30 minutes
Cooking Time: 2 hours (refrigerate)

ᓂᑖᑦ ᖃᓄᐃᑦᑑᓂᖅᒋᑦ

Foods Items

Cream cheese	2 tablespoons (30 ml)	Cream cheese
Margarine	1 teaspoon (5 ml)	Margarine
ᐅᖁᖃᓪᓗᐊᕋᓂ mayonnaise	1/3 cup (80 ml)	Light mayonnaise
ᐃᖃᓗᐸᐱᖅ	1-pound (454 g)	Arctic char
ᐅᐊᓂᖅ	1 teaspoon (5 ml)	Onion
Lemon ᐃᑦᑎᖅᒐ	1 teaspoon (5 ml)	Lemon juice
Dried parsley	½ teaspoon (2 ml)	Dried parsley
Paprika	½ teaspoon (2 ml)	Paprika
Garlic ᐸᓂᖁᑑᓂ ᓯᖃᓪᓕᓯᒪᔪᖅ	½ teaspoon (2 ml)	Garlic powder

ᐊᑐᐃᓐᓇᕈᖁᑕᐅᒍᓯᖅᒋᑦ

Instructions

1. ᐃᒐᓗᒍ ᐃᖃᓗᒃ ᐅᑯᑦᓘᓐᓃᑦ ᐃᖃᓗᑦᑐᓂᑯᕕᓃᑦ ᐊᒥᐊᒃᑯᕕᓃᑦ;
2. ᐃᖅᒍᑦᓯᕕᒻᒥ, ᖃᓗᐃᖁᓗᒋᑦ ᐊᖁᓕᖅᖅᒥᓂᖅᒐᓂ margarine ᐊᒻᒪᓗ mayonnaise ;
3. ᐅᐊᕈᑦᓯᓗᒍ lemon ᐃᑦᑎᖅᒐᓂᒃ, garlic powder and parsley ;
4. ᐅᐊᕈᑦᓯᒥᓗᒋᑦ ᐃᖃᓗᕕᓂᖁᒥᒃ (ᓴᐅᓂᖃᕈᓐᓄᓗᓂ) ᖃᓗᐃᑦᓯᐊᓗᒋᑦ
5. ᐅᐊᕈᑦᓯᒥᓗᒋᑦ ᐅᐊᓂᖁᒥᒃ ᐅᐊᕈᑎᒦᑦᑎᓯᐊᓕᖁᒥᓗᒍ
6. ᑖᒃᑯᐊᓕᒫᑦ ᐸᑦᑕᐅᔭᖅᖅᒍᑎᓪᓗᒋᑦ;
7. ᒪᑐᓗᒍ ᓂᓪᓕᒪᔪᖃᐅᑎᒦᑦᑎᓯᓗᒍ ᒪᖁᑖᓂ ᐃᑲᐅᖁᓃᓂ ᓂᓇᔭᐅᒋᐊᓚᐅᖅᖅᒥᓂᖅᒐᓂ;
8. ᑲᖁᖅᒐᓱᐃᕕᒋᓗᒍ paprika ᓂᓇᔭᐅᒋᐊᖅᖅᒥᓂᖅᒐᓂ.

1. Cook fish or use leftover fish ;
2. In a bowl, cream (mix well) together margarine and mayonnaise ;
3. Add lemon juice, garlic powder and parsley ;
4. Add fish meat (no bones) and mix well ;
5. Add onion and mix well ;
6. Form mixture into balls ;
7. Cover and refrigerate for at least 2 hours before serving ;
8. Sprinkle with paprika before serving.

Nutrient values — 1 serving = 115g

204,3 kCal Calories • 2,0 g Carbo • 13,1 g Fat • 18,6 g Protein • 0,2 g Fiber • 0,8 mg Iron

ᑭᐊᑦᓴᐅᑎᐅᑉ ᐃᓗᐊᓂ ᐃᒪᓯᒪᔪᑦ ᐃᖃᓗᑉᐲᑦ ᓇᓪᓗᓯᒪᔪᑦ
Baked Arctic Char Steaks

ᓄᓇᕕᒻᒥ ᓂᕿᑦᓯᐊᓂᒃ ᓂᓇᖁᓪᓗᑕ ᒪᓕᒐᓕᐊᖑᒍᒪᔪᑦ

ᓂᕿᑐᐃᓐᓄᑦ, ᐃᖃᓗᐃᑦ, ᒪᓐᓃᑦ, ᑎᒻᒥᐊᑦ ᐲᓇᓯᓪᓗ

ᓇᓪᓕᑲᖁᓯᓇᓇᓗᒋᑦ ᐃᖃᓗᕕᓃᑦ, ᑕᓇᐅᖁᒥᐅᑎᑦ, ᒪᓐᓃᑦ, ᑎᒻᒥᐊᕕᓃᑦ ᐅᖁᓯᖃᓪᓗᐊᖑᒋᑦᑐᐃᓗ ᓂᕿᑐᐃᓐᓄᑦ

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ᖃᓄᓪᓗᐊᑎᒋᒃ ᐊᑐᐃᓐᓇᑭᖁᑎᑕᐅᒐᓯᐊᖁᓂᐊᓂᖅᒐᑦ: 20 ᒥᓂᑦᑦ
ᖃᓄᓪᓗᐊᑎᒋᒃ ᖃᓚᒐᓯᐊᖁᓂᐊᓂᖅᒐᑦ: 35 ᒥᓂᑦᑦ

Preparation Time: 20 minutes
Cooking Time: 35 minutes

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Foods Items

ᐃᖃᓗᑉᐱᖅ	1 pound (454 g)	Arctic char
Mushrooms	1 cup (250 ml)	Mushrooms
Lemon ᐃᑦᑎᖅᒐ	1 tablespoon (15 ml)	Lemon juice
ᓯᖃᓕᓯᒪᔪᖅ ᐅᐊᓂᖅ	1 tablespoon (15 ml)	Chopped onion
ᐅᖁᖅ Canola oil	2 tablespoons (30 ml)	Canola oil
ᑕᓇᐅᖅ	½ teaspoon (2 ml)	Salt
Pepper	½ teaspoon (2 ml)	Pepper

ᐊᑐᐃᓐᓇᑭᖁᑕᐅᒍᓯᖅᒋᑦ

Instructions

1. ᐸᖅᑲᑎᒋᐊᖁᓗᒍ ᑭᐊᑦᓴᐅᑎᐅᑉ ᐃᓗᐊ 350 -ᒧᑦ;
2. ᐅᖁᑎᒐᓛᐱᓪᓗᒍ ᐳᒃᑭᑐᖅ ᑭᐊᑦᓴᐅᑎᐅᑉ ᐃᓗᐊᓂ ᐃᒐᐅᑎᒃ;
3. ᓇᓪᓗᓗᒍ ᐃᖃᓗᒃ;
4. ᐃᓕᓗᒋᑦ ᐃᖃᓗᐃᑦ ᑭᐊᑦᓴᐅᑎᐅᑉ ᐃᓗᐊᓂ ᐃᒐᐅᑎᓄ. ᑲᖅᖁᓯᐃᕕᒋᓗᒋᑦ ᖁᑉᐸᓛᒥᒃ ᑕᓇᐅᖁᒧᑦ ᐊᒻᒪᓗ pepper -ᒧᑦ;
5. ᑲᑎᑎᓗᒋᑦ ᐳᐱᖅ, Lemon ᐃᑦᑎᖅᒐ, ᐅᐊᓂᖅ ᐊᒻᒪᓗ ᐅᖁᖅ;
6. ᑯᕕᓗᒋᑦ ᐃᖃᓗᐃᑦ ᖁᖅᒋᓐᓄᑦ ᐃᒐᓗᒍᓗ ᐆᓇᖁᖅᒐ 350-ᒥ, 30 – 35 ᒥᓂᑦᑦ ᐃᑭᐊᖁᑎᖅᒋᓐᓂᓕᒫᖅᒐᓂ ᐃᖃᓗᒃ.
7. ᐊᑐᐃᓐᓇᓯᔭᐅᑎᓗᒍ.

1. Preheat oven to 350° F (180° C) ;
2. Lightly oil shallow roasting pans ;
3. Cut fish into steaks ;
4. Place steaks in roasting pans. Sprinkle both sides with salt and pepper ;
5. Combine the mushrooms, lemon juice, onion and oil ;
6. Pour over the steaks and bake at 350° F (180° C) for 30-35 minutes, until fish flakes easily ;
7. Serve.

Nutrient values – 1 serving = 115g

183,0 kCal Calories • 0,9 g Carbo • 11,4 g Fat • 18,5 g Protein • 0,2 g Fiber • 0,8 mg Iron

ᑭᐊᑦᓴᐅᑎᐅᑉ ᐃᓗᐊᓂ ᐃᒪᓯᒪᔪᑦ ᐃᖃᓗᐃᑦ ᓴᐅᓃᔭᖅᓯᒪᔪᑦ
Baked Fish Fillets

ᓄᓇᕕᒻᒥ ᓂᕿᑦᓯᐊᓂᒃ ᓂᓇᖅᑯᓪᓗᑕ ᒪᓕᒐᓕᐊᖅᒍᒪᔪᑦ

ᓂᕿᑐᐃᓐᓄᑦ, ᐃᖃᓗᐃᑦ, ᒪᓐᓃᑦ, ᑎᒻᒥᐊᑦ ᐲᓇᓯᓪᓗ

ᓇᓪᓕᒃᑲᖅᓯᓇᓇᓗᒋᑦ ᐃᖃᓗᕕᓃᑦ, ᑕᓇᐅᖅᒥᐅᑎᑦ, ᒪᓐᓃᑦ, ᑎᒻᒥᐊᕕᓃᑦ ᐅᖅᓱᖃᓪᓗᐊᖅᒋᑦᑐᐃᓗ ᓂᕿᑐᐃᓐᓄᑦ

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ᖃᓄᓪᓗᐊᑎᒋᒃ ᐊᑐᐃᓐᓇᕈᖅᑎᑕᐅᒐᓯᐊᖅᓂᐊᓂᖅᒐᑦ: 20 ᒥᓂᑦᑦ
ᖃᓄᓪᓗᐊᑎᒋᒃ ᖃᓚᒐᓯᐊᖅᓂᐊᓂᖅᒐᑦ: 15 ᒥᓂᑦᑦ

Preparation Time: 20 minutes
Cooking Time: 15 minutes

ᓂᑖᑦ ᖃᓄᐃᑦᑑᓂᖅᒋᑦ

Foods Items

ᓂᐊᖅᑯᔭᐅᑉ ᑲᖅᖠᓂᓗᑯᖅᒋᑦ	1 pound (454 g)	Breadcrumb
Bran	1 cup (250 ml)	Bran
Thyme	1 tablespoon (15 ml)	Thyme
ᒪᓐᓂᖅ	1 tablespoon (15 ml)	Egg
ᐃᒪᖅ	2 tablespoons (30 ml)	Water
ᐃᖃᓗᐸᐱᖅ ᐃᖃᓗᓪᓘᓃᑦ ᖃᓄᐃᑦᑐᐃᓐᓇᖅ	½ teaspoon (2 ml)	Artic char or any fish

ᐊᑐᐃᓐᓇᕈᖅᑕᐅᒍᓯᖅᒋᑦ

1. ᐸᖅᑳᑎᒋᐊᖅᓗᒍ ᑭᐊᑦᓴᐅᑎᐅᑉ ᐃᓗᐊ 400 -ᒧᑦ;
2. ᐅᖅᓱᑎᒐᓛᐱᓪᓗᒋᑦ ᑭᐊᑦᓴᐅᑎᐅᑉ ᐃᓗᐊᓂ ᐃᒐᐅᑏᑦ.
3. ᐃᖅᒍᑦᓯᕕᒻᒥ, ᑲᑎᑎᖅᓗᒋᑦ ᓂᐊᖅᑰᔭᕕᓃᑦ ᐃᓚᖅᑭᐱᐊᑦ ᐸᓂᖅᑐᑦ, bran and thyme. ᑐᖅᑯᓗᒍ ᐃᓚᖅᒐ ᓯᑕᒥᖅᑐᓗᐊᖅᒐ ᑖᑦᓯᒧᖅᒐ ᐆᖅᒧᑦ ᖅᑭᓪᓚᔭᑦᑐᒧᑦ (ᐆᑦᑐᑎᒋᓗᒍ Ziploc) ;
4. ᐊᓯᐊᓂ ᐃᖅᒍᑦᓯᕕᒻᒥ, ᖃᓗᐃᖅᓗᒍ ᒪᓂᖅ ᓯᖅᓛᐱᒃ ᐅᐊᕈᑦᓯᓗᒍ ᐃᒪᖅᒥᒃ.
5. ᒥᓱᓪᓗᒋᑦ ᐃᖃᓗᐃᑦ ᓴᐅᓃᔭᖅᓯᒪᔪᑦ ᒪᓐᓂᒧᑦ ᖃᓗᐃᑫᓐᓇᑕᖅᓄᑦ; ᐃᖃᓗᐃᑦ ᐊᑕᐅᓯᐅᓛᖅᑎᓗᒋᑦ ᑐᖅᑯᖃᑦᑕᓗᒋᑦ ᐆᑦᓴᔭᒧᑦ ᖅᑭᓪᓚᔭᑦᑐᒧᑦ ᓂᐊᖅᑰᔭᕕᓂᖅᑕᓕᒻᒧᑦ ᐃᑦᓱᑐᖅᓗᒍ ᐊᖅᓱᕈᒍᓐᓂᓗᑎᑦ ᐊᒥᐊᑦᓯᐊᓗᒋᑦ. ᐃᓕᓗᒋᑦ ᐃᖃᓗᐃᑦ ᑭᐊᑦᓴᐅᑎᐅᑉ ᐃᓗᐊᓂ ᐃᒐᐅᑎᒧᑦ ᐅᖅᓱᑎᖅᓯᒪᔪᒧᑦ.
6. ᐃᖃᓗᐃᑦ ᐃᒐᓗᒋᑦ ᐆᓇᖅᓂᖅᒐ 400-ᒥ, 15ᒥᓂᑦᑦᒥ ᖅᑭᓪᓚᖅᑭᐊᕈᓐᓂᐸᑦ ᐃᑭᐊᖅᑎᒍᓐᓇᓯᑦᓯᐊᓗᓂᓗ ᐊᔭᑦᓴᐅᑎᒧᑦ.
7. ᐊᑐᐃᓐᓇᓯᔭᐅᑎᓗᒍ.

Instructions

1. Preheat oven to 400° F (200° C) ;
2. Lightly oil baking dishes ;
3. In a mixing bowl, combine breadcrumbs, bran and thyme. Place ¼ of the mixture in a heavy plastic food storage bag (For example : Ziploc) ;
4. In a separate mixing bowl, lightly beat eggs with water ;
5. Dip fish fillets in egg mixture. Place fillets, one at a time, in breadcrumb bag and shake gently to coat. Place fish fillets on an oiled baking dish ;
6. Bake fish fillets at 400° F (200° C) for 15 minutes or until fish is opaque and flakes easily with fork ;
7. Serve.

Nutrient values — 1 serving = 116g

189,4 kCal Calories • 8,1 g Carbo • 7,4 g Fat • 21,0 g Protein • 0,8 g Fiber • 1,7 mg Iron

ᐅᐊᑭᑎᓕᒃ (ᐸᐅᖅᑐᑦ ᐃᖃᓗᕕᓂᖅᓗ)
Berry Fish Pudding

ᓄᓇᕕᒻᒥ ᓂᖅᑭᑦᓯᐊᓂᒃ ᓂᓇᖅᑯᓪᓗᑕ ᒪᓕᒐᓕᐊᖑᒍᒪᔪᑦ

ᓂᖅᑭᑐᐃᓐᓄᑦ, ᐃᖃᓗᐃᑦ, ᒪᓐᓃᑦ, ᑎᒻᒥᐊᑦ ᐊᓇᓯᓪᓗ

ᓇᓪᓕᒃᑑᖅᓯᓇᓇᓗᒋᑦ ᐃᖃᓗᕕᓃᑦ, ᑕᓇᐅᖅᒥᐅᑎᑦ, ᒪᓐᓃᑦ, ᑎᒻᒥᐊᕕᓃᑦ ᐅᖅᓱᖃᓪᓗᐊᖅᒋᑦᑐᐃᓗ ᓂᖅᑭᑐᐃᓐᓄᑦ

Nunavik Food Guide Group

Meat, Fish, Eggs, Birds & Beans

Choose fish, marine mammals, eggs, birds and lean meats more often

ᖃᓄᓪᓗᐊᑎᒋᒃ ᐊᑐᐃᓐᓇᑭᖅᑎᑕᐅᒐᓱᐊᖅᓂᐊᓂᖅᒐᑦ: 5 ᒥᓂᑦᑦ
ᖃᓄᓪᓗᐊᑎᒋᒃ ᖃᓚᒐᓱᐊᖅᓂᐊᓂᖅᒐᑦ: 60 ᒥᓂᑦᑦ

Preparation Time: 5 minutes
Cooking Time: 60 minutes

ᓂᒌᑦ ᖃᓄᐃᑦᑑᓂᖅᒋᑦ

Foods Items

ᐃᖃᓗᐸᐱᖅ ..... ½ pound (225 g) ..... Arctic char
ᑕᓇᐅᖅ ..... ½ teaspoon (2 ml) ..... Salt
ᑭᒍᑎᖅᒋᖅᓄᑦ ..... 2 cups (500 ml) ..... Blueberries

ᐊᑐᐃᓐᓇᑭᖅᑕᐅᒍᓱᖅᒋᑦ

Instructions

1. ᐆᔪᓕᐊᓇᓗᒍ ᐃᖃᓗᕕᓂᖅ ᑕᓇᐅᓪᓕᓗᒍᓗ.
2. ᐆᒋᖅᒋᖅᓗᒋᑦ ᐃᖃᓗᐃᑦ ᓴᐅᓃᔭᑦᓯᐊᓗᒋᓪᓗ (ᑲᒃᑲᓛᑦ ᓴᐅᓐᓂᖅᑯᓇᒋᑦ)
3. ᐅᐊᑭᑦᓯᐅᑎᓗᒋᑦ ᐃᖃᓗᐃᑦ ᑭᖅᒍᑎᖅᒋᖅᓇᓄᑦ ᐊᑐᐃᓐᓇᓱᔭᐅᓂᐊᖅᑎᓗᒋᑦ.

1. Cook the fish in boiling salted water.
2. Strain and remove skin and all bones (for children's safety)
3. Mix the fish meat with the berries and serve.

Nutrient values – 1 serving = 104g

97,5 kCal Calories • 8,4 g Carbo • 3,1 g Fat • 9,4 g Protein • 1,4 g Fiber • 0,5 mg Iron

Crustless Salmon Quiche

ᓄᓇᕕᒻᒥ ᓂᕿᑦᓯᐊᓂᒃ ᓂᓇᖁᓪᓗᑕ ᒪᓕᒐᓕᐊᖑᒍᒪᔪᑦ

ᓂᕿᑐᐃᓐᓄᑦ, ᐃᖃᓗᐃᑦ, ᒪᓐᓃᑦ, ᑎᒻᒥᐊᑦ ᐆᓇᓯᓪᓗ

Nunavik Food Guide Group

Meat, Fish, Eggs, Birds & Beans

ᓇᓪᓕᒃᑦᓯᓇᓇᓗᒋᑦ ᐃᖃᓗᕕᓃᑦ, ᑕᓇᐅᖁᒥᐅᑎᑦ, ᒪᓐᓃᑦ, ᑎᒻᒥᐊᕕᓃᑦ ᐅᖁᖃᓪᓗᐊᖑᒋᑦᑐᐃᓗ ᓂᕿᑐᐃᓐᓄᑦ

Choose fish, marine mammals, eggs, birds and lean meats more often

ᖃᓄᓪᓗᐊᑎᒋᒃ ᐊᑐᐃᓐᓇᕈᖁᑎᑕᐅᒐᓯᐊᖁᓂᐊᓂᖑᒐᑦ: 25 ᒥᓂᑦᑦ
ᖃᓄᓪᓗᐊᑎᒋᒃ ᖃᓚᒐᓯᐊᖁᓂᐊᓂᖑᒐᑦ: 30 ᒥᓂᑦᑦ

Preparation Time: 25 minutes
Cooking Time: 30 minutes

ᓂᑮᑦ ᖃᓄᐃᑦᑑᓂᖑᒋᑦ

Foods Items

ᓵᒪ, ᐃᒣᔭᖁᒍ ᓴᐅᓂᖑᒋᑦ ᐊᑕᑎᓪᓗᒋᑦ	1 ½ can	Salmon, drained solids with bones
ᐃᓚᖅᑭᐱᐊᑦ, Cheddar cheese	¾ cup (180 ml)	Cheddar cheese, shredded
ᐅᐊᓂᖅ	1	Onion
ᐃᒻᒧᖅ 2 %	1 ¼ cup (300 ml)	2 % milk
ᒪᓐᓃᑦ	3	Eggs
ᓴᓇᐅᒐᖅ (ᓂᕿᑦᓴᔭᖅ)	½ cup (125 ml)	Flour
ᑕᓇᐅᖅ	½ teaspoon (2 ml)	Salt
Pepper	½ teaspoon (2 ml)	Pepper

ᐊᑐᐃᓐᓇᕈᖁᑕᐅᒍᓯᖑᒋᑦ

Instructions

1. ᐸᖅᑳᑎᒋᐊᖁᒍ ᑭᐊᑦᓴᐅᑎᐅᑉ ᐃᓗᐊ 375 -ᒧᑦ;
2. ᐃᒣᔭᖁᒍ ᓵᒪ ᓴᐅᓂᖑᒋᓪᓗ ᓯᖃᓕᑦᓯᐊᕋᓯᐊᒻᒪᓇᓪᓗᒋᑦ; ᐱᐅᓕᐊᖁᒍ ᐆᓇᖁᖑᒐ ᓴᓂᖁᓗᒍᓗ.
3. ᐃᓚᖅᑭᒋᐊᖁᒍ ᑮᓯ.
4. ᐊᒥᓄᔭᖁᒋᑦ ᓇᑲᑎᖁᒋᓪᓗ ᐅᐊᓃᑦ.
5. ᐃᖑᑦᓯᐱᒻᒥ ᑲᑎᑎᖁᒋᑦ ᓵᒪ, ᑮᓯ ᐊᒻᒪᓗ ᐅᐊᓂᖅ
6. ᑖᓐᓇ ᐃᖑᑦᓯᐱᒻᒦᑐᖅ ᐃᒐᐱᑦᓴᖑᓅᖁᒍ ᐅᖁᓯᑎᖁᓯᒪᔪᒧᑦ ᐅᑯᑯᓘᓐᓃᑦ ᒪᖁᑭᓕᓗᒍ ᒪᖁᑭᓂᒃ ᐃᒐᐱᑦᓴᓂᒃ ᐊᑐᓚᖑᒍᐱᑦ.
7. ᓱᖅᑳᑎᖁᓗᒋᑦ ᖃᓪᓗᑎᒧᑦ, ᐃᓕᓗᒋᑦ ᓵᒪᐅᑉ ᐆᓇᖁᖑᒐ ᐃᒻᒧᓗ.
8. ᐃᖑᓚᒍᑎᒧᑦ; ᐃᖑᓚᓗᒍ ᓵᓚᐅᑉ ᐆᓇᖁᖑᒐ, ᐃᒻᒧᖅ, ᒪᓐᓃᓗ, ᓂᕿᑦᓴᔭᖅ, ᑕᓇᐅᖅ, ᐊᒻᒪᓗ pepper.
9. ᑯᐱᓗᒍ ᓵᒪᐅᑉ ᖁᓛᓄᑦ.
10. ᐃᒐᓗᒋᑦ 30 ᒥᓂᑦᑦᒥ, ᓴᐱᒃ ᒪᖑᑦᑎᓯᒍ ᖁᑎᖑᒐᓄᑦ ᓴᓗᒪᑦᓯᐊᑐᐊᖁᒪᑦ ᖃᓚᑦᑐᖅ.

1. Preheat oven to 375°F (190°C).
2. Drain salmon and crush bones very well; save broth and put aside.
3. Grate cheese.
4. Peel and chop onions.
5. In a bowl combine salmon, cheese and onion.
6. Divide mixture into one or two lightly greased pie plates.
7. In a measuring cup, add salmon broth and milk.
8. Using blender; mix salmon broth, milk, eggs, flour, salt and pepper.
9. Pour mixture into pie plates over salmon.
10. Cook for 30 minutes, until a knife put in the middle of the quiche comes out clean.

Nutrient values — 1 serving =260g

349,4 kCal Calories • 16,2 g Carbo • 15,3 g Fat • 34,7 g Protein • 1,1 g Fiber • 2,0 mg Iron

ᐃᖃᓗᕕᓂᖅ ᓂᐊᖁᔭᐅᑉ ᐃᑭᐊᕐᒥᐅᑕᑦᓴᖓ
Fish Burger

ᓄᓇᕕᒻᒥ ᓂᕿᑦᓯᐊᓂᒃ ᓂᓇᖁᓪᓗᑕ ᒪᓕᒐᓕᐊᖑᒍᒪᔪᑦ

ᓂᕿᑐᐃᓐᓄᑦ, ᐃᖃᓗᐃᑦ, ᒪᓐᓃᑦ, ᑎᒻᒥᐊᑦ ᐲᓇᓯᓪᓗ

ᓇᓪᓕᒃᑑᕐᓯᓇᓇᓗᒋᑦ ᐃᖃᓗᕕᓃᑦ, ᑕᓇᐅᕐᒥᐅᑎᑦ, ᒪᓐᓃᑦ, ᑎᒻᒥᐊᕕᓃᑦ ᐅᕐᓱᕐᑲᓪᓗᐊᖏᑦᑐᐃᓗ ᓂᕿᑐᐃᓐᓄᑦ

Nunavik Food Guide Group

Meat, Fish, Eggs, Birds & Beans

Choose fish, marine mammals, eggs, birds and lean meats more often

ᖃᓄᓪᓗᐊᑎᒋᒃ ᐊᑐᐃᓐᓇᑭᕐᑎᑕᐅᒐᓱᐊᕐᓂᐊᓂᖅᒐᑦ: 40 ᒥᓂᑦᑦ
ᖃᓄᓪᓗᐊᑎᒋᒃ ᖃᓚᒐᓱᐊᕐᓂᐊᓂᖅᒐᑦ: 45 ᒥᓂᑦᑦ

Preparation Time: 40 minutes
Cooking Time: 45 minutes

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Foods Items

Tuna	3 cans	Tuna
ᐸᑏᑕᓱᑦ	3 ½	Potatoes
Margarine	1 tablespoon (15 ml)	Margarine
ᐅᐊᓂᖅ	1	Onion
ᒪᓐᓂᖅ	1	Egg
ᐃᒻᒧᖅ 2 %	¼ cup (75 ml)	2 % milk
ᐃᒪᖅ	¼ cup (75 ml)	Water
ᓂᐊᖁᔭᐅᑉ ᑲᖅᒐᓂᓗᑯᖏᑦ	½ cup (125 ml)	Breadcrumbs
Pepper	½ teaspoon (2 ml)	Pepper

ᐊᑐᐃᓐᓇᑭᕐᑕᐅᒍᓱᖏᑦ

Instructions

1. ᐸᕐᖄᑎᒋᐊᕐᓗᒍ ᑭᐊᑦᓴᐅᑎᐅᑉ ᐃᓗᐊ 350 -ᒧᑦ;
2. ᐊᒥᖕᔭᕐᓗᒋᑦ ᓇᑲᑎᕐᓗᒋᓪᓗ ᐸᑏᓱᑦ. ᐃᒐᐅᑎᒃ ᑎᒍᓕᓕᒃ, ᐃᒻᒥᓗᒍ ᑖᑕᓗᒍ ᐸᑏᓱᑦ ᑎᕐᑎᑎᓗᒋᑦ. ᐸᕐᖄᑭᓪᓕᒋᐊᕐᓗᒍ, ᒪᑐᓯᒪᑎᓪᓗᒍ ᑎᕐᑎᐅᒐᕐᑎᓗᒍ 25 ᒥᓂᑦᑦᒥ; ᐃᒪᖕᒐ ᑯᕕᓗᒍ. ᓯᕐᑲᓪᓕᓗᒋᑦ ᐸᑏᓯᓕᒫᑦ margarine-ᒥᒃ ᐃᓚᓗᒋᑦ. ᓴᓂᕐᑯᓗᒍ.
3. ᐃᖕᒍᑦᓯᕕᒻᒥ, ᖃᓗᐃᕐᓗᒋᑦ ᒪᓐᓂᖅ ᐃᒻᒧᓗ.
4. ᓂᐊᕐᑯᔭᕕᓃᑦ ᓯᕐᑲᓕᓯᒪᔪᑦ ᐸᓂᕐᑐᑦ ᐃᓕᓗᒋᑦ ᐊᓯᐊᓄᑦ ᐃᖕᒍᑦᓯᕕᒻᒧᑦ.
5. ᓇᑲᑎᕐᓗᒍ ᐅᐊᓂᖅ.
6. ᐃᖕᒍᑦᓯᕕᒻᒥ, ᑲᑎᑎᓗᒋᑦ ᐃᒣᔭᕐᓯᒪᔪᖅ tuna (ᐅᑦᑭᓗᓐᓃᑦ ᐃᒣᔭᕐᓯᒪᔪᖅ ᐃᖃᓗᕕᓂᖅ), ᐸᑏᓱᑦ ᐊᕐᕿᓕᓯᒪᔪᑦ, ᐅᐊᓂᖅ ᐊᒻᒪᓗ pepper. ᓵᑦᑐᔭᐅᓕᓗᒋᑦ.
7. ᓵᑦᑐᔭᐅᓕᓯᒪᔪᑦ ᒥᓱᓪᓗᒋᑦ ᒪᓂᑕᓕᒻᒧᑦ ᐃᒻᒧᑕᓕᒻᒧᑦ ᖃᓗᐃᑫᓇᑕᕐᓄᑦ ᐊᒥᐊᕐᓗᒋᑦ ᓂᐊᖁᔭᒥᒃ ᓯᕐᑲᓕᓯᒪᔪᒥᒃ.
8. ᓵᑦᑐᔭᐅᓕᓯᒪᔪᑦ ᐃᓕᐅᕐᖃᓗᒋᑦ ᐅᕐᓱᑎᕐᓯᒪᔪᒧᑦ ᑭᐊᑦᓴᐅᑎᐅᑉ ᐃᓗᐊᓂ ᐃᒐᐅᑎᒧᑦ. ᐃᒐᓗᒋᑦ 45 ᒥᓂᑦᑦᒥ, ᒧᒥᓗᒋᑦ 20 ᒥᓂᑦᑦ ᐊᓂᒍᕐᐸᑦ.

1. Preheat oven to 350°F (180°C);
2. Peel and cut potatoes. In a pot, cover potatoes with water and bring to a boil. Reduce heat, cover and simmer for 25 minutes; drain. Mash together potatoes and margarine. Set aside.
3. In a mixing bowl, beat egg and milk together.
4. Place breadcrumbs in a separate medium mixing bowl.
5. Chop onion.
6. In a mixing bowl, combine drained tuna (or caked fish), mashed potatoes, onions and pepper. Make into patties.
7. Soak patties in egg/milk mixture and coat with breadcrumbs.
8. Place patties on greased baking dish. Cook for 45 minutes, turning patties after 20 minutes.

Nutrient values – 1 serving =280g

282,7 kCal Calories • 29,5 g Carbo • 4,9 g Fat • 31,7 g Protein • 3,2 g Fiber • 3,1 mg Iron

ᐃᖃᓗᐃᑦ ᐹᓂᑭᐊᑦ
Fish Pancakes

ᓄᓇᕕᒻᒥ ᓂᕿᑦᓯᐊᓂᒃ ᓂᓇᖁᓪᓗᑕ ᒪᓕᒐᓕᐊᖅᑐᒪᔪᑦ

ᓂᕿᑐᐃᓐᓄᑦ, ᐃᖃᓗᐃᑦ, ᒪᓐᓃᑦ, ᑎᒻᒥᐊᑦ ᐆᓇᓯᓪᓗ

ᓇᓪᓕᒃᑲᕐᓯᓇᓇᓗᒋᑦ ᐃᖃᓗᕕᓃᑦ, ᑕᓇᐅᕐᒥᐅᑎᑦ, ᒪᓐᓃᑦ, ᑎᒻᒥᐊᕕᓃᑦ ᐅᕐᓱᖃᓪᓗᐊᖅᒋᑦᑐᐃᓗ ᓂᕿᑐᐃᓐᓄᑦ

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ᖃᓄᓪᓗᐊᑎᒋᒃ ᐊᑐᐃᓐᓇᑭᕐᑎᑕᐅᒐᓯᐊᕐᓂᐊᓂᖅᒐᑦ: 25 ᒥᓂᑦᑦ
ᖃᓄᓪᓗᐊᑎᒋᒃ ᖃᓚᒐᓯᐊᕐᓂᐊᓂᖅᒐᑦ: 15 ᒥᓂᑦᑦ

Preparation Time: 25 minutes
Cooking Time: 15 minutes

ᓂᑮᑦ ᖃᓄᐃᑦᑑᓂᖅᒋᑦ

Foods Items

ᐃᖃᓗᐸᐱᖅ ᐃᖃᓗᓪᓘᓃᑦ ᖃᓄᐃᑦᑐᑐᐃᓐᓇᖅ ..... ½ pound (225 g) ..... Arctic Char (or any fish)
ᓴᓇᐅᒐᖅ (ᓂᕿᑦᓴᔭᖅ) ..... 1 cup (250 ml) ..... Flour
ᐃᒪᖅ ..... ¾ cup (180 ml) ..... Water
ᐅᕐᓱᖅ Canola oil ..... 2 tablespoon (30 ml) ..... Canola oil

ᐊᑐᐃᓐᓇᑭᕐᑕᐅᒍᓯᖅᒋᑦ

Instructions

1. ᓴᓗᒻᒪᓴᕐᓗᒍ ᓇᑲᑎᕐᓗᒍᓗ ᐃᖃᓗᒃ; ᓴᐅᓃᔭᕐᓗᒍ (ᑲᒃᑲᓛᑦ ᓴᐅᓐᓂᓴᕈᐊᕐᒪᑕ).
2. ᐃᖅᒍᑦᓯᕕᒻᒥ, ᐃᖅᒍᓚᓗᒍ ᓂᕿᑦᓴᔭᖅ ᑕᓇᐅᕐᓗ.
3. ᐃᓚᓗᒍ ᐃᒪᕐᒥᒃ ᖃᓗᐃᕐᓗᒍ.
4. ᐃᓚᓗᒍ ᐃᖃᓗᕕᓂᕐᓂᒃ ᖃᓗᐃᕐᓗᒍᓗ.
5. ᐸᓂᐅᐸᑦᐊᒥ, ᐆᓇᕐᓯᓯᓗᒍ ᐅᕐᓱᖅ ᐆᓇᕐᓂᖅᒐ ᐊᑯᓐᓈᕐᑭᒦᑦᑎᓗᒍ ᐳᓪᓚᓂᖅᒋᓂᓕᒫᖅᒐᓂ.
6. ᑯᕕᓗᒍ ᐃᒪᕐᑯᓗᔭᖅ ᐸᓂᐅᐸᑦᐊᒍᑦ 1/2 ᐃᓐᓴᒃ ᐃᑦᔪᓂᖃᕐᓗᓂ ᐊᓂᑭᐊᓕᐊᓇᓗᒍ
7. ᐃᒐᓗᒍ ᐆᓇᕐᓂᖅᒐ ᐊᑯᓐᓈᕐᑭᒦᑦᑎᓗᒍ ᑲᔪᑭᖅᖅᒋᓂᓕᒫᖅᒐᓂ (ᒥᑦᓵᓂ 3 ᒥᓂᑦᑦ); ᐃᐸᐱᒦᓐᓇᓗᒍ!
8. ᒧᒥᓗᒍ ᐊᓂᑭᐊᖅ ᐃᒐᓕᕐᒥᓗᒍ 3 ᒥᓂᑦᑦᒋᐊᓪᓚᒥ (ᒥᑦᓵᓂ)
9. ᐅᒫᑦᓴᓇᖅ ᐊᒥᐊᒃᑯᐃᑦ ᐃᒐᓕᕐᒥᓗᒍ ᐃᒪᕐᑯᓗᔭᖅ.

1. Clean and cut the fish; take all the bones out (for the children's safety).
2. In a mixing bowl, mix the flour and the salt.
3. Add water and stir.
4. Add fish pieces and stir.
5. In a frying pan, heat the oil over medium heat until it bubbles.
6. Pour batter in frying pan to make a ½ inch pancake.
7. Cook over medium heat until brown (approximately 3 minutes); watch it!
8. Turn the pancake over and cook for 3 more minutes (approximately)
9. Repeat with the rest of the batter.

Nutrient values – 1 serving = 111g

201,9 kCal Calories • 18,4 g Carbo • 8,9 g Fat • 11,4 g Protein • 0,8 g Fiber • 1,5 mg Iron

ᑭᐊᑦᓴᐅᑎᐅᑉ ᐃᓗᐊᓂ ᐃᒐᓯᒪᔪᖅ ᐃᖃᓗᒃ
Roasted Fish

ᓄᓇᕕᒻᒥ ᓂᕿᑦᓯᐊᓂᒃ ᓂᓇᖁᓪᓗᑕ ᒪᓕᒐᓕᐊᖑᒍᒪᔪᑦ

ᓂᕿᑐᐃᓐᓄᑦ, ᐃᖃᓗᐃᑦ, ᒪᓐᓃᑦ, ᑎᒻᒥᐊᑦ ᐊᓇᓯᓪᓗ

ᓇᓪᓕᒃᑑᖅᓯᓇᓇᓗᒥᑦ ᐃᖃᓗᕕᓃᑦ, ᑕᓇᐅᖅᒥᐅᑎᑦ, ᒪᓐᓃᑦ, ᑎᒻᒥᐊᕕᓃᑦ ᐅᖅᓱᖃᓪᓗᐊᖑᒋᑦᑐᐃᓗ ᓂᕿᑐᐃᓐᓄᑦ

Nunavik Food Guide Group

Meat, Fish, Eggs, Birds & Beans

Choose fish, marine mammals, eggs, birds and lean meats more often

ᖃᓄᓪᓗᐊᑎᒋᒃ ᐊᑐᐃᓐᓇᕈᖅᑎᑕᐅᒐᓯᐊᖅᓂᐊᓂᖅᒐᑦ: 30 ᒥᓂᑦᑦ
ᖃᓄᓪᓗᐊᑎᒋᒃ ᖃᓚᒐᓯᐊᖅᓂᐊᓂᖅᒐᑦ: 35 ᒥᓂᑦᑦ

Preparation Time: 30 minutes
Cooking Time: 35 minutes

i®5 ckw5©iq5

Foods Items

ᐃᖃᓗᐸᐱᖅ	1 pound (450 g)	Arctic char
ᐸᑏᑕᓲᑦ	3 ½	Potatoes
Carrots	3 ½	Carrots
ᑕᓇᐅᖅ	½ teaspoon (2 ml)	Salt
Pepper	½ teaspoon (2 ml)	Pepper

ᐊᑐᐃᓐᓄᑦᑕᐅᒍᓯᖅᒋᑦ

Instructions

1. ᐊᒥᓗᔭᖅᓗᒋᑦ ᐃᖅᒥᓗᒋᓪᓗ ᐱᑭᖅᑐᕕᓃᑦ. ᓯᒃᑭᑕᒃᓪᓚᐅᓕᓗᒋᑦ ᐸᑏᓲᑦ ᖁᐱᐅᖅᖃᓗᒋᓪᓗ carrots. ᐃᒐᒐᓛᐱᖅᖃᓗᒋᒃ ᑖᒃᑯᐊ ᐱᑭᖅᑐᕕᓃᑦ.
2. ᓴᓗᒻᒪᓴᖅᓗᒍ ᐃᖃᓗᒃ.
3. ᑐᖅᑯᑐᐃᕕᒋᓗᒍ ᐃᖃᓗᒃ ᐃᒐᒐᓛᐱᑦᓯᒪᔪᓂᒃ ᐱᑭᖅᑐᕕᓂᖅᓂᒃ; ᑕᓇᐅᓪᓕᓗᒍ ᐃᓚᓗᒍᓗ pepper -ᒥᒃ.
4. **ᐃᑯᐊᓚᐅᑉ ᖁᓛᓂ ᐃᒐᓚᖅᒐᓴᑦ:** ᐃᒻᒧᓯᖅᑐᓗᒍ ᐃᖃᓗᒃ ᓴᕕᖅᔭᑦᓴᔭᒥᒃ ᓯᑯᑦᓴᔭᒥᒃ (ᐃᒻᒧᑎᑦᓴᔭᒥᒃ), ᐃᑯᐊᓚᐅᑉ ᖁᓛᓄᖅᓗᒍ, ᐃᒐᓗᒍ 5-ᒥᓂᑦᑦᒥ, ᒧᒥᓪᓗᒍ ᐃᒐᒥᐊᓪᓚᓗᒍᓗ 5-ᒥᓂᑦᑦᒥᐊᓪᓚᒥᒃ.
5. **ᑭᐊᑦᓴᐅᑎᐅᑉ ᐃᓗᐊᓂ ᐃᒐᓚᖅᒐᓴᑦ:** ᐃᓕᓗᒍ ᑭᐊᓴᐅᑎᐅᑉ ᐃᓗᐊᓄᑦ, ᒪᑐᓗᒍ ᐃᒐᓗᒍ 375ᒥ ᐆᓇᖅᓂᖅᒐ 35 ᒥᓂᑦ ᒥᑦᓵᓂ ᐅᑯᑦᔫᓐᓃᑦ ᐃᓗᐊ ᐃᖃᔫᑉ ᐆᓇᖅᓂᖅᒐᑕ ᑎᑭᐅᑎᓯᒪᓕᖅᐸᑦ 158-ᒧᑦ.

1. Peel and wash vegetables. Cube potatoes and slice carrots. Pre-cook vegetables.
2. Clean the fish.
3. Stuff the fish with pre-cooked vegetables; add salt and pepper.
4. ON OPEN FIRE: wrap fish in aluminium paper (foil), place in fire, cook 5 minutes the turn an cook 5 more minutes.
5. IN OVEN: place in oven pan, covered an bake at 375°F (165°C) for approximately 35 minutes or until the inside temperature of the fish has reached a minimum of 158°F (70°C).

Nutrient values — 1 serving = 238g

217,0 kCal Calories • 22,4 g Carbo • 5,9 g Fat • 21,2 g Protein • 3,4 g Fiber • 1,6 mg Iron

ᓵᒪ ᓂᐊᕐᑰᔭᓕᐅᕈᑎᒧᑦ ᐃᒪᓯᒪᔪᖅ
Salmon Loaf

ᓄᓇᕕᒻᒥ ᓂᕿᑦᓯᐊᓂᒃ ᓂᓇᕐᑯᓪᓗᑕ ᒪᓕᒐᓕᐊᖑᒍᒪᔪᑦ

ᓂᕿᑐᐃᓐᓄᑦ, ᐃᖃᓗᐃᑦ, ᒪᓐᓃᑦ, ᑎᒻᒥᐊᑦ ᐆᓇᓯᓪᓗ

ᓇᓪᓕᒃᑰᕐᓯᓇᓇᓗᒋᑦ ᐃᖃᓗᕕᓃᑦ, ᑕᓇᐅᕐᒥᐅᑎᑦ, ᒪᓐᓃᑦ, ᑎᒻᒥᐊᕕᓃᑦ ᐅᕐᓱᖃᓪᓗᐊᖏᑦᑐᐃᓗ ᓂᕿᑐᐃᓐᓄᑦ

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ᖃᓄᓪᓗᐊᑎᒋᒃ ᐊᑐᐃᓐᓇᕈᕐᑎᑕᐅᒐᓯᐊᕐᓂᐊᓂᖅᒐᑦ: 20 ᒥᓂᑦᑦ
ᖃᓄᓪᓗᐊᑎᒋᒃ ᖃᓚᒐᓯᐊᕐᓂᐊᓂᖅᒐᑦ: 35 ᒥᓂᑦᑦ

Preparation Time: 20 minutes
Cooking Time: 35 minutes

ᓂᑖᑦ ᖃᓄᐃᑦᑑᓂᖅᒋᑦ

Foods Items

ᓵᒪ, ᖁᒻᒧᔪᑦᑐᖅ, ᓴᐅᓂᖅᒋᑦ ᐊᑕᑎᓪᓗᒋᑦ	2 cans	Salmon, canned, with bones
ᒪᓐᓂᖅ	1	Egg
ᖃᔪᑦᓴᔭᖅ	1 cup (250 ml)	Oats
ᐃᓚᕐᕿᐱᐊᑦ, Cheddar cheese	½ cup (125 ml)	Cheddar cheese, shredded
ᐅᐊᓂᖅ	1	Onion
Celery	1 stalk	Celery
Carrot	1 ½	Carrot
Lemon ᐃᑦᑎᖅᒐ	1 tablespoon (15 ml)	Lemon juice

ᐊᑐᐃᓐᓇᕈᕐᑕᐅᒍᓯᖅᒋᑦ

Instructions

1. ᐸᕐᖃᑎᒋᐊᕐᓗᒍ ᑭᐊᑦᓴᐅᑎᐅᑉ ᐃᓗᐊ 350 -ᒧᑦ. ᐅᕐᓱᑎᒐᓛᐱᓪᓗᒍ ᓂᐊᕐᑰᔭᓕᐅᕈᑎᒃ.
2. ᐃᖅᒍᑦᓯᕕᒻᒥ, ᐅᐊᕈᑦᓯᓗᒍ ᓵᒪ ᐃᒪᕐᒥᓂᒃ ᖁᒻᒧᔪᑦᑐᕕᓂᕐᒥᒃ, **ᓯᖃᓪᓕᓯᐊᕋᓯᐊᒻᒪᓇᓪᓗᒋᑦ ᓵᒪᐅᑉ ᓴᐅᓂᖅᒋᑦ.** ᓴᓂᕐᑯᓗᒍ.
3. ᐃᓚᕐᕿᒋᐊᕐᓗᒍ ᓱᓯ. ᓇᑲᑎᕐᓗᒋᑦ ᐅᐊᓂᖅ ᐊᒻᒪᓗ celery. ᐃᓚᕐᕿᐱᐊᕐᓗᒍ carrots.
4. ᐃᖅᒍᑦᓯᕕᒻᒥ, ᖃᓗᐃᕐᓗᒍ ᒪᓂᖅ. ᐃᓚᓗᒍ ᖃᔪᑦᓴᔭᒥᒃ, ᓱᓯᒥᒃ, ᐅᐊᓂᕐᒥᒃ, celery, carrots, lemon ᐃᑦᑎᖅᒐᓂᒃ, ᓵᒪ ᐊᒻᒪᓗ ᐃᒪᖅᒐᓂᒃ. ᖃᓗᐃᑦᓯᐊᓗᒋᑦ.
5. ᑐᕐᖁᓗᒍ ᐃᒐᐅᑎᒧᑦ.
6. ᐃᒐᓗᒍ 35 ᒥᓂᑦᑦᓂ.
7. ᓂᓪᓕᓯᐊᓇᓗᒍ 5 ᒥᓂᑦᑦᓂ ᓇᑲᑎᓇᐊᓚᐅᕐᓇᒍ.

1. Preheat oven to 350°F (180°C). Lightly grease loaf pan.
2. In a mixing bowl, mix salmon and liquid from cans, **mash salmon bones very well**. Put aside.
3. Grate cheese. Chop onion and celery. Grate carrots.
4. In a mixing bowl, beat the egg. Add oats, cheese, onion, celery, carrots, lemon juice, salmon and liquid. Mix well.
5. Pour into pan.
6. Cook for 35 minutes.
7. Let cool 5 minutes before slicing.

Nutrient values — 1 serving =246g

344,3 kCal Calories • 16,7 g Carbo • 13,6 g Fat • 38,2 g Protein • 2,9 g Fiber • 2,1 mg Iron

Tuna Noodle Casserole

ᓄᓇᕗᒻᒥ ᓂᕿᑦᓯᐊᓂᒃ ᓂᓇᖁᓪᓗᑕ ᒪᓕᒐᓕᐊᖑᒍᒪᔪᑦ

ᓂᕿᑐᐃᓐᓄᑦ, ᐃᖃᓗᐃᑦ, ᒪᓐᓃᑦ, ᑎᒻᒥᐊᑦ ᐲᓇᓯᓪᓗ

ᓇᓪᓕᒃᑑᖅᓯᓇᓇᓗᒋᑦ ᐃᖃᓗᕕᓃᑦ, ᑕᓇᐅᖅᒥᐅᑎᑦ, ᒪᓐᓃᑦ, ᑎᒻᒥᐊᕕᓃᑦ ᐅᖅᓱᖃᓪᓗᐊᖑᒋᑦᑐᐃᓗ ᓂᕿᑐᐃᓐᓄᑦ

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ᖃᓄᓪᓗᐊᑎᒋᒃ ᐊᑐᐃᓐᓇᕈᖅᑎᑕᐅᒐᓯᐊᖅᓂᐊᓂᖅᒐᑦ: 25 ᒥᓂᑦᑦ
ᖃᓄᓪᓗᐊᑎᒋᒃ ᖃᓚᒐᓯᐊᖅᓂᐊᓂᖅᒐᑦ: 30 ᒥᓂᑦᑦ

Preparation Time: 25 minutes
Cooking Time: 30 minutes

ᓂᑮᑦ ᖃᓄᐃᑦᑑᓂᖅᒋᑦ

Foods Items

Tuna	2 cans	Tuna
Pasta, macaroni (elbow)	1 ½ cup (375 ml)	Pasta, macaroni (elbow)
Brocoli	2 ½ cup (625 ml)	Broccoli
Cream of mushroom soup condensed	1can	Cream of mushroom soup condensed
ᐃᒻᒧᖅ 2 %	1 cup (250 ml)	2 % milk
ᐃᓚᖅᑭᐱᐊᑦ, Cheddar cheese	¾ cup (180 ml)	Cheddar cheese, shredded
Pepper	½ teaspoon (2 ml)	Pepper

ᐊᑐᐃᓐᓇᕈᖅᑕᐅᒍᓯᖅᒋᑦ

1. ᐸᖅᑳᑎᒋᐊᖅᓗᒍ ᑭᐊᑦᓴᐅᑎᐅᑉ ᐃᓗᐊ 350 -ᒧᑦ. ᐅᖅᓱᑎᒐᓛᐱᓪᓗᒋᑦ ᑭᐊᑦᓴᐅᑎᐅᑉ ᐃᓗᐊᓂ ᐃᒐᐅᑏᑦ.
2. ᐃᓚᖅᑭᒋᐊᖅᓗᒍ ᓱᓯ. ᓴᓂᖅᑯᓗᒍ.
3. ᐃᖅᒥᓗᒋᑦ ᓇᖃᑎᖅᓗᒋᓪᓗ broccoli ᒥᑭᔪᖅᓚᐅᓈᖅᑎᓗᒋᑦ.
4. ᐃᒐᐅᑎᒥ ᑎᒍᓕᓕᒻᒥ, ᑎᖅᑎᑎᓗᒋᑦ macaroni, ᐃᓕᓗᒋᑦ broccoli ᐃᒪᖅᒧᑦ 2 ᒥᓂᑦᑦᒥ ᖃᓚᓚᐅᖅᑎᓇᒍ. ᐃᒣᔭᖅᓗᒍ, macaroni and broccoli ᓴᓂᖅᑯᓗᒋᒃ.
5. ᐃᖅᒍᑦᓯᕕᒻᒥ, ᖃᑎᑎᖅᓗᒋᑦ tuna, ᖃᔪᖅ, ᐃᒻᒧᖅ, ᓱᓱ, ᐊᒻᒪᓗ pepper. ᐃᓚᓗᒋᑦ macaroni and broccoli. ᐊᑦᑕᓇᓗᒋᑦ ᖃᑎᑎᖅᓗᒋᑦ ᑖᒃᑯᐊᓕᒫᑦ ᑭᐊᑦᓴᐅᑎᐅᑉ ᐃᓗᐊᓂ ᐃᒐᐅᑎᓄᑦ.
6. ᐃᒐᓗᒋᑦ 30 ᒥᓂᑦᑦᒥ ᑎᖅᑎᖅᒋᓐᓂᓚᒫᖅᒋᓐᓂ.

Instructions

1. Preheat oven to 350°F (180°C). Lightly oil baking dishes.
2. Grate cheese. Set aside.
3. Wash and cut broccoli into small pieces.
4. In a pot, boil water and cook macaroni, adding broccoli to water for the last 2 minutes of cooking. Drain water, put macaroni and broccoli aside.
5. In a mixing bowl, mix together tuna, soup, milk, cheese and pepper. Add macaroni and broccoli. Gently combine and pour mixture into baking dishes.
6. Bake for 30 minutes or until bubbling.

Nutrient values – 1 serving = 238g

320,8 kCal Calories • 33,1 g Carbo • 9,8 g Fat • 23,5 g Protein • 2,3 g Fiber • 1,5 mg Iron

Tuna-ᕕᓂᕐᒥᒃ ᐃᑭᐊᕐᒥᐅᑕᓕᒃ ᓂᐊᕐᑰᔭᖅ
Tuna Sandwich

ᓄᓇᕕᒻᒥ ᓂᕿᑦᓯᐊᓂᒃ ᓂᓇᕐᑯᓪᓗᑕ ᒪᓕᒐᓕᐊᖑᒍᒪᔪᑦ

ᓂᕿᑐᐃᓐᓄᑦ, ᐃᖃᓗᐃᑦ, ᒪᓐᓃᑦ, ᑎᒻᒥᐊᑦ ᐲᓇᓯᓪᓗ

ᓇᓪᓕᒃᑰᕐᓯᓇᓇᓗᒋᑦ ᐃᖃᓗᕕᓃᑦ, ᑕᓇᐅᕐᒥᐅᑎᑦ, ᒪᓐᓃᑦ, ᑎᒻᒥᐊᕕᓃᑦ ᐅᕐᓱᖃᓪᓗᐊᖑᒋᑦᑐᐃᓗ ᓂᕿᑐᐃᓐᓄᑦ

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ᖃᓄᓪᓗᐊᑎᒋᒃ ᐊᑐᐃᓐᓇᕈᕐᑎᑕᐅᒐᓯᐊᕐᓂᐊᓂᖅᒐᑦ: 15 ᒥᓂᑦᑕ
ᖃᓄᓪᓗᐊᑎᒋᒃ ᖃᓚᒐᓯᐊᕐᓂᐊᓂᖅᒐᑦ: 0 ᒥᓂᑦᑕ

Preparation Time: 15 minutes
Cooking Time: 0 minutes

ᓂᑖᑦ ᖃᓄᐃᑦᑑᓂᖅᒋᑦ

Foods Items

Tuna, ᖁᒻᒧᔪᑖᑦᑐᖅ ᐃᒪᕐᓕᒻᒥ	1 ½ cans	Tuna, canned in water
Whole wheat bread	5 slices	Whole wheat bread
White bread	5 slices	White bread
Celery	1 stalk	Celery
ᐅᐊᓂᖅ	½	Onion
ᐅᕐᓱᖃᓪᓗᐊᕋᓂ mayonnaise	¼ cup (60 ml)	Light mayonnaise
Plain yogurt	¼ cup (60 ml)	Plain yogurt

ᐊᑐᐃᓐᓇᕈᕐᑕᐅᒍᓯᖅᒋᑦ

Instructions

1. ᓇᑲᑎᕐᓗᒋᑦ celery ᐅᐊᓂᕐᓗ ᒥᑭᔪᕐᓚᐅᓈᕐᑎᐊᐱᑦᓴᓗᒋᑦ (ᑐᐱᒍᑕᐅᕐᑯᓇᒋᑦ). ᐃᖅᒍᑦᓯᕕᒻᒧᑦ ᐊᖅᒋᔪᒎᕐᓗᒋᑦ.
2. ᐃᓚᓗᒋᑦ tuna -ᒥᒃ ᐃᑐᔭᕐᓯᒪᔪᒥᒃ ᖃᓗᐃᓕᕐᓗᒋᓪᓗ.
3. ᐃᓚᓗᒍ mayonnaise-ᒥᒃ tuna ᓄᑖᕋᓪᓗ ᖃᓗᐃᓕᕐᒥᓗᒋᑦ.
4. ᐊᒥᐊᕐᓗᒋᑦ tuna -ᒥᒃ ᐅᐊᕈᑎᓕᒻᒥᒃ ᓂᐊᕐᑰᔭᑦ ᑲᔪᐃᑦ ᖃᒥᐅᑕᕐᑲᕐᒥᑎᓪᓗᒋᑦ ᖃᑯᕐᑕᒥᒃ ᓂᐊᕐᑰᔭᒥᒃ ᐊᑐᓂᑦ.
5. ᓇᑲᑎᕐᓗᒋᑦ ᐊᑐᓂᑦ ᐃᑭᐊᕐᒥᐅᑕᓛᑦ ᓯᑕᒪᐅᓕᓗᒋᑦ, ᒪᑐᓗᒍ ᓂᓪᓕᒪᔪᖃᐅᑎᒎᕐᓗᒍ ᓂᓇᓐᓇᓯᖅᖅᒥᓂᖅᒐᓂ.

1. Cut the celery and onion in very very small pieces (to avoid chocking). Place in a large bowl.
2. Add the drained tuna and mix.
3. Add the mayonnaise to the tuna and vegetables and mix.
4. Spread tuna mixture on one slice of whole-wheat bread and cover with one slice of white bread each.
5. Cut each sandwich in 4, cover and keep in the refrigerator until serving time.

Nutrient values — 1 serving = 139g

235,6 kCal Calories • 29,3 g Carbo • 6,2 g Fat • 15,2 g Protein • 3,0 g Fiber • 2,0 mg Iron

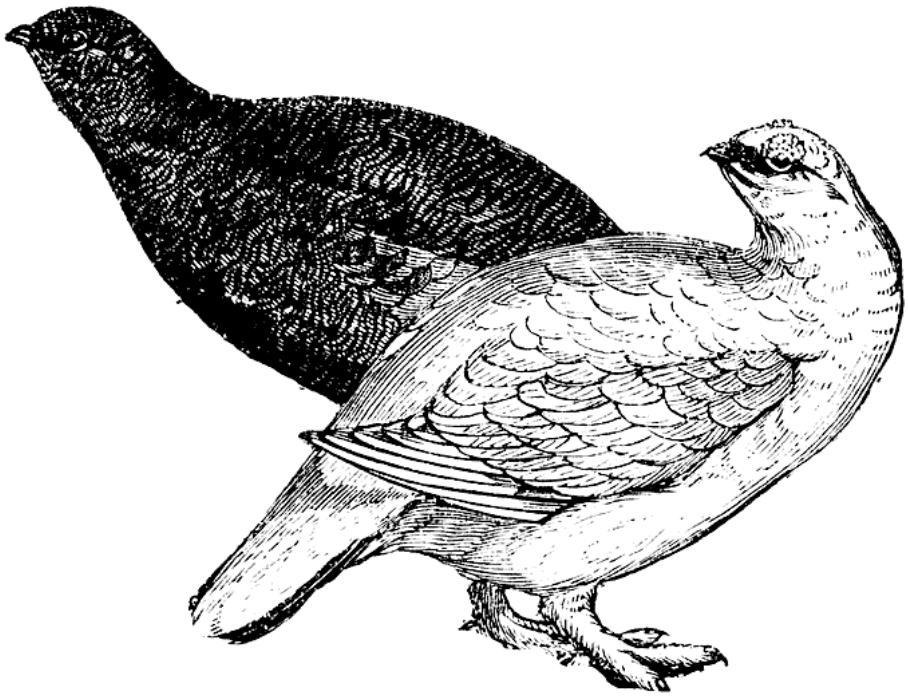
ᐊᑭᒡᒋᕕᓂᖅ

ᐊᑭᒡᒋᕕᓂᕐᕿᓐᓇᓱᒃᒍᐳᖅ ᑕᕐᕋᒥ ᐊᕐᕌᒍᓕᒫᑦᓯᐊᖅ.

ᐊᑭᒡᒋᕕᓂᖅ ᖃᓄᐃᒃᒃᒋᓯᐊᕐᓇᑐᕐᑕᓕᑦᓯᐊᖅ ᑎᔭᐅᔪᓂᒃ protein, B vitamins, ᐅᕐᓱᖃᓗᐊᕋᓂᓗ.

ᓱᓇᒥᒃ ᐱᐅᔫᒍᑎᖃᕐᖃ: ᐊᕐᑭᒡᒋᕕᓂᖅ ?

- ᐊᑭᒡᒌᑦ ᓄᔪᐃᑦᑐᐊᐱᐅᒐᒥᒃ ᖁᕐᑭᕐᑕᐅᔭᐅᑎᒋᒍᓐᓇᓱᒍᐳᑦ ᖃᓄᐃᒃᒃᒋᓯᐊᕐᓇᑐᕐᑕᖃᕐᓱᑎᓪᓗ ᓂᕐᑭᒃᒋᑦ.
- ᐊᑭᒡᒋᕕᓂᖅ ᖃᓄᐃᒃᒃᒋᓯᐊᕐᓇᑐᕐᑕᖃᕐᐳᖅ ᑎᔭᐅᔪᒥᒃ protein ᓄᑭᖃᑦᓯᐊᓇᕐᑐᒥᒃ ᐅᕕᓂᖃᑦᓯᐊᓇᕐᓱᓂᓗ ᐊᐅᖃᑦᓯᐊᓇᕐᓱᓂᓗ.
- ᐊᐅᖃᑦᓯᐊᓇᕐᑐᑕᖃᕐᓂᔭᐅᑦᓱᓂ ᐊᑭᒡᒋᐅᔭᕐᓂᑦ ᓂᐅᕕᕐᕕᓂᑕᓂᑦ. ᐊᐅᖃᑦᓯᐊᑐᐊᕋᑦᑕ ᑕᖃᒪᒍᓐᓄᓱᒍᔪᒍᑦ.
- ᐊᑭᒡᒋᕕᓂᖅ ᐅᕐᓱᖃᓗᐊᒃᒃᒋᑐᖅ.
- ᑕᒪᒃᑯᐊ ᑎᒻᒥᐊᑦ ᓂᓇᔭᐅᓱᑦ ᐃᒐᓯᒪᑎᓪᓗᒋᑦ ᑭᐊᑦᔭᐅᑎᐅᑉ ᐃᓗᐊᓂ, ᐅᕐᓱᒧᑦ ᐃᒐᓯᒪᑎᓪᓗᒋᑦ ᑎᕐᑎᓯᒪᑎᓪᓗᒋᓪᓗᓃᑦ !



Reference: www.ITK.ca (wildlife factsheets)

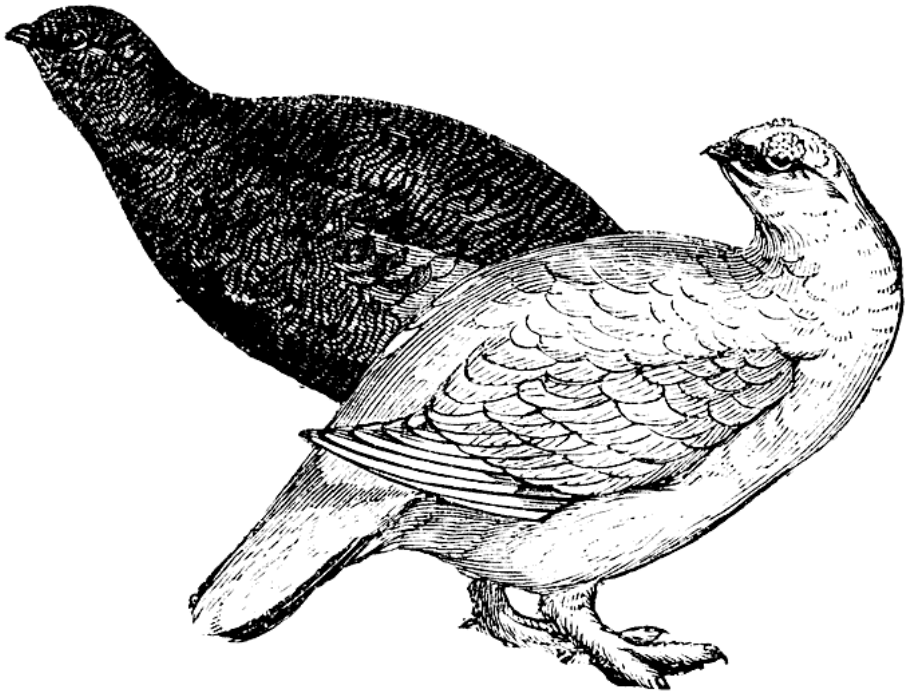
Ptarmigan

Ptarmigan live year round in the North.

Ptarmigan meat is an excellent source of protein, B vitamins, and is low in fat.

What's so great about: Ptarmigan?

- Ptarmigan are an easy target for hunting and provide nutrient-rich meat.
- Ptarmigan is an excellent source of protein which we need to build and repair our muscles, skin and blood.
- They contain more iron than store bought chicken. Iron helps us make healthy blood that keeps us from getting tired.
- Ptarmigan meat is low in fat.
- These wild birds are usually eaten baked, fried or boiled!



Reference: www.ITK.ca (wildlife factsheets)

ᑭᐊᑦᓴᐅᑎᐅᑉ ᐃᓗᐊᓂ ᐃᒪᓯᒪᔪᖅ ᐊᕿᒡᒋᕕᓂᖅ
Baked Ptarmigan

ᓄᓇᕕᒻᒥ ᓂᕿᑦᓯᐊᓂᒃ ᓂᓇᕐᑯᓪᓗᑕ ᒪᓕᒐᓕᐊᖑᒍᒪᔪᑦ

ᓂᕿᑐᐃᓐᓄᑦ, ᐃᖃᓗᐃᑦ, ᒪᓐᓃᑦ, ᑎᒻᒥᐊᑦ ᐆᓇᓯᓪᓗ

ᓇᓪᓕᒃᑲᕐᓯᓇᓇᓗᒋᑦ ᐃᖃᓗᕕᓃᑦ, ᑕᓇᐅᕐᒥᐅᑎᑦ, ᒪᓐᓃᑦ, ᑎᒻᒥᐊᕕᓃᑦ ᐅᕐᓱᖃᓪᓗᐊᖏᑦᑐᐃᓗ ᓂᕿᑐᐃᓐᓄᑦ

Nunavik Food Guide Group

Meat, Fish, Eggs, Birds & Beans

Choose fish, marine mammals, eggs, birds and lean meats more often

ᖃᓄᓪᓗᐊᑎᒋᒃ ᐊᑐᐃᓐᓇᑭᕐᑎᑕᐅᒐᓱᐊᕐᓂᐊᓂᖅᒐᑦ: 35 ᒥᓂᑦᑦ
ᖃᓄᓪᓗᐊᑎᒋᒃ ᖃᓕᒐᓱᐊᕐᓂᐊᓂᖅᒐᑦ: 25 ᒥᓂᑦᑦ

Preparation Time: 35 minutes
Cooking Time: 25 minutes

ᓂᑮᑦ ᖃᓄᐃᑦᑑᓂᖅᒋᑦ

Foods Items

ᐊᕿᒡᒋᕕᓃᑦ ..... 2 ..... Ptarmigans
ᓴᓇᐅᒐᖅ (ᓂᕿᑦᓴᔭᖅ) ..... ¼ cup (60 ml) ..... Flour
ᐅᕐᓱᖅ Canola oil ..... 2 tablespoons (30 ml) ..... Canola Oil
Pepper ..... ½ teaspoon (2 ml) ..... Pepper

ᐊᑐᐃᓐᓇᑭᕐᑕᐅᒍᓯᖅᒋᑦ

1. ᐃᓇᑕᕐᓗᒍ ᓴᓗᒻᒪᓴᕐᓗᒍᓗ ᐊᕿᒡᒋᒃ.
2. ᐊᑐᓂᑦ ᐊᕿᒡᒋᒃ ᐊᒡᒍᓗᒍ ᑕᓪᓕᒪᐅᓕᓗᒍ. ᐃᖅᒍᑦᓯᕕᒻᒧᓗᒋᑦ.
3. ᐃᖅᒍᑦᓯᕕᐅᒻᒥᔪᒥ ᐊᖅᒋᔪᒥ ᐊᓯᐊᓂ, ᐃᖅᒍᓗᒍ ᓂᕿᑦᓴᔭᖅ, ᑕᓇᐅᖅ, ᐊᒻᒪᓗ pepper.
4. ᑲᕐᖅᒐᓱᕐᓗᒍ ᓂᕿᑦᓴᔭᖅ ᐊᕿᒡᒋᑦ ᐊᒡᒍᓯᒪᔪᑦ ᖃᖅᒋᓐᓄᑦ.
5. ᐸᓂᐅᑉᐹᒥ ᐊᖅᒋᔪᒥ, ᐆᓇᕐᓯᓯᓗᒍ ᐅᕐᓱᖅ ᐆᓇᕐᓂᖅᒐ ᐊᕐᑯᓐᓈᕐᑭᒥ.
6. ᐊᑉᑯᓗᐊᖅᒋᑦ ᐅᕐᓱᒍᑦ ᐃᒪᕐᖃᓗᒋᑦ 5 ᒥᓂᑦᑦᒥ, ᒧᒥᖃᑦᑕᓗᒋᑦ ᐃᒪᑎᓪᓗᒋᑦ.
7. ᐸᓂᐅᑉᐹᒥᑦ ᐆᕐᓗᒋᑦ ᐆᒍᑕᕐᒨᓗᒋᑦ.
8. ᐊᒥᐊᒃᑯᓕᒫᖅᒋᑦ ᑎᒫᑦᓴᓇᖅ ᐃᒪᓕᕐᒥᓗᒋᑦ ᐊᕿᒡᒋᐅᕐᑦ

Instructions

1. Pluck and clean the ptarmigans.
2. Cut each ptarmigan into 5 pieces. Place in a bowl.
3. In another large mixing bowl, mix flour, salt and pepper.
4. Sprinkle the flour mix over the cut ptarmigans.
5. In a large frying pan, heat oil over medium heat.
6. Put approximately half the prepared meat in the oil and cook for approximately 5 minutes, turning them regularly.
7. Remove from the frying pan and place on a plate.
8. Repeat with the rest of the meat.

Nutrient values — 1 serving = 194g

346,2 kCal Calories • 4,7 g Carbo • 7,0 g Fat • 47,0 g Protein • 0,3 g Fiber • 5,2 mg Iron

ᐊᕐᑭᒡᒥᕕᓂᖅ ᑐᒥᑐᑕᓕᒃ
Ptarmigan & Tomatoe

ᓄᓇᕕᒻᒥ ᓂᕐᑭᑦᓯᐊᓂᒃ ᓂᓇᕐᑯᓪᓗᑕ ᒪᓕᒐᓕᐊᖑᒍᒪᔪᑦ

ᓂᕐᑭᑐᐃᓐᓄᑦ, ᐃᕐᑲᓗᐃᑦ, ᒪᓐᓃᑦ, ᑎᒻᒥᐊᑦ ᐆᓇᓯᓪᓗ

ᓇᓪᓕᒃᑯᕐᓯᓇᓇᓗᒥᑦ ᐃᕐᑲᓗᕕᓃᑦ, ᑕᓇᐅᕐᒥᐅᑎᑦ, ᒪᓐᓃᑦ, ᑎᒻᒥᐊᕕᓃᑦ ᐅᕐᓱᕐᑲᓪᓗᐊᖏᑦᑐᐃᓗ ᓂᕐᑭᑐᐃᓐᓄᑦ

Nunavik Food Guide Group

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ᕐᑲᓄᓪᓗᐊᑎᒋᒃ ᐊᑐᐃᓐᓇᕈᕐᑎᑕᐅᒐᓯᐊᕐᓂᐊᓂᖅᒐᑦ: 1 ᕿᓐᓪᓚᒍᓯᒃ 30 ᒥᓂᑦᑦ
ᕐᑲᓄᓪᓗᐊᑎᒋᒃ ᕐᑲᓚᒐᓯᐊᕐᓂᐊᓂᖅᒐᑦ: 30 ᒥᓂᑦᑦ

Preparation Time: 1 hour 30 minutes
Cooking Time: 30 minutes

ᓂᒌᑦ ᕐᑲᓄᐃᑦᑑᓂᖅᒥᑦ

Foods Items

ᐊᕐᑭᒡᒥᕐᑲ	2	Ptarmigan
ᐅᐊᓂᖅ	1	Onion
Celery	2/3 cup (160 ml)	Celery
Green pepper	½	Green pepper
Tomatoes red (ᐊᐅᓂᐅᓗᑎᒃ ᕐᑯᒻᒧᔪᒥᑦᑐᓘᓐᓃᑦ ᐃᓗᐃᑦᑐᓘᓐᓃᑦ)	1½ cup (350 ml)	Tomatoes, red, ripe, canned, whole
ᑐᒫᑐᕕᓂᖅ ᐃᒪᕈᕕᐊᓕᕐᑎᓯᒪᔪᖅ	¼ cup (60 ml)	Tomato paste
Bay leaf	1	Bay leaf
Garlic ᐸᓂᕐᑑᓯᓂ ᓯᕐᑲᓪᓕᓯᒪᔪᖅ	½ teaspoon (2 ml)	Garlic powder
Pepper	½ teaspoon (2 ml)	Pepper
ᐅᕐᓱᖅ Canola oil	2 teaspoon (10 ml)	Canola oil

ᐊᑐᐃᓐᓇᕈᕐᑕᐅᒍᓯᖅᒥᑦ

1. ᐃᓇᑕᕐᓗᒥᑦ ᓴᓗᒻᒪᓴᕐᓗᒥᓪᓗ ᐊᕐᑭᒡᒥᕕᓃᑦ.
2. ᐆᔪᓕᐅᕈᑎᒃ ᐃᒻᒥᓯᒪᔪᖅ ᑕᑕᑦᑐᖅ ᐊᕐᑭᒡᒥᕕᓂᕐᑕᓯᓗᒍ. ᑎᕐᑎᓯᑐᐊᕐᐸᑦ, ᐃᑯᒪᑭᓕᒥᐊᕐᓗᒍ ᑎᕐᑎᐅᒐᕐᑎᓗᒍ ᐃᑲᐅᕐᓂᓕᒫᒥ.
3. ᐃᕐᕈᓗᒥᑦ ᓄᑖᐊᕐ. ᐊᒥᓄᔭᕐᓗᒥᑦ ᓇᑲᑎᕐᓗᒥᓪᓗ ᐅᐊᓂᖅ, celery and green pepper.
4. ᓴᐅᓃᑦ ᓂᕐᑮᔭᕐᓗᒥᑦ ᒥᑭᔪᕐᓚᐅᓈᕐᑎᐊᐱᑦᓴᓗᒥᑦ ᓇᑲᑎᕐᓗᒥᑦ ᓂᕐᑮᑦ.
5. ᐃᒐᐅᑎᒥ ᑎᒍᓕᓕᒻᒥ, ᐆᓇᕐᓯᓯᑎᓪᓗᒍ ᐅᕐᓱᖅ ᐆᑦᑎᓗᒥᑦ ᐅᐊᓃᑦ, celery and green pepper ᐊᕐᑭᓕᑦᓯᐊᓇᓗᒥᑦ.
6. ᐃᓚᒥᓕᐅᑎᓕᕐᒥᓗᒍ ᓂᕐᑭ, ᑐᒫᑐ, ᑐᒫᑐ ᐃᒪᕈᕕᖅᖅᒍᑎᓯᒪᔪᖅ, bay leaf, garlic, ᑕᓇᐅᖅ, ᐊᒻᒪᓗ pepper. ᑎᕐᑎᐅᒐᕐᑎᓗᒥᑦ 30 ᒥᓂᑦᑦᒥ.

Instructions

1. Pluck and clean the ptarmigans.
2. In a pot, put the meat and cover with water. Bring to a boil and simmer for 1 hour.
3. Wash vegetables. Peel and chop onion, celery and green pepper.
4. Take the meat off the bones and cut it into small pieces.
5. In a pot, heat oil and fry onion, celery and green pepper until tender.
6. Add meat, tomatoes, tomato paste, bay leaf, garlic, salt and pepper. Let simmer for 30 minutes.

Nutrient values – 1 serving =326g

333,0 kCal Calories • 9,4 g Carbo • 3,3 g Fat • 48,5 g Protein • 2,1 g Fiber • 6,1 mg Iron

ᐊᕿᒡᒋᕕᓂᕐᑕᓗᑦ ᐹᓂᑭᐊᑦ
Ptarmigan Pancakes

ᓄᓇᕕᒻᒥ ᓂᕿᑦᓯᐊᓂᒃ ᓂᓇᕐᑯᓪᓗᑕ ᒪᓕᒐᓕᐊᖑᒍᒪᔪᑦ

ᓂᕿᑐᐃᓐᓄᑦ, ᐃᖃᓗᐃᑦ, ᒪᓐᓃᑦ, ᑎᒻᒥᐊᑦ ᐲᓇᓯᓪᓗ

ᓇᓪᓕᒃᑳᕐᓯᓇᓇᓗᒋᑦ ᐃᖃᓗᕕᓃᑦ, ᑕᓇᐅᕐᒥᐅᑎᑦ, ᒪᓐᓃᑦ, ᑎᒻᒥᐊᕕᓃᑦ ᐅᕐᓱᖃᓪᓗᐊᖏᑦᑐᐃᓗ ᓂᕿᑐᐃᓐᓄᑦ

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ᖃᓄᓪᓗᐊᑎᒋᒃ ᐊᑐᐃᓐᓇᑭᕐᑎᑕᐅᒐᓯᐊᕐᓂᐊᓂᖕᒐᑦ: 20 ᒥᓂᑦᑕ
ᖃᓄᓪᓗᐊᑎᒋᒃ ᖃᓚᒐᓯᐊᕐᓂᐊᓂᖕᒐᑦ: 20 ᒥᓂᑦᑕ

Preparation Time: 20 minutes
Cooking Time: 20 minutes

ᓂᑮᑦ ᖃᓄᐃᑦᑑᓂᖕᒋᑦ

Foods Items

ᐊᕿᒡᒋᖅ	½	Ptarmigan
ᓴᓇᐅᒐᖅ (ᓂᕿᑦᓴᔭᖅ)	1 cup (250 ml)	Flour
ᐃᒪᖅ	2/3 cup (160 ml)	Water
ᑕᓇᐅᖅ	½ teaspoon (2 ml)	Salt
ᐃᒻᒧᖅ 2 %	½ cup (125 ml)	2% milk
ᐅᕐᓱᖅ Canola oil	2 teaspoons (30 ml)	Canola oil

ᐊᑐᐃᓐᓇᑭᕐᑕᐅᒍᓯᖕᒋᑦ

Instructions

1. ᓂᕿᖕᒐ ᓯᒃᑭᑕᐅᓈᕐᑎᓗᒍ ᓇᒃᑎᕐᓗᒍ, ᓴᐅᓂᖃᖕᖕᒋᑐᖅ.
2. ᐃᖕᒍᑦᓯᕕᒻᒥ, ᐅᐊᑭᑎᑏᑦᑎᓗᒋᑦ ᓂᕿᑦᓴᔭᖅ, ᑕᓇᐅᖅ, ᐃᒪᖅ, ᐃᒻᒧᓗ.
3. ᑐᕐᖑᓕᕐᒥᓗᒋᑦ ᐊᕿᒡᒋᕕᓃᑦ ᓂᕿᖕᒋᑦ ᓇᒃᑎᕐᓯᒪᔪᑦ.
4. ᐸᓂᐅᑉᐹᒥ ᐸᕐᕐᒃᑳᖕᒐ ᐊᑯᓐᓈᕿᐅᑎᓪᓗᒍ, ᐆᓇᕐᓯᓯᓗᒍ ᐅᕐᓱᖅ ᑎᕐᑎᖕᒋᓐᓂᓕᒫᖕᒐᓂ.
5. ᑯᕕᓗᒍ ᐃᒪᕐᐸᓚᔭᖅ ᐸᓂᐅᑉᐹᒧᑦ ᓇᑉᐸᓗᐊᖕᒐᓂᒃ 1 ᐃᓐᑦᓯᒥᒃ ᐃᑦᔪᓂᖃᕐᓗᓂ.
6. ᐃᒐᓗᒍ ᐸᕐᕐᒃᑳᖕᒐ ᐊᑯᓐᓈᕿᒥ ᑲᔪᕿᖕᖕᒋᓂᓕᒫᖕᒐᓂ (3-ᒥᓂᑦᑕ ᒥᑦᓴᓂ): ᐃᑉᐱᑏᓐᓇᓗᒍ!
7. ᒧᒥᑦᑎᓗᒍ 3-ᒥᓂᑦᑕᐊᓪᓕᒥ ᐃᒐᓗᒍ. ᐊᒥᐊᒃᑯᓕᒫᖕᒐ ᐃᒫᑦᓴᓇᖅ ᐃᒐᓕᕐᒥᓗᒍ.

1. Dice the meat, without bones.
2. In a mixing bowl, mix flour, salt, water and milk.
3. Add ptarmigan meat pieces.
4. In a frying pan over medium heat, heat oil until it bubbles.
5. Pour batter into frying pan until it is about ½ inch thick.
6. Cook over medium heat until brown (approximately 3 minutes): Watch it!
7. Turn over and cook approximately 3 more minutes. Start again with the leftover batter.

Nutrient values – 1 serving = 287g

452,5 kCal Calories • 19,7 g Carbo • 7,9 g Fat • 54,4 g Protein • 0,8 g Fiber • 6,6 mg Iron

ᓂᕐᓕᕕᓂᖅ

ᓂᕐᓕᖃᓯᑐᐊᕐᒪᑦ ᐅᐱᖕᒫᓯᐅᓇᐊᓯᓲᒍᕗᒍᑦ !

ᓂᕐᓕᕕᓂᖅ ᖃᓄᐃᖕᖕᒋᓯᐊᕐᓇᑐᕐᑕᓕᒃ ᑎᔭᐅᔪᓂᒃ protein and B vitamins.
ᐊᐅᖃᑦᓯᐊᓇᕐᑐᑕᖃᕐᓱᓂᓗ ᐅᕐᓱᖃᕐᓱᓂᓗ.

ᓱᓇᒥᒃ ᐱᐅᔫᒍᑎᖃᕐᖃ: ᓂᕐᓕᕕᓂᖅ ?

- ᓂᕐᓕᕕᓂᖅ ᓂᓇᔭᐅᒍᓐᓇᑐᖅ ᑎᕐᑎᓯᒪᑎᑦᓗᒍ ᐃᒐᔭᐅᓯᒪᑎᑦᓗᒍᓘᓐᓃᑦ ᑭᐊᑦᓴᐅᑎᐅᑉ ᐃᓗᐊᓂ.
- ᓂᕐᓕᕕᓂᐅᑉ ᒪᓐᓂᖕᒋᑦ ᖃᓄᐃᖕᖕᒋᓯᐊᕐᓇᑐᕐᑕᓖᑦ.
- ᓂᕐᓕᕕᓂᖅ ᒪᕐᒪᑐᐊᐱᒃ ᐸᓂᕐᑑᖕᒋᑦᑐᓯᐊᒍᑦᓱᓂ !
- ᓂᕐᓕᓂᐊᓇᐊᒥᒃ ᐅᐱᖕᒐᓴᒥ ᐊᓕᐊᓇᕐᑐᐊᓘᕗᖅ !
- ᐊᒥᓱᐊᓗᓐᓂᒃ ᓂᕐᓕᑭᓐᓇᐳᓯ ᖁᐊᕐᓯᐊᓇᓚᖕᒐᓗᒋᑦ ᐊᕐᕋᒍᓕᒫᖅ ᓂᕿᒋᓂᐊᕐᓗᒋᑦ.
- ᓂᕐᓕᕕᓂᐅᑉ ᐅᕐᓱᖕᒐ ᐅᕕᓂᒪᒍᑦ ᐸᓂᓈᒃᑯᑎᐅᒍᓐᓇᑐᖅ ᐅᕕᒐᕐᑑᔭᕐᑎᓯᒍᓐᓇᓱᓂᓗ.

Reference: www.ITK.ca (wildlife factsheets)

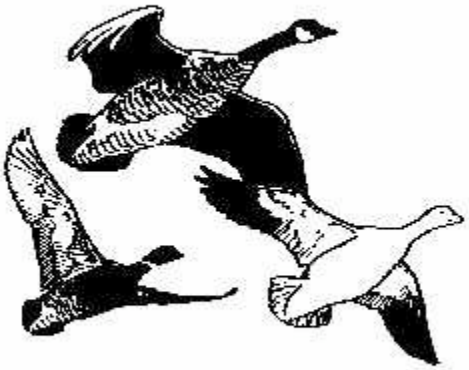
Goose

Geese mean the arrival of spring!

Goose meat provides an excellent source of protein and B vitamins. It is also a good source of iron and fat.

What's so great about: Goose?

- Geese can be eaten boiled or roasted.
- Goose eggs are very nutritious.
- Goose meat tastes nice and juicy!
- Hunting geese in the spring is a lot of fun!
- You can catch a large number of geese and freeze them for use year round.
- Goose fat and oil can be used for dry skin and to maintain a youthful appearance.



Reference: www.ITK.ca (wildlife factsheets)

ᐸᐅᕐᖓᓂᒃ ᑎᖑᒍ ᐅᐊᕈᑎᓕᒃ
Berry Liver Pudding

ᓄᓇᕗᒻᒥ ᓂᕿᑦᓯᐊᓂᒃ ᓂᓇᕐᑯᓪᓗᑕ ᒪᓕᒐᓕᐊᖑᒍᒪᔪᑦ

ᓂᕿᑐᐃᓐᓄᑦ, ᐃᖃᓗᐃᑦ, ᒪᓐᓃᑦ, ᑎᒻᒥᐊᑦ ᐊᓇᓯᓪᓗ

ᓇᓪᓕᒃᑳᕐᓯᓇᓇᓗᒋᑦ ᐃᖃᓗᐃᓃᑦ, ᑕᓇᐅᕐᒥᐅᑎᑦ, ᒪᓐᓃᑦ, ᑎᒻᒥᐊᐃᓃᑦ ᐅᕐᓱᕐᑲᓪᓗᐊᖏᑦᑐᐃᓗ ᓂᕿᑐᐃᓐᓄᑦ

Nunavik Food Guide Group

Meat, Fish, Eggs, Birds & Beans

Choose fish, marine mammals, eggs, birds and lean meats more often

ᖃᓄᓪᓗᐊᑎᒋᒃ ᐊᑐᐃᓐᓇᕈᕐᑎᑕᐅᒐᓯᐊᕐᓂᐊᓂᖕᒐᑦ: 10 ᒥᓂᑦᑦ
ᖃᓄᓪᓗᐊᑎᒋᒃ ᖃᓚᒐᓯᐊᕐᓂᐊᓂᖕᒐᑦ: 30 ᒥᓂᑦᑦ

Preparation Time: 10 minutes
Cooking Time: 30 minutes

ᓂᑖᑦ ᖃᓄᐃᑦᑑᓂᖕᒋᑦ

Foods Items

ᓂᕐᓕᐅᑉ ᑎᖑᖕᒋᑦ ᒥᑭᒃᑳᑦ ..... 1 ..... Goose liver raw
ᑭᒍᑎᖕᒋᕐᓗᑦ ..... 1½ cup (375 ml) ..... Blueberries
ᐅᕐᓱᖅ Canola oil ..... 1 tablespoon (15 ml) ..... Canola Oil

ᐊᑐᐃᓐᓇᕈᕐᑕᐅᒍᓯᖕᒋᑦ

Instructions

1. ᐃᒐᐅᑎᒥ ᐊᖕᒋᔪᒥ ᐅᔪᓕᐊᓇᓗᒋᑦ ᑎᖑᐃᑦ.
2. ᐃᖑᑦᓯᐃᒻᒥ ᐊᖕᒋᔪᒥ, ᓯᖃᓕᓗᒋᑦ ᑎᖑᐃᑦ, ᐃᓚᓗᒍ ᐅᕐᓱᒥᒃ.
3. ᐅᐊᕈᑦᓯᐅᑎᓕᕐᒥᓗᖕᒋᑦ ᐸᐅᕐᖕᒥᑦ.
4. ᐊᑐᐃᓐᓇᓯᔭᐅᒍᓐᓇᑐᑦ ᐆᓇᕐᑑᑎᓪᓗᒋᑦ ᓂᓪᓕᒪᑎᓪᓗᒋᓪᓘᓃᑦ.

1. In a large pot boil the liver.
2. In a large mixing bowl, mash the lever, adding oil.
3. Mix in the berries.
4. Serve hot or cold.

Nutrient values – 1 serving = 65 g

74,6 kCal Calories • 7,5 g Carbo • 3,8 g Fat • 3,4 g Protein • 1,0 g Fiber • 5,9 mg Iron

Goose Pie

ᓄᓇᕗᒻᒥ ᓂᕿᑦᓯᐊᓂᒃ ᓂᓇᕐᑯᓪᓗᑕ ᒪᓕᒐᓕᐊᖑᒍᒪᔪᑦ

ᓂᕿᑐᐃᓐᓄᑦ, ᐃᖃᓗᐃᑦ, ᒪᓐᓃᑦ, ᑎᒻᒥᐊᑦ ᐆᓇᓯᓪᓗ

ᓇᓪᓕᒃᑑᕐᓯᓇᓇᓗᒋᑦ ᐃᖃᓗᐃᓃᑦ, ᑕᓇᐅᕐᒥᐅᑌᑦ, ᒪᓐᓃᑦ, ᑎᒻᒥᐊᐃᓃᑦ ᐅᕐᓯᖃᓪᓗᐊᖏᑦᑐᐃᓗ ᓂᕿᑐᐃᓐᓄᑦ

Nunavik Food Guide Group

Meat, Fish, Eggs, Birds & Beans

Choose fish, marine mammals, eggs, birds and lean meats more often

ᖃᓄᓪᓗᐊᑎᒋᒃ ᐊᑐᐃᓐᓇᕈᕐᑎᑕᐅᒐᓯᐊᕐᓂᐊᓂᖕᒐᑦ: 4 ᕿᓪᓕᒍᓯᒃ40 ᒥᓂᑦᑦ

ᖃᓄᓪᓗᐊᑎᒋᒃ ᖃᓕᒐᓯᐊᕐᓂᐊᓂᖕᒐᑦ: 50 ᒥᓂᑦᑦ

Preparation Time: 4 houra 40 minutes
Cooking Time: 50 minutes

ᓂᑮᑦ ᖃᓄᐃᑦᑑᓂᖕᒋᑦ

Foods Items

ᓂᕐᓕᐃᓂᖅ ..... 2 ..... Geese
ᐅᐊᓂᖅ ..... ¼ cup (60 ml) ..... Onion
Beef broth ..... 3 cubes ..... Beef broth
Worcestershire sauce ..... 1 teaspoon (5 ml) ..... Worcestershire sauce
Garlic ᐸᓂᕐᑑᓯᓂ ᓯᖃᓪᓕᓯᒪᔪᖅ ..... ½ teaspoon (2 ml) ..... Garlic powder
Pepper ..... ½ teaspoon (2 ml) ..... Pepper
Celery seed ..... ½ teaspoon (2 ml) ..... Celery seed
Parsley ..... 2 teaspoon (10 ml) ..... Parsley
Oregano ..... ½ teaspoon (2 ml) ..... Oregano
Basil ..... ½ teaspoon (2 ml) ..... Basil
Thyme ..... ½ teaspoon (2 ml) ..... Thyme
ᑕᓇᐅᖅ ..... ½ teaspoon (2 ml) ..... Salt
ᐸᑏᑕᓯᑦ ..... 1½ cup (375 ml) ..... Potato
ᓴᓇᐅᒐᖅ (ᓂᕿᑦᓴᔭᖅ) ᑲᔫᓂᕐᓴᖅ ..... ¼ cup (60 ml) ..... Whole wheat flour
ᐃᒪᖅ ..... 7/8 cup (200 ml) ..... Water

ᐸᓂᕐᑎᑦᓴᖕᒐ

Pie Crust

ᓴᓇᐅᒐᖅ (ᓂᕿᑦᓴᔭᖅ) ᑲᔫᓂᕐᓴᖅ ..... ¾ cup (180 ml) ..... Whoe wheat flour
ᓴᓇᐅᒐᖅ (ᓂᕿᑦᓴᔭᖅ) ..... ½ cup (125 ml) ..... Flour
ᐳᑦᔪᓴᐅᑎᒃ ..... ½ teaspoon (2 ml) ..... Baking powder
ᑕᓇᐅᖅ ..... ½ teaspoon (2 ml) ..... Salt
ᐅᕐᓯᖅ Canola oil ..... ½ cup (125 ml) ..... Canola oil
ᐃᑦᓯ ..... 1 ..... Egg yolk
Vinegar ..... 1 teaspoon (5 ml) ..... Vinegar
ᐱᑕᑦᓴᖅ (ᒪᒪᕐᓴᐅᑎᒃ) ᑲᔪᖅ ..... ½ teaspoon (2ml) ..... Brown sugar
ᐃᒪᖅ ..... ¼ cup (60 ml) ..... Water

ᐊᑐᐃᓐᓇᕈᕐᑕᐅᒍᓯᖕᒋᑦ

Instructions

1. ᐃᒐᐅᑎᒧᑦ ᑎᒍᓕᓕᒻᒧᑦ, ᑐᕐᖑᑐᕐᓗᒋᑦ ᓂᕐᓕᐃᓃᑦ (ᐊᒻᒍᓯᒪᔪᑦ), ᐅᐊᓂᖅ, ᐃᒻᒧᓕᐅᕐᑎᐃᓂᐅᑉ ᐆᓇᕐᑐᐃᓂᖕᒐ (ᐸᓂᕐᑐᖅ ᓯᒃᑭᑕᑲᓪᓕᒃ)
2. ᑎᕐᑎᐅᒐᕐᑎᓗᒍ ᐃᑲᐅᕐᓂᓂ ᐱᖕᒐᓯᓂ ᓯᑕᒪᓄᑦ, ᓂᕿᖕᒐ ᓴᐅᓂᖕᒋᓐᓂᑦ ᐃᑭᐊᕐᑎᖕᒋᓐᓂᓕᒫᖕᒐᓂ.
3. ᓂᓪᓕᓯᑎᓗᒋᑦ, ᓴᐅᓂᖕᒐ ᓂᕿᕐᔭᕐᓗᒍ ᑐᕐᖑᓇᐊᓪᓕᓗᒍ ᐆᓇᕐᑐᖕᒐᓄᑦ.
4. ᐅᐊᕈᑦᓯᓗᒍ ᓄᑖᔭᐃᓂᕐᓂᒃ. ᐃᒐᒋᐊᓪᓕᓗᒍ ᐃᑲᐅᕐᓂᐅᑉ ᓇᐸᖕᒐᓂ, ᓄᑖᔭᐃᓃᑦ ᐊᕿᓕᖕᖕᒋᓂᓕᒫᖕᒋᓐᓂ.
5. ᐆᓇᕐᓇᑐᓗᑲᖕᒋᑦ ᒪᒪᕐᓱᓯᐊᕐᒪᖕᒐᑕ ᐆᑦᑐᖃᑦᑕᓗᒍ.
6. ᖃᓗᐃᕐᓗᒍ ᓂᕿᑦᓴᔭᖅ ᐃᒪᕐᒧᑦ ᓂᓪᓕᒪᔪᒧᑦ (ᐅᕝᕙᓘᓐᓃᑦ ᓂᓪᓕᐃᓂᐅᑉ ᐆᓇᕐᑐᖕᒐᓄᑦ ᓂᓪᓕᒪᓕᕐᑐᒧᑦ), ᐳᓪᓚᐅᔭᒥᑦᑎᓗᒍ ᐃᑦᓯᑐᕐᓗᒍ ᐅᕝᕙᓘᓐᓃᑦ ᐊᒡᒐᒧᑦ ᕿᐃᑎᒐᕐᒧᑦ ᖃᓗᐃᕈᑎᒧᑦ ᖃᓗᐃᕐᓗᒍ. ᐅᐊᕈᑦᓯᐅᑎᒋᓗᒍ ᐸᓂᕐᑎᑕᐅᑉ ᐃᓗᒥᐅᑕᑦᓴᖕᒐᓄᑦ.
7. ᑎᕐᑎᐅᒐᕐᑎᓗᒍ ᖃᓗᐃᕐᓗᒍᓗ 2-ᒥᓂᑦᑦᒥ.

1. In a pot, place the geese (broken in pieces), onion, beef broth (cubes).
2. Simmer for about 3-4 hours, until the meat falls off from the bones.
3. Let cool, remove all the bones and put the meat back in the broth.
4. Add the vegetables. Cook for about 30 minutes, until vegetables are tender.
5. Check it has enough spices.
6. Blend the flour into the cold water (or cool goose broth), shaking it in a jar or using a hand blender. Stir in into the pie filling.
7. Simmer and stir for about 2 minutes.

ᐸᓂᕐᑎᑕᑦᓴᖅᒐ:

1. ᐃᖅᒍᑦᓯᕕᒻᒥ, ᐅᐊᕈᑎᒦᑦᑎᓗᒋᑦ ᓂᕿᑦᓴᔭᖅ, ᐳᑦᔪᓴᐅᑎᒃ ᑕᕆᐅᕐᓗ.
2. ᐃᓚᓗᒋᑦ ᐅᕐᓯᒥᒃ, ᐃᖅᒍᓚᓗᒍ (ᐃᖅᒍᓚᐅᑎᒧᑦ ᕐᑯᐳᐊᒍᓪᓛᒧᑦ) ᐅᐊᕈᑎᒦᑦᑎᑌᑦ ᐃᓗᐃᒃᑲᓛᒍᖅᖅᒥᓂᓕᒫᖅᒐᓂ.
3. ᐃᖅᒍᑦᓯᕕᐅᑉ ᐊᓯᐊᓂ, ᒪᓐᓂᐅᑉ ᐃᑦᓯᖅᒐ ᑐᕐᕐᑯᓗᒍ ᐃᖅᒍᑦᓯᕕᒻᒧᑦ.
4. ᐅᐊᕈᑦᓯᓗᒍ vinegar-ᒥᒃ ᑲᔪᕐᒥᓗ ᒪᒪᕐᓴᐅᑎᒥᒃ ᐃᑦᓯᒥᓪᓗ. ᐃᖅᒍᓚᓗᒋᑦ ᐃᓛᕐᑐᓗᒍ ᐃᒪᕐᒥᒃ.
5. ᐃᒪᕐ ᐃᓛᕐᑑᑏᑦ ᓂᕿᑦᓴᔭᐅᑉ ᐊᕙᓗᐊᓄᑦ ᑯᕕᖃᑦᑕᓗᒍ ᐃᖅᒍᓚᓂᕐᓂ ᐊᔭᑦᓴᐅᑎᒧᑦ. ᕿᐅᒃᑲᑎᒐᓱᐊᕐᓗᒍ ᓂᕿᑦᓴᔭᓕᒫᖅ ᐅᓗᓗᐊᕐᑌᓕᑐᐃᓐᓇᓗᒍ.
6. ᐊᕕᓪᓗᒍ ᐅᓗᑦᓯᒪᔪᖅ ᒪᕐᑮᓕᔪᒥᒃ ᐸᑦᑕᐅᓕᓗᒋᒃ.
7. ᑲᖅᒐᓱᐃᕕᒋᓗᒍ ᓇᑲᑎᓇᕕᒃ ᐅᑉᐸᓐᓃᑦ (ᓴᓗᒪᔫᓗᓂ) ᓵᖅᒐ ᐃᒐᓕᐅᑉ ᓂᕿᑦᓴᔭᒧᑦ ᐅᓗᑦᓯᒪᔪᖅ ᓵᓪᓕᑎᕐᓗᒍ ᓂᕿᑦᓴᔭᕐᓯᒪᔪᒧᑦ ᓵᓪᓕᑎᓇᐅᑎᒧᑦ, ᓂᕐᕿᑦᓴᔭᖅ ᑲᕐᖅᒐᓱᖃᑦᑕᓗᒍ ᒥᐊᕐᖃᓕᕐᐸᑦ.

ᐸᓂᕐᑎᑕᑦᓴᖅᒐᓗ ᐅᐊᕈᑎᑦᓴᖅᒋᓪᓗ:

1. ᓇᑉᐸᓕᒫᖅᒐ ᐸᓂᕐᑎᑕᑦᓴᐅᑉ ᓵᓪᓕᑎᕐᓯᒪᔪᖅ ᐃᓕᓗᒍ ᐃᒐᐅᑎᒧᑦ.
2. ᐃᓗᓕᑦᓴᖅᒋᑦ ᑐᕐᕐᑯᓗᒋᑦ ᐃᒐᒻᒥᑐᒧᑦ ᐸᓂᕐᑎᑕᑦᓴᖅᒐᓄᑦ. ᕐᑳᒥᐅᑦᓯᓕᕐᒥᓗᒋᑦ ᐸᓂᕐᑎᑕᑦᓴᐅᑉ ᐅᑉᐸᖅᒐᓂᒃ ᐊᒻᒪᓂᓕᐅᕐᓗᒍ ᑎᕐᑎᐃᑦᓴᖅᒐᓂᒃ.
3. ᐃᒐᓗᒍ 425°F (220°C) ᐸᕐᕐᑳᓂᕐᑲᕐᑎᓗᒍ ᑭᐊᑦᓴᐅᑎᐅᑉ ᐃᓗᐊᓂ 10 ᒥᓂᑦᓴᒥ. ᐸᕐᕐᑳᑭᓪᓕᒋᐊᓕᕐᒥᓗᒍ 375°F (190°C) -ᒧᑦ ᐃᒐᒋᐊᓪᓚᓗᒍ 40 ᒥᓂᑦᓴᒋᐊᓪᓚᒥ.
4. ᓇᑲᑎᕐᓗᒍ ᓯᑕᒪᐅᔪᕐᑐᓕᐊᓇᓗᒍ.

SHELL:

1. In a bowl, mix together the flour, baking powder and salt.
2. Add in the oil, mixing (with a whisk) until the mixture is crumbly.
3. In another bowl, break the egg and drop the egg yolk.
4. Add the vinegar and the brown sugar to the yolk. Beat and add water.
5. Pour the water mixture around the edge of the flour mixture while stirring with a fork. Be sure to moisten all the flour but do not overmix.
6. Divide the dough into 2 equal balls.
7. Sprinkle a board or (clean) counter top with flour and roll out dough with a floured rolling pin, adding more flour if necessary.

ASSEMBLING THE PIE:

1. Place half the pie shell in pie plate.
2. Pour filling into uncooked pie shells. Cover with top crust and cut slits to allow the steam to escape.
3. Bake at 425°F (220°C) for 10 minutes. Lower heat to 375°F (190°C) and bake for an additional 40 minutes.
4. Cut in 8 pieces.

Nutrient values – 1 serving =418g

715,0 kCal Calories • 26,4 g Carbo • 35,6 g Fat • 69,7 g Protein • 3,7 g Fiber • 17,8 mg Iron

Bacon & Cheese Omelet

ᓄᓇᕕᒻᒥ ᓂᕿᑦᓯᐊᓂᒃ ᓂᓇᖁᓪᓗᑕ ᒪᓕᒐᓕᐊᖅᑐᒪᔪᑦ

ᓂᕿᑐᐃᓐᓄᑦ, ᐃᖃᓗᐃᑦ, ᒪᓐᓃᑦ, ᑎᒻᒥᐊᑦ ᐆᓇᓯᓪᓗ

ᓇᓪᓕᒃᑑᖁᓯᓇᓇᓗᒥᑦ ᐃᖃᓗᕕᓃᑦ, ᑕᓇᐅᖁᒥᐅᑎᑦ, ᒪᓐᓃᑦ, ᑎᒻᒥᐊᕕᓃᑦ ᐅᖁᓯᖃᓪᓗᐊᖅᒥᑦᑐᐃᓗ ᓂᕿᑐᐃᓐᓄᑦ

Nunavik Food Guide Group

Meat, Fish, Eggs, Birds & Beans

Choose fish, marine mammals, eggs, birds and lean meats more often

ᖃᓄᓪᓗᐊᑎᒋᒃ ᐊᑐᐃᓐᓇᕈᖁᑎᑕᐅᒐᓯᐊᖁᓂᐊᓂᖅᒐᑦ: 20 ᒥᓂᑦᑦ
ᖃᓄᓪᓗᐊᑎᒋᒃ ᖃᓚᒐᓯᐊᖁᓂᐊᓂᖅᒐᑦ: 15 ᒥᓂᑦᑦ

Preparation Time: 20 minutes
Cooking Time: 15 minutes

ᓂᑖᑦ ᖃᓄᐃᑦᑑᓂᖅᒥᑦ

Foods Items

ᐃᓚᖅᑭᐱᐊᑦ Cheddar cheese ..... 1/3 cup (80 ml) ..... Cheddar cheese, shredded
Bacon ..... 3 slices ..... Bacon
Chive ..... 1 teaspoon (5 ml) ..... Chive
ᒪᓐᓃᑦ ..... 5 ..... Eggs
ᐃᒻᒧᖅ 2 % ..... 1 tablespoon (15 ml) ..... 2% Milk
ᑕᓇᐅᖅ ..... ½ teaspoon (2 ml) ..... Salt
Pepper ..... ½ teaspoon (2 ml) ..... Pepper
ᐅᖁᖅ Canola oil ..... 1 teaspoon (5 ml) ..... Canola oil

ᐊᑐᐃᓐᓇᕈᖁᑕᐅᒍᓯᖅᒥᑦ

1. ᑲᑎᑎᖅᓗᒥᑦ cheese, bacon and chives (or shallots); ᓴᓂᖅᑯᓗᒥᑦ.
2. ᖃᓗᐃᖅᓗᒍ ᒪᓂᖅ ᐃᒪᕈᕕᐅᑦᓯᐊᖅᒥᓐᓕᒫᖅᒐᓂ.
3. ᐅᐊᕈᑦᓯᐅᑎᓗᒥᑦ, ᐃᒻᒧᖅ, ᑕᓇᐅᖅ, pepper-ᓗ ᒪᓐᓂᒧᑦ ᐃᖅᒍᓚᓯᒪᔪᒧᑦ.
4. ᐅᖁᖅ ᐆᓇᖁᓯᐊᓇᓗᒍ ᐸᓂᐅᑉᐹᒧᑦ ᐸᖅᑳᓂᖅᒐ ᐊᑯᓐᓈᖅᑭᒥᑦᑎᓗᒍ.
5. ᑯᕕᓗᒍ ᒪᓂᖅ ᐃᖅᒍᓚᓯᒪᔪᖅ.
6. ᐃᒐᓗᒍ ᐸᖅᑳᓂᖅᒐ ᐊᑯᓐᓈᖅᑭᒥ, ᖃᓚᓐᓂᖅᒐ ᐊᕙᓗᐊ ᖅᑭᑎᖅᒐᓈᓇᐊᖅᑲᑕᓗᒍ.
7. ᖅᑳᖅᒐ ᖅᑭᖅᑕᐸᓪᓕᐊᓕᑐᐊᖅᐸᑦ ᖅᑭᐅᒃᑲᖅᑎᓐᓈᕋᓗᐊᖅᓗᓂ, ᑲᖅᖅᒐᓯᖅᓗᒥᑦ cheese and bacon ᒪᓐᓂᒧᑦ ᐃᒐᔪᒧᑦ.
8. ᐃᒐᓗᒍ cheese ᐊᐅᖅᖅᒥᓂᓕᒫᖅᒐᓂ ᑖᓐᓇᓗ ᒪᓐᓂᖅ ᑲᔪᖅᑎᖅᒥᓐᓂᓕᒫᖅᒐᓂ ᐊᑖ.

Instructions

1. Combine cheese, bacon and chives (or shallots); reserve.
2. Beat eggs until well mixed.
3. Stir milk, salt and pepper in the egg mixture.
4. Put the oil in the skillets (frying pan) over medium heat.
5. Pour in the egg mixture.
6. Cook over medium heat, pushing cooked edges in towards center.
7. When top is set but still moist, sprinkle cheese and bacon mixture over the omelette.
8. Cook until cheese melts and omelette is (lightly) browned on the bottom.

Nutrient values – 1 serving = 65 g

129,5 kCal Calories • 1,1 g Carbo • 9,6 g Fat • 9,2 g Protein • 0,1 g Fiber • 1,0 mg Iron

ᒪᓐᓂᒥᒃ ᐃᑭᐊᕐᒥᐅᑕᓕᒃ ᓂᐊᕐᑰᔭᖅ
Egg Sandwich

ᓄᓇᕕᒻᒥ ᓂᕿᑦᓯᐊᓂᒃ ᓂᓇᕐᑯᓪᓗᑕ ᒪᓕᒐᓕᐊᖑᒍᒪᔪᑦ

ᓂᕿᑐᐃᓐᓄᑦ, ᐃᖃᓗᐃᑦ, ᒪᓐᓃᑦ, ᑎᒻᒥᐊᑦ ᐆᓇᓯᓪᓗ

ᓇᓪᓕᒃᑳᕐᓯᓇᓇᓗᒥᑦ ᐃᖃᓗᕕᓃᑦ, ᑕᓇᐅᕐᒥᐅᑌᑦ, ᒪᓐᓃᑦ, ᑎᒻᒥᐊᕕᓃᑦ ᐅᕐᓱᖃᓪᓗᐊᖏᑦᑐᐃᓗ ᓂᕿᑐᐃᓐᓄᑦ

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ᖃᓄᓪᓗᐊᑎᒋᒃ ᐊᑐᐃᓐᓇᕈᕐᑎᑕᐅᒐᓱᐊᕐᓂᐊᓂᖅᒐᑦ: 25 ᒥᓂᑦᑦ
ᖃᓄᓪᓗᐊᑎᒋᒃ ᖃᓚᒐᓱᐊᕐᓂᐊᓂᖅᒐᑦ: 0 ᒥᓂᑦᑦ

Preparation Time: 25 minutes
Cooking Time: 0 minutes

ᓂᑖᑦ ᖃᓄᐃᑦᑑᓂᖅᒋᑦ

Foods Items

Whole wheat bread	5 slices	Whole wheat bread
White bread	5 slices	White bread
Spinach	2 ounces (60 ml)	Spinach
ᐅᐊᓂᖅ	½	Onion
ᐅᕐᓱᖃᓪᓗᐊᕋᓂ mayonnaise	2 tablespoon (30 ml)	Light mayonnaise
Plain yogurt	2 tablespoon (30 ml)	Plain yogurt

ᐊᑐᐃᓐᓇᕈᕐᑕᐅᒍᓱᖅᒋᑦ

1. ᐃᒪᐅᑎᒥ ᑎᒍᓕᓕᒻᒥ, ᑎᕐᑎᑎᓗᒋᑦ ᒪᓐᓃᑦ ᓯᑎᓕᒍᓇᐅᖅᖅᒋᓂᓕᒫᖅᒋᓐᓂ (ᒥᑦᓵᓂ 3 ᒥᓂᑦᑦ). ᓂᓪᓕᑎᕐᓗᒋᑦ ᐃᒪᕐᒧᑦ, ᐊᒥᓄᔭᕐᓗᒋᓪᓗ.
2. ᖃᓚᒪᔪᑦ ᒪᓐᓃᑦ ᒥᑭᔪᕐᓚᐅᓈᕐᑎᐊᐱᑦᓴᓗᒋᑦ ᓯᕐᖃᓕᓗᒋᑦ. ᑐᕐᖑᑐᕐᓗᒋᑦ ᐃᖅᒍᑦᓯᕕᒻᒧᑦ ᐊᖅᒋᔪᒧᑦ.
3. ᐃᕐᑭᓗᒍ spinach. ᓇᑲᑎᕐᓗᒋᑦ ᐸᓂᕐᓂᖅᒋᑦ ᐃᓱᖅᒋᓐᓃᑐᑦ. ᓯᕐᖃᓕᓗᒋᑦ ᒥᑭᔪᕐᓚᐅᓈᕐᑎᓗᒋᑦ. ᐅᐊᕈᑦᓯᐅᑎᓗᒋᑦ ᒪᓐᓃᑦ ᑖᒃᑯᓄᖅᒪ.
4. ᐅᐊᕈᑦᓯᐅᑎᒋᓗᒋᑦ mayonnaise, yogurt ᒪᓐᓂᑕᓕᒻᒧᑦ spinach - ᑕᓕᒻᒧᓗ.
5. ᐃᑭᐊᕐᒥᐅᓯᕐᑐᓗᒍ ᓂᐊᕐᑰᔭᖅ ᖃᑯᕐᑕᖅ ᕐᑯᑉᐸᕐᖃᕐᑎᓗᒍ ᑲᔪᕐᒥᒃ ᓂᐊᕐᑰᔭᒥᒃ.
6. ᐃᑭᐊᕐᒥᐅᑕᕐᖃᓕᕐᐸᑕ, ᓇᑲᑎᕐᓗᒋᑦ ᓯᑕᒪᐅᓕᓗᒋᑦ, ᒪᑐᓯᒪᑎᓪᓗᒋᑦ ᓂᓪᓕᒪᔪᖃᐅᑎᒦᑦᑎᓗᒋᑦ ᓂᓇᔭᐅᒋᐊᖃᖅᖅᒋᓂᓕᒫᖅᒋᓐᓂ.

Instructions

1. In a pot, boil the eggs until hard-boiled (approximately 3 minutes). Rinse in cold water and shell the eggs.
2. Cut the hard-boiled eggs in very small pieces. Place in a large bowl.
3. Wash and sort the spinach. Cut the wilted ends out. Chop in very small pieces. Add to the eggs and mix.
4. Add the mayonnaise and yogurt to the eggs and spinach and mix.
5. Assemble the sandwiches with one slice of whole-wheat and one slice of white bread each.
6. Cut each sandwich in 4, cover and place in the refrigerator until serving time.

Nutrient values — 1 serving = 141g

245,4 kCal Calories • 28,9 g Carbo • 9,4 g Fat • 11,8 g Protein • 3,1 g Fiber • 2,8 mg Iron

ᐆᓕᑭᑖᕐᓯᒪᔪᖅ ᓂᐊᕐᑰᔭᖅ ᓲᓯᓕᒃ
Grilled Cheese

ᓄᓇᕕᒻᒥ ᓂᕿᑦᓯᐊᓂᒃ ᓂᓇᕐᑯᓪᓗᑕ ᒪᓕᒐᓕᐊᖑᒍᒪᔪᑦ

ᓂᕿᑐᐃᓐᓄᑦ, ᐃᖃᓗᐃᑦ, ᒪᓐᓃᑦ, ᑎᒻᒥᐊᑦ ᐆᓇᓯᓪᓗ

ᓇᓪᓕᒃᑖᕐᓯᓇᓇᓗᒥᑦ ᐃᖃᓗᕕᓃᑦ, ᑕᓇᐅᕐᒥᐅᑎᑦ, ᒪᓐᓃᑦ, ᑎᒻᒥᐊᕕᓃᑦ ᐅᕐᓱᖃᓪᓗᐊᖑᒋᑦᑐᐃᓗ ᓂᕿᑐᐃᓐᓄᑦ

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ᖃᓄᓪᓗᐊᑎᒋᒃ ᐊᑐᐃᓐᓇᕈᕐᑎᑕᐅᒐᓱᐊᕐᓂᐊᓂᖅᒐᑦ: 5 ᒥᓂᑦᑦ
ᖃᓄᓪᓗᐊᑎᒋᒃ ᖃᓚᒐᓱᐊᕐᓂᐊᓂᖅᒐᑦ: 10 ᒥᓂᑦᑦ

Preparation Time: 5 minutes
Cooking Time: 10 minutes

ᓂᑮᑦ ᖃᓄᐃᑦᑑᓂᖅᒋᑦ

Foods Items

Whole wheat bread ..... 5 slices ..... Whole wheat bread
White bread ..... 5 slices ..... White bread
Cheese slices ..... 5 ..... Cheese slices

ᐊᑐᐃᓐᓇᕈᕐᑕᐅᒍᓯᖅᒋᑦ

Instructions

1. ᖃᕐᑯᐊᓗᐊᐱᓕᐅᕈᑎᒥ, ᓂᐊᕐᑰᔪᑦ ᐃᑭᐊᕐᒥᐅᓯᕐᑐᓗᒥᑦ ᓲᓯᒥᒃ ᐃᑭᐊᕐᒥᐅᑕᓖᑦ ᖃᐸᓃᑦᑎᓗᒍ ᖃᑯᕐᑕᖅ ᓂᐊᕐᑰᔭᖅ ᖃᐸᕐᖃᕐᒥᓗᓂ ᑲᔪᕐᒥᒃ ᓂᐊᕐᑰᔭᒥᒃ.
2. ᑭᐊᑦᓴᐅᑎᐅᑉ ᐃᓗᐊᓅᕐᓗᒥᑦ (ᒥᑦᓵᓂ 325°F - 165°C) ᐅᕝᕙᓘᓐᓃᑦ ᐸᐅᕐᑎᒐᓛᑉᐸᑕ ᓲᓯᖅᒐᓗ ᐊᐅᓗᓂ.
3. ᓇᑲᑎᕐᓗᒥᑦ ᓯᑕᒪᐅᓕᓗᒥᑦ ᐃᑭᐊᕐᒥᐅᑕᓖᑦ ᐊᑐᐃᓐᓇᓯᔭᐅᑎᓗᒥᑦ.

1. On cookie sheets, assemble the grilled cheese sandwiches with one slice whole-wheat bread and one slice white bread each.
2. Place in the oven (at around 325°F or 165°C) until golden brown and the cheese is melted.
3. Cut each sandwich in 4 and serve.

Nutrient values – 1 serving = 72 g

198,7 kCal Calories • 27,4 g Carbo • 6,5 g Fat • 8,3 g Protein • 2,5 g Fiber • 1,9 mg Iron

ᑰᒃᑰᓯᕕᓃᑦ ᓄᑖᔭᕕᓃᑦᓗ
Pork Chops & Vegetables

ᓄᓇᕕᒻᒥ ᓂᕿᑦᓯᐊᓂᒃ ᓂᓇᕐᑯᓪᓗᑕ ᒪᓕᒐᓕᐊᖑᒍᒪᔪᑦ

ᓂᕿᑐᐃᓐᓄᑦ, ᐃᖃᓗᐃᑦ, ᒪᓐᓃᑦ, ᑎᒻᒥᐊᑦ ᐊᓇᓯᓪᓗ

ᓇᓪᓕᒃᑰᕐᓯᓇᓇᓗᒋᑦ ᐃᖃᓗᕕᓃᑦ, ᑕᓇᐅᕐᒥᐅᑎᑦ, ᒪᓐᓃᑦ, ᑎᒻᒥᐊᕕᓃᑦ ᐅᕐᓯᕐᑲᓪᓗᐊᖏᑦᑐᐃᓗ ᓂᕿᑐᐃᓐᓄᑦ

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ᖃᓄᓪᓗᐊᑎᒋᒃ ᐊᑐᐃᓐᓇᑭᕐᑎᑕᐅᒐᓯᐊᕐᓂᐊᓂᖕᒐᑦ: 15 ᒥᓂᑦᑦ
ᖃᓄᓪᓗᐊᑎᒋᒃ ᖃᓚᒐᓯᐊᕐᓂᐊᓂᖕᒐᑦ: 40 ᒥᓂᑦᑦ

Preparation Time: 15 minutes
Cooking Time: 40 minutes

ᓂᑮᑦ ᖃᓄᐃᑦᑑᓂᖕᒋᑦ

Foods Items

ᐅᕐᓯᖅ Canola oil	1 tablespoon (15 ml)		Canola oil
ᑰᒃᑰᓯᕕᓃᑦ, ᐅᕐᓯᐃᔭᕐᓯᒪᔪᑦ	5		Pork chops, trim the fat
ᐸᑏᑕᓱᑦ	2 ½		Potatoes
Carrots	2 ½		Carrots
ᐅᐊᓂᐅᕐᑦ	1 ½		Onions
Pepper	½ teaspoon	(2 ml)	Pepper
ᐊᕿᒡᒥᐅᔭᕕᓂᐅᑉ ᖃᔪᖕᒐ	½ teaspoon	(2 ml)	Chicken Broth

ᐊᑐᐃᓐᓇᑭᕐᑕᐅᒍᓯᖕᒋᑦ

Instructions

1. ᐸᕐᕐᑲᑎᒥᐊᕐᓗᒍ ᑭᐊᑦᓴᐅᑎᐅᑉ ᐃᓗᐊ 400 -ᒧᑦ.
2. ᐃᒐᐅᑎᒥ, ᐆᓇᕐᓯᓯᐊᓇᓗᒍ ᐅᕐᓯᖅ ᐸᕐᕐᑲᓂᖕᒐ ᐊᑯᓐᓈᕐᑭᑦᑐᒥ ᑲᔪᑭᕐᓗᒋᑦ ᑰᒃᑰᓯᕕᓃᑦ ᐃᒐᓗᒋᑦ 5 ᒥᓂᑦᑦᒥ.
3. ᐊᒥᓄᔭᕐᓗᒋᑦ ᓇᑲᑎᕐᓗᒋᓪᓗ ᐸᑏᓱᑦ.
4. ᓇᑲᑎᕐᓗᒋᑦ carrots ᐅᐊᓃᓪᓗ.
5. ᐃᓕᓗᒋᑦ ᑰᒃᑰᓯᕕᓃᑦ, ᐸᑏᓱ, carrots, ᐅᐊᓃᑦ, ᐊᕿᒡᒥᐅᔭᐅᑉ ᖃᔪᖕᒐ ᐊᒻᒪᓗ pepper ᑭᐊᑦᓴᐅᑎᐅᑉ ᐃᓗᐊᓂ ᐃᒐᐅᑎᑦᓴᔭᓄᑦ.
6. ᒪᑐᓗᒍ ᐃᒐᓗᒍ ᑭᐊᑦᓴᐅᑎᐅᑉ ᐃᓗᐊᓂ ᑎᕐᑎᖕᒋᓐᓂᓕᒫᖕᒐᓂ, ᑎᒪ ᐃᑯᒪᑭᓕᒥᐊᓕᕐᓗᒍ 375°F (190°C) -ᒧᑦ ᐃᒐᓱᒻᒥᑎᓪᓗᒍ 30 ᒥᓂᑦᑦᒥᐊᓪᓕᒥ ᐅᕝᕙᓘᓐᓃᑦ ᐱᑭᕐᑐᕐᑯᑎᕕᓂᖕᒋᑦ ᐊᕿᓕᑉᐸᑕ ᐊᒻᒪᓗ ᓂᕿᐅᑉ ᕿᑎᖕᒐ ᐆᓇᕐᓯᓯᒪᓕᕐᐸᑦ 150°F (66°C)-ᒧᑦ ᑎᑭᐅᑎᓗᓂ.

1. Preheat oven to 400°F (200°C).
2. In a pot, heat oil on medium heat and brown pork chops for 5 minutes.
3. Peel and cut potatoes.
4. Cut carrots and onions.
5. Place pork chops, potatoes, carrots, onions, chicken broth and pepper in baking dishes.
6. Cover and bake until it boils, then decrease the temperature to 375°F (190°C) and bake for an additional 30 minutes or until vegetables are tender and inside of meat has reached a minimum of 150°F (66°C).

Nutrient values – 1 serving = 215g

253,5 kCal Calories • 20,3 g Carbo • 11,6 g Fat • 18,9 g Protein • 3,4 g Fiber • 1,4 mg Iron

ᑰᒃᑰᓯᕕᓃᑦ ᑐᒫᑑᑉ ᖃᔪᖕᒐᓃᑦᑐᑦ
Pork Chops In Tomato Sauce

ᓄᓇᕕᒻᒥ ᓂᕿᑦᓯᐊᓂᒃ ᓂᓇᕐᑯᓪᓗᑕ ᒪᓕᒐᓕᐊᖑᒍᒪᔪᑦ

ᓂᕿᑐᐃᓐᓄᑦ, ᐃᖃᓗᐃᑦ, ᒪᓐᓃᑦ, ᑎᒻᒥᐊᑦ ᐲᓇᓯᓪᓗ

ᓇᓪᓕᒃᑑᕐᓯᓇᓇᓗᒋᑦ ᐃᖃᓗᕕᓃᑦ, ᑕᓇᐅᕐᒥᐅᑎᑦ, ᒪᓐᓃᑦ, ᑎᒻᒥᐊᕕᓃᑦ ᐅᕐᓯᕐᑲᓪᓗᐊᖕᒋᑦᑐᐃᓗ ᓂᕿᑐᐃᓐᓄᑦ

Nunavik Food Guide Group

Meat, Fish, Eggs, Birds & Beans

Choose fish, marine mammals, eggs, birds and lean meats more often

ᖃᓄᓪᓗᐊᑎᒋᒃ ᐊᑐᐃᓐᓇᑭᕐᑎᑕᐅᒐᓯᐊᕐᓂᐊᓂᖕᒐᑦ: 15 ᒥᓂᑦᑕ
ᖃᓄᓪᓗᐊᑎᒋᒃ ᖃᓚᒐᓯᐊᕐᓂᐊᓂᖕᒐᑦ: 1 ᕿᓪᓚᒍᓯᒃ 30 ᒥᓂᑦᑕ

Preparation Time: 15 minutes
Cooking Time: 1 hour 30

ᓂᑮᑦ ᖃᓄᐃᑦᑑᓂᖕᒋᑦ

Foods Items

ᐅᕐᓯᖅ Canola oil	1 teaspoon (5 ml)	Canola oil
ᐅᐊᓂᖅ	1	Onion
ᑰᒃᑰᓯᕕᓂᖅ, ᐅᕐᓯᐃᔭᕐᓯᒪᔪᖅ	5	Pork chops, trim the fat
ᑐᒫᑐᐃᑦ ᐃᑦᑎᖕᒐ	2 ½ cups (625 ml)	Tomato juice
ᐃᒪᖅ	2 cups	Water
ᑕᓇᐅᖅ	½ teaspoon (2 ml)	Salt
Pepper	½ teaspoon (2 ml)	Pepper

ᐊᑐᐃᓐᓇᑭᕐᑕᐅᒍᓯᖕᒋᑦ

Instructions

1. ᐸᕐᖃᑎᒋᐊᕐᓗᒍ ᑭᐊᑦᓴᐅᑎᐅᑉ ᐃᓗᐊ 400 -ᒧᑦ.
2. ᓇᑲᑎᕐᓗᒍ ᐅᐊᓂᖅ. ᐃᒐᐅᑎᒥ, ᐆᓇᕐᓯᓯᓗᒍ ᐅᕐᓯᖅ ᐸᕐᖃᓂᖕᒐ ᐊᑯᓐᓈᕐᑭᒦᑦᑎᓗᒍ ᐃᒐᓗᒋᑦ ᐅᐊᓃᑦ 2 ᒥᓂᑦᑕᒥ.
3. ᐃᓚᒋᓕᐅᑎᓗᒋᑦ ᑰᒃᑰᓯᕕᓂᖅ, ᑐᒫᑑᑉ ᐃᑦᑎᖕᒐ, ᐃᒪᖅ, ᑕᓇᐅᖅ ᐊᒻᒪᓗ pepper. ᑎᕐᑎᑎᓗᒋᑦ.
4. ᑯᕕᓗᒋᑦ ᑭᐊᑦᓴᐅᑎᒥ ᐃᒐᐅᑎᐅᑉ ᐃᓗᐊᓄᑦ ᐃᒐᓯᒻᒥᓗᒋᑦ ᒪᑐᓯᒪᒍᓐᓄᓗᑎᒃ ᐃᓗᐊᓂ ᐃᑲᐅᕐᓂᓕᒫᒥ ᓇᑉᐸᒥᑦᓗ ᐅᕝᕙᓘᓐᓃᑦ ᓂᕿᖕᒐ ᐆᓇᕐᓯᓯᒪᓕᕐᐸᑦ 150°F (66°C)-ᒧᑦ ᑎᑭᐅᑎᓗᓂ.

1. Preheat oven to 400°F (200°C).
2. Chop onion. In a pot, heat oil on medium heat and cook onions for 2 minutes.
3. Add pork chops, tomato juice, water, salt and pepper. Bring to a boil.
4. Pour into baking dishes and bake uncovered in oven for approximately 1 ½ hour or until inside of meat has reached a minimum of 150°F (66°C).

Nutrient values – 1 serving = 310g

193,4 kCal Calories • 7,4 g Carbo • 9,7 g Fat • 17,4 g Protein • 1,2 g Fiber • 1,5 mg Iron

ᖁᓚᓗᒐᕕᓂᖅ (ᖁᓚᓗᒐᕕᓂᖅ ᑑᒫᓕᓪᓗ)

ᒪᒃᑕᖅ ᒪᒪᕆᔭᐅᕗᖅ ᑭᓇᑐᐃᓐᓇᓕᒫᑲᓵᓄᑦ.
ᐃᒍᓇᕐᓯᐊᕆᔭᐅᓲᖅ ᐅᕐᓱᖕᒐ, ᒪᒃᑕᖕᒐᓗ ᓂᕿᖕᒐᓗ ᐃᓄᐃᑦ ᐱᐅᓯᑐᖅᑲᖕᒐᑎᒍᑦ ᒪᒪᕐᑐᓕᐊᕆᔭᐅᑦᓱᓂ.

ᖁᓚᓗᒐᕕᓂᖅ ᓂᕿ ᖃᓄᐃᖕᖕᒋᓯᐊᕐᓇᑐᕐᑕᖃᕐᐳᖅ ᑎᔭᐅᔪᓂᒃ protein and iron. ᐅᕐᓱᖕᒐ ᐅᕐᓱᓯᐊᕐᑕᖃᕐᒥᔪᖅ ᑎᔭᐅᔪᒥᒃ omega 3 fatty acids.

ᓱᓇᒥᒃ ᐱᐅᔫᒍᑎᕐᑲᕐᕐᑲ: ᖁᓚᓗᒐᕕᓂᖅ ?

- ᓂᒃᑰᓱᓂ ᖁᓚᓗᒐᕕᓂᖅ ᑕᕐᑯᐊᑦᓯᐊᒍᒻᒥᔪᖅ ᒪᕐᕿᑦᑐᕐᑲᕐᓱᓂ.
- ᖁᓚᓗᒐᕕᓂᖅ ᖃᓄᐃᖕᖕᒋᓯᐊᕐᓇᑐᕐᑕᖃᕐᐳᖅ ᑎᔭᐅᔪᒥᒃ protein ᓄᑭᖃᑦᓯᐊᓇᕐᑐᒥᒃ ᐅᕕᓂᖃᑦᓯᐊᓇᕐᓱᓂᓗ ᐊᐅᖃᑦᓯᐊᓇᕐᓱᓂᓗ.
- ᖁᓚᓗᒐᕕᓂᖅ ᐊᐅᖃᑦᓯᐊᓇᕐᑐᑕᖃᕐᒥᔪᖅ. ᖃᓄᐃᖕᖕᒋᓯᐊᕐᓇᑐᕐᑕᖕᒐ ᐊᐅᖃᑦᓯᐊᓇᕐᑐᖅ ᖃᓂᒪᒋᒃᑯᑎᐅᑦᓱᓂᓗ.
- ᖁᓚᓗᒐᕕᓂᐅᑉ ᐅᕐᓱᖕᒐ ᖁᓪᓕᒧᑦ ᐅᕐᓱᓇᔭᐅᓲᒍᒻᒥᔪᖅ !
- ᖁᓚᓗᒐᐅᑉ ᒪᒃᑕᖕᒐ, ᓂᕿᖕᒐᓗ ᐅᕐᓱᖕᒐᓗ ᒪᒪᕐᑐᐊᐱᑦ ᐁᐸᔫᑦᓯᑎᒃ, ᐃᒍᓇᐅᑦᓯᑎᒃ, ᓂᒃᑰᓱᑎᒃ, ᖃᓚᒪᑦᓯᑎᒃ ᐆᔪᓕᐊᓇᑦᓯᒍᓘᓐᓃᑦ ᖃᔪᓕᐊᓇᑦᓯᒥᑦ !
- ᖁᓚᓗᒐᕕᓂᐅᑉ ᐅᕐᓱᖕᒐ ᖃᓄᐃᖕᖕᒋᓯᐊᕐᓇᑐᕐᑕᓕᒃ ᑎᔭᐅᔪᒥᒃ omega-3 fatty acids ᐆᒪᒪᓯᓇᒋᒃᑯᑎᑕᓕᒪᒥᒃ.

Reference: www.ITK.ca (wildlife factsheets)

Whale (Beluga & Narwhal)

Whale skin (maktaaq or muktuk) is the favorite of most people.
The aging of blubber, skin and meat is a traditional practice used to develop a desirable flavor.

Whale meat is an excellent source of protein and iron. The blubber is rich in omega 3 fatty acids.

What's so great about: Whale?

- Dried whale meat is a great snack for traveling on the land
- Whale meat is an excellent source of protein which we need to build and repair our muscles, skin and blood.
- Whale meat is also rich in iron. Iron helps us make healthy blood and prevents us from getting sick.
- Oil from whale blubber can be used for fueling lamps!
- Whale skin, meat and blubber are tasty whether they are raw, aged, dried, cooked or boiled in soups and stews!
- Whale blubber is a good source of omega-3 fatty acids which help protect against heart disease.

Reference: www.ITK.ca (wildlife factsheets)

ᒪᒃᑕᖅ ᐆᔫᖅ
Boiled Whale Skin

ᓄᓇᕗᒻᒥ ᓂᕿᑦᓯᐊᓂᒃ ᓂᓇᖁᓪᓗᑕ ᒪᓕᒐᓕᐊᖕᒍᒪᔪᑦ

ᓂᕿᑐᐃᓐᓄᑦ, ᐃᖃᓗᐃᑦ, ᒪᓐᓃᑦ, ᑎᒻᒥᐊᑦ ᐲᓇᓯᓪᓗ

ᓇᓪᓕᒃᑰᖅᓯᓇᓇᓗᒋᑦ ᐃᖃᓗᕕᓃᑦ, ᑕᓇᐅᖅᒥᐅᑎᑦ, ᒪᓐᓃᑦ, ᑎᒻᒥᐊᕕᓃᑦ ᐅᖅᓱᖃᓪᓗᐊᖕᒋᑦᑐᐃᓗ ᓂᕿᑐᐃᓐᓄᑦ

Nunavik Food Guide Group

Meat, Fish, Eggs, Birds & Beans

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ᖃᓄᓪᓗᐊᑎᒋᒃ ᐊᑐᐃᓐᓇᑭᖅᑎᑕᐅᒐᓯᐊᖅᓂᐊᓂᖕᒐᑦ: 10 ᒥᓂᑦᑦ
ᖃᓄᓪᓗᐊᑎᒋᒃ ᖃᓚᒐᓯᐊᖅᓂᐊᓂᖕᒐᑦ: 35 ᒥᓂᑦᑦ

Preparation Time: 10 minutes
Cooking Time: 35 minutes

ᓂᑮᑦ ᖃᓄᐃᑦᑑᓂᖕᒋᑦ

Foods Items

ᒪᒃᑕᖅ ..... 1 pound (450 g) ..... Whale Skin (Muktuk)
ᑕᓇᐅᖅ ..... ½ teaspoon (2 ml) ..... Salt

ᐊᑐᐃᓐᓇᑭᖅᑕᐅᒍᓯᖕᒋᑦ

1. ᒪᒃᑕᖅ ᐊᒃᒍᓗᒍ 25 ᒍᓈᖅᓗᒍ.
2. ᑕᑕᓪᓗᒍ ᐆᔪᓕᐅᑭᑎᐊᓗᒃ ᐃᒪᖅᒥᒃ. ᑕᓇᐅᓪᓕᓗᒍ ᑐᖅᖁᓗᒋᑦ ᒪᒃᑎᑦ.
3. ᑎᖅᑎᑎᓗᒍ 30 ᒥᓂᑦᑦᓂ.

Instructions

1. Cut each piece of whale skin in 25 pieces.
2. Fill large pot with water. Add salt and whale skin pieces.
3. Boil 30 minutes.

Nutrient values – 1 serving = 91g

100,7 kCal Calories • 0 g Carbo • 0,5 g Fat • 24,4 g Protein • 0 g Fiber • 23,5 mg Iron

ᑭᐊᑦᓴᐅᑎᐅᑉ ᐃᓗᐊᓂ ᐃᒐᓯᒪᔪᖅ ᕿᓚᓗᒐᕕᓂᖅ
Roast Whale

ᓄᓇᕕᒻᒥ ᓂᕿᑦᓯᐊᓂᒃ ᓂᓇᕐᑯᓪᓗᑕ ᒪᓕᒐᓕᐊᖑᒍᒪᔪᑦ

ᓂᕿᑐᐃᓐᓄᑦ, ᐃᖃᓗᐃᑦ, ᒪᓐᓃᑦ, ᑎᒻᒥᐊᑦ ᐊᓇᓯᓪᓗ

ᓇᓪᓕᒃᑑᕐᓯᓇᓇᓗᒋᑦ ᐃᖃᓗᕕᓃᑦ, ᑕᓇᐅᕐᒥᐅᑎᑦ, ᒪᓐᓃᑦ, ᑎᒻᒥᐊᕕᓃᑦ ᐅᕐᓱᖃᓪᓗᐊᖑᒋᑦᑐᐃᓗ ᓂᕿᑐᐃᓐᓄᑦ

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ᖃᓄᓪᓗᐊᑎᒋᒃ ᐊᑐᐃᓐᓇᕈᕐᑎᑕᐅᒐᓱᐊᕐᓂᐊᓂᖅᒐᑦ: 15 ᒥᓂᑦᑦ
ᖃᓄᓪᓗᐊᑎᒋᒃ ᖃᓚᒐᓱᐊᕐᓂᐊᓂᖅᒐᑦ: 2 ᕿᓪᓚᒍᓯᒃ

Preparation Time: 15 minutes
Cooking Time: 2 hours

ᓂᑖᑦ ᖃᓄᐃᑦᑑᓂᖅᒋᑦ

Foods Items

ᕿᓚᓗᒐᕕᓂᐅᑉ ᓂᕿᖅᒐ	1 pound (450 g)	Whale meat
ᐸᑏᑕᓱᑦ	3	Potatoes
ᐅᐊᓂᖅ	1	Onion
Carrots	3	Carrots
ᑕᓇᐅᖅ	½ teaspoon (2 ml)	Salt
Pepper	½ teaspoon (2 ml)	Pepper

ᐊᑐᐃᓐᓇᕈᕐᑕᐅᒍᓱᖅᒋᑦ

Instructions

1. ᐊᒥᓗᔭᕐᓗᒋᑦ, ᐃᕐᒥᓗᒋᓪᓗ ᓇᑲᑎᕐᓗᒋᓪᓗ ᓄᑖᔭᕕᓃᑦ
2. ᑕᒪᒃᑯᓕᒫᑦ ᑐᕐᑯᓗᒋᑦ ᑭᐊᑦᓴᐅᑎᐅᑉ ᐃᓗᐊᓂ ᐃᒐᐅᑎᒧᑦ; ᑕᑕᓪᓗᒍ ᐃᒪᕐᒥᒃ.
3. ᑭᐊᑦᓴᐅᑎᐅᑉ ᐃᓗᐊᓂ ᐃᒐᓗᒍ 350 °F (180°C) -ᒥ ᐃᑲᐅᕐᓃᓂ ᒪᕐᑖᓂ.

1. Peel, wash and cut vegetables.
2. Place all ingredients in a roasting pan; cover with water.
3. Place in the oven at 350 °F (180°C) for 2 hours.

Nutrient values — 1 serving =247g

188,4 kCal Calories • 22,0 g Carbo • 0,6 g Fat • 27,2 g Protein • 3,5 g Fiber • 24,3 mg Iron

ᓇᑦᓯᕕᓂᖅ

ᓇᑦᓯᓯᐅᕐᓂᖅ ᐱᐅᓯᑐᖅᑲᓇᔭᐅᑐᐃᓐᓇᑐᖅ. ᐃᓘᓐᓇᑲᓵᖕᒋᓐᓂ ᐃᓄᐃᑦ ᓄᓇᓕᖕᒋᓐᓂ ᓂᕿᒋᔭᐅᓲᖅ ᓇᑦᓯᕕᓂᖅ.

ᓇᑦᓯᕕᓂᖅ ᓱᓇᒐᓕᖕᒋᓪᓗ ᐃᓄᓐᓄᑦ ᖃᓄᐃᖕᖕᒋᓯᐊᕈᑕᐅᓲᑦ ᖃᓄᐃᖕᖕᒋᓯᐊᕐᓇᑐᕐᑕᖃᕋᒥᒃ ᑎᔭᐅᔪᓂᒃ protein, iron and some B vitamins. ᓇᑦᓯᕕᓂᐅᑉ ᑎᖕᒍᖕᒐ ᐅᕐᓱᖕᒐᓗ ᖃᓄᐃᖕᖕᒋᓯᐊᕐᓇᑐᕐᑕᓕᒃ ᑎᔭᐅᔪᒥᒃ Vitamin A ᐃᓚᖃᕈᓐᓇᒥᑦᓱᓂᓗ ᑎᔭᐅᔪᒥᒃ Vitamin C.

ᓱᓇᒥᒃ ᐱᐅᔫᒍᑎᖃᕐᖃ: ᓇᑦᓯᕕᓂᖅ ?

- ᕿᓯᖕᒐ ᐊᓐᓄᑖᓕᐊᓇᔭᐅᓲᖅ.
- ᓇᑦᓯᕕᓂᖅ ᓂᓇᔭᐅᓲᖅ ᒥᑭᒃᑳᑕᐅᑦᓱᓂ, ᖁᐊᒍᑎᓪᓗᒍ, ᓂᒃᑰᑎᓪᓗᒍ, ᐃᒍᓇᐅᑎᓪᓗᒍᓘᓐᓃᑦ ᖃᓄᐃᖕᖕᒋᓯᐊᕐᓇᑐᕐᑕᖃᕐᓱᓂ ᑎᔭᐅᔪᒥᒃ protein.
- ᓇᑦᓯᕕᓂᐅᑉ ᐅᕐᓱᖕᒐ ᖃᓄᐃᖕᖕᒋᓯᐊᕐᓇᑐᕐᑕᓕᒃ ᑎᔭᐅᔪᒥᒃ Vitamin A ᐅᕕᓂᖃᑦᓯᐊᓇᕐᑐᒥᒃ, ᐅᓐᓄᐊᑯᓪᓗ ᑕᑯᓐᓈᓯᐊᕈᓐᓇᓇᕐᑐᑕᖃᕐᓱᓂ ᐊᒻᒪᓗ ᐋᓐᓂᐊᓄᑦ ᐁᑦᑐᑐᐅᒦᒃᑯᑎᑕᖃᕐᒥᓱᓂ.
- ᓇᑦᓯᕕᓂᐅᑉ ᑎᖕᒍᖕᒐ ᖃᓄᐃᖕᖕᒋᓯᐊᕐᓇᑐᕐᑕᖃᕐᒥᔪᖅ ᑎᔭᐅᔪᒥᒃ selenium, mercury-ᐅᓂᕋᕐᑕᒧᑦ ᓱᒃᑯᑕᐅᒦᒃᑯᑎᐅᒻᒪᑦ ᓂᓇᔭᑦᑎᓃᓲᒧᑦ.
- ᓇᑦᓯᕕᓂᐅᑉ ᓂᕿᖕᒐ ᓯᑕᒪᐅᔪᖕᖕᒋᒐᕐᑐᕕᓪᓗᐊᑐᒥᒃ ᐊᐅᖃᑦᓯᐊᓇᕐᑐᑕᖃᕐᓂᔅᖅ ᐃᒻᒧᓕᐅᕐᑎᕕᓂᕐᒥᓂᑦ. ᐊᐅᖃᑦᓯᐊᓇᕐᑐᒧᑦ ᑕᖃᒍᐊᕐᑑᖕᒋᑦᑑᑎᑕᐅᓲᒍᒐᑦᑕ.

Reference: www.ITK.ca (wildlife factsheets)

Seal

Hunting seal is part of a healthy and traditional way of life. Seal meat occupies a large part of traditional diet in almost every Inuit community.

Seal meat and organs provide Inuit with an excellent source of protein, iron and some B vitamins. Seal liver and blubber are rich in Vitamin A and contain some Vitamin C.

What's so great about: Seal?

- The skins of seal are extremely valuable for clothing.
- Seal meat eaten raw, frozen, boiled, dried or aged is an excellent source of protein.
- Seal blubber is rich in Vitamin A which we need for healthy skin, for seeing in the dark and to help our body fight infections.
- Ringed seal liver is a major source of selenium, a mineral that protects against the effects of mercury in the diet.
- Seal meat has 7 times more iron than beef. Iron is important for healthy blood and to keep us from getting tired.

Reference: www.ITK.ca (wildlife factsheets)

ᑭᐊᑦᓴᐅᑎᐅᑉ ᐃᓗᐊᓂ ᐃᒪᓯᒪᔪᖅ ᓇᑦᓯᐃᓂᖅ
Roasted Seal

ᓄᓇᕕᒻᒥ ᓂᕿᑦᓯᐊᓂᒃ ᓂᓇᕐᑯᓪᓗᑕ ᒪᓕᒐᓕᐊᖕᒍᒪᔪᑦ

ᓂᕿᑐᐃᓐᓂᑦ, ᐃᖃᓗᐃᑦ, ᒪᓐᓃᑦ, ᑎᒻᒥᐊᑦ ᐋᓇᓯᓪᓗ

ᓇᓪᓕᒃᑦᓯᓇᓇᓗᒋᑦ ᐃᖃᓗᕕᓃᑦ, ᑕᓇᐅᕐᒥᐅᑎᑦ, ᒪᓐᓃᑦ, ᑎᒻᒥᐊᕕᓃᑦ ᐅᕐᓱᖃᓪᓗᐊᖕᒋᑦᑐᐃᓗ ᓂᕿᑐᐃᓐᓂᑦ

Nunavik Food Guide Group

Meat, Fish, Eggs, Birds & Beans

Choose fish, marine mammals, eggs, birds and lean meats more often

ᖃᓄᓪᓗᐊᑎᒋᒃ ᐊᑐᐃᓐᓇᕈᕐᑎᑕᐅᒐᓱᐊᕐᓂᐊᓂᖕᒐᑦ: 15 ᒥᓂᑦᑦ
ᖃᓄᓪᓗᐊᑎᒋᒃ ᖃᓚᒐᓱᐊᕐᓂᐊᓂᖕᒐᑦ: 2 ᕿᓪᓚᒍᓱᒃ

Preparation Time: 15 minutes
Cooking Time: 2 hours

ᓂᑮᑦ ᖃᓄᐃᑦᑑᓂᖕᒋᑦ

Foods Items

ᓇᑦᓯᐃᓂᖅ	1 pound (450 g)	Seal
ᐸᑏᑕᓲᑦ	3	Potatoes
ᐅᐊᓂᖅ	1	Onion
Carrots	3	Carrots
ᑕᓇᐅᖅ	½ teaspoon (2 ml)	Salt
Pepper	½ teaspoon (2 ml)	Pepper

ᐊᑐᐃᓐᓇᕈᕐᑕᐅᒍᓯᖕᒋᑦ

Instructions

1. ᐊᒥᓗᔭᕐᓗᒋᑦ, ᐃᕐᒥᓗᒋᓪᓗ ᓇᑲᑎᕐᓗᒋᓪᓗ ᓄᑖᔭᕕᓃᑦ.
2. ᑕᒪᒃᑯᓕᒫᑦ ᑐᕐᑯᓗᒋᑦ ᑭᐊᑦᓴᐅᑎᐅᑉ ᐃᓗᐊᓂ ᐃᒪᐅᑎᒍᑦ; ᑕᑕᓪᓗᒍ ᐃᒪᕐᒥᒃ.
3. ᑭᐊᑦᓴᐅᑎᐅᑉ ᐃᓗᐊᓂ ᐃᒪᓗᒍ 350 °F (180°C) -ᒥ ᐃᑲᐅᕐᓃᓂ ᒪᕐᕈᓂ.

1. Peel, wash and cut vegetables.
2. Place all ingredients in a roasting pan; cover with water.
3. Place in the oven at 350 °F (180°C) for 2 hours.

Nutrient values — 1 serving =247g

216,5 kCal Calories • 22,0 g Carbo • 3,0 g Fat • 28,9 g Protein • 3,5 g Fiber • 18,6 mg Iron

ᐋᐋᐋᐋ....

ᒪᒪᕐᑐᑐᑭᒪᓪᓕᐲᑦ ?

ᒪᒪᕐᑐᐃᑦ ᓂᓇᔭᑦᓴᓯᐊᒍᒻᒥᔪᑦ ᖃᓄᐃᙱᒋᓯᐊᕋᓱᐊᕐᑐᖃᕋᓗᐊᑭᓂ !
ᐱᓗᐊᕐᒐᓕᑐᐃᓐᓇᓗᒋᑦ. ᒥᑭᓂᕐᓴᐅᖃᑦᑕᑎᓪᓗᒋᑦ ᐱᓗᑭᑕᓗᐊᑭᓐᓄᓗᒋᓪᓗ.
ᐳᐃᒍᕐᒐᓕᓗᑎᑦ ᒪᒪᕐᑐᑐᕿᓐᓇᖃᑦᑕᓇᐊᒥᒃ ᐱᐅᓂᕐᓴᐅᒪᑦ, ᐅᓪᓗᑕᒫᑦ :"ᐅᕐᓱᖃᙱᑐᓂᒃ"
ᒪᒪᕐᓴᐅᑎᖃᓗᐊᕐᑐᓂᒃ ᒪᒪᕐᑐᑐᖃᑦᑕᙵᑭᓐᓄᓱᓂ !

ᓇᓪᓕᒃᕐᐸᓗᑎᑦ ᓄᓇᕕᒻᒥ ᓂᕿᑦᓯᐊᓂᒃ ᖃᐅᔨᒪᐅᑎᓃᑦᑐᓂᒃ ᓯᑕᒪᐅᓕᙳᔪᓃᑦᑐᓂᒃ.
ᐅᑦᑐᕋᐅᑎᒋᑦᓱᒋᑦ: rice pudding (Milk Products), banana bread (Grain Products + Fruits), apple crisp (Grain Products + Fruits), frozen yogurt (Milk Products).

<u>ᖃᐅᔨᒪᐅᑎᑦᓴᑦ ᓇᓪᓕᙱᓐᓂᒃ ᒪᒪᕐᑐᓂᒃ ᓇᓪᓕᒃᕐᑐᓴᐅᒻᒪᙳᕐᐱᑦ ᐃᒐᔪᑦᓴᐅᒪᙳᕐᐱᓗᓐᓃᑦ:</u>

Cookies:

- When baking or choosing cookies, use dried fruits like raisins, chopped apricots or dates instead of chocolate chips.

Cakes:

- When making cakes, substitute half the fat (butter, margarine, lard or oil) for unsweetened applesauce or plain yogurt.
- Substitute half the white flour with whole wheat flour.
- Instead of icing your cake or using whipped cream, serve with fresh fruits like berries.

Pies:

- In general, cream pies are fattier than fruit filled pies.
- When making your own pie crust, substitute half the white flour with whole wheat flour.

Ice cream:

- Pick a lower fat ice cream or frozen yogurt or sorbet.
- Avoid adding toppings such as: syrups, sauces, sprinkles, fudge, etc...

AHHHH....DESSERTS

So you're in the mood for a treat?

Of course desserts can be part of a healthy diet! The key is moderation. In other words, eat smaller portions of dessert less often. Remember, it's better to enjoy an extravagant dessert once in a while, than to fill your daily menu with "fat-free" sugary desserts!

Also, try to pick desserts that fit into one of the 4 Nunavik Food Guide groups. For example: rice pudding (Milk Products), banana bread (Grain Products + Fruits), apple crisp (Grain Products + Fruits), frozen yogurt (Milk Products).

Helpful Tips for Making & Choosing Desserts:

Cookies:

- When baking or choosing cookies, use dried fruits like raisins, chopped apricots or dates instead of chocolate chips.

Cakes:

- When making cakes, substitute half the fat (butter, margarine, lard or oil) for unsweetened applesauce or plain yogurt.
- Substitute half the white flour with whole wheat flour.
- Instead of icing your cake or using whipped cream, serve with fresh fruits like berries.

Pies:

- In general, cream pies are fattier than fruit filled pies.
- When making your own pie crust, substitute half the white flour with whole wheat flour.

Ice cream:

- Pick a lower fat ice cream or frozen yogurt or sorbet.
- Avoid adding toppings such as: syrups, sauces, sprinkles, fudge, etc...

Apple Cake

ᓄᓇᕕᒻᒥ ᓂᕿᑦᓯᐊᓂᒃ ᓂᓇᕐᑯᓪᓗᑕ ᒪᓕᒐᓕᐊᖑᒍᒪᔪᑦ

ᐸᓚᐅᒫᑦᓴᓴᑦ: ᐸᓂᕐᑎᑦᖅ, ᓂᐊᕐᑰᔭᖅ, ᐅᓪᓛᕈᒥᑦᑕᑦᓴᔭᖅ, ᐃᕐᕿᐅᔭᖅ, Pasta

ᓂᕿᓴᓴᑦ ᑲᔫᓂᕐᓴᑦ ᓂᕈᐊᕐᓂᓴᓇᕝᓪᓗᒋᑦ

Nunavik Food Guide Group

Grain Products : Bannock, Bread, Cereal, Rice & Pasta

Choose whole grain more often

ᕐᑲᓄᓪᓗᐊᑎᒋᒃ ᐊᑐᐃᓐᓇᕈᕐᑎᑕᐅᒐᓯᐊᕐᓂᐊᓂᖅᒐᑦ: 20 ᒥᓂᑦᑦ
ᕐᑲᓄᓪᓗᐊᑎᒋᒃ ᕐᑲᓚᒐᓯᐊᕐᓂᐊᓂᖅᒐᑦ: 30 ᒥᓂᑦᑦ

Preparation Time: 20 minutes
Cooking Time: 30 minutes

ᓂᑮᑦ ᕐᑲᓄᐃᑦᑑᓂᖅᒋᑦ

Foods Items

ᓴᓇᐅᒐᖅ (ᓂᕿᑦᓴᔭᖅ) ..... 1/3 cup (180 ml) ..... Flour
ᓴᓇᐅᒐᖅ (ᓂᕿᑦᓴᔭᖅ) ᑲᔫᓂᕐᓴᖅ ..... 1/3 cup (180 ml) ..... Whole wheat flour
ᐱᑕᑦᓴᖅ (ᒪᒪᕐᓴᐅᑎᒃ) ᑲᔪᖅ ..... 2/3 cup (160 ml) ..... Brown sugar
Baking soda ..... ½ teaspoon (2 ml) ..... Baking soda
ᐳᑦᔪᓴᐅᑎᒃ ..... ½ teaspoon (2 ml) ..... Baking powder
Cinnamon ..... ½ teaspoon (2 ml) ..... Cinnamon
ᑕᓇᐅᖅ ..... ½ teaspoon (2ml) ..... Salt
Apple sauce ..... ½ cup (125 ml) ..... Apple sauce
ᐅᕐᓯᖅ Canola oil ..... 3 tablespoons (45 ml) ..... Canola oil
ᒪᓐᓂᖅ ..... 1 ..... Egg

ᐊᑐᐃᓐᓇᕈᕐᑕᐅᒍᓯᖅᒋᑦ

Instructions

1. ᐸᕐᕐᑲᑎᒥᐊᕐᓗᒍ ᑭᐊᑦᓴᐅᑎᐅᑉ ᐃᓗᐊ 350 -ᒧᑦ.
2. ᐅᕐᓯᑎᒐᓛᐱᓪᓗᒍ ᑭᐊᑦᓴᐅᑎᐅᑉ ᐃᓗᐊᓂ ᐃᒐᐅᑎᒃ. ᑲᕐᖅᒐᓯᐃᕕᒥᓗᒍ ᐃᒐᐅᑎᒃ ᓂᕐᕿᑦᓴᔭᒥᒃ.
3. ᐅᓗᕝᕕᒥ, ᐅᐊᕈᑎᑏᑦᑎᓗᒋᑦ ᓂᕿᑦᓴᓴᑦ, ᒪᒪᕐᓴᐅᑎᒃ, ᐳᑦᔪᓯᐅᑎᒃ, baking powder, soda, cinnamon ᐊᒻᒪᓗ ᑕᓇᐅᖅ.
4. ᐃᓚᒥᓕᐅᑎᓗᒋᑦ applesauce, ᐅᕐᓯᖅ ᐊᒻᒪᓗ ᒪᓂᖅ. ᕐᑲᓗᐃᕐᓗᒍ ᓱᑲᑦᑑᓗᐊᖅᑭᑐᒥᒃ ᕿᐅᒃᑲᑐᐃᓐᓇᐅᖅᑭᓐᓂᓕᒫᖅᒐᓂ.
5. ᐃᖅᒍᑦᓯᐊᑦ ᓱᑲᑦᑑᓂᕐᑖᒧᑦ ᕐᑲᓗᐃᓕᕐᒥᓗᒍ 2 ᒥᓂᑦᑦᒥ.
6. ᐃᖅᒍᑦᓯᐊᑦ ᑯᕕᓗᒍ ᑮᒃᑭᓕᐅᕈᑎᒧᑦ.
7. ᐃᒐᓗᒍ 30 ᒥᓂᑦᑦᒥ ᐅᕝᕙᓘᓐᓂᑦ ᑯᒃᑭᓕᖅᒋᐅᑎᒃ ᕿᑎᖅᒐᓄᑦ ᒪᖅᒍᑦᑎᓱᒍ ᓴᓗᒪᑦᓯᐊᑐᐊᕐᑉᑦ.
8. ᓂᓪᓕᓯᐊᓇᓗᒍ ᐃᒐᐅᑎᐅᑉ ᐃᓗᐊᓐᖅᑭᓐᓇᑎᓪᓗᒍ.

ᐃᓕᖅᖅᒋᑲᓗᐊᕈᑎᒃ ᕐᑲᓄᐃᒻᒥᒐᑎᒃ: ᐃᓚᒍᓐᓇᒥᓴᑦ ¼ ᕐᑲᓪᓗᑎᒥᒃ ᓯᕐᑲᓕᓯᒪᓗᑎᒃ ᓴᐅᓈᓂᒃ ᐃᖅᒍᑦᓯᐊᓄᑦ ᒍᒪᑐᐊᕈᕕᑦ. ᓴᐅᓈᑦ ᑎᒥᒧᑦ ᐱᐅᔪᐊᓘᒻᒪᑕ ᕐᑲᓄᐃᖅᖅᒋᓯᐊᕐᓇᑐᕐᑕᕐᑲᕐᓯᑎᒃ protein ᐊᒻᒪᓗ ᐅᕐᓯᓯᐊᕐᒻᒪᕐᒍᑎᒃ

Nutrient values — 1 serving =86g

270,3 kCal Calories • 43,0 g Carbo • 10,2 g Fat • 2,8 g Protein • 1,7 g Fiber • 1,5 mg Iron

1. Preheat oven to 350°F (180°C).
2. Lightly grease oven pan. Sprinkle the pan with flour.
3. In a bowl, mix flours, sugar, baking powder, soda, cinnamon and salt.
4. Add applesauce, oil and egg. Beat at low speed until moistened.
5. Beat batter at high speed for 2 minutes.
6. Pour batter into the oven pan.
7. Bake for 30 minutes or until a toothpick inserted in center comes out clean.
8. Cool in pan.

Optional:
You can add about ¼ cup of chopped nuts to the batter if you like. Nuts are a healthy source of protein and good fats.

ᐸᓈᓇᒥᒃ ᐅᐊᕈᑎᓕᒃ ᓂᐊᕐᑰᔭᖅ
Banana Bread

ᓄᓇᕗᒻᒥ ᓂᕿᑦᓯᐊᓂᒃ ᓂᓇᕐᑯᓪᓗᑕ ᒪᓕᒐᓕᐊᖕᒍᒪᔪᑦ

ᐸᓚᐅᒫᑦᓴᓴᑦ: ᐸᓂᕐᑎᑕᖅ, ᓂᐊᕐᑰᔭᖅ, ᐅᓪᓛᕈᒥᑦᓴᔭᖅ, ᐃᕐᕿᐅᔭᖅ, Pasta

ᓂᕿᑦᓴᓴᑦ ᑲᔫᓂᕐᓴᑦ ᓂᕈᐊᕐᓂᓴᓇᓯᓪᓗᒋᑦ

Nunavik Food Guide Group

Grain Products : Bannock, Bread, Cereal, Rice & Pasta

Choose whole grain more often

ᕐᑲᓄᓪᓗᐊᑎᒋᒃ ᐊᑐᐃᓐᓇᕈᕐᑎᑕᐅᒐᓱᐊᕐᓂᐊᓂᖕᒐᑦ: 20 ᒥᓂᔅᑦ
ᕐᑲᓄᓪᓗᐊᑎᒋᒃ ᕐᑲᓚᒐᓱᐊᕐᓂᐊᓂᖕᒐᑦ: 55 ᒥᓂᔅᑦ

Preparation Time: 20 minutes
Cooking Time: 55 minutes

ᓂᒃᑭᑦ ᕐᑲᓄᐃᑦᑑᓂᖕᒋᑦ

Foods Items

ᒪᓐᓂᖅ	1	Egg
ᐱᑕᕐᓴᖅ (ᒪᒪᕐᓴᐅᑎᒃ) ᑲᔪᖅ	¼ cup (60 ml)	Brown sugar
ᐊᕿᓕᓂᖅ ᐸᓈᓇ	1/3 cup (80 ml)	Mashed banana
ᐃᒻᒧᖅ 2 %	3 tablespoons (45 ml)	2 % milk
Vinegar	½ teaspoon (2 ml)	Vinegar
ᐅᕐᓯᖅ Canola oil	1 tablespoon (15 ml)	Canola oil
Vanilla	½ teaspoon (2 ml)	Vanilla
ᓴᓇᐅᒐᖅ (ᓂᕿᑦᓴᔭᖅ) ᑲᔫᓂᕐᓴᖅ	2/3 cup (160 ml)	Whole wheat flour
Baking soda	1 teaspoon (5 ml)	Baking soda
ᑕᓇᐅᖅ	½ teaspoon (2 ml)	Salt

ᐊᑐᐃᓐᓇᕈᕐᑕᐅᒍᓯᖕᒋᑦ

1. ᐅᓗᕝᕕᒥ, ᕐᑲᓗᐃᕐᓗᒋᑦ ᐃᒻᒧᖅ ᐊᒻᒪᓗ vinegar ᓴᓂᕐᑦᕿᕐᓇᓗᒋᓪᓗ. ᑖᓐᓇᑕᒐ ᑐᔭᐅᔪᖅ "buttermilk."
2. ᐸᕐᕐᑳᑎᒋᐊᕐᓗᒍ ᑭᐊᑦᓴᐅᑎᐅᑉ ᐃᓗᐊ 350-ᒧᑦ.
3. ᐅᕐᓯᑎᒐᓛᐱᓪᓗᒍ ᑭᐊᑦᓴᐅᑎᐅᑉ ᐃᓗᐊᓂ ᐃᒐᐅᑎᒃ.
4. ᐃᖕᒍᑦᓯᕕᒻᒥ, ᕐᑲᓗᐃᕐᓗᒋᑦ ᒪᓂᖅ, ᐸᓈᓐᑦ, buttermilk, ᐅᕐᓯᖅ ᐊᒻᒪᓗ vanilla.
5. ᐃᖕᒍᑦᓯᕕᐅᑉ ᐊᓯᐊᓂᒃ, ᐅᐊᕈᑎᒌᑦᑎᓗᒋᑦ ᓂᕿᑦᓴᔭᖅ, baking soda ᑕᓇᐅᕐᓗ. ᐃᓚᓗᒍ ᐸᓈᓇᑕᓕᒻᒧᑦ ᐃᖕᒍᑦᓯᒪᔪᒧᑦ. ᕐᑲᓗᐃᕐᓗᒍ ᑲᑎᑦᓯᐊᖕᒋᓐᓂᖕᒋᓐᓂ.
6. ᑯᕕᓗᒍ ᐃᒐᐅᑎᒧᑦ. ᐃᒐᓗᒍ 50 - 55 ᒥᓂᔅᑦᒥ, ᑯᒃᑭᓕᖕᒋᐅᑎᒃ ᑭᑎᖕᒐᓈᕐᓗᒍ ᓴᓗᒪᑐᐊᕐᐸᑦ ᑕᒐ ᕐᑲᓚᑉᐳᖅ.
7. ᓂᓪᓕᓯᐊᓇᕐᕐᑳᓗᒍ ᐃᒐᐅᑎᒌᖕᒋᓐᓈᓗᓂ 5 ᒥᓂᔅᑦᒥ, ᐃᒪ ᐃᓕᓂᕐᒥᓗᒍ ᓱᓪᓗᓛᒧᑦ ᓂᓪᓕᓱᕝᕕᒻᒧᑦ ᓂᓪᓕᓯᐊᓇᑦᓯᐊᓗᒍ.

ᐊᑐᐃᓐᓇᕈᕐᑕᐅᒍᓯᖕᒋᑦ

1. In a bowl, mix milk and vinegar and set aside. This makes "buttermilk."
2. Preheat oven to 350°F (180°C).
3. Lightly grease baking dish.
4. In a mixing bowl, beat together egg, bananas, buttermilk, oil and vanilla.
5. In a separate bowl, mix flour, baking soda and salt. Add to the banana mixture. Stir just until combined.
6. Pour into baking dish. Bake 50 –55 minutes, until toothpick inserted in center comes out clean.
7. Let cool pan for 5 minutes, then turn onto rack to cool completely.

Nutrient values – 1 serving =82g

167,6 kCal Calories • 30,6 g Carbo • 3,6 g Fat • 4,0 g Protein • 3,2 g Fiber • 1,2 mg Iron

Blueberry Cake

ᓄᓇᕕᒻᒥ ᓂᕿᑦᓯᐊᓂᒃ ᓂᓇᕐᑯᓪᓗᑕ ᒪᓕᒐᓕᐊᖑᒍᒪᔪᑦ

ᐸᓚᐅᒫᑦᓴᓴᑦ: ᐸᓂᕐᑎᑕᖅ, ᓂᐊᕐᑰᔭᖅ, ᐅᓪᓛᕈᒥᑦᓴᔭᖅ, ᐃᕐᕿᐅᔭᖅ, Pasta

ᓂᕿᑦᓴᓴᑦ ᑲᔫᓂᕐᓴᑦ ᓂᕈᐊᕐᓂᓴᓇᕝᕙᓪᓗᒋᑦ

Nunavik Food Guide Group

Grain Products : Bannock, Bread, Cereal, Rice & Pasta

Choose whole grain more often

ᕐᑲᓄᓪᓗᐊᑎᒋᒃ ᐊᑐᐃᓐᓇᕈᕐᑎᑕᐅᒐᓱᐊᕐᓂᐊᓂᖅᒐᑦ: 20 ᒥᓂᔅᓴ
ᕐᑲᓄᓪᓗᐊᑎᒋᒃ ᕐᑲᓚᒐᓱᐊᕐᓂᐊᓂᖅᒐᑦ: 40 ᒥᓂᔅᓴ

Preparation Time: 20 minutes
Cooking Time: 40 minutes

ᓂᒃᑳᑦ ᕐᑲᓄᐃᑦᑑᓂᖅᒋᑦ

Foods Items

ᓴᓇᐅᒐᖅ (ᓂᕿᑦᓴᔭᖅ) ..... 1 1/3 cup (300 ml) ..... Flour
ᓴᓇᐅᒐᖅ (ᓂᕿᑦᓴᔭᖅ) ᑲᔫᓂᕐᓴᖅ ..... 1/3 cup (80 ml) ..... Whole wheat flour
ᐳᑦᔪᓴᐅᑎᒃ ..... 1½ teaspoon (7ml) ..... Baking powder
ᑕᓇᐅᖅ ..... ½ teaspoon (2 ml) ..... Salt
ᐅᕐᓯᖅ Canola oil ..... 2 tablespoons (30 ml) ..... Canola oil
ᐱᑕᑦᓴᖅ (ᒪᒪᕐᓴᐅᑎᒃ) ᑲᔪᖅ ..... 1/3 cup (80 ml) ..... Brown sugar
Vanilla ..... 1 teaspoon (5 ml) ..... Vanilla
ᐃᒻᒧᖅ 2 % ..... ¾ cup (180 ml) ..... 2 % milk
ᑭᒍᑎᖏᕐᓄᑦ ..... 1 2/3 cup (400 ml) ..... Blueberry

ᐊᑐᐃᓐᓇᕈᕐᑕᐅᒍᓯᖏᑦ

Instructions

1. ᐸᕐᕐᑲᑎᒋᐊᕐᓗᒍ ᑭᐊᑦᓴᐅᑎᐅᑉ ᐃᓗᐊ 400-ᒧᑦ.
2. ᐅᕐᓯᑎᒐᓛᐱᓪᓗᒍ ᑭᐊᑦᓴᐅᑎᐅᑉ ᐃᓗᐊᓂ ᐃᒐᐅᑎᒋᓚᖅᒐᓴᑦ.
3. ᐃᖅᒍᑦᓯᕕᒻᒥ, ᐅᐊᕈᑎᒌᑦᑎᓗᖅᒋᑦ ᓂᕿᑦᓴᓴᑦ, ᐳᑦᔪᓯᐅᑎᒃ ᐊᒻᒪᓗ ᑕᓇᐅᖅ.
4. ᐃᖅᒍᑦᓯᕕᐅᑉ ᐊᓯᐊᓂ, ᐅᐊᕈᑎᒌᑦᑎᓗᒋᑦ ᐅᕐᓯᖅ, ᒪᒪᕐᓴᐅᑎᒃ, ᐊᒻᒪᓗ vanilla.
5. ᐃᓚᒋᓕᐅᑎᓗᒍ ᓂᕿᑦᓴᔭᕐᑕᓕᒃ ᐅᕐᓯᑕᓕᒻᒧᑦ ᐃᓚᕙᓪᓕᐊᑕᐅᒐᕐᓗᒍ ᒥᕿᔪᕐᓚᐅᓈᕐᑎᑐᓂᒃ ᐃᒻᒧᒥᒃ ᐃᓚᖃᑦᑕᒥᓗᒍ, ᕐᑲᓗᐃᓪᓗᒍ ᑕᒫᑦ ᐃᓚᑐᐊᕐᐸᑦ, ᐅᐊᕈᑎᒌᑦᓯᐊᖏᓐᓂᓕᒫᖅᒐᓂ.
6. ᐅᐊᕈᑦᓯᐅᑎᓕᕐᒥᓗᒋᑦ ᑭᒍᑎᖏᕐᓄᑦ.
7. ᐃᖅᒍᑕᓕᒫᑦ ᑯᐱᓗᒍ ᐃᒐᐅᑎᒋᓚᖅᒐᔭᕐᓄᑦ.
8. ᐃᒐᓗᒍ 30 - 40 ᒥᓂᔅᓴᒥ, ᑲᔪᕈᖅᖅᒋᓂᓕᒫᖅᒐᓂᓘᓐᓃᑦ.

1. Preheat oven to 400 °F (200°C).
2. Lightly grease oven pan.
3. In a mixing bowl, add flours, baking powder and salt.
4. In another bowl, mix together oil, sugar and vanilla.
5. Add the flour mixture to the oil mixture alternately ("bit by bit") with the milk, beating after each addition, just until it is mixed.
6. Stir in berries.
7. Pour batter into the oven pan.
8. Bake for 30 – 40 minutes, until golden brown.

Nutrient values – 1 serving=146g

249,4 kCal Calories • 51,4 g Carbo • 2,1 g Fat • 6,4 g Protein • 3,5 g Fiber • 2,3 mg Iron

Carrot Cake

ᓄᓇᕗᒻᒥ ᓂᕿᑦᓯᐊᓂᒃ ᓂᓇᕐᑯᓪᓗᑕ ᒪᓕᒐᓕᐊᖑᒍᒪᔪᑦ

ᐸᓚᐅᒫᑦᓴᐊᑦ: ᐸᓂᕐᑎᑕᖅ, ᓂᐊᕐᑰᔭᖅ, ᐅᓪᓛᕈᒥᑦᓴᔭᖅ, ᐃᕐᕿᐅᔭᖅ, Pasta

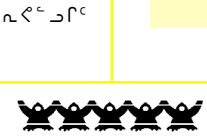
ᓂᕿᑦᓴᐊᑦ ᑲᔫᓂᕐᓴᑦ ᓂᕈᐊᕐᓂᓴᓇᕝᕙᓪᓗᒋᑦ

Nunavik Food Guide Group

Grain Products : Bannock, Bread, Cereal, Rice & Pasta

Choose whole grain more often

ᕐᑲᓄᓪᓗᐊᑎᒋᒃ ᐊᑐᐃᓐᓇᕈᕐᑎᑕᐅᒐᓱᐊᕐᓂᐊᓂᖕᒐᑦ: 20 ᒥᓂᔅᑦ
ᕐᑲᓄᓪᓗᐊᑎᒋᒃ ᕐᑲᓚᒐᓱᐊᕐᓂᐊᓂᖕᒐᑦ: 45 ᒥᓂᔅᑦ



Preparation Time: 20 minutes
Cooking Time: 45 minutes

ᓂᑮᑦ ᕐᑲᓄᐃᑦᑑᓂᖕᒋᑦ

Foods Items

ᐱᑕᑦᓴᖅ (ᒪᒪᕐᓴᐅᑎᒃ) ᑲᔪᖅ ..... ¼ cup (60 ml) ..... Brown sugar
ᐱᑕᑦᓴᖅ (ᒪᒪᕐᓴᐅᑎᒃ) ..... 2 tablespoons (30 ml) ..... White sugar
ᐅᕐᓯᖅ Canola oii ..... 2 tablespoons (30 ml) ..... Canola oil
ᐃᒻᒧᖅ 2 % ..... 4 tablespoons (60 ml) ..... 2 % milk
ᒪᓐᓂᖅ ..... 1 ..... Egg
ᓴᓇᐅᒐᖅ (ᓂᕿᑦᓴᔭᖅ) ᑲᔫᓂᕐᓴᖅ ..... 1/3 cup (180 ml) ..... Whole wheat flour
ᓴᓇᐅᒐᖅ (ᓂᕿᑦᓴᔭᖅ) ..... 1/3 cup (180 ml) ..... Flour
Cinnamon ..... ½ teaspoon (2 ml) ..... Cinnamon
Baking soda ..... ½ teaspoon (2 ml) ..... Baking soda
ᑕᓇᐅᖅ ..... ½ teaspoon (2 ml) ..... Salt
Nutmeg ..... ½ teaspoon (2 ml) ..... Nutmeg
ᓯᕐᑲᓪᓕᓯᒪᑎᓪᓗᒋᑦ Carrots ..... 2 ..... Carrot shredded

ᐊᑐᐃᓐᓇᕈᕐᑕᐅᒍᓯᖕᒋᑦ

Instructions

1. ᐸᕐᕐᑲᑎᒋᐊᕐᓗᒍ ᑭᐊᑦᓴᐅᑎᐅᑉ ᐃᓗᐊ 350 -ᒧᑦ. ᐅᕐᓯᑎᒐᓛᐱᓪᓗᒍ ᑭᐊᑦᓴᐅᑎᐅᑉ ᐃᓗᐊᓂ ᐃᒐᐅᑎᒃ. ᑲᕐᖓᓯᕐᕕᒋᓗᒍ ᓂᕿᑦᓴᔭᒥᒃ.
2. ᐃᖑᑦᓯᕕᐅᑉ ᐃᓗᐊᓂ, ᐅᐊᕈᑎᑦᑎᓗᒋᑦ ᒪᒪᕐᓴᐅᑏᑦ, ᐅᕐᓯᖅ ᐊᒻᒪᓗ ᒪᓐᓂᖅ ᑲᑎᑎᑦᓯᐊᓗᒋᑦ; ᕐᑲᓗᐃᕐᓗᒍ 1 ᒥᓂᔅᑦᒥ.
3. ᕐᑲᓗᐃᕐᓗᒍ ᐃᓛᕐᑐᓗᒍ ᓂᕿᑦᓴᔭᒥᒃ, cinnamon, baking soda, vanilla, nutmeg ᐊᒻᒪᓗ ᑕᓇᐅᕐᒥᒃ; ᕐᑲᓗᐃᓇᐊᓪᓚᓗᒍ 1 ᒥᓂᔅᑦᒋᐊᓪᓚᒥ.
4. Carrots ᕐᑲᓗᐃᕐᑲᑕᐅᑦᔨᓕᕐᒥᓗᒋᑦ.
5. ᑯᕕᓗᒍ ᐃᒐᐅᑎᒋᓚᖕᒐᔭᕐᓄᑦ.
6. ᐃᒐᓗᒍ 40 - 45 ᒥᓂᔅᑦᒥ, ᑯᒃᑭᓕᖕᒋᐅᑎᓪᓗᓃᑦ ᓴᓗᒪᕐᑲᑦᑕᓕᕐᐸᑦ ᕐᑭᑎᖕᒐᒍᑦ ᒪᖑᑦᑎᓯᒍ.
7. ᓂᓪᓕᓯᐊᓇᕐᕐᑳᓗᒍ ᐃᒐᐅᑎᒦᖕᒋᖕᓈᓗᓂ 5 ᒥᓂᔅᑦᒥ, ᑎᒪ ᐃᓕᓕᕐᒥᓗᒍ ᓯᓪᓗᓛᒧᑦ ᓂᓪᓕᓱᕕᒻᒧᑦ ᓂᓪᓕᓯᐊᓇᓯᓗᒍ.

1. Preheat oven to 350°F (189°C). Lightly grease baking dish. Sprinkle with flour.
2. In a mixing bowl, mix together sugars, oil and egg until blended; beat for 1 minute.
3. Stir in the flours, cinnamon, baking soda, vanilla, nutmeg and salt; beat again for 1 minute.
4. Stir in carrots.
5. Pour into baking dish.
6. Bake 40 – 45 minutes, until toothpick inserted in center comes out clean.
7. Let cool in pan for 5 minutes, then turn onto rack to cool completely.

Nutrient values – 1 serving =74g

257,9 kCal Calories • 27,7 g Carbo • 15,3 g Fat • 3,3 g Protein • 1,9 g Fiber • 1,1 mg Iron

Gingerbread Cake

ᓄᓇᕕᒻᒥ ᓂᕿᑦᓯᐊᓂᒃ ᓂᓇᕐᑯᓪᓗᑕ ᒪᓕᒐᓕᐊᖑᒍᒪᔪᑦ

ᐸᓚᐅᒫᑦᓴᓴᑦ: ᐸᓂᕐᑎᑕᖅ, ᓂᐊᕐᑰᔭᖅ, ᐅᓪᓛᕈᒥᑕᑦᓴᔭᖅ, ᐃᕐᕿᐅᔭᖅ, Pasta

ᓂᕿᓴᓴᑦ ᑲᔫᓂᕐᓴᑦ ᓂᕈᐊᕐᓂᓴᓇᕝᕙᓪᓗᒋᑦ

Nunavik Food Guide Group

Grain Products : Bannock, Bread, Cereal, Rice & Pasta

Choose whole grain more often

ᖃᓄᓪᓗᐊᑎᒋᒃ ᐊᑐᐃᓐᓇᕈᕐᑎᑕᐅᒐᓱᐊᕐᓂᐊᓂᖅᒐᑦ: 20 ᒥᓂᑦᑦ
ᖃᓄᓪᓗᐊᑎᒋᒃ ᖃᓚᒐᓱᐊᕐᓂᐊᓂᖅᒐᑦ: 50 ᒥᓂᑦᑦ

Preparation Time: 20 minutes
Cooking Time: 50 minutes

ᓂᑮᑦ ᖃᓄᐃᑦᑑᓂᖅᒋᑦ

Foods Items

ᐅᕐᓱᖅ Canola oil	2 tablespoons (30 ml)	Canola oil
ᐃᒻᒧᖅ 2 %	2 tablespoons (30 ml)	2 % milk
ᐱᑕᑦᓴᖅ (ᒪᒪᕐᓴᐅᑎᒃ) ᑲᔪᖅ	2 tablespoons (30 ᒥᓂᑦᑦ)	Brown sugar
ᒪᓐᓂᖅ	1	Egg
ᒪᓛᓯ	1/3 cup (80 ml)	Molasses
ᐆᓇᕐᑐᖅ ᐃᒪᖅ	1/3 cup (80 ml)	Hot water
ᓴᓇᐅᒐᖅ (ᓂᕿᑦᓴᔭᖅ)	1 cup	flour
Baking soda	½ teaspoon (2 ml)	Baking soda
Ginger	½ teaspoon (2 ml)	Ginger
Cinnamon	½ teaspoon (2 ml)	Cinnamon
ᑕᓇᐅᖅ	½ teaspoon (2 ml)	Salt

ᐊᑐᐃᓐᓇᕈᕐᑕᐅᒍᓯᖅᒋᑦ

Instructions

1. ᐸᕐᕐᑲᑎᒋᐊᕐᓗᒍ ᑭᐊᑦᓴᐅᑎᐅᑉ ᐃᓗᐊ 325 -ᒧᑦ.
2. ᐃᖅᒍᑦᓯᕕᐅᑉ ᐃᓗᐊᓂ, ᖃᓗᐃᕐᓗᒋᑦ margarine, ᒪᒪᕐᓴᐅᑎᒃ, ᒪᓐᓂᖅ, ᒪᓛᓯ ᐊᒻᒪᓗ ᐃᒪᖅ ᐆᓇᕐᑐᖅ.
3. ᐃᓚᒋᓕᐅᑎᓗᒍ ᓂᕿᑦᓴᔭᖅ, , baking soda, ginger, cinnamon ᐊᒻᒪᓗ ᑕᓇᐅᖅ, ᐅᐊᕈᑎᒌᑦᑎᓯᐊᕐᓗᒋᑦ.
4. ᑯᕕᓗᒍ ᐃᒐᐅᑎᒋᓚᖅᒐᔭᕐᓄᑦ.
5. ᐃᒐᓗᒍ 50 ᒥᓂᑦᑦ, ᑯᒃᑭᓕᖅᒋᐅᑎᓪᓘᓃᑦ ᓴᓗᒪᖅᑕᓕᕐᐸᑦ ᕿᑎᖅᒐᒍᑦ ᒪᖅᒍᑦᑎᓱᒍ.

1. Preheat oven to 325°F (165°C). Lightly grease baking dish.
2. In a bowl, beat together margarine, sugar, egg, molasses and hot water.
3. Stir in flour, baking soda, ginger, cinnamon and salt. Mix well.
4. Pour into baking dish.
5. Bake 50 minutes, until toothpick inserted in center comes out clean.

Nutrient values – 1 serving=100g

345,7 kCal Calories • 50,7 g Carbo • 14,9 g Fat • 3,3 g Protein • 1,0 g Fiber • 3,2 mg Iron

Upside Down Cake

ᓄᓇᕗᒻᒥ ᓂᕿᑦᓯᐊᓂᒃ ᓂᓇᕐᑯᓐᓗᑕ ᒪᓕᒐᓕᐊᖅᒍᒪᔪᑦ

ᐸᓚᐅᒫᑦᓴᓴᑦ: ᐸᓂᕐᑎᑕᖅ, ᓂᐊᕐᑰᔭᖅ, ᐅᓪᓛᕈᒥᑕᑦᓴᔭᖅ, ᐃᕐᕿᐅᔭᖅ, Pasta

ᓂᕿᑦᓴᓴᑦ ᑲᔪᓂᕐᓴᑦ ᓂᕈᐊᕐᓂᓴᓇᕝᓪᓗᒋᑦ

Nunavik Food Guide Group

Grain Products : Bannock, Bread, Cereal, Rice & Pasta

Choose whole grain more often

ᕐᑲᓄᓪᓗᐊᑎᒋᒃ ᐊᑐᐃᓐᓇᕈᕐᑎᑕᐅᒐᓯᐊᕐᓂᐊᓂᖅᒐᑦ: 25 ᒥᓂᔅᑦ
ᕐᑲᓄᓪᓗᐊᑎᒋᒃ ᕐᑲᓚᒐᓯᐊᕐᓂᐊᓂᖅᒐᑦ: 45 ᒥᓂᔅᑦ

Preparation Time: 25 minutes
Cooking Time: 45 minutes

ᓂᒌᑦ ᕐᑲᓄᐃᑦᑑᓂᖅᒋᑦ

Foods Items

ᐅᕐᓯᖅ Canola oil ..... 3 tablespoons (45 ml) ..... Canola oil
ᕐᑯᒻᒧᔪᒥᑦᑐᑦ peaches ..... 1 cup (240 ml) ..... Canned peaches
ᐱᑕᑦᓴᖅ (ᒪᒪᕐᓴᐅᑎᒃ) ᑲᔪᖅ ..... ½ cup (120 ml) ..... Brown sugar
ᒪᓐᓂᖅ ..... 1 ..... Egg
ᓴᓇᐅᒐᖅ (ᓂᕿᑦᓴᔭᖅ) ᑲᔪᓂᕐᓴᖅ ..... 2/3 cup (160 ml) ..... Whole wheat flour
Bran ..... 1/3 cup (80 ml) ..... Bran
ᐳᑦᔪᓴᐅᑎᒃ ..... ½ teaspoon (2 ml) ..... Baking powder
Baking soda ..... ½ teaspoon (2 ml) ..... Baking soda
Cinnamon ..... ½ teaspoon (2 ml) ..... Cinnamon
ᐸᐅᖅᒐᐅᔪᑦ ..... 1/3 cup (80 ml) ..... Raisin

ᐊᑐᐃᓐᓇᕈᕐᑕᐅᒍᓯᖅᒋᑦ

1. ᐸᕐᕐᑲᑎᒋᐊᕐᓗᒍ ᑭᐊᑦᓴᐅᑎᐅᑉ ᐃᓗᐊ 350 -ᒧᑦ. ᕐᑯᒻᒥᔪᒦᑦᑐᑦ peaches ᐃᒪᖅᒐ ᑯᐱᓗᒍ ᐅᕝᕙᓘᓐᓃᑦ (canned pineapples). ᐃᕐᕈᓗᒋᑦ peaches ᕐᑯᒻᒧᔪᒦᑦᑐᐱᓃᑦ ᐃᒪᕐᒧᑦ ᑯᐱᔪᒧᑦ ᐃᒡᒍᑎᑦᓴᔭᒨᕐᓗᒋᓪᓗ.
2. ᐃᒐᐱᒋᓚᖅᒐᓴᑦ ᓂᐱᒌᒃᑯᓯᕐᓗᒍ ᐊᒥᐊᑦᓴᔭᒥᒃ ᓯᑯᑦᓴᔭᒥᒃ. Peaches ᐅᕝᕙᓘᓐᓃᑦ pineapples ᐃᓕᓗᒋᑦ. ᓴᓂᕐᕙᕐᓇᓗᒋᑦ.
3. ᐃᖅᒍᑦᓯᐱᒻᒥ, ᐅᐊᕈᑎᒌᑦᑎᓗᒋᑦ ᐅᕐᓯᖅ ᒪᒪᕐᓴᐅᑎᓗ ᓯᑲᑦᑐᐊᓗᒻᒥᒃ ᕐᑲᓗᐃᕐᓗᒋᒃ. ᐃᓚᓗᒋᒃ ᒪᓐᓂᒥᒃ ᐊᒻᒪᓗ ᕐᑲᓗᐃᑦᓯᐊᓗᒋᑦ.
4. ᐃᓚᒋᓕᐅᑎᓕᕐᒥᓗᒋᑦ ᐃᓚᕐᕿᓯᒪᔪᑦ carrots.
5. ᐃᖅᒍᑦᓯᐱᒻᒥ, ᐅᐊᕈᑎᒌᑦᑎᓗᒋᑦ ᓂᕿᑦᓴᔭᑐᐃᓐᓇᖅ ᕐᑲᑯᑦᑕᖅ, ᑲᔪᕐᓗ, ᐳᑦᔪᓯᐅᑎᒃ, baking soda, cinnamon ᐊᒻᒪᓗ ᐸᐅᖅᒐᐅᔪᑦ.
6. ᐃᓚᒋᓕᐅᑎᓕᕐᓗᒋᑦ ᕐᑲᓗᐃᕐᓯᒪᔫᒃ ᓂᕿᑦᓴᔭᖅ ᐊᒻᒪᓗ carrots.
7. ᑯᐱᓗᒋᑦ ᐃᓚᕐᕿᓯᒪᔪᑦ peach (or pineapple) ᕐᑯᓛᓄᑦ.
8. ᐃᒐᓗᒋᑦ 45 ᒥᓂᔅᑦ ᒥᑦᓴᓂ ᐅᕝᕙᓘᓐᓃᑦ ᑯᒃᑭᓕᖅᒋᐅᑎᓪᓗᓃᑦ ᓴᓗᒪᖅᑲᑦᑕᓕᕐᐸᑦ ᕿᑎᖅᒐᒍᑦ ᒪᖅᒍᑦᑎᓯᒍ.
9. ᓂᓪᓕᓯᑎᓪᓗᒍ 30 ᒥᓂᔅᑦᓂ ᐆᒍᑕᕐᒨᓚᐅᕐᓇᒋᑦ. ᓂᓇᔭᐅᒍᓐᓇᑐᖅ ᓂᕈᒥᑦᑑᑎᓪᓗᒍ ᓂᓪᓕᒪᑎᓪᓗᒍᓘᓐᓃᑦ.

Instructions

1. Preheat oven to 350°F (180°C). Drain canned peaches (or canned pineapples). Rinse canned peaches under water and place on paper towel.
2. Line bottom of oven pan with waxed paper. Arrange peaches (or pineapples) on the bottom of the pan. Set aside.
3. In a bowl, mix oil and sugar together vigorously. Add egg and beat well.
4. Stir in the shredded carrots.
5. In another bowl, combine flour, bran, baking powder, baking soda, cinnamon and raisins.
6. Stir the flour mixture into the carrot mixture.
7. Pour batter evenly over peach (or pineapple) slices.
8. Bake for approximately 45 minutes or until toothpick inserted in center comes out clean.
9. Let stand for 30 minutes before turning onto serving plate. Serve warm or cold.

Nutrient values – 1 serving=115g

238,7 kCal Calories • 41,6 g Carbo • 6,6 g Fat • 5,3 g Protein • 4,8 g Fiber • 1,9 mg Iron

ᓂᒃᑯᓂᒃ ᓄᑖᔭᕕᓂᕐᓂᒃ ᐅᐊᕈᑎᓖᑦ ᖃᕐᕐᑯᐊᓗᐊᐲᑦ
Dried Fruit Cookies

ᓄᓇᕕᒻᒥ ᓂᕿᑦᓯᐊᓂᒃ ᓂᓇᕐᑯᓪᓗᑕ ᒪᓕᒐᓕᐊᖕᒍᒪᔪᑦ

ᐸᓚᐅᒫᑦᓴᐊᑦ: ᐸᓂᕐᑎᑕᖅ, ᓂᐊᕐᑰᔭᖅ, ᐅᓪᓛᕈᒥᑦᓴᔭᖅ, ᐃᕐᕿᐅᔭᖅ, Pasta

ᓂᕿᓴᐊᑦ ᑲᔫᓂᕐᓴᑦ ᓂᕈᐊᕐᓂᓴᓇᕝᓪᓗᒋᑦ

Nunavik Food Guide Group

Grain Products : Bannock, Bread, Cereal, Rice & Pasta

Choose whole grain more often

ᖃᓄᓪᓗᐊᑎᒋᒃ ᐊᑐᐃᓐᓇᕈᕐᑎᑕᐅᒐᓱᐊᕐᓂᐊᓂᖕᒐᑦ: 20 ᒥᓂᑦᑦ
ᖃᓄᓪᓗᐊᑎᒋᒃ ᖃᓚᒐᓱᐊᕐᓂᐊᓂᖕᒐᑦ: 15 ᒥᓂᑦᑦ

Preparation Time: 20 minutes
Cooking Time: 15 minutes

ᓂᑖᑦ ᖃᓄᐃᑦᑑᓂᖕᒋᑦ

Foods Items

Margarine	2 tablespoon (30 ml)	Margarine
ᐱᑕᑦᓴᖅ (ᒪᒪᕐᓴᐅᑎᒃ) ᑲᔪᖅ	4 tablespoons (60 ml)	Brown sugar
ᒪᓐᓂᖅ	1	Egg
ᓴᓇᐅᒐᖅ (ᓂᕿᑦᓴᔭᖅ)	1/3 cup (80 ml)	Flour
ᓴᓇᐅᒐᖅ (ᓂᕿᑦᓴᔭᖅ) ᑲᔫᓂᕐᓴᖅ	¼ cup (60 ml)	Whole wheat flour
ᐳᑦᔪᓴᐅᑎᒃ	½ teaspoon (2 ml)	Baking powder
Cinnamon	½ teaspoon (2 ml)	Cinnamon
ᓂᒃᑯᐃᑦ ᓄᑖᔭᕕᓃᑦ	1 oz (30 g)	Dried fruit
ᐃᒻᒧᖅ 2 %	2 tablespoons (30 ml)	2 % milk

ᐊᑐᐃᓐᓇᕈᕐᑕᐅᒍᓯᖕᒋᑦ

1. ᐸᕐᕐᑲᑎᒋᐊᕐᓗᒍ ᑭᐊᑦᓴᐅᑎᐅᑉ ᐃᓗᐊ 350 -ᒧᑦ.
2. ᐃᖕᒍᑦᓯᕕᒻᒥ, ᑲᑎᑎᕐᓗᒋᑦ margarine ᐊᒻᒪᓗ ᒪᒪᕐᓴᐅᑎᒃ.
3. ᐊᑐᕐᓗᒍ ᐃᑯᒪᐅᑎᒧᕐᑐᖅ ᖃᓗᐃᕈᑎᒃ, margarine ᐊᒻᒪᓗ ᒪᒪᕐᓴᐅᑎᒃ ᐃᖕᒍᓚᓗᒋᒃ ᓯᑲᓐᓂᖕᒐ ᐊᑯᓐᓇᕐᕿᑖᑦᑎᓗᒍ ᑖᓐᓇ ᖃᐳᓕᔪᐊᐱᐅᖕᖕᒋᓂᓕᒫᖕᒐᓂ ᐊᕐᕿᑦᑑᐊᐱᐅᓗᓂ.
4. ᒪᓐᓂᖅ ᐅᐊᕈᑦᓯᐅᑎᒋᓗᒍ.
5. ᐃᖕᒍᑦᓯᕕᐅᑉ ᐊᓯᐊᓂ, ᑲᑎᑎᕐᓗᒋᑦ ᓂᕿᑦᓴᔭᖅ ᖃᑯᕐᑕᖅ, ᓂᕿᑦᓴᔭᖅ ᑲᔪᖅ, ᐳᑦᔪᓴᐅᑎᒃ ᐊᒻᒪᓗ cinnamon. ᐅᐊᕈᑎᑖᓕᕐᑎᓯᐊᕐᓗᒋᑦ.
6. ᐃᓚᒋᓕᐅᑎᓕᕐᒥᓗᒋᑦ ᓂᒃᑯᐃᑦ ᓄᑖᔭᕕᓃᑦ.
7. ᖃᓗᐃᖃᑦᑕᓗᒍ ᑐᕐᕐᑯᑐᐃᕕᒋᓗᒍ ᓂᒃᑯᓂᒃ ᓄᑖᔭᓂᒃ ᑖᑦᓯᒧᖕᒐ ᐃᒪᕈᕕᓕᐊᖕᒍᓯᒪᔪᒧᑦ ᐃᓛᕐᑐᒥᓗᒍ ᐃᒻᒧᒥᒃ. ᖃᓗᐃᖃᑦᑕᓗᒍ ᑐᕐᕐᑯᐃᕕᒋᒋᐊᑕᒫᑦ.
8. ᖃᓗᕋᐅᑎᐅᓈᕐᑎᑎᓪᓗᒋᑦ ᐃᓕᐅᕐᕐᑲᓗᒋᑦ ᖃᕐᕐᑯᐊᓗᐊᐱᓕᐅᕈᑎᒧᑦ.
9. ᐃᒐᓗᒍ 15 ᒥᓂᑦᑦᒥ ᑲᔪᕈᖕᖕᒋᓂᓕᒫᖕᒐᓂᓗᓐᓂᑦ. ᓂᓪᓕᓯᐊᓇᐊᐱᕐᑲᓗᒋᑦ ᐲᓚᐅᕐᓇᒋᑦ ᐃᒐᐅᑎᒥᑦ.

ᐊᑐᐃᓐᓇᕈᕐᑕᐅᒍᓯᖕᒋᑦ

Instructions

1. Preheat oven to 350 °F (180°C).
2. In a bowl, add margarine and sugar.
3. Using an electric mixer, beat margarine and sugar together at medium speed until light and fluffy.
4. Beat in egg.
5. In a separate bowl, combine flour, whole wheat flour, baking powder and cinnamon. Mix well.
6. Stir in dried fruit.
7. Alternately add dry mixture to creamed mixture along with milk. Mix well after each addition.
8. Drop by spoonfuls onto baking sheets.
9. Bake for 15 minutes or until golden. Let cool slightly before removing from baking sheet.

Nutrient values — 1 serving =45g

153,1 kCal Calories • 22,6 g Carbo • 5,8 g Fat • 2,8 g Protein • 1,7 g Fiber • 1,2 mg Iron

ᒪᓛᓯᓛᑦ ᖃᕐᕐᑯᐊᓗᐊᐲᑦ
Molasses Cookies

ᓄᓇᕗᒻᒥ ᓂᕿᑦᓯᐊᓂᒃ ᓂᓇᕐᑯᓪᓗᑕ ᒪᓕᒐᓕᐊᖅᒍᒪᔪᑦ

ᐸᓚᐅᒫᑦᓴᓴᑦ: ᐸᓂᕐᑎᑕᖅ, ᓂᐊᕐᑰᔭᖅ, ᐅᓪᓛᕈᒥᑦᓴᔭᖅ, ᐃᕐᕿᐅᔭᖅ, Pasta

ᓂᕿᓴᓴᑦ ᑲᔫᓂᕐᓴᑦ ᓂᕈᐊᕐᓂᓴᓇᕝᓪᓗᒋᑦ

Nunavik Food Guide Group

Grain Products : Bannock, Bread, Cereal, Rice & Pasta

Choose whole grain more often

ᕐᑲᓄᓪᓗᐊᑎᒋᒃ ᐊᑐᐃᓐᓇᕈᕐᑎᑕᐅᒪᓱᐊᕐᓂᐊᓂᖅᒪᑦ: 20 ᒥᓂᑦᑦ
ᕐᑲᓄᓪᓗᐊᑎᒋᒃ ᕐᑲᓚᒪᓱᐊᕐᓂᐊᓂᖅᒪᑦ: 10 ᒥᓂᑦᑦ

Preparation Time: 20 minutes
Cooking Time: 10 minutes

ᓂᑮᑦ ᖃᓄᐃᑦᑑᓂᖅᒋᑦ

Foods Items

ᐱᑕᑦᓴᖅ (ᒪᒪᕐᓴᐅᑎᒃ) ᑲᔪᖅ	3 tablespoons (45 ml)	Brown sugar
ᐃᒻᒧᖅ 2 %	2 tablespoons (30 ml)	2 % milk
Vinegar	½ teaspoon (2 ml)	Vinegar
Margarine	3 tablespoons (45 ml)	Margarine
Lᓛᓯ	2 tablespoons (30 ml)	Molasses
Lᓐᓂᖅ	1	Egg
ᓴᓇᐅᒐᖅ (ᓂᕿᑦᓴᔭᖅ)	2/3 cup (160 ml)	Flour
Baking soda	½ teaspoon (2 ml)	Baking soda
Cinnamon	½ teaspoon (2 ml)	Cinnamon
Ginger	½ teaspoon (2 ml)	Ginger
Cᓇᐅᖅ	½ teaspoon (2 ml)	Salt

ᐊᑐᐃᓐᓇᕈᕐᑕᐅᒍᓯᖅᒋᑦ

Instructions

1. ᐸᕐᕐᑲᑎᒋᐊᕐᓗᒍ ᑭᐊᑦᓴᐅᑎᐅᑉ ᐃᓗᐊ 375 -ᒧᑦ.
2. ᐃᖅᒍᑦᓯᕕᒻᒥ, ᐅᐊᕈᑎᑏᑦᑎᓗᒋᑦ ᐃᒻᒧᖅ ᐊᒻᒪᓗ vinegar. ᓴᓂᕐᑦᕐᓇᓗᒋᑦ.
3. ᐃᖅᒍᑦᓯᕕᒻᒥ, ᖃᓗᐃᕐᓗᒋᑦ ᒪᒪᕐᓴᐅᑎᒃ, ᐃᒻᒧᖅ, vinegar -ᑕᓕᒃ ("buttermilk"), margarine, ᒪᓛᓯ ᐊᒻᒪᓗ ᒪᓐᓂᖅ ᑕᒪᒃᑯᐊᓕᒫᑦ ᑲᑭᐊᑦᓯᖅᒋᓐᓕᒫᖅᒋᓐᓂ ᐃᓗᐃᒃᑲᑲᓪᓛᒍᓐᓂᓗᑎᒃ.
4. ᐅᐊᕈᑦᓯᓕᕐᒥᓗᒋᑦ ᓂᕿᑦᓴᔭᒥᒃ, baking soda, cinnamon, ginger ᐊᒻᒪᓗ ᑕᓇᐅᕐᒥᒃ.
5. ᖃᓗᕋᐅᑎᐅᓛᕐᑎᑎᓪᓗᒋᑦ ᐃᓕᐅᕐᖃᓕᕐᓗᒋᑦ ᐃᒐᐅᑎᒍᑦ. ᐃᒐᓗᒋᓪᓗ 10 ᒥᓂᑦᑦᒥ.

1. Preheat oven to 375 °F (190°C).
2. In a bowl, mix milk and vinegar. Set aside.
3. In a mixing bowl, beat sugar, milk and vinegar mix ("buttermilk"), margarine, molasses and egg until smooth.
4. Stir in flour, baking soda, cinnamon, ginger and salt.
5. Drop by spoonfuls onto baking sheet. Bake for 10 minutes.

Nutrient values – 1 serving =50g

174,4 kCal Calories • 23,0 g Carbo • 8,2 g Fat • 2,3 g Protein • 0,6 g Fiber • 1,3 mg Iron

ᖃᔪᑦᓴᔭᕐᑕᓖᑦ ᒪᓐᓯᓖᓪᓗ ᖃᕐᕐᑯᐊᓗᐊᐲᑦ
Oatmeal Molasses Cookies

ᓄᓇᕗᒻᒥ ᓂᕿᑦᓯᐊᓂᒃ ᓂᓇᕐᑯᓪᓗᑕ ᒪᓕᒐᓕᐊᖑᒍᒪᔪᑦ

ᐸᓚᐅᒫᑦᓴᔪᑦ: ᐸᓂᕐᑎᑕᖅ, ᓂᐊᕐᑰᔭᖅ, ᐅᓪᓗᕈᒥᑦᓴᔭᖅ, ᐃᕐᕿᐅᔭᖅ, Pasta

ᓂᕿᓴᔪᑦ ᑲᔫᓂᕐᓴᑦ ᓂᕈᐊᕐᓂᓴᓇᕝᓪᓗᒋᑦ

Nunavik Food Guide Group

Grain Products : Bannock, Bread, Cereal, Rice & Pasta

Choose whole grain more often

ᖃᓄᓪᓗᐊᑎᒋᒃ ᐊᑐᐃᓐᓇᕈᕐᑎᑕᐅᒐᓱᐊᕐᓂᐊᓂᖕᒐᑦ: 20 ᒥᓂᑦᑦ
ᖃᓄᓪᓗᐊᑎᒋᒃ ᖃᓚᒐᓱᐊᕐᓂᐊᓂᖕᒐᑦ: 15 ᒥᓂᑦᑦ

Preparation Time: 20 minutes
Cooking Time: 15 minutes

ᓂᒌᑦ ᖃᓄᐃᑦᑑᓂᖕᒋᑦ

Foods Items

ᐱᑕᑦᓴᖅ (ᒪᒪᕐᓴᐅᑎᒃ) ᑲᔪᖅ ..... 1 teaspoon (5 ml) ..... Brown sugar
ᐃᒻᒧᖅ 2 % ..... 1 tablespoon (15 ml) ..... 2 % milk
Vinegar ..... ¼ teaspoon (1 mL) ..... Vinegar
ᒪᓖᓯ ..... 1 teaspoon (5 ml) ..... Molasses
ᒪᓐᓂᖅ ..... 1 ..... Egg
ᓴᓇᐅᒐᖅ (ᓂᕿᑦᓴᔭᖅ) ..... ¼ cup (60 ml) ..... Flour
ᐅᕐᓯᖅ Canola oil ..... 1 tablespoon (15 ml) ..... Canola oil
Cinnamon ..... ½ teaspoon (2 ml) ..... Cinnamon
ᖃᔪᑦᓴᔭᖅ ..... ¼ cup (60 ml) ..... Oats
ᐸᐅᖕᒐᐅᔪᑦ ..... 1 tablespoon (15 ml) ..... Raisin

ᐊᑐᐃᓐᓇᕈᕐᑕᐅᒍᓯᖕᒋᑦ

1. ᐸᕐᕐᑲᑎᒋᐊᕐᓗᒍ ᑭᐊᑦᓴᐅᑎᐅᑉ ᐃᓗᐊ 375 -ᒧᑦ.
2. ᐃᖑᑦᓯᕕᒻᒥ, ᐅᐊᕈᑎᑏᑦᑎᓗᒋᒃ ᐅᕐᓯᖅ, ᒪᒪᕐᓴᐅᑎᒃ, ᒪᓖᓯ ᐃᑯᒪᐅᑎᕐᑐᒧᑦ ᖃᓗᐃᕈᑎᒧᑦ. ᖃᓗᐃᑦᓯᐊᓗᒋᑦ.
3. ᑲᑎᑎᓗᒋᑦ vinegar ᐃᒻᒧᓗ ᐃᓚᒋᓕᐅᑎᒻᒥᓗᒋᑦ ᐅᕐᓯᒥᒃ ᐃᓚᓯᒪᔪᓄᑦ.
4. ᖃᓗᐃᖃᑎᐅᓯᒻᒥᓗᒍ ᒪᓐᓂᖅ ᑕᑯᕗᖕᒐ.
5. ᐅᐊᕈᑦᓯᓕᕐᒥᓗᒋᑦ ᓂᕿᑦᓴᔭᒥᒃ, cinnamon ᐊᒻᒪᓗ ᖃᔪᑦᓴᔭᒥᒃ. ᖃᓗᐃᑦᓯᐊᓗᒋᑦ.
6. ᐃᓚᓗᒋᑦ ᐸᐅᖕᒐᐅᔭᓂᒃ.
7. ᖃᓗᕋᐅᑎᐅᓈᕐᑎᑎᓪᓗᒋᑦ ᐃᓕᐅᕐᖃᓕᕐᓗᒋᑦ ᐃᒐᐅᑎᒧᑦ. ᐃᒐᓗᒋᓪᓗ 15 ᒥᓂᑦᑦᒥ.

Instructions

1. Preheat oven to 375 °F (190°C).
2. In a bowl, mix oil, sugar and molasses with an electric mixer. Beat well.
3. Combine vinegar and milk and add to oil mixture.
4. Beat egg into mixture.
5. Stir in flour, cinnamon and oats. Stir well.
6. Add raisins.
7. Drop by spoonfuls onto cookies sheets. Bake for 15 minutes.

Nutrient values – 1 serving =23g

73,7 kCal Calories • 10,2 g Carbo • 3,2 g Fat • 1,6 g Protein • 0,7 g Fiber • 0,7 mg Iron

ᖃᔪᑦᓴᔭᕐᑕᓗᑦ ᐸᐅᖅᒐᐅᔭᖃᕐᓱᑎᓪᓗ ᖃᖅᑯᐊᓗᐊᐧᑦ
Oatmeal Raisin Cookies

ᓄᓇᕕᒻᒥ ᓂᕿᑦᓯᐊᓂᒃ ᓂᓇᕐᑯᓪᓗᑕ ᒪᓕᒐᓕᐊᖑᒍᒪᔪᑦ

ᐸᓚᐅᒫᑦᓴᔪᑦ: ᐸᓂᕐᑎᑕᖅ, ᓂᐊᕐᑰᔭᖅ, ᐅᓪᓛᕈᒥᑕᑦᓴᔭᖅ, ᐃᕐᕿᐅᔭᖅ, Pasta

ᓂᕿᓴᔪᑦ ᑲᔫᓂᕐᓴᑦ ᓂᕈᐊᕐᓂᓴᓇᕝᕚᓪᓗᒋᑦ

Nunavik Food Guide Group

Grain Products : Bannock, Bread, Cereal, Rice & Pasta

Choose whole grain more often

ᖃᓄᓪᓗᐊᑎᒋᒃ ᐊᑐᐃᓐᓇᕈᕐᑎᑕᐅᒐᓱᐊᕐᓂᐊᓂᖕᒐᑦ: 20 ᒥᓂᔅᑦ
ᖃᓄᓪᓗᐊᑎᒋᒃ ᖃᓚᒐᓱᐊᕐᓂᐊᓂᖕᒐᑦ: 15 ᒥᓂᔅᑦ

Preparation Time: 20 minutes
Cooking Time: 15 minutes

ᓂᑮᑦ ᖃᓄᐃᑦᑑᓂᖕᒋᑦ

Foods Items

Margarine	2 tablespoons (30 ml)	Margarine
ᐱᑕᑦᓴᖅ (ᒪᒪᕐᓴᐅᑎᒃ)	1/3 cup (80 ml)	Brown sugar
Vanilla	½ teaspoon (2 ml)	Vanilla
Oatmeal	2/3 cup (160 ml)	Oatmeal
ᓴᓇᐅᒐᖅ (ᓂᕿᑦᓴᔭᖅ)	¼ cup (60 ml)	Whole wheat flour
Cinnamon	½ teaspoon (2 ml)	Cinnamon
Baking soda	¼ teaspoon (1 ml)	Baking soda
ᐸᐅᖅᒐᐅᔪᑦ	¼ cup (60 ml)	Raisin
ᐃᒪᖅ	2 tablespoons (30 ml)	Water

ᐊᑐᐃᓐᓇᕈᕐᑕᐅᒍᓱᖕᒋᑦ

Instructions

1. ᐸᕐᕐᑲᑎᒋᐊᕐᓗᒍ ᑭᐊᑦᓴᐅᑎᐅᑉ ᐃᓗᐊ 375 -ᒧᑦ.
2. ᐃᖑᑦᓯᕕᒻᒥ, ᖃᓗᐃᕐᓗᒋᑦ margarine, ᒪᒪᕐᓴᐅᑎᒃ ᐊᒻᒪᓗ vanilla. ᐅᐊᕈᑎᑏᑦᑎᓯᐊᕐᓗᒋᑦ.
3. ᐅᐊᕈᑦᓯᓕᕐᒥᓗᒋᑦ ᓂᕿᑦᓴᔭᒥᒃ, cinnamon ᐊᒻᒪᓗ ᖃᔪᑦᓴᔭᒥᒃ. ᖃᓗᐃᑦᓯᐊᓗᒋᑦ.
4. ᐅᐊᕈᑦᓯᓕᕐᒥᓗᒋᑦ ᐸᐅᖅᒐᐅᔭᓂᒃ ᐃᒪᕐᒥᓗ.
5. ᖃᓗᕋᐅᑎᐅᓈᕐᑎᑎᓪᓗᒋᑦ ᐃᓕᐅᖅᑲᓕᕐᓗᒋᑦ ᐃᒐᐅᑎᒍᑦ. ᐃᒐᓗᒋᓪᓗ 15 ᒥᓂᔅᑦᒥ.

1. Preheat oven to 375 °F (190°C).
2. In a bowl, beat margarine, sugar and vanilla. Mix well.
3. Stir in flour, cinnamon and oatmeal. Stir well.
4. Stir in raisins and water.
5. Drop by spoonfuls onto cookies sheets. Bake for 15 minutes.

Nutrient values – 1 serving =45g

163,9 kCal Calories • 26,1 g Carbo • 6,0 g Fat • 2,7 g Protein • 2,1 g Fiber • 1,2 mg Iron

Peanut Butter Cookies

ᓄᓇᕗᒻᒥ ᓂᕿᑦᓯᐊᓂᒃ ᓂᓇᖁᓪᓗᑕ ᒪᓕᒐᓕᐊᖕᒍᒪᔪᑦ

ᐸᓇᐅᒫᑦᓴᓴᑦ: ᐸᓂᖅᑎᑕᖅ, ᓂᐊᖅᑰᔭᖅ, ᐅᓪᓛᕈᒥᑕᑦᓴᔭᖅ, ᐃᖅᑭᐅᔭᖅ, Pasta

Nunavik Food Guide Group

Grain Products : Bannock, Bread, Cereal, Rice & Pasta

ᓂᕿᑦᓴᓴᑦ ᑲᔫᓂᖅᓴᑦ ᓂᕈᐊᖅᓂᓴᓇᕝᕙᓪᓗᒋᑦ

Choose whole grain more often

ᖃᓄᓪᓗᐊᑎᒋᒃ ᐊᑐᐃᓐᓇᕈᖅᑎᑕᐅᒐᓯᐊᖅᓂᐊᓂᖕᒐᑦ: 25 ᒥᓂᑦᑦ
ᖃᓄᓪᓗᐊᑎᒋᒃ ᖃᓚᒐᓯᐊᖅᓂᐊᓂᖕᒐᑦ: 10 ᒥᓂᑦᑦ

Preparation Time: 25 minutes
Cooking Time: 10 minutes

ᓂᑮᑦ ᖃᓄᐃᑦᑑᓂᖕᒋᑦ

Foods Items

ᐅᖅᓱᖅ Canola oil	2 tablespoons (30 mL)	Canola oil
ᐱᑕᑦᓴᖅ (ᒪᒪᖅᓴᐅᑎᒃ)	2 tablespoons (30 mL)	White sugar
ᐱᑕᑦᓴᖅ (ᒪᒪᖅᓴᐅᑎᒃ) ᑲᔪᖅ	2 tablespoons (30 mL)	Brown sugar
Peanut butter	2 tablespoons (30 mL)	Peanut butter
ᓴᓇᐅᒐᖅ (ᓂᕿᑦᓴᔭᖅ) ᑲᔫᓂᖅᓴᖅ	¼ cup (60 ml)	Whole wheat flour
ᓴᓇᐅᒐᖅ (ᓂᕿᑦᓴᔭᖅ)	2 tablespoons (30 mL)	Flour
Baking soda	½ teaspoon (2 ml)	Baking soda
ᒪᓐᓂᖅ	1	Egg
Vanilla	½ teaspoon (2 ml)	Vanilla

ᐊᑐᐃᓐᓇᕈᖅᑕᐅᒍᓯᖕᒋᑦ

Instructions

1. ᐃᖕᒍᑦᓯᐃᒪᒥ, ᐅᐊᕈᑎᑏᑦᑎᓗᒋᒃ ᐅᖅᓱᖅ ᐊᒻᒪᓗ ᒪᒪᖅᓴᐅᑎᒃ ᖃᓗᐃᑦᓯᐊᓗᒋᒃ.
2. ᐃᓚᓗᒍ peanut butter. ᖃᓗᐃᓕᖅᒥᓗᒍ.
3. ᐃᓚᓗᒍ ᒪᓐᓂᒥᒃ, ᕿᓂᐊᓚ ᖃᓗᐃᑦᓯᐊᕋᓯᐊᒻᒪᓇᒻᒥᓗᒋᑦ
4. ᐃᖕᒍᑦᓯᐃᐅᑉ ᐊᓯᐊᓂ, ᑲᑎᑎᖅᓗᒋᑦ ᓂᕿᑦᓴᔭᖅ baking soda ᐅᐊᕈᑎᑏᑦᑎᓯᐊᕋᓯᐊᒻᒪᓇᓪᓗᒋᒃ. ᐃᓚᒥᓕᐅᑎᓕᖅᒥᓗᒋᒃ peanut butter ᐅᐊᕈᑎᓕᒻᒧᑦ ᐊᒻᒪᓗ ᖃᓗᐃᑦᓯᐊᓗᒋᑦ.
5. ᐅᖅᓱᑎᐊᐱᓪᓗᒍ ᓂᐱᒋᒃᑯᑎᑦᓴᖕᒐᓂᒃ ᖃᖅᖅᑯᐊᓗᐊᐱᓕᐅᕈᑎᒃ.
6. ᐃᖕᒍᑦᓯᓯᒪᔪᖅ ᐸᑦᑖᐱᐅᓈᖅᑎᑎᓪᓗᒍ ᐃᓕᐅᖅᖅᑲᓗᒋᑦ ᖃᖅᖅᑯᐊᓗᐊᐱᓕᐅᕈᑎᒧᑦ. ᐊᔭᑦᓴᐅᑎᒧᑦ ᖃᐅᓯᖅᑐᒧᑦ ᓇᖅᓂᑐᖅᓗᒋᑦ ᖃᖅᖅᑯᐊᓗᐊᐱᑦᓴᑦ.
7. ᐃᒐᓗᒋᑦ 10 ᒥᓂᑦᑦᓂ ᑭᐊᑦᓴᐅᑎᐅᑉ ᐃᓗᐊᓂ 400 -ᒥ..

1. In a bowl mix the oil and sugars well.
2. Add peanut butter. Beat.
3. Add the egg, vanilla and beat well.
4. In another bowl, mix flours and baking soda together very well. Add them to the peanut butter mix and mix well.
5. Lightly grease a cookie pan.
6. Form dough into balls and place on cookies sheet. Press down on cookies using a wet fork.
7. Bake for about 10 minutes in oven at 400 °F (200°C).

Nutrient values – 1 serving =30g

136,3 kCal Calories • 13,9 g Carbo • 8,0 g Fat • 2,9 g Protein • 1,1 g Fiber • 0,6 mg Iron

ᓂᐊᕐᑰᔭᐱᑦ ᐊᐳᑕᓗᑦ ᐸᐅᕐᖓᐅᔭᓂᓪᓗ
Apple Raisin Muffins

ᓄᓇᕗᒻᒥ ᓂᕿᑦᓯᐊᓂᒃ ᓂᓇᕐᑯᓪᓗᑕ ᒪᓕᒐᓕᐊᖑᒍᒪᔪᑦ

ᐸᓚᐅᒫᑦᓴᔪᑦ: ᐸᓂᕐᑎᑕᖅ, ᓂᐊᕐᑰᔭᖅ, ᐅᓪᓗᕈᒥᑦᓴᔭᖅ, ᐃᕐᕿᐅᔭᖅ, Pasta

ᓂᕿᑦᓴᔪᑦ ᑲᔫᓂᕐᓴᑦ ᓂᕈᐊᕐᓂᓴᓇᕝᓪᓗᒋᑦ

Nunavik Food Guide Group

Grain Products : Bannock, Bread, Cereal, Rice & Pasta

Choose whole grain more often

ᕐᑲᓄᓪᓗᐊᑎᒋᒃ ᐊᑐᐃᓐᓇᕈᕐᑎᑕᐅᒐᓱᐊᕐᓂᐊᓂᖓᑦ: 20 ᒥᓂᑦᑊ
ᕐᑲᓄᓪᓗᐊᑎᒋᒃ ᕐᑲᓚᒐᓱᐊᕐᓂᐊᓂᖓᑦ: 25 ᒥᓂᑦᑊ

Preparation Time: 20 minutes
Cooking Time: 25 minutes

ᓂᒃᑭᑦ ᕐᑲᓄᐃᑦᑑᓂᖕᒋᑦ

Foods Items

Bran	1/3 cup (80 ml)	Bran
ᓴᓇᐅᒐᖅ (ᓂᕿᑦᓴᔭᖅ)	1/3 cup (80 ml)	Whole wheat flour
ᐱᑕᑦᓴᖅ (ᒪᒪᕐᓴᐅᑎᒃ)	¼ cup (60 ml)	Brown sugar
Cinnamon	½ teaspoon (2ml)	Cinnamon
ᐳᑦᔪᓴᐅᑎᒃ	½ teaspoon (2ml)	Baking powder
Baking soda	½ teaspoon (2ml)	Baking soda
Apple sauce	1/3 cup (80 ml)	Apple sauce
ᒪᓐᓂᖅ	1	Egg
ᐃᒻᒧᖅ 2 %	¼ cup (60 ml)	2 % milk
ᐅᕐᓱᖅ Canola oil	2 tablespoons (30 ml)	Canola oil
ᐸᐅᕐᖓᐅᔪᑦ	¼ cup (60 ml)	Raisin
Vinegar	½ teaspoon (2 ml)	Vinegar

ᐊᑐᐃᓐᓇᕈᕐᑕᐅᒍᓱᖕᒋᑦ

1. ᐸᕐᕐᑲᑎᒋᐊᕐᓗᒍ ᑭᐊᑦᓴᐅᑎᐅᑉ ᐃᓗᐊ 350 -ᒧᑦ.
2. ᓱᕐᕐᑲᑎᕈᑎᒥ ᕐᑲᓪᓗᑎᒥ, ᐊᑐᐃᓐᓇᕈᕐᑎᓗᒍ buttermilk ᑲᑎᑎᕐᓗᒋᒃ ᐃᒻᒧᓗ vinegar. ᓴᓂᕐᓱᓗᒋᑦ.
3. ᐃᖑᑦᓯᐃᒻᒥ, ᑲᑎᑎᕐᓗᒋᒃ bran ᓂᕿᑦᓴᔭᖅ, ᒪᒪᕐᓴᐅᑎᒃ, cinnamon, ᐳᑦᔪᓴᐅᑎᒃ ᐊᒻᒪᓗ baking soda; ᐅᐊᕈᑎᑏᑦᑎᓯᐊᕐᓗᒋᑦ.
4. ᐃᓚᒋᓕᐅᑎᓗᒍ applesauce, ᒪᓂᖅ, buttermilk, ᐅᕐᓱᖅ ᐊᒻᒪᓗ ᐸᐅᕐᖓᐅᔭᖅ. ᕐᑲᓗᐃᕐᓗᒋᑦ ᐅᐊᕈᑎᑏᓕᑦᓯᐊᖕᒋᓐᓂᓕᒫᖕᒋᓐᓂ.
5. ᕐᑲᓗᕋᐅᑎᒧᑦ ᑐᕐᕐᑯᑐᕐᓗᒋᑦ ᓂᐱᑏᒃᑯᓯᕐᑐᓯᒪᔪᒧᑦ ᓯᑯᑦᓴᔭᒥᒃ (ᐅᕐᓱᒥᓪᓘᓐᑦ) ᓂᐊᕐᑰᔭᐱᓕᐅᕈᑎᐅᑉ ᐃᓗᖕᒋᓐᓄᑦ. ᐃᒐᓗᒍ 25 ᒥᓂᑦᑊᒥ.

Instructions

1. Preheat oven to 350°F (180°C).
2. In a measuring cup, prepare buttermilk by combining milk and vinegar. Set aside.
3. In a bowl, combine bran, flour, sugar, cinnamon, baking powder and baking soda; mix well.
4. Add applesauce, egg, buttermilk, oil and raisins. Stir just until combined.
5. Spoon batter into paper lined (or lightly oiled) muffin cups. Bake for 25 minutes.

Nutrient values – 1 serving =68g

152,9 kCal Calories • 23,4 g Carbo • 5,8 g Fat • 3,5 g Protein • 3,4 g Fiber • 1,2 mg Iron

ᓂᐊᕐᑰᔭᐱᑦ ᐸᓈᓇᓃᑦ Date-ᓂᓪᓗ
Banana Date Muffins

ᓄᓇᕗᒻᒥ ᓂᕿᑦᓯᐊᓂᒃ ᓂᓇᕐᑯᓪᓗᑕ ᒪᓕᒐᓕᐊᖑᒍᒪᔪᑦ

ᐸᓚᐅᒫᑦᓴᔪᑦ: ᐸᓂᕐᑎᑕᖅ, ᓂᐊᕐᑰᔭᖅ, ᐅᓪᓛᕈᒥᑕᑦᓴᔭᖅ, ᐃᕐᕿᐅᔭᖅ, Pasta

ᓂᕿᓴᔪᑦ ᑲᔫᓂᕐᓴᑦ ᓂᕈᐊᕐᓂᓴᓇᕝᕙᓪᓗᒋᑦ

Nunavik Food Guide Group

Grain Products : Bannock, Bread, Cereal, Rice & Pasta

Choose whole grain more often

ᕐᑲᓄᓪᓗᐊᑎᒋᒃ ᐊᑐᐃᓐᓇᕈᕐᑎᑕᐅᒐᓱᐊᕐᓂᐊᓂᖓᑦ: 25 ᒥᓂᔅᑦ
ᕐᑲᓄᓪᓗᐊᑎᒋᒃ ᕐᑲᓚᒐᓱᐊᕐᓂᐊᓂᖓᑦ: 25 ᒥᓂᔅᑦ

Preparation Time: 25 minutes
Cooking Time: 25 minutes

ᓂᑮᑦ ᕐᑲᓄᐃᑦᑑᓂᖏᑦ

Foods Items

Bran	1/3 cup (80 ml)	Bran
ᓴᓇᐅᒐᖅ (ᓂᕿᑦᓴᔭᖅ) ᑲᔫᓂᕐᓴᖅ	1/3 cup (80 ml)	Whole wheat flour
ᐱᑕᑦᓴᖅ (ᒪᒪᕐᓴᐅᑎᒃ) ᑲᔪᖅ	¼ cup (60 ml)	Brown sugar
Cinnamon	½ teaspoon (2 ml)	Cinnamon
Baking soda	½ teaspoon (2 ml)	Baking soda
ᐳᑦᔪᓴᐅᑎᒃ	½ teaspoon (2 ml)	Baking powder
ᐊᕐᕿᓕᓂᖅ ᐸᓈᓇ	1/3 cup (80 ml)	Mashed banana
ᒪᓐᓂᖅ	1	Egg
ᐅᕐᓯᖅ Canola oil	2 tablespoons (30 ml)	Canola oil
Dates	¼ cup (60 ml)	Dates
Vinegar	½ teaspoon (2 ml)	Vinegar

ᐊᑐᐃᓐᓇᕈᕐᑕᐅᒍᓯᖏᑦ

1. ᐸᕐᕐᑲᑎᒋᐊᕐᓗᒍ ᑭᐊᑦᓴᐅᑎᐅᑉ ᐃᓗᐊ 350 -ᒧᑦ.
2. ᓯᕐᕐᑲᑎᕈᑎᒥ ᕐᑲᓪᓗᑎᒥ, ᐊᑐᐃᓐᓇᕈᕐᑎᓗᒍ buttermilk ᑲᑎᑎᕐᓗᒋᒃ ᐃᒻᒧᓗ ᐊᒻᒪᓗ vinegar. ᓴᓂᕐᑯᓗᒍ.
3. ᐃᖑᑦᓯᕕᒻᒥ, ᑲᑎᑎᕐᓗᒋᒃ bran, ᓂᕿᑦᓴᔭᖅ, ᒪᒪᕐᓴᐅᑎᒃ, cinnamon, ᐳᑦᔪᓴᐅᑎᒃ ᐊᒻᒪᓗ baking soda; ᐅᐊᕈᑎᑦᑎᓯᐊᕐᓗᒋᑦ.
4. ᓇᑲᑎᕐᓗᒋᑦ dates. ᐊᕿᓪᓕᑎᕐᓗᒋᑦ ᐸᓈᓐᑦ.
5. ᓂᕿᑦᓴᔭᐅᑉ ᐃᓗᐊᓅᕐᓗᒍ, ᐸᓈᓇ, ᒪᓂᖅ, buttermilk, ᐅᕐᓯᖅ ᐊᒻᒪᓗ dates. ᕐᑲᓗᐃᕐᓗᒋᑦ ᑲᑎᖕᖏᓂᓕᒫᖕᒋᓐᓂ.
6. ᕐᑲᓗᕐᐅᑎᒧᑦ ᑐᕐᕐᑯᑐᕐᓗᒋᑦ ᓂᐱᑏᒃᑯᓯᕐᑐᓯᒪᔪᒧᑦ ᓯᑯᑦᓴᔭᒥᒃ (ᐅᕐᓯᒥᓪᓘᓐᑦ) ᐃᒐᐅᑏᑦ ᐃᓗᖕᒋᓐᓄᑦ, ᑕᑕᖕᖏᓗᐊᕐᓴᐱᖅᑕᓗᒋᑦ ᐃᒐᓗᒍ 18 ᒥᓂᔅᑦᒥ ᕐᑲᓚᒻᒪᖕᒫᑕ ᕐᑲᐅᔨᓴᕈᓐᓇᒥᔭᑎᑦ ᕿᑎᖕᒐᒍᑦ ᐊᑦᑐᐊᐱᓪᓗᒋᑦ ᑎᑭᑦ ᐃᓂᑖᖕᖏᑐᐊᕐᐸᑦ ᕐᑲᓚᑦᑐᖅ.

Instructions

1. Preheat oven to 350°F (180°C).
2. In a measuring cup, prepare buttermilk by combining milk and vinegar. Set aside.
3. In a bowl, combine bran, flour, sugar, cinnamon, baking powder and baking soda; mix well.
4. Chop dates. Mash bananas.
5. To flour mixture, add bananas, egg, buttermilk, oil and dates. Stir just until combined.
6. Spoon batter into paper lined (or lightly oiled) muffin cups, filling ¾ full. Bake for 18 minutes or until tops of muffins spring back when lightly touched.

Nutrient values – 1 serving =87g

178,6 kCal Calories • 30,0 g Carbo • 5,9 g Fat • 3,9 g Protein • 4,5 g Fiber • 1,2 mg Iron

ᓂᐊᖁᔭᐲᑦ ᐅᐊᕈᑎᓗᑦ Carrot-ᒥᒃ
Carrot Bran Muffins

ᓄᓇᕗᒻᒥ ᓂᕿᑦᓯᐊᓂᒃ ᓂᓇᖁᓪᓗᑕ ᒪᓕᒐᓕᐊᖕᒍᒪᔪᑦ

ᐸᓚᐅᒫᑦᓴᐊᑦ: ᐸᓂᕐᑎᑕᖅ, ᓂᐊᖁᔭᖅ, ᐅᓪᓛᕈᒥᑦᓴᔭᖅ, ᐃᕐᕿᐅᔭᖅ, Pasta

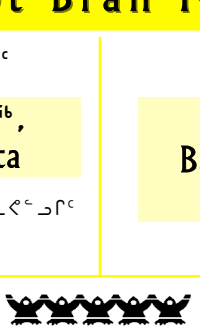
ᓂᕿᑦᓴᐊᑦ ᑲᔫᓂᕐᓴᑦ ᓂᕈᐊᕐᓂᓴᓇᕝᓪᓗᒋᑦ

Nunavik Food Guide Group

Grain Products : Bannock, Bread, Cereal, Rice & Pasta

Choose whole grain more often

ᕐᑲᓄᓪᓗᐊᑎᒋᒃ ᐊᑐᐃᓐᓇᕈᕐᑎᑕᐅᒐᓱᐊᕐᓂᐊᓂᖕᒐᑦ: 25 ᒥᓂᑦᑦ
ᕐᑲᓄᓪᓗᐊᑎᒋᒃ ᕐᑲᓚᒐᓱᐊᕐᓂᐊᓂᖕᒐᑦ: 20 ᒥᓂᑦᑦ



Preparation Time: 25 minutes
Cooking Time: 20 minutes

ᓂᑖᑦ ᕐᑲᓄᐃᑦᑑᓂᖕᒋᑦ

Foods Items

Bran	¼ cup (60 ml)	Bran
ᓴᓇᐅᒐᖅ (ᓂᕿᑦᓴᔭᖅ)	¾ cup (180 ml)	Whole wheat flour
ᐱᑕᑦᓴᖅ (ᒪᒪᕐᓴᐅᑎᒃ)	1 tablespoon (15 ml)	Brown sugar
Cinnamon	½ teaspoon (2ml)	Cinnamon
ᐳᑦᔪᓴᐅᑎᒃ	½ teaspoon (2 ml)	Baking powder
Carrot	1	Carrot
ᒪᓐᓂᖅ	1	Egg
ᐃᒪᒍᖅ 2 %	¼ cup (60 ml)	2 % milk
ᐱᑕᑦᓴᖅ (ᒪᒪᕐᓴᐅᑎᒃ)	2 tablespoons (30 ml)	Brown sugar
ᐅᕐᓯᖅ Canola oil	2 tablespoons (30 ml)	Canola oil
ᐸᐅᖕᒐᐅᔪᑦ	¼ cup (60 ml)	Raisin

ᐊᑐᐃᓐᓇᕈᕐᑕᐅᒍᓯᖕᒋᑦ

Instructions

1. ᐸᕐᕐᑲᑎᒋᐊᕐᓗᒍ ᑭᐊᑦᓴᐅᑎᐅᑉ ᐃᓗᐊ 350 -ᒧᑦ.
2. ᓯᕐᑲᓪᓕᓗᒍ carrot.
3. ᐃᖕᒍᑦᓯᐃᒪᒥ, ᑲᑎᑎᕐᓗᒋᑦ, ᓂᕿᑦᓴᔭᖅ, ᒪᒪᕐᓴᐅᑎᒃ ᓯᕗᓪᓕᖅ, cinnamon, ᐳᑦᔪᓴᐅᑎᒃ, cinnamon ᐊᒻᒪᓗ ᐸᐅᖕᒐᐅᔪᑦ; ᐅᐊᕈᑎᒌᑦᑎᓯᕐᓗᒋᑦ.
4. ᐃᖕᒍᑦᓯᐃᒪᒥ ᐊᓯᐊᓂ, ᐃᖕᒍᓚᒐᓱᐊᒻᒪᓇᓪᓗᒍ ᒪᓐᓂᖅ; ᐃᓛᕐᑐᐸᓪᓕᐊᑕᐅᒐᕐᓗᒍ carrot-ᒥᒃ, ᐃᒻᒧᒥᒃ, ᒪᒪᕐᓴᐅᑎᒋᐊᓪᓚᒥᒃ ᐊᒻᒪᓗ ᐅᕐᓯᒋᐊᓪᓚᒥᓪᓗ. ᐸᓂᕐᑐᓂᒃ ᐃᓚᕐᑐᓕᕐᒥᓗᒍ, ᕐᑲᓗᐃᕐᓗᒍ ᕿᐅᒃᑲᑐᐃᓐᓇᐅᖕᒋᓐᓕᒫᖕᒐᓂ.
5. ᕐᑲᓗᕋᐅᑎᒧᑦ ᑐᕐᕐᑯᑐᕐᓗᒋᑦ ᓂᐱᒌᒃᑯᓯᕐᑐᓯᒪᔪᒧᑦ ᓯᑯᑦᓴᔭᒥᒃ (ᐅᕐᓯᒥᓪᓘᓐᑦ) ᐃᒐᐅᑏᑦ ᐃᓗᖕᒋᓐᓄᑦ, ᑕᑕᖕᖕᒋᓗᐊᕐᕕᐱᕐᑲᑦᑕᓗᒋᑦ ᐃᒐᓗᒍ 18 ᒥᓂᑦᑦᒥ ᐅᑦᑭᓐᓘᓐᓘᑦ ᐃᒐᔭᑎᑦ ᐊᑦᑐᐊᐱᓪᓗᒋᑦ ᕿᑎᖕᒐᒍᑦ ᑎᑭᑦ ᐃᓂᑖᖕᖕᒋᑐᐊᕐᐸᑦ ᕐᑲᓚᑦᑐᖅ.

1. Preheat oven to 350°F (180°C).
2. Grate carrot.
3. In a bowl, combine bran, flour, 1st sugar, cinnamon, baking powder, cinnamon and raisins; mix well.
4. In a mixing bowl, beat egg thoroughly; blend in carrot, milk, 2nd sugar and oil. Add dry ingredients, stirring just until moistened.
5. Spoon batter into paper lined (or lightly oiled) muffin cups, filling ¾ full. Bake for 18 minutes or until tops of muffins spring back when lightly touched.

Nutrient values — 1 serving =64g

180,2 kCal Calories • 26,3 g Carbo • 6,5 g Fat • 5,4 g Protein • 4,0 g Fiber • 1,5 mg Iron

ᓂᐊᖁᔭᐲᑦ ᑭᒻᒥᓇᓖᑦ
Cranberry Muffins

ᓄᓇᕗᒻᒥ ᓂᕿᑦᓯᐊᓂᒃ ᓂᓇᖁᓪᓗᑕ ᒪᓕᒐᓕᐊᖕᒍᒪᔪᑦ

ᐸᓚᐅᒫᑦᓴᔪᑦ: ᐸᓂᕐᑎᑕᖅ, ᓂᐊᖁᔭᖅ, ᐅᓪᓛᕈᒥᑕᑦᓴᔭᖅ, ᐃᕐᕿᐅᔭᖅ, ᐹᔅᑕ Pasta

ᓂᕿᑦᓴᔪᑦ ᑲᔫᓂᕐᓴᑦ ᓂᕈᐊᖁᓂᓴᓇᕝᕙᓪᓗᒋᑦ

Nunavik Food Guide Group

Grain Products : Bannock, Bread, Cereal, Rice & Pasta

Choose whole grain more often

ᖃᓄᓪᓗᐊᑎᒋᒃ ᐊᑐᐃᓐᓇᕈᖁᑎᑕᐅᒐᓱᐊᖁᓂᐊᓂᖕᒐᑦ: 20 ᒥᓂᔅᑦ
ᖃᓄᓪᓗᐊᑎᒋᒃ ᖃᓚᒐᓱᐊᖁᓂᐊᓂᖕᒐᑦ: 15 ᒥᓂᔅᑦ

Preparation Time: 20 minutes
Cooking Time: 15 minutes

ᓂᑮᑦ ᖃᓄᐃᑦᑑᓂᖕᒋᑦ

Foods Items

ᓴᓇᐅᒐᖅ (ᓂᕿᑦᓴᔭᖅ) ..... 1/3 cup (80 ml) ..... Flour
ᐱᑕᑦᓴᖅ (ᒪᒪᖅᓴᐅᑎᒃ) ᑲᔪᖅ ..... 2 tablespoons (30 ml) ..... Brown sugar
ᐳᑦᔪᓴᐅᑎᒃ ..... 1 teaspoon (5 ml) ..... Baking powder
ᑕᓇᐅᖅ ..... ½ teaspoon (2 ml) ..... Salt
ᒪᓐᓂᖅ ..... 1 ..... Egg
ᐅᖅᓱᖅ Canola oil ..... 2 teaspoons (10 ml) ..... Canola oil
ᐃᒻᒧᖅ 2 % ..... ¼ cup (60 ml) ..... 2 % milk
ᑭᒻᒥᓄᑦ ..... ¼ cup (60 ml) ..... Cranberries

ᐊᑐᐃᓐᓇᕈᖅᑕᐅᒍᓱᖕᒋᑦ

Instructions

1. ᐸᖅᑳᑎᒋᐊᖅᓗᒍ ᑭᐊᑦᓴᐅᑎᐅᑉ ᐃᓗᐊ 350 -ᒧᑦ.
2. ᐃᖕᒍᑦᓯᕕᒻᒥ, ᑲᑎᑎᖅᓗᒋᑦ ᓂᕿᑦᓴᔭᖅ, ᒪᒪᖅᓴᐅᑎᒃ, cinnamon, ᐳᑦᔪᓴᐅᑎᒃ ᐊᒻᒪᓗ ᑕᓇᐅᖅ; ᐅᐊᕈᑎᒌᑦᑎᓯᐊᖅᓗᒋᑦ. ᐃᓗᖅᓴᓕᐅᖅᓗᒍ ᖃᑎᖕᒐᒍᑦ.
3. ᐃᖕᒍᑦᓯᕕᒻᒥ ᐊᓯᐊᓂ, ᐃᖕᒍᓚᒐᓱᐊᒻᒪᓇᓪᓗᒍ ᒪᓐᓂᖅ. ᐅᐊᕈᑦᓯᓗᒍ ᐅᖅᓱᒥᒃ, ᐃᒻᒧᒥᒃ, ᑭᒻᒥᓇᖅᓂᓗ. ᐃᓗᖅᓴᐅᓕᓯᒪᔪᒧᑦ ᑐᖅᑯᓗᒍ. ᖃᓗᐃᖅᓗᒍ ᖃᐅᒃᑲᑐᐃᓐᓇᐅᖕᒋᓐᓂᓕᒫᖕᒐᓂ.
4. ᖃᓗᖅᐅᑎᒧᑦ ᑐᖅᑯᑐᖅᓗᒋᑦ ᓂᐱᒋᒃᑯᓯᖅᑐᓯᒪᔪᒧᑦ ᓯᑯᑦᓴᔭᒥᒃ (ᐅᖅᓱᒥᓪᓘᓐᑦ) ᐃᒐᐅᑏᑦ ᐃᓗᖕᒋᓐᓄᑦ. ᐃᒐᓗᒍ 15 ᒥᓂᔅᑦᒥ.

1. Preheat oven to 350°F (180°C).
2. In a bowl, combine flour, sugar, cinnamon, baking powder and salt; mix well. Make a well in the center.
3. In another mixing bowl, beat egg vigorously. Mix in oil, milk and cranberries. Pour into well. Stir to moisten.
4. Spoon batter into paper lined (or lightly oiled) muffin cups. Bake for 15 minutes.

Nutrient values – 1 serving =36g

87,9 kCal Calories • 13,2 g Carbo • 3,1 g Fat • 1,9 g Protein • 0,5 g Fiber • 0,7 mg Iron

ᓂᐊᖁᔭᐲᒃ ᐸᐅᖅᒐᐅᔭᓐᑦ ᐸᐅᖅᓗᓐᓂᓗ
Orange Raisin Muffins

ᓄᓇᕗᒻᒥ ᓂᕿᑦᓯᐊᓂᒃ ᓂᓇᖁᓪᓗᑕ ᒪᓕᒐᓕᐊᖑᒍᒪᔪᑦ

ᐸᓚᐅᒫᑦᓴᓴᑦ: ᐸᓂᖅᑎᑕᖅ, ᓂᐊᖁᔭᖅ, ᐅᓪᓛᕈᒥᑕᑦᓴᔭᖅ, ᐃᖅᕿᐅᔭᖅ, Pasta

ᓂᕿᓴᓴᑦ ᑲᔫᓂᖅᓴᑦ ᓂᕈᐊᖅᓂᓴᓇᕝᕙᓪᓗᒋᑦ

Nunavik Food Guide Group

Grain Products : Bannock, Bread, Cereal, Rice & Pasta

Choose whole grain more often

ᖃᓄᓪᓗᐊᑎᒋᒃ ᐊᑐᐃᓐᓇᕈᖅᑎᑕᐅᒐᓱᐊᖅᓂᐊᓂᖅᒐᑦ: 25 ᒥᓂᔅᓴ
ᖃᓄᓪᓗᐊᑎᒋᒃ ᖃᓚᒐᓱᐊᖅᓂᐊᓂᖅᒐᑦ: 20 ᒥᓂᔅᓴ

Preparation Time: 25 minutes
Cooking Time: 20 minutes

ᓂᒌᑦ ᖃᓄᐃᑦᑑᓂᖅᒋᑦ

Foods Items

ᓴᓇᐅᒐᖅ (ᓂᕿᑦᓴᔭᖅ) ᑲᔫᓂᖅᓴᖅ	1/3 cup (80 ml)	Whole wheat flour
ᓴᓇᐅᒐᖅ (ᓂᕿᑦᓴᔭᖅ)	1/3 cup (80 ml)	Flour
ᐸᐅᖅᒐᐅᔪᑦ	1/3 cup (80 ml)	Raisin
ᐱᑕᑦᓴᖅ (ᒪᒪᖅᓴᐅᑎᒃ) ᑲᔪᖅ	¼ cup (60 ml)	Brown sugar
Cinnamon	½ teaspoon (2 ml)	Cinnamon
ᐳᑦᔪᓴᐅᑎᒃ	1 teaspoon (5 ml)	Baking powder
Nutmeg	½ teaspoon (2 ml)	Nutmeg
Baking soda	½ teaspoon (2 ml)	Baking soda
ᑕᓇᐅᖅ	½ teaspoon (2 ml)	Salt
ᒪᓐᓂᖅ	1	Egg
ᐃᒻᒧᖅ 2 %	1/3 cup (60 ml)	2 % milk
ᐅᖅᓯᖅ Canola oil	2 tablespoons (30 ml)	Canola oil
Orange zest	1 tablespoon (15 ml)	Orange zest

ᐊᑐᐃᓐᓇᕈᖅᑕᐅᒍᓯᖅᒋᑦ

Instructions

1. ᐸᖅᑲᑎᒋᐊᖅᓗᒍ ᑭᐊᑦᓴᐅᑎᐅᑉ ᐃᓗᐊ 350 -ᒧᑦ.
2. ᐃᖅᒍᑦᓯᕕᒻᒥ, ᑲᑎᑎᖅᓗᒋᑦ ᓂᕿᑦᓴᔭᖅ, ᒪᒪᖅᓴᐅᑎᒃ, cinnamon, ᐳᑦᔪᓴᐅᑎᒃ, nutmeg, baking soda ᐊᒻᒪᓗ ᑕᓇᐅᖅ; ᐅᐊᕈᑎᒌᑦᑎᓯᐊᖅᓗᒋᑦ.
3. ᐃᖅᒍᑦᓯᕕᒻᒥ ᐊᓯᐊᓂ, ᐃᖅᒍᓚᓗᒋᑦ ᒪᓐᓂᖅ. ᐃᒻᒧᖅ, ᐅᖅᓯᖅ ᐊᒻᒪᓗ orange zest.
4. ᖃᐅᓯᖅᑐᑦ ᐅᐊᕈᑦᓯᐅᑎᓗᒋᑦ ᐸᓂᖅᑐᓄᑦ ᖃᓗᐃᖅᓗᒍ ᕿᐅᒃᑲᖅᒋᓐᓂᓕᒫᖅᒐᓂ, ᖃᓗᐃᓪᓗᐊᑐᓕᓗᒍ.
5. ᖃᓗᕋᐅᑎᒧᑦ ᑐᖅᑯᑐᖅᓗᒋᑦ ᓂᐱᒋᒃᑯᓯᖅᑐᓯᒪᔪᒧᑦ ᓯᑯᑦᓴᔭᒥᒃ (ᐅᖅᓯᒥᓪᓘᓐᑦ) ᐃᒐᐅᑏᑦ ᐃᓗᖅᒋᓐᓄᑦ. ᐃᒐᓗᒍ 20 ᒥᓂᔅᓴᒥ

1. Preheat oven to 350°F (180°C).
2. In a bowl, combine flours, sugar, cinnamon, baking powder, nutmeg, baking soda and salt; mix well.
3. In another mixing bowl, beat egg, milk, oil and orange zest.
4. Add the wet ingredients to the dry ingredients and stir just until it is humid, not more.
5. Spoon batter into paper lined (or lightly oiled) muffin cups. Bake for 20 minutes.

Nutrient values – 1 serving =72g

200,7 kCal Calories • 33,3 g Carbo • 6,1 g Fat • 4,3 g Protein • 2,4 g Fiber • 1,5 mg Iron

ᓂᐊᕐᑰᔭᐲᑦ (ᑲᔪᖅ ᓂᕿᑦᓴᔭᖅ)
Whole Wheat Muffins

ᓄᓇᕕᒻᒥ ᓂᕿᑦᓯᐊᓂᒃ ᓂᓇᕐᑯᓪᓗᑕ ᒪᓕᒐᓕᐊᖕᒍᒪᔪᑦ

ᐸᓇᐅᒫᑦᓴᐊᑦ: ᐸᓂᕐᑎᑕᖅ, ᓂᐊᕐᑰᔭᖅ, ᐅᓪᓛᕈᒥᑦᓴᔭᖅ, ᐃᕐᕿᐅᔭᖅ, Pasta

ᓂᕿᓴᐊᑦ ᑲᔫᓂᕐᓴᑦ ᓂᕈᐊᕐᓂᓴᓇᕝᕙᓪᓗᒋᑦ

Nunavik Food Guide Group

Grain Products : Bannock, Bread, Cereal, Rice & Pasta

Choose whole grain more often

ᕐᑲᓄᓪᓗᐊᑎᒋᒃ ᐊᑐᐃᓐᓇᕈᕐᑎᑕᐅᒪᓯᐊᕐᓂᐊᓂᖕᒪᑦ: 20 ᒥᓂᑦᑦ
ᕐᑲᓄᓪᓗᐊᑎᒋᒃ ᕐᑲᓚᒪᓯᐊᕐᓂᐊᓂᖕᒪᑦ: 20 ᒥᓂᑦᑦ

Preparation Time: 20 minutes
Cooking Time: 20 minutes

ᓂᑮᑦ ᕐᑲᓄᐃᑦᑑᓂᖕᒋᑦ

Foods Items

ᓴᓇᐅᒪᖅ (ᓂᕿᑦᓴᔭᖅ) ᑲᔫᓂᕐᓴᖅ ..... ½ cup (120 ml) ..... Whole wheat flour
ᓴᓇᐅᒪᖅ (ᓂᕿᑦᓴᔭᖅ) ..... ½ cup (120 ml) ..... Flour
Bran ..... 2 tablespoon (30 ml) ..... Bran
ᐃᒻᒧᖅ ᐸᓂᕐᑐᖅ ..... ¼ cup (60 ml) ..... Skim milk powder
ᐱᑕᑦᓴᖅ (ᒪᒪᕐᓴᐅᑎᒃ) ᑲᔪᖅ ..... ¼ cup (60 ml) ..... Brown sugar
Cinnamon ..... ½ teaspoon (2 ml) ..... Cinnamon
ᐳᑦᔪᓴᐅᑎᒃ ..... 1 tablespoon (15 ml) ..... Baking powder
ᑕᓇᐅᖅ ..... ½ teaspoon (2 ml) ..... Salt
ᒪᓐᓂᖅ ..... 1 ..... Egg
ᐅᕐᓯᖅ Canola oil ..... 2 tablespoons (30 ml) ..... Canola oil
ᐃᒻᒧᖅ 2 % ..... 2 tablespoons (30 ml) ..... 2 % milk
ᐃᒪᖅ ..... ¾ cup (180 ml) ..... Water
ᐸᐅᖕᒐᐅᔪᑦ ..... ¼ cup (60 ml) ..... Raisin

ᐊᑐᐃᓐᓇᕈᕐᑕᐅᒍᓯᖕᒋᑦ

Instructions

1. ᐸᕐᕐᑲᑎᒋᐊᕐᓗᒍ ᑭᐊᑦᓴᐅᑎᐅᑉ ᐃᓗᐊ 350 -ᒧᑦ.
2. ᐃᖕᒍᑦᓯᐃᒻᒥ, ᑲᑎᑎᕐᓗᒋᑦ ᓂᕿᑦᓴᔭᖅ, ᐃᒻᒧᖅ ᐸᓂᕐᑐᖅ, ᒪᒪᕐᓴᐅᑎᒃ, bran, ᐳᑦᔪᓴᐅᑎᒃ cinnamon, ᐊᒻᒪᓗ ᑕᓇᐅᖅ; ᐅᐊᕈᑎᒌᑦᑎᓯᐊᕐᓗᒋᑦ.
3. ᐃᖕᒍᑦᓯᐃᒻᒥ ᐊᓯᐊᓂ, ᐃᖕᒍᓚᓗᒍ ᒪᓐᓂᖅ, ᐃᒪᖅ ᐊᒻᒪᓗ ᐅᕐᓯᖅ. ᐸᓂᕐᑐᓂᒃ ᐃᓚᓗᒍ, ᕐᑲᓗᐃᕐᓗᒍ ᑭᐅᒃᑲᑐᐃᓐᓇᖕᒋᓐᓂᓕᒫᖕᒐᓂ. ᐃᓚᓗᒍ ᐸᐅᖕᒐᐅᔭᓂᒃ. ᕐᑲᓗᐃᓗᐊᕐᑐᓕᒻᒥᓗᒍ
4. ᕐᑲᓗᕋᐅᑎᒧᑦ ᑐᕐᕐᑯᑐᕐᓗᒋᑦ ᓂᐱᒌᒃᑯᓯᕐᑐᓯᒪᔪᒧᑦ ᓯᑯᑦᓴᔭᒥᒃ (ᐅᕐᓯᒥᓪᓘᓃᑦ) ᐃᒐᐅᑏᑦ ᐃᓗᖕᒋᓐᓄᑦ. ᐃᒐᓗᒍ 20 ᒥᓂᑦᑦᒥ.

1. Preheat oven to 350°F (180°C).
2. In a bowl, combine flours, milk powder, sugar, bran, baking powder, cinnamon and salt. Mix well.
3. In another mixing bowl, beat egg, water and oil. Add the dry ingredients, stirring just until it is moistened. Add raisins. Do not overmix.
4. Spoon batter into paper lined (or lightly oiled) muffin cups. Bake for 20 minutes.

Nutrient values — 1 serving

274,6 kCal Calories • 39,1 g Carbo • 10,9 g Fat • 6,3 g Protein • 3,1 g Fiber • 1,9 mg Iron

ᐋᐳᑦ ᖃᕐᕐᑯᓛᑦ
Apple Crisp

ᓄᓇᕕᒻᒥ ᓂᕿᑦᓯᐊᓂᒃ ᓂᓇᕐᑯᓪᓗᑕ ᒪᓕᒐᓕᐊᖕᒍᒪᔪᑦ

ᐸᓚᐅᒫᑦᓴᔪᑦ: ᐸᓂᕐᑎᑕᖅ, ᓂᐊᕐᑰᔭᖅ, ᐅᓪᓛᕈᒥᑕᑦᓴᔭᖅ, ᐃᕐᕿᐅᔭᖅ, Pasta

ᓂᕿᑦᓴᔪᑦ ᑲᔫᓂᕐᓴᑦ ᓂᕈᐊᕐᓂᓴᓇᕝᕚᓪᓗᒋᑦ

Nunavik Food Guide Group

Grain Products : Bannock, Bread, Cereal, Rice & Pasta

Choose whole grain more often

ᖃᓄᓪᓗᐊᑎᒋᒃ ᐊᑐᐃᓐᓇᕈᕐᑎᑕᐅᒐᓱᐊᕐᓂᐊᓂᖕᒐᑦ: 25 ᒥᓂᑦᔾ
ᖃᓄᓪᓗᐊᑎᒋᒃ ᖃᓚᒐᓱᐊᕐᓂᐊᓂᖕᒐᑦ: 40 ᒥᓂᑦᔾ

Preparation Time: 25 minutes
Cooking Time: 40 minutes

ᓂᑮᑦ ᖃᓄᐃᑦᑑᓂᖕᒋᑦ

Foods Items

ᐋᐳᐃᑦ ..... 4 ..... Apples
ᖃᔪᑦᓴᔭᖅ ..... ¾ cup (180 ml) ..... Oatmeal
ᐱᑕᑦᓴᖅ (ᒪᒪᕐᓴᐅᑎᒃ) ᑲᔪᖅ ..... 2 tablespoons (30 ml) ..... Brown sugar
Bran ..... ¼ cup (60 ml) ..... Bran
Margarine ..... ¼ cup (60 ml) ..... Margarine

ᐊᑐᐃᓐᓇᕈᕐᑕᐅᒍᓯᖕᒋᑦ

1. ᐸᕐᕐᑲᑎᒋᐊᕐᓗᒍ ᑭᐊᑦᓴᐅᑎᐅᑉ ᐃᓗᐊ 375 -ᒧᑦ.
2. ᐃᕐᒥᓗᒋᑦ, ᐊᒥᖅᔭᕐᓗᒋᓪᓗ ᓇᑲᑎᕐᓗᒋᓪᓗ ᐋᐳᐃᑦ. ᑭᐊᑦᓴᐅᑎᐅᑉ ᐃᓗᐊᓂ ᐃᒐᐅᑎᒍᑦ ᐃᓕᓗᒋᑦ.
3. ᐃᖕᒍᑦᓯᕕᒻᒥ, ᑲᑎᑎᕐᓗᒋᑦ ᖃᔪᑦᓴᔭᖅ, ᒪᒪᕐᓴᐅᑎᒃ ᑲᔪᖅ ᐊᒻᒪᓗ bran.
4. ᓇᑲᑎᕐᓗᒍ margarine ᐃᓗᐃᒃᑲᓛᒍᖕᖕᒋᓂᓕᒫᖕᒐᓂ. ᑲᕐᖕᒐᓱᕐᓗᒍ ᐋᐳᓄᑦ.
5. ᐃᒐᓗᒍ 40 ᒥᓂᑦᔾᒥ ᐋᐳ ᐊᕐᕿᓕᖕᖕᒋᓂᓕᒫᖕᒐᓂ.

Instructions

1. Preheat oven to 375°F (190°C).
2. Wash, peel and slice apples. Place in baking dish.
3. In a mixing bowl, combine oatmeal, brown sugar and bran.
4. Cut in margarine until crumbly. Sprinkle over apples.
5. Bake for 40 minutes until apples are tender.

Nutrient values – 1 serving=143g

189,8 kCal Calories • 28,9 g Carbo • 8,5 g Fat • 2,4 g Protein • 4,6 g Fiber • 0,9 mg Iron

Apple Pie

ᓄᓇᕗᒻᒥ ᓂᕿᑦᓯᐊᓂᒃ ᓂᓇᕐᑯᓪᓗᑕ ᒪᓕᒐᓕᐊᖑᒍᒪᔪᑦ

ᐸᓚᐅᒫᑦᓴᔪᑦ: ᐸᓂᕐᑎᑕᖅ, ᓂᐊᕐᑰᔭᖅ, ᐅᓪᓛᕈᒥᑦᓴᔭᖅ, ᐃᕐᕿᐅᔭᖅ, Pasta

ᓂᕿᑦᓴᔪᑦ ᑲᔫᓂᕐᓴᑦ ᓂᕈᐊᕐᓂᓴᓇᕝᓪᓗᒋᑦ

Nunavik Food Guide Group

Grain Products : Bannock, Bread, Cereal, Rice & Pasta

Choose whole grain more often

ᕐᑲᓄᓪᓗᐊᑎᒋᒃ ᐊᑐᐃᓐᓇᕈᕐᑎᑕᐅᒐᓱᐊᕐᓂᐊᓂᖅᒐᑦ: 40 ᒥᓂᑦᑦ
ᕐᑲᓄᓪᓗᐊᑎᒋᒃ ᕐᑲᓚᒐᓱᐊᕐᓂᐊᓂᖅᒐᑦ: 45 ᒥᓂᑦᑦ

Preparation Time: 40 minutes
Cooking Time: 45 minutes

ᓂᑮᑦ ᕐᑲᓄᐃᑦᑑᓂᖅᒋᑦ

Foods Items

ᓴᓇᐅᒐᖅ (ᓂᕿᑦᓴᔭᖅ) ᑲᔫᓂᕐᓴᖅ ..... 2/3 cup (160 ml) ..... Whole wheat flour
ᓴᓇᐅᒐᖅ (ᓂᕿᑦᓴᔭᖅ) ..... 2/3 cup (160 ml) ..... Flour
ᑕᓇᐅᖅ ..... ½ teaspoon (2 ml) ..... Salt
ᐅᕐᓯᖅ Canola oil ..... 1/3 cup (80 ml) ..... Canola oil
ᐃᒪᖅ ..... 1/3 cup (80 ml) ..... Water

ᓴᓇᐅᒐᖅ (ᓂᕿᑦᓴᔭᖅ) ᑲᔫᓂᕐᓴᖅ ..... 2 tablespoons (30 ml) ..... Whole wheat flour
ᐱᑕᑦᓴᖅ (ᒪᒪᕐᓴᐅᑎᒃ) ᑲᔪᖅ ..... ¼ cup (60 ml) ..... Brown sugar
Cinnamon ..... ½ teaspoon (2 ml) ..... Cinnamon
Nutmeg ..... ½ teaspoon (2 ml) ..... Nutmeg
ᑕᓇᐅᖅ ..... ½ teaspoon (2 ml) ..... Salt
ᐋᐳᐃᑦ ..... 5 ..... Apples

ᐊᑐᐃᓐᓇᕈᕐᑕᐅᒍᓯᖅᒋᑦ

Instructions

ᐸᓂᕐᑎᑕᑦᓴᖅᒐ:

1. ᐸᕐᕐᑲᑎᒋᐊᕐᓗᒍ ᑭᐊᑦᓴᐅᑎᐅᑉ ᐃᓗᐊ 425 -ᒧᑦ.
2. ᐃᖅᒍᑦᓯᕕᒻᒥ ᐊᖅᒋᔪᒥ, ᐅᐊᕈᑎᒦᑦᑎᓗᒋᒃ ᓂᕐᕿᑦᓴᔭᕐᓗ ᑕᓇᐅᕐᓗ
3. ᐃᖅᒍᑦᓯᕕᒻᒥ ᐊᓯᐊᓂ, ᕐᑲᓗᐃᕐᓗᒋᒃ (ᐃᖅᒍᓚᐅᑎᒍᑦ ᕐᑯᐳᐊᒍᓪᓛᒍᑦ) ᐅᕐᓯᖅ ᐊᒻᒪᓗ ᐃᒪᖅ.
4. ᐃᓚᒋᓕᐅᑎᓗᒍ ᐅᕐᓯᖅ ᐃᒪᕐᓗ, ᕐᑲᓗᐃᖅᒋᓐᓈᓗᒍ, ᓂᕿᑦᓴᔭᒧᑦ. ᐅᓗᓗᒍ ᐊᕐᓯᕈᒍᓐᓂᓗᑎᑦ ᐸᑦᑕᕈᖅᒋᓂᓕᒫᖅᒐᓂ. **ᐅᓗᓗᐊᕐᑐᓕᓗᒍ ᐸᓂᕐᑎᑕᑦᓴᖅᒐ:**
5. ᓇᑲᑎᓇᕕᒃ ᓂᕿᑦᓴᔭᐅᑉᐱᔭᐱᓪᓗᒍ. ᐅᓗᑦᓯᒪᔪᖅ ᒪᕐᕈᓕᓗᒍ. ᓵᑦᑐᔭᓪᓕᑎᕐᓗᒍ ᐊᒻᒪᓗᑭᑖᓂᒃ.
6. ᐅᓗᑦᓯᒪᔪᖅ ᐃᒧᓗᒍ ᓵᓪᓕᑎᓇᐅᑎᒍᑦ ᓂᕿᑦᓴᐅᑉᐱᓯᒪᔪᒧᑦ ᕿᕝᓗᐊᕐᓗᒍ ᐊᖅᒋᓂᕐᓴᐅᒪᓈᕐᓗᒍ ᐯᓕᐅᕈᑎᒥᑦ ᐊᑐᓚᖅᒐᔭᕐᓂᑦ. **ᐅᓗᓗᐊᕐᑐᓕᓗᒍ ᐸᓂᕐᑎᑕᑦᓴᖅᒐ:**
7. ᓵᓪᓕᑎᕐᓯᒪᔪᖅ ᓯᑕᒪᐅᓕᓗᒍ ᐃᒧᓗᒍ. ᐃᓕᓗᒍ ᐃᒪᐅᑎᒋᓚᖅᒐᔭᕐᓄᑦ. ᐃᒧᓯᒪᓂᖅᒐ ᐃᓯᕕᑦᑎᓕᕐᒥᓗᒍ ᐊᑖ ᓴᓂᕋᖅᒋᓪᓗ ᐊᑦᑐᐊᕈᓇᐅᑦᓯᐊᑎᓪᓗᒋᑦ ᐆᒍᑕᕐᒧᑦ.

Pastry:

1. Heat oven to 425°F (215°C).
2. In a large bowl, mix flours and salt.
3. In another bowl, beat together (with a wisk) the oil and the water.
4. Add the oil mix, still beating, to the flour mix. Mix together gently until it all gathers together into a ball. **DO NOT OVERWORK THE PASTRY.**
5. Lightly cover a board with flour. Divide the pastry in 2. Shape it on the flour board into flattened rounds.
6. Roll pastry with flour-covered rolling pin into circles a few inches larger than the pie plates you will use to bake. **DO NOT OVERWORK THE PASTRY.**
7. Fold each pastry into 4. Place it inside the pie plate. Unfold in pie plate pressing gently on bottom and sides.

ᐃᓗᒥᐅᑦᑎᖕᒐ:

1. ᐃᖕᒍᑦᓯᕕᒻᒥ, ᐅᐊᕈᑎᒦᑦᑎᓗᒋᑦ ᒪᒪᕐᓴᐅᑎᒃ, ᓂᕿᑦᓴᔭᖅ, cinnamon, nutmeg ᐊᒻᒪᓗ ᑕᓇᐅᖅ. ᖃᓗᐃᖃᑎᐅᑎᓕᕐᒥᓗᒋᑦ ᐋᐳᐃᑦ.
2. ᐃᓕᓗᒋᑦ ᑖᑦᓯᒧᖕᒐ ᐸᓂᕐᑎᑕᑦᓴᖕᒐᑕ ᖁᓛᓄᑦ ᐃᒐᐅᑎᑦᓴᒦᑦᑐᒧᑦ. ᖁᓛᓅᕐᑐᓴᖅ ᐸᓂᕐᑎᑕᑦᓴᖕᒐ ᐃᓕᓗᒍ. ᓯᓈᖕᒐ ᓇᕐᓂᑐᕐᓗᒍ ᓴᖕᒍᐊᐊᐊᐱᓕᐊᓇᖕᖕᒍᐊᓗᒍᓗ. ᓯᓈᖕᒐ ᒪᑐᓯᒪᒍᓐᓇᒥᔪᖅ 3 ᐃᓐᑦᓯᓂᒃ ᓴᐃᖃᔭᐅᔭᕐᓂᒃ ᐆᓐᓂᐅᔭᕿᓚᖕᒐᒍᓇᐅᑉᐸᑦ ᑭᐊᑦᓴᐅᑎᐅᑉ ᐃᓗᐊᓂ, ᑭᓯᐊᓂ ᐊᕐᒥᓗᒍᑦ 15-ᒥ ᓱᓕ ᐃᒐᒋᐊᕐᕿᓐᓈᑎᑦᓗᒍ.
3. ᑭᐊᑦᓴᐅᑎᐅᑉ ᐃᓗᐊᓂ ᐃᒐᓗᒍ 40-45 ᒥᓂᑦᑦᒥ, ᐅᑦᐹᓗᓐᓃᑦ ᖃᒥᐅᑕᖕᒐ ᑲᔪᕈᖕᖕᒋᓂᓕᒫᖕᒐᓂ ᑎᕐᑎᖕᒋᓐᓂᓕᒫᖕᒐᓂᓗᓐᓃᑦ ᑭᑦᓚᖕᒋᑎᒍᑦ. ᓂᑦᓕᓯᐊᓇᓗᒍ ᓴᐃᕋᔭᓂ ᖁᐳᐊᒍᑦᓈᓂ. ᓇᑲᑎᕐᓗᒍ 8-ᖕᒍᓈᕐᑎᑎᑦᓗᒍ.

Filling:

1. In a bowl, mix the sugar, flour, cinnamon, nutmeg and salt. Stir in apples.
2. Place in pastry-lined pie plate. Cover with top pastry that has slits cut in it. Seal and flute. You may cover these edges (only the sides) with narrow strips (3 inch) of aluminium foil if it tends to burn in the oven, but remove the foil during the last 15 minutes of baking.
3. Bake for 40 –45 minutes, or until crust is brown and juice begins to bubble through slits in crust. Cool in pie on wire rack. Divide in 8 pieces.

Nutrient values – 1 serving=136g

213,3 kCal Calories • 35,6 g Carbo • 7,0 g Fat • 3,3 g Protein • 4,3 g Fiber • 1,4 mg Iron

ᐋᐳᕕᓂᖅ ᐃᒪᕈᕕᓕᐊᓇᓯᒪᔪᖅ
Apple Sauce

ᓄᓇᕕᒻᒥ ᓂᕿᑦᓯᐊᓂᒃ ᓂᓇᕐᑯᓪᓗᑕ ᒪᓕᒐᓕᐊᖑᒍᒪᔪᑦ

ᐸᐅᕐᖑᑦ/ᑭᒍᑕᖕᒋᕐᓂᑦ/ᑭᒻᒥᓂᑦ, ᐱᕈᕐᑐᕕᓃᑦ ᒪᒪᕐᑐᐃᑦ ᓄᓇᕋᓪᓗ ᐱᕈᕐᑐᕕᓃᑦ

ᓇᓪᓕᒃᑯᕐᓂᓴᓇᖅᑕᑦᓗᒋᑦ ᑕᐅᑦᑐᖅᒋᑦ ᖃᕐᓂᑖᖅᒐᓂᕐᓴᑦ ᓄᓇᐅᕋᑦ, ᐸᐅᖅᒐᓗᓐᓂᒃ (orange) ᐱᕈᕐᑐᕕᓂᕐᓂᓗ ᓄᓇᔭᓂᒃ ᐱᕈᕐᑐᕕᕐᓂᓂᓗ ᒪᒪᕐᑐᓂᒃ

Nunavik Food Guide Group

Berries, fruits & Vegetable

Choose dark green and orange vegetables and orange fruits more often

ᖃᓄᓪᓗᐊᑎᒋᒃ ᐊᑐᐃᓐᓇᕈᕐᑎᑕᐅᒐᓯᐊᕐᓂᐊᓂᖅᒐᑦ: 10 ᒥᓂᑦᑦ
ᖃᓄᓪᓗᐊᑎᒋᒃ ᖃᓚᒐᓯᐊᕐᓂᐊᓂᖅᒐᑦ: 15 ᒥᓂᑦᑦ

Preparation Time: 10 minutes
Cooking Time: 15 minutes

ᓂᒃᑭᑦ ᖃᓄᐃᑦᑑᓂᖅᒋᑦ

Foods Items

ᐋᐳᐃᑦ ..... 2½ pounds (1100 g) ..... Apples
ᐃᒪᖅ ..... 1 cup (250 ml) ..... Water
Cinnamon ..... ½ teaspoon (2 ml) ..... Cinnamon

ᐊᑐᐃᓐᓇᕈᕐᑕᐅᒍᓯᖅᒋᑦ

Instructions

1. ᐊᒥᔭᕐᓗᒋᑦ, ᓇᒃᑎᕐᓗᒋᓪᓗ ᓯᑕᒪᐅᓕᓗᒋᑦ ᕿᑎᖅᒐᓗ ᓴᐅᓈᖃᐅᑎᖅᒐ ᐃᕐᓗᒍ.
2. ᐃᒐᐅᑎᒥ ᑎᒍᓕᓕᒻᒥ, ᒃᑎᑎᓗᒋᑦ ᐋᐳᐃᑦ ᐃᒪᕐᓗ. ᐃᒪᖅ ᑎᕐᑎᑎᓗᒍ ᐸᕐᕐᑳᓂᖅᒐ ᐊᑯᓐᓈᕐᑭᒥᑦᑎᓗᒍ, ᖃᓗᐃᑦᓴᕋᑦᑲᑦᑕᓗᒍ.
3. ᐸᕐᕐᑳᓂᖅᒐ ᓴᖅᖅᑮᓂᕐᐹᒨᕐᓗᒍ. ᑎᕐᑎᐅᒐᕐᑎᓗᒍ ᒪᑐᓯᒪᒍᓐᓄᓗᓂ 10 ᒥᓂᑦᑦ ᐊᑭᓕᖅᖅᒋᓂᓕᒫᖅᒋᓐᓂ, ᖃᓗᐃᑦᓴᕋᑦᑲᑦᑕᓗᒍ.
4. ᐃᓚᓗᒍ cinnamon-ᒥᒃ. ᑎᕐᑎᑎᓗᒍ ᖃᓗᐃᕐᓗᒍᓗ 1-ᒥᓂᑦᒥ.

1. Peel, cut apples into quarters and remove core.
2. In a pot, combine apples and water. Bring water to boil over medium heat, stirring occasionally.
3. Reduce heat to low. Simmer uncovered for 10 minutes until tender, stirring occasionally.
4. Stir in cinnamon. Boil and stir for 1 minute.

Nutrient values—1 serving =274g

118,5 kCal Calories • 31,5 g Carbo • 0,4 g Fat • 0,6 g Protein • 5,6 g Fiber • 0,4 mg Iron

ᑭᐊᑦᓴᐅᑎᐅᑉ ᐃᓗᐊᓂ ᐃᒐᓯᒪᔪᑦ ᑰᐳᕕᓃᑦ
Baked Apples

ᓄᓇᕕᒻᒥ ᓂᕿᑦᓯᐊᓂᒃ ᓂᓇᕐᑯᓪᓗᑕ ᒪᓕᒐᓕᐊᖑᒍᒪᔪᑦ

ᐸᐅᕐᖓᑦ/ᑭᒍᑕᖕᒋᕐᓂᑦ/ᑭᒻᒥᓂᑦ, ᐱᑭᕐᑐᕕᓃᑦ ᒪᒪᕐᑐᐃᑦ ᓄᓇᕋᓪᓗ ᐱᑭᕐᑐᕕᓃᑦ

ᓇᓪᓕᒃᑖᕐᓂᓴᓇᕐᒃᑕᑦᑕᓗᒋᑦ ᑕᐅᑦᑐᖕᒋᑦ ᕿᕐᓂᑖᖕᒐᓂᕐᓴᑦ ᓄᓇᕋᑦ, ᐸᐅᖕᒐᓗᓐᓂᒃ (orange) ᐱᑭᕐᑐᕕᓂᕐᓂᓗ ᓄᓇᒃᓂᒃ ᐱᑭᕐᑐᕕᕐᓂᓂᓗ ᒪᒪᕐᑐᓂᒃ

Nunavik Food Guide Group

Berries, fruits & Vegetable

Choose dark green and orange vegetables and orange fruits more often

ᕐᒃᓄᓪᓗᐊᑎᒋᒃ ᐊᑐᐃᓐᓇᕈᕐᑎᑕᐅᒐᓯᐊᕐᓂᐊᓂᖕᒐᑦ: 15 ᒥᓂᑦᑦ
ᕐᒃᓄᓪᓗᐊᑎᒋᒃ ᕐᒃᓚᒐᓯᐊᕐᓂᐊᓂᖕᒐᑦ: 55 ᒥᓂᑦᑦ

Preparation Time: 15 minutes
Cooking Time: 55 minutes

ᓂᑮᑦ ᕐᒃᓄᐃᑦᑑᓂᖕᒋᑦ

Foods Items

ᑰᐳᐃᑦ	5	Apples
ᐱᑕᑦᓴᖅ (ᒪᒪᕐᓴᐅᑎᒃ) ᑲᔪᖅ	¼ cup (60 ml)	Brown sugar
Cinnamon	½ teaspoon (2 ml)	Cinnamon
ᐸᐅᖕᒐᐅᕐᑦ	¼ cup (60 ML)	Raisin
Margarine	1 tablespoon (15 ml)	Margarine
ᐃᒪᖅ	1/3 cup (80 ml)	Water

ᐊᑐᐃᓐᓇᕈᕐᑕᐅᒍᓯᖕᒋᑦ

1. ᐸᕐᕐᑲᑎᒋᐊᕐᓗᒍ ᑭᐊᑦᓴᐅᑎᐅᑉ ᐃᓗᐊ 350 -ᒧᑦ. ᐅᕐᓱᐱᔾᐱᓪᓗᒍ ᑭᐊᑦᓴᐅᑎᐅᑉ ᐃᓗᐊᓂ ᐃᒐᐅᑎ.ᒃ
2. ᐃᕐᒥᓗᒋᑦ ᕿᑏᔭᕐᓗᒋᓪᓗ ᑰᐳᐃᑦ. ᐃᒐᐅᑎᒧᕐᓗᒋᑦ.
3. ᐃᖑᑦᓯᐃᒻᒥ, ᑲᑎᑎᕐᓗᒋᑦ ᒪᒪᕐᓴᐅᑎᒃ, cinnamon, ᐸᐅᖕᒐᐅᕐᑦ ᐊᒻᒪᓗ margarine. ᕐᒃᓗᕋᐅᑎᒧᑦ ᐃᓕᐅᕐᖕᒃᓗᒋᑦ ᐊᑐᓂᑦ ᑰᐳᑉ ᕿᑎᖕᒐᓄᑦ.
4. ᐃᒪᕐᒥᒃ ᐃᓚᓗᒍ ᑭᐊᑦᓴᐅᑎᐅᑉ ᐃᓗᐊᓂ ᐃᒐᓚᖕᒐᔪᖅ.
5. ᐃᒐᓗᒍ ᒪᑐᓯᒪᒍᓐᓂᑎᓪᓗᒍ 55 ᒥᓂᑦᑦᒥ ᐅᑯᑯᓐᓂᑦ ᑰᐳᐃᑦ ᐊᕐᑭᓕᑉᐸᑕ ᑭᓯᐊᓂ.

Instructions

1. Preheat oven to 350°F (180°C). Lightly oil baking dish.
2. Wash and core apples. Place in baking dishes.
3. In mixing bowl, combine sugar, cinnamon, raisins and margarine. Spoon mixture into center of each apple.
4. Add water to baking dish.
5. Bake uncovered for 55 minutes or until apples are tender.

Nutrient values – 1 serving=172g

144,4 kCal Calories • 32,8 g Carbo • 2,5 g Fat • 0,6 g Protein • 3,7 g Fiber • 0,6 mg Iron

ᐸᓈᓇᐅᑉ ᐃᑦᑎᖓ ᐃᒥᕋᑦᓴᖅ
Banana Shake

ᓄᓇᕗᒻᒥ ᓂᕿᑦᓯᐊᓂᒃ ᓂᓇᕐᑯᓪᓗᑕ ᒪᓕᒐᓕᐊᖑᒍᒪᔪᑦ

ᐸᐅᕐᖓᑦ/ᑭᒍᑕᖕᒋᕐᓂᑦ/ᑭᒻᒥᓂᑦ, ᐱᑭᕐᑐᕕᓃᑦ ᒪᒪᕐᑐᐃᑦ ᓄᓇᕗᑦᓗ ᐱᑭᕐᑐᕕᓃᑦ

ᓇᓪᓕᒃᑲᕐᓂᓴᓇᖃᑦᑕᓗᒋᑦ ᑕᐅᑦᑐᖕᒋᑦ ᕿᕐᓂᑖᖕᒐᓂᕐᓴᑦ ᓄᓇᕗᑦ, ᐸᐅᖕᒐᓗᓐᓂᒃ (orange) ᐱᑭᕐᑐᕕᓂᕐᓂᓗ ᓄᓇᔭᓂᒃ ᐱᑭᕐᑐᕕᕐᓂᓂᓗ ᒪᒪᕐᑐᓂᒃ

Berries, fruits & Vegetable

Choose dark green and orange vegetables and orange fruits more often

Nunavik Food Guide Group

ᖃᓄᓪᓗᐊᑎᒋᒃ ᐊᑐᐃᓐᓇᕿᕐᑎᑕᐅᒐᓱᐊᕐᓂᐊᓂᖕᒐᑦ: 10 ᒥᓂᑦᑦ
ᖃᓄᓪᓗᐊᑎᒋᒃ ᖃᓚᒐᓱᐊᕐᓂᐊᓂᖕᒐᑦ: 0 ᒥᓂᑦᑦ

Preparation Time: 10 minutes
Cooking Time: 0 minutes

ᓂᒃᑭᑦ ᖃᓄᐃᑦᑑᓂᖕᒋᑦ

Foods Items

ᐸᓈᓇ ..... 2 ..... Banana
ᐃᒻᒧᖅ 2 % ..... 2 cups (500 ml) ..... 2 % milk
Vanilla ..... ½ teaspoon (2 ml) ..... Vanilla

ᐊᑐᐃᓐᓇᕿᕐᑕᐅᒍᓱᖕᒋᑦ

1. ᐊᒥᓗᔭᕐᓗᒋᑦ ᐸᓈᖕᑦ ᑐᕐᕐᑯᕐᓗᒋᑦ ᖃᓪᓗᑎᐊᓗᖕᒐᓄᑦ ᐃᑯᒪᐅᑎᒎᕐᓯᓂ ᐃᖕᒍᓚᐅᑎᐅᑉ. ᒪᑐᓗᒍᓗ.
2. ᓇᕐᓂᓗᒍ ᐃᖕᒋᕐᕋᓯᒍᑎᖕᒐ. ᓇᕐᓂᑐᕐᓗᒍ "PURÉE"-ᓚᔪᖅ 30 ᓯᑲᖕᑦᓂ, ᓄᕐᕐᑲᑎᓗᒍ ᐃᖕᒍᓚᐅᑎᒃ.
3. ᐃᒐᓗᒍ ᐃᒻᒧᒥᒃ vanilla-ᒥᓪᓗ.
4. ᓇᕐᓂᓗᒍ ᐃᖕᒋᕐᕋᓯᒍᑎᖕᒐ. ᓇᕐᓂᑐᕐᓗᒍ "PURÉE"-ᓚᔪᖅ 30 ᓯᑲᖕᑦᓂ, ᓄᕐᕐᑲᑎᓗᒍ ᐃᖕᒍᓚᐅᑎᒃ.

Instructions

1. Peel bananas and place them in the jar of a blender. Put lid on.
2. Press "ON" button. Press "PURÉE" button for 30 seconds and stop the machine.
3. Add milk and vanilla.
4. Press "ON" button, then "PUREE" button for 30 seconds. Turn the machine off.

Nutrient values – 1 serving=146g

95,3 kCal Calories • 16,0 g Carbo • 2,2 g Fat • 3,7 g Protein • 1,2 g Fiber • 0,1 mg Iron

ᓂᐊᖁᔭᕐᑕᓐᑦ ᒪᒪᕐᑐᐃᑦ
Bread Pudding

ᓄᓇᕗᒻᒥ ᓂᕿᑦᓯᐊᓂᒃ ᓂᓇᕐᑯᓪᓗᑕ ᒪᓕᒐᓕᐊᖑᒍᒪᔪᑦ

ᐸᓚᐅᒫᑦᓴᕐᑦ: ᐸᓂᕐᑎᑕᖅ, ᓂᐊᖁᔭᖅ, ᐅᓪᓛᕈᒥᑕᑦᓴᔭᖅ, ᐃᕐᕿᐅᔭᖅ, Pasta

ᓂᕿᓴᑦᓴᑦ ᑲᔫᓂᕐᓴᑦ ᓂᕈᐊᕐᓂᓴᓇᕝᑦᓗᒋᑦ

Nunavik Food Guide Group

Grain Products : Bannock, Bread, Cereal, Rice & Pasta

Choose whole grain more often

ᕐᑲᓄᓪᓗᐊᑎᒋᒃ ᐊᑐᐃᓐᓇᕈᕐᑎᑕᐅᒐᓱᐊᕐᓂᐊᓂᖅᒐᑦ: 35 ᒥᓂᑦᑦ
ᕐᑲᓄᓪᓗᐊᑎᒋᒃ ᕐᑲᓚᒐᓱᐊᕐᓂᐊᓂᖅᒐᑦ: 45 ᒥᓂᑦᑦ

Preparation Time: 35 minutes
Cooking Time: 45 minutes

ᓂᑮᑦ ᕐᑲᓄᐃᑦᑑᓂᖅᒋᑦ

Foods Items

ᓂᐊᖁᔭᖅ	3 slices	Bread
Margarine	1 tablespoon (15 ml)	Margarine
ᐸᐅᖅᒐᐅᔭᑦ	2/3 cup (160 ml)	Raisin
ᒪᓐᓂᖅ	1	Egg
ᐱᑕᑦᓴᖅ (ᒪᒪᕐᓴᐅᑎᒃ) ᑲᔪᖅ	¼ cup (60 ml)	Brown sugar
ᐃᒻᒧᖅ 2 %	1 2/3 cup (400 ml)	2 % milk
Vanilla	½ teaspoon (2 ml)	Vanilla
Nutmeg	½ teaspoon (2 ml)	Nutmeg
Cinnamon	½ teaspoon (2 ml)	Cinnamon
ᑕᓇᐅᖅ	½ teaspoon (2 ml)	Salt

ᐊᑐᐃᓐᓇᕈᕐᑕᐅᒍᓱᖅᒋᑦ

1. ᑎᕐᑎᑎᓗᒍ ᐃᒪᖅ. ᑭᐊᑦᓴᐅᑎᒃ ᕐᑲᒥᓗᒍ. ᑭᓂᑦᓯᑎᓯᓗᒋᑦ ᐸᐅᖅᒐᐅᔭᑦ. ᓴᓂᕐᑯᓗᒍ.
2. ᓂᕈᒥᑦᓯᑎᓯᓗᒍ ᐃᒻᒧᖅ ᐳᓪᓚᓐᖅᒋᓂᓚᖅᒐᓂ ᓯᓈᖅᒐ; ᕐᑲᒥᓪᓗᒍ ᑭᐊᑦᓴᐅᑎ
3. ᓂᐊᖁᔭᐅᑉ ᓯᓈᖅᒋᑦ ᐋᔭᕐᓗᒋᑦ (ᐱᐅᓚᐊᕈᓐᓇᑕᑎᑦ ᐸᓂᕐᓯᐊᓇᓗᒋᑦ ᐃᓚᕐᕿᐱᐊᕐᑯᑎᒋᓂᐊᕐᕕᒃᑭᑦ)
4. ᐃᕐᐸᐅᕐᑲᕐᑎᓗᒋᑦ ᓂᐊᖁᔭᑦ margarine-ᒥᒃ ᓯᑕᒪᐅᓚᓯᒪᑎᓪᓗᒋᑦ.
5. ᐃᓚᓗᒍ ᓂᐊᖁᔭᐅᑉ ᓇᑉᐸᖅᒐ, ᐸᑕᓚᓯᒪᓂᕐᓴᖅ ᖁᓛᓃᑦᑎᓗᒍ ᐅᕐᓯᐊᓯᒪᒐᓛᐱᑦᑐᒧᑦ ᐃᒐᐅᑎᒧᑦ.
6. ᐃᑐᔭᕐᓗᒋᑦ ᐸᐅᖅᒐᐅᔭᑦ ᑲᖅᒐᓯᕐᓗᒋᓪᓗ ᓂᐊᖁᔭᐅᑉ ᕐᑲᖅᒋᓐᓄᑦ.
7. ᐃᖅᑯᑦᓯᕕᒻᒥ, ᕐᑲᓗᐃᑦᓯᐊᒪᓇᐊᓗᑦᓴᓗᒍ ᒪᓂᖅ
8. ᐅᐊᕈᑦᓯᑐᓕᕐᒥᓗᒍ ᒪᒪᕐᓴᐅᑎᒥᒃ, nutmeg, ᑕᓇᐅᖅ, vanilla and cinnamon.
9. ᓱᒃᑭᑐᒥᒃ ᕐᑲᓗᐃᕈᑎᒧᑦ ᖁᐳᐊᒍᓪᓛᒧᑦ ᕐᑲᓗᐃᕐᓗᒍ ᐃᒻᒧᖅ ᐆᓇᕐᑐᖅ ᒪᓐᓂᒧᑦ ᕐᑲᓗᐃᕐᓯᒪᔪᒧᑦ, ᕐᑲᓗᐃᖅᒋᓐᓇᓚᒫᑦᓯᐊᓗᒍ.
10. ᑯᕕᓗᒍ ᕐᑲᓗᐃᕐᑕᐱᑦ ᓇᑉᐸᓗᐊᓚᒫᖅ ᓂᐊᖁᔭᓄᑦ ᐃᒐᐅᑎᒦᑦᑐᓄᑦ.
11. ᖁᒥᐅᑦᓯᑐᓇᐊᓪᓚᓗᒍ ᐊᒥᐊᒃᑯᓚᒫᖅᒋᓐᓂᒃ ᓂᐊᖁᔭᓄᒃ ᑖᓐᓇᓗ ᒪᓐᓂᑕᓚᐅᑉ ᐊᒥᐊᒃᑯᓚᒫᖅᒐ ᑯᕕᒻᒥᓗᒍ ᖁᖅᒐᓄᑦ.
12. ᐃᒐᓗᒍ ᑭᐊᑦᓴᐅᑎᐅᑉ ᐃᓗᐊᓂ ᐆᓇᕐᓂᖅᒐ 375ᒥ, 45 ᒥᓂᑦᑦᓂᓗᐊᓂᒃ.

Instructions

1. Boil water. Turn heat off. Soak raisins in hot water. Set aside.
2. Heat milk just until it bubbles from around the edge; turn heat off.
3. Cut crusts from bread (you may keep them to do bread crumbs later).
4. Spread bread with margarine and cut into quarters.
5. Place half the bread, buttered side up in lightly oiled baking pan.
6. Drain raisins and sprinkle over the bread.
7. In a mixing bowl, beat egg well.
8. Beat in sugar, nutmeg, salt, vanilla and cinnamon.
9. Slowly whisk hot milk into egg mixture, stirring constantly.
10. Pour half the mixture over the bread in the baking pan.
11. Top with remaining bread and pour remaining egg mixture over.
12. Bake in oven at 325°F (165°C) for approximately 45 minutes.

Nutrient values – 1 serving=130g

178,1 kCal Calories • 27,1 g Carbo • 5,4 g Fat • 5,8 g Protein • 0,9 g Fiber • 1,2 mg Iron

Date-Cᓪᓗᑦ ᒪᒪᕐᑐᐃᑦ
Date Squares

ᓄᓇᕗᒻᒥ ᓂᕿᑦᓯᐊᓂᒃ ᓂᓇᕐᑯᓪᓗᑕ ᒪᓕᒐᓕᐊᖑᒍᒪᔪᑦ

ᐸᓚᐅᒫᑦᓴᓴᑦ: ᐸᓂᕐᑎᑕᖅ, ᓂᐊᕐᑰᔭᖅ, ᐅᓪᓗᕈᒥᑦᓴᔭᖅ, ᐃᕐᕿᐅᔭᖅ, Pasta

ᓂᕿᑦᓴᓴᑦ ᑲᔪᓂᕐᓴᑦ ᓂᕈᐊᕐᓂᓴᓇᕝᕚᓪᓗᒋᑦ

Nunavik Food Guide Group

Grain Products : Bannock, Bread, Cereal, Rice & Pasta

Choose whole grain more often

ᖃᓄᓪᓗᐊᑎᒋᒃ ᐊᑐᐃᓐᓇᕈᕐᑎᑕᐅᒐᓯᐊᕐᓂᐊᓂᖅᒐᑦ: 35 ᒥᓂᑦᑎ
ᖃᓄᓪᓗᐊᑎᒋᒃ ᖃᓚᒐᓯᐊᕐᓂᐊᓂᖅᒐᑦ: 35 ᒥᓂᑦᑎ

Preparation Time: 35 minutes
Cooking Time: 35 minutes

ᓂᑮᑦ ᖃᓄᐃᑦᑑᓂᖅᒋᑦ

Foods Items

ᓴᓇᐅᒐᖅ (ᓂᕿᑦᓴᔭᖅ)	2/3 cup (160 ml)	Flour
ᖃᔪᑦᓴᔭᖅ	1 cup (240 ml)	Oats
ᐱᑕᑦᓴᖅ (ᒪᒪᕐᓴᐅᑎᒃ) ᑲᔪᖅ	¼ cup (60 ml)	Brown sugar
Baking soda	½ teaspoon (2 ml)	Baking soda
Margarine	¼ cup (60 ml)	Margarine
Date	1 cup (240 ml)	Date
ᐃᒪᖅ	2/3 cup (160 ml)	Water
Vanilla	½ teaspoon (2 ml)	Vanilla

ᐊᑐᐃᓐᓇᕈᕐᑕᐅᒍᓯᖅᒋᑦ

Instructions

1. ᐸᕐᕐᑲᑎᒋᐊᕐᓗᒍ ᑭᐊᑦᓴᐅᑎᐅᑉ ᐃᓗᐊ 350 -ᒧᑦ. ᐅᕐᓯᑎᒐᓛᐱᓪᓗᒋᑦ ᑭᐊᑦᓴᐅᑎᐅᑉ ᐃᓗᐊᓂ ᐃᒐᐅᑎᒃ.
2. ᐃᖑᑦᓯᕕᒻᒥ, ᐅᐊᕈᑎᒌᑦᑎᓗᒋᑦ ᓂᕿᑦᓴᔭᖅ, ᖃᔪᑦᓴᔭᖅ, ᒪᒪᕐᓴᐅᑎᒃ ᑲᔪᖅ, ᐊᒻᒪᓗ baking soda.
3. ᐃᓚᓗᒍ margarine,-ᒥᒃ, ᖃᓗᐃᕐᓗᒍ ᐃᓗᐃᒃᑲᓛᒍᖅᖅᒋᓂᓚᒫᖅᒐᓂ.
4. ᓇᕐᓂᑐᕐᓗᒍ ᓇᑉᐸᓗᐊᖅᒐ ᐃᖑᑦᑕᐱᑦ ᐃᒐᐅᑎᐅᑉ ᐃᓗᐊᓄᑦ.
5. ᓇᑲᑎᕐᓗᒋᑦ dates.
6. ᐃᒐᐅᑎᒥ ᑎᒍᓚᓚᒻᒥ, ᐃᒐᓗᒋᑦ dates ᐃᒪᕐᒥ ᐸᕐᑳᓗᐊᖅᖅᒋᑐᒥ ᑖᓐᓇ ᖃᔪᕈᖅᖅᒋᓂᓚᒫᖅᒐᓂ, ᒥᑦᓴᓂ 15 ᒥᓂᑦᑎ. ᐃᓚᒻᒥᓗᒍ vanilla-ᒥᒃ.
7. ᑯᕕᓗᒍ dates-ᓂᒃ ᐅᐊᕈᑎᓚᒃ ᖃᔪᑦᓴᔭᓚᐊᓇᕐᓇᕐᓇᑦᓗᑦ ᐃᒐᐅᑎᐅᑉ ᐃᓗᐊᓃᑦᑐᒧᑦ. ᖃᒥᐅᑦᓯᓚᕐᒥᓗᒍ ᑖᓐᓇ ᖃᔪᑦᓴᔭᐅᑉ ᐊᒥᐊᒃᑯᓚᒫᖅᒐᓂᒃ.
8. ᐃᒐᓗᒍ 35-ᒥᓂᑦᑎᒥ ᐅᕝᕙᓘᓐᓃᑦ ᑲᔪᕈᖅᖅᒋᓂᓚᒫᖅᒐᓂ.

1. Preheat oven to 350°F (180°C). Lightly grease baking pan.
2. In a mixing bowl, mix flour, oats, brown sugar and baking soda.
3. Add margarine, mixing until crumbly.
4. Press half of the oatmeal mixture into bottom of baking pan.
5. Chop dates.
6. In a pot, cook dates in water on low heat until mixture thickens, approximately 15 minutes. Add vanilla.
7. Pour date mixture over oatmeal in baking pan. Top with remaining oatmeal mixture.
8. Bake for 35 minutes until lightly browned.

Nutrient values – 1 serving=124g

385,6 kCal Calories • 58,5 g Carbo • 16,2 g Fat • 4,6 g Protein • 4,6 g Fiber • 2,0 mg Iron

ᓄᑖᔭᕕᓃᑦ ᒪᒪᕐᑐᐃᑦ ᐅᐊᕈᑎᒌᑦ
Fresh Fruit Salad

ᓄᓇᕕᒻᒥ ᓂᕿᑦᓯᐊᓂᒃ ᓂᓇᕐᑯᓪᓗᑕ ᒪᓕᒐᓕᐊᖑᒍᒪᔪᑦ

ᐸᐅᖅᑐᑦ/ᑭᒍᑕᖕᒋᕐᓄᑦ/ᑭᒻᒥᓄᑦ, ᐱᕈᕐᑐᕕᓃᑦ ᒪᒪᕐᑐᐃᑦ ᓄᓇᕋᓪᓗ ᐱᕈᕐᑐᕕᓃᑦ

ᓇᓪᓕᒃᑦᓂᓴᓇᖃᑦᑕᓗᒋᑦ ᑕᐅᑦᑐᖕᒋᑦ ᕿᕐᓂᑖᖕᒐᓂᕐᓴᑦ ᓄᓇᕋᑦ, ᐸᐅᖅᒐᓗᓐᓂᒃ (orange) ᐱᕈᕐᑐᕕᓂᕐᓂᓗ ᓄᓇᔭᓂᒃ ᐱᕈᕐᑐᕕᕐᓂᓂᓗ ᒪᒪᕐᑐᓂᒃ

ᕐᑲᓄᓪᓗᐊᑎᒋᒃ ᐊᑐᐃᓐᓇᕈᕐᑎᑕᐅᒐᓯᐊᕐᓂᐊᓂᖅᒐᑦ: 10 ᒥᓂᑦᔾ
ᕐᑲᓄᓪᓗᐊᑎᒋᒃ ᕐᑲᓚᒐᓯᐊᕐᓂᐊᓂᖅᒐᑦ: 0 ᒥᓂᑦᔾ

Preparation Time: 10 minutes
Cooking Time: 0 minutes

ᓂᑮᑦ ᕐᑲᓄᐃᑦᑑᓂᖅᒋᑦ

Foods Items

ᐸᐅᖅᒐᓗᒃ Orange ..... 1 ..... Orange
ᐋᐳᐃᑦ ..... 1 ..... Apple
ᐸᓈᓇ ..... 1 ..... Banana
ᐱᕈᕐᑐᕕᓃᑦ Grapes ..... 3/8 cup (90 ml) ..... Grapes

ᐊᑐᐃᓐᓇᕈᕐᑕᐅᒍᓯᖅᒋᑦ

Instructions

1. ᓄᑖᔭᕕᓃᑦ ᐃᕐᒥᓯᐊᕐᓗᒋᑦ.
2. **ᐃᑉᐱᒋᑦᓯᐊᓯᐅᑉ:** ᐊᑕᐅᓯᕐᒥᒃ ᒪᕐᕉᓂᓘᓐᓂᑦ ᐅᑭᐅᓕᒃ ᑐᐱᒍᑎᕐᑲᑐᐃᓐᓇᓇᐊᖃᕐᒪᑦ ᐸᐅᖅᒐᐱᒻᒥᒃ. ᐁᑦᑐᖕᒋᒃᑯᓯᐅᒃ ᐱᐅᓂᕐᓴᐅᓂᕐᑕᐅᕗᖅ. ᐁᑦᑐᕈᒪᒍᑦᓯᐅᑉ ᐸᐅᖅᒐᐱᒻᒥᒃ, ᐊᒥᐊᖕᒋᔭᕐᓗᒍ ᓴᐅᓈᖕᒋᓪᓗ ᐋᔭᖅᑲᓗᒋᑦ ᒥᑭᔪᕐᓚᐅᓈᕐᑎᑕᐅᐱᓐᓂᒃ ᐁᑦᑐᓇᐊᓖᑦ (ᐊᒻᒪᓗᑭᑖᒥᐅᖕᒋᑐᖅ). ᐃᑉᐱᒋᑦᓯᐊᕋᓯᐊᒻᒪᓇᒋᐊᓕᓯ ᑖᒃᑯᐊ ᑎᒪᖕᒐᓕᒫᑦᓯᐊᖅ.
3. ᕐᑯᐱᐅᖅᑲᓗᒋᑦ ᐸᐅᖅᒐᐱᑦ.
4. ᐊᒥᓐᔭᕐᓗᒋᑦ ᐊᑕᐅᓯᕐᒥ ᒪᕐᕉᓂᓘᓐᓂᑦ ᐅᑭᐅᓖᑦ ᑐᐱᑦᓴᕈᐊᕐᒪᑕ
5. ᓴᐅᓈᖕᒋᔭᕐᓗᒋᑦ.
6. ᓄᑖᔭᓕᒫᑦ ᒪᒪᕐᑐᐃᑦ ᓇᑲᑎᕐᓗᒋᑦ ᒥᑭᔪᕐᓚᐅᓈᕐᑎᑐᐊᐱᓐᓂᒃ; ᐊᒻᒪᓗᑭᑕᐅᓕᓯᒪᑦᑐᓕᑎᓪᓗᑦ ᑐᐱᒍᑕᐅᑦᓴᕈᐊᕐᒪᑕ.
7. ᐃᓕᐅᖅᑲᓗᒋᑦ ᓄᑖᔭᕕᓂᓕᒫᑦ ᐃᖑᑦᓯᕕᐊᓗᒻᒥ ᐊᖕᒋᔪᒥ; ᒪᑐᓗᒍ ᓂᓪᓕᒪᔪᕐᑲᐅᑎᒎᕐᓗᒍᓗ ᓂᓇᓐᓇᓯᖅᖕᒋᓂᖅᒐᓂ.

1. Wash fruits thoroughly.
2. **WATCH OUT**: 1-2 year old could choke on grapes. It is not recommended to give them grapes. If you decide to give them grapes, please make sure you remove all the skin and pits and cut it in small pieces (you do not want to give them something round). Be extremely careful and watch them well at all times.
3. Cut each grape at least in 2.
4. Remove skin of fruits for 1-2 year olds to avoid choking.
5. Remove all seeds.
6. Cut all fruits in small pieces; avoid round or ring shapes to avoid choking.
7. Place all cut fruits in a large mixing bowl; cover and refrigerate until serving time.

Nutrient values — 1 serving=111g

71,2 kCal Calories • 18,5 g Carbo • 0,2 g Fat • 0,8 g Protein • 2,2 g Fiber • 0,3 mg Iron

Peaches ᐊᒻᒪᓗ ᐆᔪᑯᓗᐃᑦ
Peaches & Dumplings

ᓄᓇᕕᒻᒥ ᓂᕿᑦᓯᐊᓂᒃ ᓂᓇᕐᑯᓪᓗᑕ ᒪᓕᒐᓕᐊᖕᒍᒪᔪᑦ

ᐸᓚᐅᒫᑦᓴᔪᑦ: ᐸᓂᕐᑎᑕᖅ, ᓂᐊᕐᑰᔭᖅ, ᐅᓪᓛᕈᒥᑦᓴᔭᖅ, ᐃᕐᕿᐅᔭᖅ, Pasta

ᓂᕿᑦᓴᔪᑦ ᑲᔫᓂᕐᓴᑦ ᓂᕈᐊᕐᓂᓴᓇᕝᓪᓗᒋᑦ

Nunavik Food Guide Group

Grain Products : Bannock, Bread, Cereal, Rice & Pasta

Choose whole grain more often

ᕐᑲᓄᓪᓗᐊᑎᒋᒃ ᐊᑐᐃᓐᓇᕈᕐᑎᑕᐅᒐᓱᐊᕐᓂᐊᓂᖕᒐᑦ: 15 ᒥᓂᑦᑦ
ᕐᑲᓄᓪᓗᐊᑎᒋᒃ ᕐᑲᓚᒐᓱᐊᕐᓂᐊᓂᖕᒐᑦ: 15 ᒥᓂᑦᑦ

Preparation Time: 15 minutes
Cooking Time: 15 minutes

ᓂᑮᑦ ᕐᑲᓄᐃᑦᑑᓂᖕᒋᑦ

Foods Items

ᕐᑯᒻᒧᔪᒦᑦᑐᑦ peaches ..... 1½ cup (375 ml) ..... Canned peaches
ᐋᑐᑉ ᐃᑦᑎᖕᒐ ..... ¾ cup (180 ml) ..... Apple juice
ᓴᓇᐅᒐᖅ (ᓂᕿᑦᓴᔭᖅ) ᑲᔫᓂᕐᓴᖅ ..... ½ cup (120 ml) ..... Whole wheat flour
ᑕᓇᐅᖅ ..... ½ teaspoon (2 ml) ..... Salt
ᐱᑕᕐᓴᖅ (ᒪᒪᕐᓴᐅᑎᒃ) ᑲᔪᖅ ..... 2 tablespoons (30 ml) ..... Brown sugar
ᐳᑦᔪᓴᐅᑎᒃ ..... ½ teaspoon (2 ml) ..... Baking powder
ᒪᓐᓂᖅ ..... 1 ..... Egg
ᐃᒻᒧᖅ 2 % ..... 2 tablespoons (30 ml) ..... 2 % milk

ᐊᑐᐃᓐᓇᕈᕐᑕᐅᒍᓯᖕᒋᑦ

Instructions

1. ᐃᒐᐅᑎᒥ ᑎᒍᓕᓕᒻᒥ, peaches ᐊᒻᒪᓗ ᐋᑐᑉ ᐃᑦᑎᖕᒐ ᑎᕐᑎᑎᓗᒋᒃ.
2. ᐃᖕᒍᑦᓯᕕᒻᒥ, ᐅᐊᕈᑎᒌᑦᑎᓗᒍ ᓂᕿᑦᓴᔭᖅ, ᐳᑦᔪᓴᐅᑎᒃ ᑕᓇᐅᕐᓗ.
3. ᐃᖕᒍᑦᓯᕕᐅᑉ ᐊᓯᐊᓂ, ᕐᑲᓗᐃᒐᓛᐱᓪᓗᒍ ᒪᓐᓂᖅ ᐃᓛᕐᑐᓗᒍᓗ ᐃᒻᒧᒥᒃ.
4. ᕐᑲᓗᐃᕐᓗᒍ ᒪᓂᖅ ᓂᕿᑦᓴᔭᒧᑦ, ᕿᐅᒃᑲᒐᓛᐱᖕᖕᒋᓐᓂᓕᒫᖕᒐᓂ.
5. ᑐᕐᕐᑯᑐᕐᓗᒋᑦ ᐆᔪᑯᓗᑦᓴᑦ ᕐᑲᓗᕋᐅᑎᓪᓗᐊᖕᒍᓗᑎᒃ ᑎᕐᑎᑐᒧᑦ peaches-ᑕᓕᒻᒧᑦ.
6. ᒪᑐᓗᒍ ᐃᒐᓗᒍᓗ 15 ᒥᓂᑦᑦ ᒥᑦᓵᓂ.

1. In a pot, bring peaches and apple juice to a boil.
2. In a bowl, mix lour, baking powder and salt.
3. In another bowl, beat egg slightly and add milk.
4. Stir the egg mixture into flour mixture, just enough to moisten.
5. Drop the dumpling mixture by spoonfuls on top of boiling peaches.
6. Cover and cook for approximately 15 minutes.

Nutrient values — 1 serving=193g

156,1 kCal Calories • 32,1 g Carbo • 1,5 g Fat • 3,5 g Protein • 2,6 g Fiber • 1,2 mg Iron

ᐃᕐᕿᐅᔭᕐᑕᓕᒃ ᒪᒪᕐᑐᖅ
Rice Pudding

ᓄᓇᕗᒻᒥ ᓂᕿᑦᓯᐊᓂᒃ ᓂᓇᕐᑯᓪᓗᑕ ᒪᓕᒐᓕᐊᖕᒍᒪᔪᑦ

ᐸᓚᐅᒫᑦᓴᔪᑦ: ᐸᓂᕐᑎᑕᖅ, ᓂᐊᕐᑰᔭᖅ, ᐅᓪᓛᕈᒥᑕᑦᓴᔭᖅ, ᐃᕐᕿᐅᔭᖅ, Pasta

ᓂᕿᑦᓴᔪᑦ ᑲᔫᓂᕐᓴᑦ ᓂᕈᐊᕐᓂᓴᓇᕝᕙᓪᓗᒋᑦ

Nunavik Food Guide Group

Grain Products : Bannock, Bread, Cereal, Rice & Pasta

Choose whole grain more often

ᕐᑲᓄᓪᓗᐊᑎᒋᒃ ᐊᑐᐃᓐᓇᕈᕐᑎᑕᐅᒐᓱᐊᕐᓂᐊᓂᖕᒐᑦ: 20 ᒥᓂᔅᑦ
ᕐᑲᓄᓪᓗᐊᑎᒋᒃ ᕐᑲᓚᒐᓱᐊᕐᓂᐊᓂᖕᒐᑦ: 20 ᒥᓂᔅᑦ

Preparation Time: 20 minutes
Cooking Time: 20 minutes

ᓂᑮᑦ ᕐᑲᓄᐃᑦᑑᓂᖕᒋᑦ

Foods Items

ᕐᑯᐱᕐᕿᐊᔪᐃᑦ (ᐃᕐᕿᐅᔭᑦ) ᕐᑲᑯᕐᑐᑦ	1/3 cup (80 ml)	White rice
ᐃᒪᖅ	¾ cup (180 ml)	Water
ᒪᓐᓃᑦ	2	Eggs
ᐃᒻᒧᖅ 2 %	2 cups (500 ml)	2 % milk
ᓴᓇᐅᒐᖅ (ᓂᕿᑦᓴᔭᖅ)	1 tablespoon (15 ml)	Flour
Cornstarch	2 teaspoons (10 ml)	Cornstarch
ᐱᑕᑦᓴᖅ (ᒪᒪᕐᓴᐅᑎᒃ) ᑲᔪᖅ	1/3 cup (80 ml)	Brown sugar
ᑕᓇᐅᖅ	½ teaspoon (2 ml)	Salt
Margarine	1 tablespoon (15 ml)	Margarine
Vanilla	½ teaspoon (2 mL)	Vanilla
ᐸᐅᕐᖓᐅᔭᑦ	1/3 cup (80 ml)	Raisin

ᐊᑐᐃᓐᓇᕈᕐᑕᐅᒍᓯᖕᒋᑦ

1. ᐃᒐᐅᑎ ᐊᖕᒋᔪᖅ, ᐃᒻᒥᓗᒍ ᐃᕐᕿᐅᔭᕐᑕᓯᓗᒍᓗ. ᑎᕐᑎᑎᕐᑰᓗᒋᑦ, ᑎᕐᑎᐅᒐᕐᑎᓯᒻᒥᓗᒍ 15 ᒥᓂᔅᑦᒥ.
2. ᐃᖕᒍᑦᓯᕕᒻᒥ, ᕐᑲᓗᐃᕐᓗᒍ ᒪᓂᖅ ᐃᑯᒪᐅᑎᒧᕐᑐᒧᑦ ᕐᑲᓗᐃᕈᑎᒧᑦ ᐊᒻᒐᒧᑦ ᑎᒍᒥᐊᕐᑕᐅᓲᒍᑦᓯᓂ.
3. ᐃᒐᐅᑎᒥ ᑎᒍᓕᓕᒻᒥ, ᐆᓇᕐᓯᓯᐊᓇᓗᒍ ᐃᒻᒧᖅ ᐸᕐᕐᑳᓂᖕᒐ ᓴᖕᖕᑏᓂᕐᐹᒥ ᐃᓚᕙᓪᓕᐊᑕᐅᒐᕐᓗᒍ ᒪᓐᓂᓂᒃ.
4. ᐃᓚᓗᒍ ᓂᕿᑦᓴᔭᒥᒃ, cornstarch, ᒪᒪᕐᓴᐅᑎ ᐊᒻᒪᓗ ᑕᓇᐅᖅ. ᑎᕐᑎᑎᓗᒋᑦ ᑎᕐᑎᓂᐊᕐᑎᓗᒋᑦ 2 ᒥᓂᔅᑦᒥ.
5. ᐃᓚᓗᒋᑦ margarine, vanilla, ᐃᒐᓯᒪᔪᒥᒃ ᐃᕐᕿᐅᔭᒥᒃ ᐊᒻᒪᓗ ᐸᐅᕐᖓᐅᔭᓂᒃ.
6. ᐊᖕᒋᔪᒍᑦ ᐃᒐᐅᑎᒍᕐᓗᒋᑦ ᓂᓪᓕᒪᔪᖅᑲᐅᑎᒍᕐᓗᒍᓗ, ᒪᑐᓯᒪᑎᓪᓗᒋᑦ.

Instructions

1. In a large pot, combine rice and water. Bring to a boil and then simmer for 15 minutes.
2. In a mixing bowl, beat eggs using electric hand mixer.
3. In a pot, heat milk on low heat and add eggs gradually.
4. Add flour, cornstarch, sugar and salt. Bring to a boil and allow it to boil for 2 minutes.
5. Add margarine, vanilla, cooked rice and raisins.
6. Transfer into large baking pan and refrigerate, covered.

Nutrient values – 1 serving=197g

240,9 kCal Calories • 39,9 g Carbo • 6,3 g Fat • 7,0 g Protein • 0,5 g Fiber • 1,3 mg Iron

ᐱᓇᓱᐊᕈᓯᓕᒫᒥ ᓂᓇᔭᐅᒍᓐᓇᑐᓂᒃ ᐃᓱᒪᑦᓴᓯᐅᕈᑎᑦᓴᑦ

	ᐊᓪᓕᓈᕐᑐᓂ	ᐁᑉᐱᑐᓂ	ᐱᖕᒐᑦᓯᑐᓂ	ᓯᑕᒪᒥᑐᓂ	ᓂᕿᑦᓯᑐᓂ	ᐊᓪᓕᖕᒋᓱᖕᒐᕐᑐᓂ	ᐊᓪᓕᑐᓂ
ᐅᓪᓛᕈᒥᑕᑦᓴᑦ	*Orange Juice* ☆Banana Date Muffin *Yogurt*	*Grapefruit juice* *Whole wheat toast* *Peanut butter*	☆Fruit Shake ☆Oat Bannock	☆Bacon & Cheese Omelet *Whole wheat toast*	*Bowl of Shreddies with milk* *Banana*	*English muffin* *Cheese* *Orange*	*Orange Juice* ☆Iron rich bannock *Yogurt*
ᐅᓪᓗᒍᒥᑕᑦᓴᑦ	ᐃᒪᒧᖅ ☆ᑐᒃᑐᐱᓂᖅ Casserole *Grapes*	ᐃᒪᒧᖅ ☆ᒪᓐᓂᖅ sandwich ☆Tomato Vegetable Rice Soup	☆Vegetable Chili *Crackers* *Orange*	☆ᓇᑦᓯᐱᓂᖅ ᖃᓚᒪᔪᖅ ☆Green Salad with sweet & sour dressing ☆Whole wheat bannock	ᐃᒪᒧᖅ ☆ᐊᕿᒡᒋᐱᓂᖅ pancake ☆Spinach & bacon salad	☆ᓵᒪ Corn Chowder *Crackers* *Fruit*	ᐃᒪᒧᖅ ☆Tomato chicken ☆Macaroni salad
ᐅᕐᑯᒪᒥᓗᒐᑦᓴᑦ	*Cheese & Crackers*	*Yogurt and Pear*	☆Fruit Bread ᐃᒪᒧᖅ	☆Juicy Fruit Salad	☆Cranberry muffin	☆Yogurt & Tropical Fruit	☆Rice Pudding
ᐅᓐᓄᒍᒥᑖᑦᓴᑦ	☆ᐊᕿᒡᒋᐅᔭᖅ ᖃᓚᒪᔪᖅ ☆ Marinated coleslaw ☆ Oven fries	☆ ᐊᕿᒡᒋᐱᓂᖅ & Tomato ☆Carrot & Raisin Salad ☆Stove top bannock	☆ ᐃᖃᓗᐸᐱᐱᓃᑦ ᖃᓚᒪᔪᑦ ☆Scalloped potatoes *Mixed frozen vegetables-cooked*	ᐃᒪᒧᖅ ☆Hamburger patty in a bun ☆Chickpea & Vegetable salad	☆Lasagna *Salad*	☆Pork Chops & Vegetables ☆Brown rice	☆Goose Pie ☆Turnip & Bacon
ᐅᕐᑯᒪᒥᓗᒐᑦᓴᑦ	☆Slice of apple cake	☆Oatmeal raisin cookie	*Mini-Go*	*Yogurt*	*Apple*	☆Apple Crisp	☆Peaches & Dumplings

☆ᓂᕐᓯᐅᕈᓰᑦ ᑕᑯᔭᐅᒍᓐᓇᑐᑦ ᑖᒃᑯᓇᓂ ᐊᑐᐊᒐᕐᓂ.ᓴᖅᒍᐊᓪᓛᔪᑦ ᐊᓪᓚᓱᒪᔪᑦ: ᓂᐅᐱᐊᐱᓃᑦ.

ᓄᓇᕕᒪᒥ ᓂᕿᑦᓯᐊᓂᒃ ᖃᐅᔨᒪᐅᑎᑦᓴᑦ: ᓂᐊᕐᑰᔭᑦᓴᔪᑦ, ᐱᕈᕐᑐᐱᓃᑦ ᓄᓇᒥ ᓇᐸᕐᑐᓂᓗ, ᐃᒪᒧᑕᓛᑦ, ᓂᕿᑐᐃᓐᓂᑦ/ᐃᖃᓗᐱᓃᑦ/ᒪᓐᓃᑦ/ᑎᒪᒥᐊᐱᓃᑦ ᐲᓰᑦᓗ.

ONE WEEK MENU IDEAS

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Orange Juice ✰Banana Date Muffin Yogurt	Grapefruit juice Whole wheat toast Peanut butter	✰Fruit Shake ✰Oat Bannock	✰Bacon & Cheese Omelet Whole wheat toast	Bowl of Shreddies with milk Banana	English muffin Cheese Orange	Orange Juice ✰Iron rich bannock Yogurt
Lunch	Milk ✰Caribou Casserole Grapes	Milk ✰Egg sandwich ✰Tomato Vegetable Rice Soup	✰Vegetable Chili Crackers Orange	✰Roasted Seal ✰Green Salad with sweet & sour dressing ✰Whole wheat bannock	Milk ✰Ptarmigan pancake ✰Spinach & bacon salad	✰Salmon Corn Chowder Crackers Fruit	Milk ✰Tomato chicken ✰Macaroni salad
Snack	Cheese & Crackers	Yogurt & Pear	✰Fruit Bread Milk	✰Juicy Fruit Salad	✰Cranberry muffin	✰Yogurt & Tropical Fruit	✰Rice Pudding
Supper	✰Chicken BBQ ✰ Marinated coleslaw ✰ Oven fries	✰Ptarmigan & Tomato ✰Carrot & Raisin Salad ✰Stove top bannock	✰Baked Arctic Char Steaks ✰Scalloped potatoes Mixed frozen vegetables-cooked	Milk ✰Hamburger patty in a bun ✰Chickpea & Vegetable salad	✰Lasagna Salad	✰Pork Chops & Vegetables ✰Brown rice	✰Goose Pie ✰Turnip & Bacon
Snack	✰Slice of apple cake	✰Oatmeal raisin cookie	Mini-Go	Yogurt	Apple	✰Apple Crisp	✰Peaches & Dumplings

✰ Recipe can be found in this book. *Italics:* Purchase as is at local store.

Nunavik Food Guide: Grain Products, Vegetables & Fruit, Milk Products, Meat/Fish/Eggs/Birds&Beans.

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Recipe Nutrition Information

ᖃᐅᔨᒪᐅᑎᑦᓴᑦ ᓂᕐᓯᐅᕈᓲᑦ ᓱᓇᓂᒃ ᖃᓄᐃᖕᖕᒋᓯᐊᕐᓇᑐᕐᑕᖃᕐᒪᖕᒫᑕ

✯ᓂᓇᒍᒥᕈᑎᑦᓗᐊᓂᒃ ᐅᑦᑐᕋᐅᑎᖃᕐᓯᑎᒃ ᖃᓄᐃᑦᓗᐊᑐᒥᒃ ᖃᓄᐃᖕᖕᒋᓯᐊᕐᓇᑐᕐᑕᖃᕐᒪᖕᒫᑕ ᐋᕐᕿᓯᕐᑕᐅᓯᒪᔪᑦ

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	Chicken & Macaroni Soup	Chicken Vegetable Soup	Creamy Corn Soup	Fish Chowder	Pea Soup
Serving size (g)	382	159	195	279	307
Calories (kcal)	214.4	82.7	139.4	180.4	193.8
Carbohydrates (g)	13.5	10.2	19.7	18.0	31.6
Fat (g)	4.5	1.5	4.4	6.1	2.1
Protein (g)	29.1	8.0	5.7	14.2	13.4
Fiber (g)	2.2	1.7	1.8	1.8	12.9
Iron (mg)	2.7	0.7	0.6	0.9	2.3

	Salmon Corn Chowder	Tomato Millet Soup with Caribou	Tomato Vegetable Rice Soup
Serving size (g)	301	294	134
Calories (kcal)	244.3	203.7	61.4
Carbohydrates (g)	23.2	20.3	13.4
Fat (g)	7.4	5.0	0.2
Protein (g)	21.9	18.3	2.2
Fiber (g)	2.7	2.9	1.6
Iron (mg)	1.1	4.2	1.8

RECIPE NUTRITION INFORMATION

☆ All nutrient values are for 1 serving.

SOUPS

	Chicken & Macaroni Soup	Chicken Vegetable Soup	Creamy Corn Soup	Fish Chowder	Pea Soup
Serving size (g)	382	159	195	279	307
Calories (kcal)	214.4	82.7	139.4	180.4	193.8
Carbohydrates (g)	13.5	10.2	19.7	18.0	31.6
Fat (g)	4.5	1.5	4.4	6.1	2.1
Protein (g)	29.1	8.0	5.7	14.2	13.4
Fiber (g)	2.2	1.7	1.8	1.8	12.9
Iron (mg)	2.7	0.7	0.6	0.9	2.3

	Salmon Corn Chowder	Tomato Millet Soup with Caribou	Tomato Vegetable Rice Soup
Serving size (g)	301	294	134
Calories (kcal)	244.3	203.7	61.4
Carbohydrates (g)	23.2	20.3	13.4
Fat (g)	7.4	5.0	0.2
Protein (g)	21.9	18.3	2.2
Fiber (g)	2.7	2.9	1.6
Iron (mg)	1.1	4.2	1.8

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	Broccoli & Onion au Gratin	Carrot & Raisin Salad	Chickpeas & Vegetable Salad	Fruit Bread	Fruit Shake	Fruited Coleslaw	Green Salad with Sweet & Sour Dressing	Juicy Fruit Salad	Marinated Coleslaw
Serving size (g)	117	232	136	**	239	153	50	196	100
Calories (kcal)	113.6	206.3	65.4	245.5	142.0	116.5	27.7	122.2	103.5
Carbohydrates (g)	12.1	40.1	8.5	40.5	28.9	19.8	2.4	31.9	19.5
Fat (g)	4.8	5.5	2.5	6.0	1.0	4.0	1.9	0.3	3.0
Protein (g)	5.2	1.2	2.7	7.7	6.2	0.6	0.4	1.2	0.9
Fiber (g)	1.9	4.1	2.3	3.7	2.1	1.6	0.5	2.9	1.8
Iron (mg)	0.7	0.8	0.7	2.1	0.7	0.5	0.2	0.5	0.8

	Oven Fries	Scalloped Potatoes	Spinach & Bacon Salad	Spinach Dip	Turnip & Bacon	Vegetable Casserole	Vegetable Chilli	Vegetable Fried Rice	Yogurt & Tropical Fruit
Serving size (g)	154	277	37	60	142	236	340	305	185
Calories (kcal)	152.0	211.8	21.0	38.1	100.5	127.9	139.4	373.5	140.0
Carbohydrates (g)	26.7	36.3	1.7	3.6	9.4	19.5	30.7	67.6	27.7
Fat (g)	5.6	6.2	1.1	1.6	5.1	3.6	0.1	5.8	1.2
Protein (g)	4.1	7.6	1.4	2.6	5.0	5.8	5.0	11.6	5.5
Fiber (g)	3.1	3.8	0.7	0.7	2.5	4.2	4.9	3.1	0.7
Iron (mg)	1.1	1.4	0.7	0.7	0.8	0.6	2.4	3.6	0.3

VEGETABLES AND FRUIT

	Broccoli & Onion au Gratin	Carrot & Raisin Salad	Chickpeas & Vegetable Salad	Fruit Bread	Fruit Shake	Fruited Coleslaw	Green Salad with Sweet & Sour Dressing	Juicy Fruit Salad	Marinated Coleslaw
Serving size (g)	117	232	136	**	239	153	50	196	100
Calories (kcal)	113.6	206.3	65.4	245.5	142.0	116.5	27.7	122.2	103.5
Carbohydrates (g)	12.1	40.1	8.5	40.5	28.9	19.8	2.4	31.9	19.5
Fat (g)	4.8	5.5	2.5	6.0	1.0	4.0	1.9	0.3	3.0
Protein (g)	5.2	1.2	2.7	7.7	6.2	0.6	0.4	1.2	0.9
Fiber (g)	1.9	4.1	2.3	3.7	2.1	1.6	0.5	2.9	1.8
Iron (mg)	0.7	0.8	0.7	2.1	0.7	0.5	0.2	0.5	0.8

	Oven Fries	Scalloped Potatoes	Spinach & Bacon Salad	Spinach Dip	Turnip & Bacon	Vegetable Casserole	Vegetable Chilli	Vegetable Fried Rice	Yogurt & Tropical Fruit
Serving size (g)	154	277	37	60	142	236	340	305	185
Calories (kcal)	152.0	211.8	21.0	38.1	100.5	127.9	139.4	373.5	140.0
Carbohydrates (g)	26.7	36.3	1.7	3.6	9.4	19.5	30.7	67.6	27.7
Fat (g)	5.6	6.2	1.1	1.6	5.1	3.6	0.1	5.8	1.2
Protein (g)	4.1	7.6	1.4	2.6	5.0	5.8	5.0	11.6	5.5
Fiber (g)	3.1	3.8	0.7	0.7	2.5	4.2	4.9	3.1	0.7
Iron (mg)	1.1	1.4	0.7	0.7	0.8	0.6	2.4	3.6	0.3

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	ᐸᓂᕐᑎᑕᖅ ᑭᐊᑦᓴᐅᑎᐅᑉ ᐃᓗᐊᓂ ᖃᓚᓯᒪᔪᖅ	ᐸᓂᕐᑎᑕᖅ ᓄᓂᑖᑦᓴᔭᓂᒃ ᐃᓚᓯᒪᔪᖅ	ᑲᔪᐃᑦ ᐃᖅᑭᐅᓯᑦ	Cornbread	Couscous	ᓂᕐᑭᑦᓴᔭᖅ ᐅᕐᓱ ᒧᑦ ᐃᒐᓯᒪᔪᖅ	ᐸᓂᕐᑎᑕᖅ ᐊᐅᖃᑦᓯᐊᓇᕐᑐᑕᓕᒃ
Serving size (g)	160	170	146	105	107	107	140
Calories (kcal)	389.7	348.5	199.0	256.2	146.6	286.7	346.7
Carbohydrates (g)	56.9	60.5	38.1	40.6	26.8	48.9	63.1
Fat (g)	12.3	6.8	3.3	8.1	2.1	6.7	5.5
Protein (g)	11.9	12.0	3.9	6.1	4.4	7.9	11.7
Fiber (g)	5.3	5.7	1.7	2.0	1.7	4.3	5.8
Iron (mg)	3.4	3.4	0.7	2.0	0.4	2.6	3.6

	Macaroni Salad	Noodles	ᐸᓂᕐᑎᑕᖅ	ᖃᑯᕐᑐᑦ ᐃᖅᑭᐅᓯᑦ	ᐃᖅᑭᐅᓯᑦ ᐅᐊᕈᑎᒋᑦ
Serving size (g)	112	96	105	132	129
Calories (kcal)	200.5	127.7	192.5	128.3	130.1
Carbohydrates (g)	18.6	23.9	26.8	28	24.0
Fat (g)	5.4	1.4	6.9	0.7	2.2
Protein (g)	17.0	4.5	5.3	2.4	4.7
Fiber (g)	1.0	1.1	2.7	0	2.0
Iron (mg)	1.0	1.5	1.6	1.2	0.6

GRAIN PRODUCTS

	Baked Bannock	Bannock with Berries	Brown Rice	Cornbread	Couscous	Fried Bannock	Iron Rich Bannock
Serving size (g)	160	170	146	105	107	107	140
Calories (kcal)	389.7	348.5	199.0	256.2	146.6	286.7	346.7
Carbohydrates (g)	56.9	60.5	38.1	40.6	26.8	48.9	63.1
Fat (g)	12.3	6.8	3.3	8.1	2.1	6.7	5.5
Protein (g)	11.9	12.0	3.9	6.1	4.4	7.9	11.7
Fiber (g)	5.3	5.7	1.7	2.0	1.7	4.3	5.8
Iron (mg)	3.4	3.4	0.7	2.0	0.4	2.6	3.6

	Macaroni Salad	Noodles	Stove-Top Bannock	White Rice	Wild Rice Mix
Serving size (g)	112	96	105	132	129
Calories (kcal)	200.5	127.7	192.5	128.3	130.1
Carbohydrates (g)	18.6	23.9	26.8	28	24.0
Fat (g)	5.4	1.4	6.9	0.7	2.2
Protein (g)	17.0	4.5	5.3	2.4	4.7
Fiber (g)	1.0	1.1	2.7	0	2.0
Iron (mg)	1.0	1.5	1.6	1.2	0.6

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	Beef & Liver Loaf	Beef, Corn & Tomato Casserole	Cabbage Roll Casserole	Chilli	Chinese Macaroni	Hamburger Patties	Hamburger Stew
Serving size (g)	212	345	397	292	292	165	315
Calories (kcal)	226.5	262.6	235.0	227.8	528.0	142.8	192.6
Carbohydrates (g)	11.9	25.3	29.8	31.5	80.5	11.2	28.7
Fat (g)	6.6	7.9	3.9	2.9	6.1	3.7	2.4
Protein (g)	29.2	24.3	21.7	19.9	36.6	16.0	15.2
Fiber (g)	1.5	3.4	4.6	10.2	3.6	1.1	8.0
Iron (mg)	4.9	2.5	3.7	1.7	5.9	1.7	2.1

	Lasagna	Macaroni & Beef	Penne with Hamburger, Peppers & Broccoli	Rice Meatloaf	Shepherd's Pie	Spaghetti Sauce
Serving size (g)	464	317	368	204	309	271
Calories (kcal)	420.0	378.9	371.9	213.0	256.7	120.7
Carbohydrates (g)	50.7	41.2	43.3	10.9	31.4	14.9
Fat (g)	10.4	10.8	6.9	7.5	6.0	2.1
Protein (g)	35.9	29.4	35.3	25.8	22.4	12.6
Fiber (g)	11.6	3.1	5.4	1.0	4.3	3.2
Iron (mg)	6.4	4.3	5.0	2.4	2.8	2.9

MEAT, FISH, EGGS, BIRDS, BEANS & BEEF

	Beef & Liver Loaf	Beef, Corn & Tomato Casserole	Cabbage Roll Casserole	Chilli	Chinese Macaroni	Hamburger Patties	Hamburger Stew
Serving size (g)	212	345	397	292	292	165	315
Calories (kcal)	226.5	262.6	235.0	227.8	528.0	142.8	192.6
Carbohydrates (g)	11.9	25.3	29.8	31.5	80.5	11.2	28.7
Fat (g)	6.6	7.9	3.9	2.9	6.1	3.7	2.4
Protein (g)	29.2	24.3	21.7	19.9	36.6	16.0	15.2
Fiber (g)	1.5	3.4	4.6	10.2	3.6	1.1	8.0
Iron (mg)	4.9	2.5	3.7	1.7	5.9	1.7	2.1

	Lasagna	Macaroni & Beef	Penne with Hamburger, Peppers & Broccoli	Rice Meatloaf	Shepherd's Pie	Spaghetti Sauce
Serving size (g)	464	317	368	204	309	271
Calories (kcal)	420.0	378.9	371.9	213.0	256.7	120.7
Carbohydrates (g)	50.7	41.2	43.3	10.9	31.4	14.9
Fat (g)	10.4	10.8	6.9	7.5	6.0	2.1
Protein (g)	35.9	29.4	35.3	25.8	22.4	12.6
Fiber (g)	11.6	3.1	5.4	1.0	4.3	3.2
Iron (mg)	6.4	4.3	5.0	2.4	2.8	2.9

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	Caribou Casserole	Caribou Chili	Caribou Meatballs	Caribou Pizza	Caribou Ribs with Cranberries	Caribou Stew	Caribou Swiss Style
Serving size (g)	242	228	323	125	305	170	196
Calories (kcal)	343.5	234.3	320.2	202.1	518.6	149.4	287.1
Carbohydrates (g)	41.7	25.3	43.9	27.4	33.1	6.7	18.1
Fat (g)	5.9	5.4	4.2	5.0	8.0	3.2	10.0
Protein (g)	29.2	20.7	26.2	11.6	74.6	22.0	30.1
Fiber (g)	2.4	6.1	1.9	3.3	0.8	0.8	1.6
Iron (mg)	6.3	3.9	6.6	2.9	11.9	4.6	6.6

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	Chicken & Rice	Chicken BBQ	Chicken Crispy Fingers	Tomato Chicken
Serving size (g)	356	229	84	225
Calories (kcal)	280.3	284.4	160.5	218.6
Carbohydrates (g)	45.5	22.6	8.6	21.9
Fat (g)	3.0	6.6	3.8	3.5
Protein (g)	19.3	33.1	21.5	24.4
Fiber (g)	3.9	0.9	1.1	2.5
Iron (mg)	3.8	1.7	1.7	2.2

CARIBOU

	Caribou Casserole	Caribou Chili	Caribou Meatballs	Caribou Pizza	Caribou Ribs with Cranberries	Caribou Stew	Caribou Swiss Style
Serving size (g)	242	228	323	125	305	170	196
Calories (kcal)	343.5	234.3	320.2	202.1	518.6	149.4	287.1
Carbohydrates (g)	41.7	25.3	43.9	27.4	33.1	6.7	18.1
Fat (g)	5.9	5.4	4.2	5.0	8.0	3.2	10.0
Protein (g)	29.2	20.7	26.2	11.6	74.6	22.0	30.1
Fiber (g)	2.4	6.1	1.9	3.3	0.8	0.8	1.6
Iron (mg)	6.3	3.9	6.6	2.9	11.9	4.6	6.6

CHICKEN

	Chicken & Rice	Chicken BBQ	Chicken Crispy Fingers	Tomato Chicken
Serving size (g)	356	229	84	225
Calories (kcal)	280.3	284.4	160.5	218.6
Carbohydrates (g)	45.5	22.6	8.6	21.9
Fat (g)	3.0	6.6	3.8	3.5
Protein (g)	19.3	33.1	21.5	24.4
Fiber (g)	3.9	0.9	1.1	2.5
Iron (mg)	3.8	1.7	1.7	2.2

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	Arctic Char & Tomato	Arctic Char Balls	Baked Arctic Char Steaks	Baked Fish Fillets	Berry Fish Pudding	Crustless Salmon Quiche	Fish Burger
Serving size (g)	190	115	115	116	104	260	280
Calories (kcal)	147.0	204.3	183.0	189.4	97.5	349.4	282.7
Carbohydrates (g)	4.3	2.0	0.9	8.1	8.4	16.2	29.5
Fat (g)	5.9	13.1	11.4	7.4	3.1	15.3	4.9
Protein (g)	18.8	18.6	18.5	21.0	9.4	34.7	31.7
Fiber (g)	0.9	0.2	0.2	0.8	1.4	1.1	3.2
Iron (mg)	1.7	0.8	0.8	1.7	0.5	2.0	3.1

	Fish Pancakes	Roasted Fish	Salmon Loaf	Tuna Noodle Casserole	Tuna Sandwich
Serving size (g)	111	238	246	238	139
Calories (kcal)	201.9	217.0	344.3	320.8	235.6
Carbohydrates (g)	18.4	22.4	16.7	33.1	29.3
Fat (g)	8.9	5.9	13.6	9.8	6.2
Protein (g)	11.4	21.2	38.2	23.5	15.2
Fiber (g)	0.8	3.4	2.9	2.3	3.0
Iron (mg)	1.5	1.6	2.1	1.5	2.0

FISH

	Arctic Char & Tomato	Arctic Char Balls	Baked Arctic Char Steaks	Baked Fish Fillets	Berry Fish Pudding	Crustless Salmon Quiche	Fish Burger
Serving size (g)	190	115	115	116	104	260	280
Calories (kcal)	147.0	204.3	183.0	189.4	97.5	349.4	282.7
Carbohydrates (g)	4.3	2.0	0.9	8.1	8.4	16.2	29.5
Fat (g)	5.9	13.1	11.4	7.4	3.1	15.3	4.9
Protein (g)	18.8	18.6	18.5	21.0	9.4	34.7	31.7
Fiber (g)	0.9	0.2	0.2	0.8	1.4	1.1	3.2
Iron (mg)	1.7	0.8	0.8	1.7	0.5	2.0	3.1

	Fish Pancakes	Roasted Fish	Salmon Loaf	Tuna Noodle Casserole	Tuna Sandwich
Serving size (g)	111	238	246	238	139
Calories (kcal)	201.9	217.0	344.3	320.8	235.6
Carbohydrates (g)	18.4	22.4	16.7	33.1	29.3
Fat (g)	8.9	5.9	13.6	9.8	6.2
Protein (g)	11.4	21.2	38.2	23.5	15.2
Fiber (g)	0.8	3.4	2.9	2.3	3.0
Iron (mg)	1.5	1.6	2.1	1.5	2.0

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Serving size (g)	194	326	287	65	418
Calories (kcal)	346.2	333.0	452.5	74.6	715.0
Carbohydrates (g)	4.7	9.4	19.7	7.5	26.4
Fat (g)	7.0	3.3	7.9	3.8	35.6
Protein (g)	47.0	48.5	54.4	3.4	69.7
Fiber (g)	0.3	2.1	0.8	1.0	3.7
Iron (mg)	5.2	6.1	6.6	5.9	17.8

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	Bacon & Cheese Omelet	Egg Sandwich	Grilled Cheese	Pork Chops & Vegetables	Pork Chops in Tomato Sauce
Serving size (g)	65	141	72	215	310
Calories (kcal)	129.5	245.4	198.7	253.5	193.4
Carbohydrates (g)	1.1	28.9	27.4	20.3	7.4
Fat (g)	9.6	9.4	6.5	11.6	9.7
Protein (g)	9.2	11.8	8.3	18.9	17.4
Fiber (g)	0.1	3.1	2.5	3.4	1.2
Iron (mg)	1.0	2.8	1.9	1.4	1.5

PTARMIGAN AND GOOSE

	Baked Ptarmigan	Ptarmigan & Tomato	Ptarmigan Pancakes	Berry Liver Pudding	Goose Pie
Serving size (g)	194	326	287	65	418
Calories (kcal)	346.2	333.0	452.5	74.6	715.0
Carbohydrates (g)	4.7	9.4	19.7	7.5	26.4
Fat (g)	7.0	3.3	7.9	3.8	35.6
Protein (g)	47.0	48.5	54.4	3.4	69.7
Fiber (g)	0.3	2.1	0.8	1.0	3.7
Iron (mg)	5.2	6.1	6.6	5.9	17.8

PORK, EGGS, CHEESE

	Bacon & Cheese Omelet	Egg Sandwich	Grilled Cheese	Pork Chops & Vegetables	Pork Chops in Tomato Sauce
Serving size (g)	65	141	72	215	310
Calories (kcal)	129.5	245.4	198.7	253.5	193.4
Carbohydrates (g)	1.1	28.9	27.4	20.3	7.4
Fat (g)	9.6	9.4	6.5	11.6	9.7
Protein (g)	9.2	11.8	8.3	18.9	17.4
Fiber (g)	0.1	3.1	2.5	3.4	1.2
Iron (mg)	1.0	2.8	1.9	1.4	1.5

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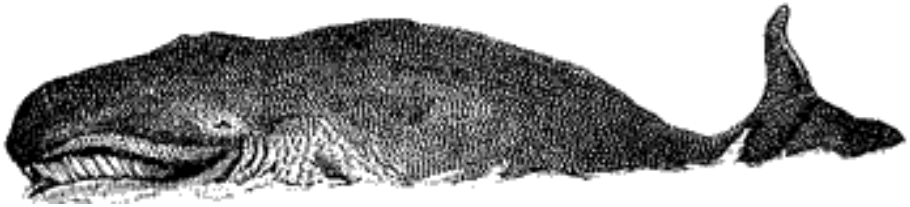
	ᒪᒃᑕᖅ ᐆᔪᖅ	ᕿᓚᓗᒐᕕᓂᖅ ᑭᐊᑦᓴᐅᑎᒧᑦ ᐃᒐᓯᒪᔪᖅ	ᓇᑦᓯᕕᓂᖅ ᑭᐊᑦᓴᐅᑎᒧᑦ ᐃᒐᓯᒪᔪᖅ
Serving size (g)	91	247	247
Calories (kcal)	100.7	188.4	216.5
Carbohydrates (g)	0	22.0	22.0
Fat (g)	0.5	0.6	3.0
Protein (g)	24.4	27.2	28.9
Fiber (g)	0	3.5	3.5
Iron (mg)	23.5	24.3	18.6



SEAL AND WHALE

	Boiled Whale Skin	Roast Whale	Roasted Seal
Serving size (g)	91	247	247
Calories (kcal)	100.7	188.4	216.5
Carbohydrates (g)	0	22.0	22.0
Fat (g)	0.5	0.6	3.0
Protein (g)	24.4	27.2	28.9
Fiber (g)	0	3.5	3.5
Iron (mg)	23.5	24.3	18.6

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CAKE

	Apple Cake	Banana Bread	Blueberry Cake	Carrot Cake	Gingerbread Cake	Upside Down Cake
Serving size (g)	86	82	146	74	100	115
Calories (kcal)	270.3	167.6	249.4	257.9	345.7	238.7
Carbohydrates (g)	43.0	30.6	51.4	27.7	50.7	41.6
Fat (g)	10.2	3.6	2.1	15.3	14.9	6.6
Protein (g)	2.8	4.0	6.4	3.3	3.3	5.3
Fiber (g)	1.7	3.2	3.5	1.9	1.0	4.8
Iron (mg)	1.5	1.2	2.3	1.1	3.2	1.9

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	Dried Fruit Cookies	Molasses Cookies	Oatmeal Molasses Cookies	Oatmeal Raisin Cookies	Peanut Butter Cookies
Serving size (g)	45	50	23	45	30
Calories (kcal)	153.1	174.4	73.7	163.9	136.3
Carbohydrates (g)	22.6	23.0	10.2	26.1	13.9
Fat (g)	5.8	8.2	3.2	6.0	8.0
Protein (g)	2.8	2.3	1.6	2.7	2.9
Fiber (g)	1.7	0.6	0.7	2.1	1.1
Iron (mg)	1.2	1.3	0.7	1.2	0.6

DESSERTS

CAKE

	Apple Cake	Banana Bread	Blueberry Cake	Carrot Cake	Gingerbread Cake	Upside Down Cake
Serving size (g)	86	82	146	74	100	115
Calories (kcal)	270.3	167.6	249.4	257.9	345.7	238.7
Carbohydrates (g)	43.0	30.6	51.4	27.7	50.7	41.6
Fat (g)	10.2	3.6	2.1	15.3	14.9	6.6
Protein (g)	2.8	4.0	6.4	3.3	3.3	5.3
Fiber (g)	1.7	3.2	3.5	1.9	1.0	4.8
Iron (mg)	1.5	1.2	2.3	1.1	3.2	1.9

COOKIES

	Dried Fruit Cookies	Molasses Cookies	Oatmeal Molasses Cookies	Oatmeal Raisin Cookies	Peanut Butter Cookies
Serving size (g)	45	50	23	45	30
Calories (kcal)	153.1	174.4	73.7	163.9	136.3
Carbohydrates (g)	22.6	23.0	10.2	26.1	13.9
Fat (g)	5.8	8.2	3.2	6.0	8.0
Protein (g)	2.8	2.3	1.6	2.7	2.9
Fiber (g)	1.7	0.6	0.7	2.1	1.1
Iron (mg)	1.2	1.3	0.7	1.2	0.6

MUFFINS

	Apple Raisin Muffins	Banana Date Muffins	Carrot Bran Muffins	Cranberry Muffins	Orange Raisin Muffins	Whole Wheat Muffins
Serving size (g)	68	87	64	36	72	104
Calories (kcal)	152.9	178.6	180.2	87.9	200.7	274.6
Carbohydrates (g)	23.4	30.0	26.3	13.2	33.3	39.1
Fat (g)	5.8	5.9	6.5	3.1	6.1	10.9
Protein (g)	3.5	3.9	5.4	1.9	4.3	6.3
Fiber (g)	3.4	4.5	4.0	0.5	2.4	3.1
Iron (mg)	1.2	1.2	1.5	0.7	1.5	1.9

MUFFINS

	Apple Raisin Muffins	Banana Date Muffins	Carrot Bran Muffins	Cranberry Muffins	Orange Raisin Muffins	Whole Wheat Muffins
Serving size (g)	68	87	64	36	72	104
Calories (kcal)	152.9	178.6	180.2	87.9	200.7	274.6
Carbohydrates (g)	23.4	30.0	26.3	13.2	33.3	39.1
Fat (g)	5.8	5.9	6.5	3.1	6.1	10.9
Protein (g)	3.5	3.9	5.4	1.9	4.3	6.3
Fiber (g)	3.4	4.5	4.0	0.5	2.4	3.1
Iron (mg)	1.2	1.2	1.5	0.7	1.5	1.9

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	Apple Crisp	Apple Pie	Apple Sauce	Baked Apples	Banana Shake	Bread Pudding	Date Squares
Serving size (g)	143	136	274	172	146	130	124
Calories (kcal)	189.8	213.3	118.5	144.4	95.3	178.1	385.6
Carbohydrates (g)	28.9	35.6	31.5	32.8	16.0	27.1	58.5
Fat (g)	8.5	7.0	0.4	2.5	2.2	5.4	16.2
Protein (g)	2.4	3.3	0.6	0.6	3.7	5.8	4.6
Fiber (g)	4.6	4.3	5.6	3.7	1.2	0.9	4.6
Iron (mg)	0.9	1.4	0.4	0.6	0.1	1.2	2.0

	Fresh Fruit Salad	Peaches & Dumplings	Rice Pudding
Serving size (g)	111	193	197
Calories (kcal)	71.2	156.1	240.9
Carbohydrates (g)	18.5	32.1	39.9
Fat (g)	0.2	1.5	6.3
Protein (g)	0.8	3.5	7.0
Fiber (g)	2.2	2.6	0.5
Iron (mg)	0.3	1.2	1.3

OTHER DESSERTS

	Apple Crisp	Apple Pie	Apple Sauce	Baked Apples	Banana Shake	Bread Pudding	Date Squares
Serving size (g)	143	136	274	172	146	130	124
Calories (kcal)	189.8	213.3	118.5	144.4	95.3	178.1	385.6
Carbohydrates (g)	28.9	35.6	31.5	32.8	16.0	27.1	58.5
Fat (g)	8.5	7.0	0.4	2.5	2.2	5.4	16.2
Protein (g)	2.4	3.3	0.6	0.6	3.7	5.8	4.6
Fiber (g)	4.6	4.3	5.6	3.7	1.2	0.9	4.6
Iron (mg)	0.9	1.4	0.4	0.6	0.1	1.2	2.0

	Fresh Fruit Salad	Peaches & Dumplings	Rice Pudding
Serving size (g)	111	193	197
Calories (kcal)	71.2	156.1	240.9
Carbohydrates (g)	18.5	32.1	39.9
Fat (g)	0.2	1.5	6.3
Protein (g)	0.8	3.5	7.0
Fiber (g)	2.2	2.6	0.5
Iron (mg)	0.3	1.2	1.3