Salmon Patties

Ingredients

- Salmon fillet, skin and bones removed
- ½ medium sized onion chopped or minced
- ¼ cup breadcrumbs or chopped toasted bread
- 2 tablespoons mustard
- 1 egg

Preparation

1. Preheat oven to 375°F.
2. Combine all ingredients in a large bowl.
3. Shape salmon mixture into four patties.
4. Place patties on greased baking sheet and let cook in the oven for 15-20 minutes.

Follow along!

Visit YKHC’s YouTube page for a video demonstration of this recipe.

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Overnight Oats

Ingredients

- 1 Cup oatmeal
- 1 Tablespoon brown sugar
- 1 Teaspoon cinnamon
- ½ Teaspoon nutmeg
- 1 Cup berries
- 1 ½ Cup milk

Preparation

1. Add all ingredients into a jar or plastic bowl.
2. Mix well.
3. Let sit in refrigerator for at least 2 hours.

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Three Can Chili

Ingredients

- 1 can beans
- 1 can crushed tomatoes
- 1 can corn
- Chili powder, to taste

Preparation

1. Drain and rinse the beans and corn to remove excess salt. Add to medium sized pot.
2. Add entire can, liquid included, of crushed tomatoes to the pot.
3. Add small amount of chili powder to pot and cook over medium heat.
4. Stir until chili starts to simmer.
5. Taste and add additional chili powder if you would like chili to be spicier. Serve hot.

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Salmon Chowder

**Ingredients**

- ¾ cup rice
- 1 potato
- ¼ teaspoon salt
- ½ teaspoon lemon pepper
- 1 teaspoon garlic
- ½ teaspoon parsley
- ½ package of bacon
- ½ white onion
- 1 can evaporated milk
- 1 can peas
- 1 can carrots
- 1 cup fiddleheads
- Water

**Preparation**

1. Fill pot ¾ full with water and heat on medium to medium high heat.
2. Add in ¾ cup rice.
3. Add in 1 diced potato.
4. Add in desire seasoning such as garlic, salt, pepper, lemon pepper, and parsley.
5. Dice the onion and rinse the canned vegetables to remove excess salt.
6. Sautée onion in frying pan for a few minutes then add in vegetables and continue to cook until onion looks clear.
7. Pour directly into pot with soup.
8. Break up jarred salmon into bite size pieces and pour intp the soup (you can also include the oil in the jarred salmon)
9. Add in the fiddle heads.
10. Continue to cook on medium to medium high heat unil the potatoes are fully cooked.

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Musk Ox Burgers

Ingredients
• 1 lb Ground musk ox (or any kind of meat)
• 3 Tablespoons worcestershire sauce
• ¼ Teaspoon salt
• ¼ Teaspoon pepper

Preparation
1. Preheat oven to 375°F.
2. Mix all of the ingredients in a medium size bowl.
3. Shape meat into individual patties.
4. Place on baking sheet and bake for 15-24 minutes.

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Slow Cooker Roast

Ingredients

- 1 lb Moose roast (or any kind of meat)
- 1 jar pepperoncini

Preparation

1. Place roast in slow cooker or large pot.
2. Cover with contents of pepperoncini jar, including the liquid.
3. Cover and cook on low heat for 8-10 hours.

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Cabbage Steaks

Ingredients
- 1 Cabbage
- 2 Tablespoons oil
- 3 Tablespoons garlic
- ¼ Teaspoon salt
- ½ Teaspoon pepper

Preparation
1. Preheat oven to 400°F.
2. Slice cabbage into 1-inch think slices.
3. Drizzle half of the oil over the top half of cabbage slices.
4. Cover with half of the garlic, salt and pepper.
5. Flip slices over and repeat on other side.
6. Place on baking sheet and bake for 15-20 minutes.

Did you know?
Locally-grown cabbage is available in produce boxes from Meyers Farm at a recuced cost. Free shipping to your village is provided by YKHC Diabetes Prevention & Control. Visit meyersfarm.net to learn more or to order a box.