



Yellow Cornmeal Grits with Roasted Vegetables

Recipe by Rebecca Soule and Annemarie Kozlowski, Montana State University, Food Product Development Lab

Ingredients

SERVES 4-6

For the cornmeal grits:

2 cups yellow cornmeal
8 cups water
½ teaspoon salt
2 tablespoons maple syrup
1 tablespoon butter (optional)

Suggested vegetables:

Corn kernels, frozen or fresh
Yellow onion
Zucchini
Broccoli
Carrots
Cherry tomatoes
Olive or neutral oil
Salt and pepper to taste

Directions

1. Preheat oven to 400° F. Cut the onion, zucchini, broccoli, and carrots into bite-sized pieces. Toss with corn, oil, and seasonings of choice. Arrange onto a baking sheet and roast in the oven for about 30 minutes, or until the vegetables are soft. During the last 10 minutes of cooking, lightly toss the cherry tomatoes in oil and seasonings and add to the oven to roast.
2. While the vegetables are in the oven, make the cornmeal grits by bringing the water and salt to a boil. Reduce to a simmer and slowly add in the cornmeal. Stirring constantly to avoid lumps. Cook for about 5 minutes, or until the cornmeal is thickened and soft. Remove from heat and stir in the butter and maple syrup.
3. Portion the grits to serve and top with the roasted vegetables. Adjust seasonings to taste and serve warm.

Recipe Notes

Leftover grits can be saved in the refrigerator and used to make Pumpkin Johnny Cakes with Berry Compote.

This project resulted from a partnership between the Intertribal Agriculture Council and Montana State University (MSU). The project was funded by MSU's Outreach and Engagement Council and the National Institute of Food and Agriculture, U.S. Department of Agriculture (USDA) (award number 2020-38640-31523-WSIRE through the Western Sustainable Agriculture Research and Education program under project number SW21-929). MSU and USDA are equal opportunity employers and service providers. Any opinions, findings, conclusions, or recommendations expressed in this publication are those of the author(s) and do not necessarily reflect the views of MSU or the USDA. Find the AIF products guide at <https://bit.ly/iac-aif>.



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Pumpkin Johnny Cakes with Berry Compote



Photo by Rebecca Soule

Ingredients

SERVES 4-6

For the Berry Compote:

10 oz frozen blueberries
2 tablespoons water
Sweetener of choice (optional)

For the Johnny Cakes:

½ cup canned pumpkin puree
½ cup cottage cheese
1 tablespoon maple syrup
2 tablespoons neutral oil
¼ cup water
½ teaspoon salt
1 tea bag of chai tea leaves (see notes)
2 cups all-purpose flour
1 cup cooked cornmeal grits

Recipe by Rebecca Soule and Annemarie Kozlowski, Montana State University, Food Product Development Lab

Directions

1. **Berry Compote:** Add all berry compote ingredients to a saucepan and heat to a gentle simmer over medium heat. Once simmering, lower the heat slightly, stirring often until the compote thickens, about 10 minutes. Transfer to a small bowl and allow to cool completely.
2. **Johnny Cakes:** Add all ingredients from pumpkin through tea leaves to a high-speed blender and blend until smooth. Pour into a mixing bowl and whisk in the flour and cornmeal grits (fresh or leftover).
3. **Cook and assemble:** Heat a small amount of neutral oil in a pan. Pour about ¼ cup of batter into the pan, as if you were making pancakes. Cook until the underside is done and flip to cook the other side. Repeat until the batter is gone. Top with compote and your favorite toppings; serve warm.

Recipe Notes

- Topping suggestions: blended cottage cheese, grapefruit slices, maple syrup and cinnamon
- Compote can be made using any fruit substitution, adding lemon juice, a pinch of salt, or cornstarch to speed thickening
- Sweeteners can be table sugar, honey, or maple syrup

Continued on reverse

- Alternative tea flavors: cinnamon, citrus, or another warm/spicy flavor
- To make fresh grits: bring 8 cups water to boil, ½ teaspoon salt, reduce heat to low, and slowly add 2 cups cornmeal. Stir continuously for 5 minutes, remove from heat, add 2 tablespoons maple syrup and 1 tablespoon butter.

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Microwave Loaded Sweet Potato with Black Beans, Fried Egg and Pico de Gallo

Recipe by Rebecca Soule and Annemarie Kozlowski, Montana State University, Food Product Development Lab

Ingredients

SERVES 2-4

1 large sweet potato, skin on,
cleaned
1 (15 oz) can black or pinto beans
1 egg per serving
1-pint cherry tomatoes, quartered
1 jalapeño, seeded and minced
1 tablespoon minced red or white
onion
½ bunch cilantro, minced
Juice from 1 lime
Salt and pepper to taste
Iceberg lettuce, shredded
Cooking spray or neutral oil

Directions

- Potato and Beans:** Puncture the sweet potato with a fork and microwave for 5-10 minutes until very soft, adjusting for your microwave's power. Remove potato and cut it in half for two servings or quarter it for four. Heat the beans in a separate microwave-safe bowl until warmed through.
- Pico de Gallo:** While potato and beans are cooking, in a small bowl combine quartered tomatoes, minced jalapeño, minced onion, minced cilantro, lime juice, and a pinch of salt. Stir and set aside to allow flavors to combine.
- In a frying pan that is lightly coated with either cooking spray or neutral oil, fry egg to desired doneness.
- With the back of a fork, smash the inside of potato and season with salt and pepper. On a plate, add shredded lettuce, top with potato, beans, egg, and Pico de Gallo.

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Spicy Vegetable-Bean Chili

*Recipe by Rebecca Soule and Annemarie Kozlowski,
Montana State University, Food Product Development Lab*



Photo by Rebecca Soule

Ingredients

SERVES 6-8

- ½ tablespoon olive or neutral oil
- 4 cloves garlic, minced
- 1 small yellow onion, chopped
- ½ cup yellow bell pepper, diced
- ½ cup red bell pepper, diced
- 1 medium jalapeño, minced
- 2-3 medium red potatoes, cleaned and cut into ½ inch cubes
- 1 cup zucchini, chopped
- 2 tablespoons chili powder
- 2 tablespoons cumin
- 1 teaspoon dried oregano
- 1 ½ teaspoon salt
- 1 (14.5 oz) can diced tomatoes
- 1 (15 oz) can black beans, rinsed and drained
- 1 (15 oz) can kidney beans, rinsed and drained
- 1 (15 oz) can pinto beans, rinsed and drained
- 1 (15 oz) can corn, rinsed and drained
- 3-4 cups unsalted vegetable broth or water

Directions

1. Heat oil in a large soup pot over medium-high heat. Add onion, yellow and red peppers, jalapeño, potatoes; sauté for 5-7 minutes, stirring frequently.
2. Add zucchini, chili powder, cumin, oregano, and salt; stir for 1-2 minutes or until spices are aromatic.
3. Add tomatoes, black, kidney, pinto beans, vegetable broth or water and corn. Bring to a boil, then reduce to a gentle simmer for 30-45 minutes or until chili thickens, and vegetables/beans are cooked through. Taste and adjust seasoning.
4. Garnish with your favorite toppings and serve.

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Cottage Pie

*Recipe by Rebecca Soule and Annemarie Kozlowski,
Montana State University, Food Product Development Lab*

Ingredients

SERVES 4-6

For the base:

½ tablespoon olive or neutral oil

1 lb. ground beef

¼ cup red onion, diced

2 cloves garlic, minced

1 (10oz) bag of mixed frozen vegetables (peas, corn, carrots)

1 tablespoon Au jus or gravy seasoning

½ cup beef stock

For topping:

2 (4 oz packages) instant potatoes

2 tablespoons Kraft Parmesan



Photo by Rebecca Soule

Directions

1. Preheat oven to 400° F.
2. Heat oil in a sauté pan over medium-high heat. Add ground meat, onion, and garlic and cook until meat is almost cooked through. Reduce to medium heat; add seasoning and frozen vegetables, stirring often for 1-2 minutes. Add stock and continue cooking until liquid is reduced by half. Set aside.
3. In a medium bowl, make instant potatoes following package instructions. In an 8x8 lightly greased pan, add ground beef with vegetables mixture, then add large spoonful of mashed potatoes on top covering the meat. Evenly sprinkle Parmesan on top of potatoes. Bake in preheated oven for 20-25 minutes or until top is light brown and everything is heated through.

Recipe Notes: any ground meat works, can sub frozen vegetables for rinsed canned corn, peas, carrots.

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Lemon-Garlic Roast Chicken with Vegetables



*Recipe by Rebecca Soule and Annemarie Kozlowski,
Montana State University, Food Product Development Lab*

Ingredients

SERVES 4-6

- 1 (3.5-4 lb.) whole chicken
- 1 lemon, halved
- 1 head of garlic, halved widthwise
- 3 medium to large Yukon gold or red potatoes, halved widthwise
- 3 medium carrots, peeled and cut lengthwise
- ½ yellow onion, quartered
- ¼ cup salted butter, melted
- Handful of brussels sprouts, halved
- ½ teaspoon black pepper
- ½ teaspoon oregano
- ½ teaspoon dried basil
- 1 tablespoon salt

Directions

1. Preheat oven to 425° F. Prepare the chicken by draining juices and patting dry. Slice the skin around the thighs between the legs and the breast so they fall flatter, keeping the joint intact. In an oven-safe pan, place the lemon and garlic face down. Clean and cut the carrots, potatoes, and onion; arrange them in the pan. Place the chicken on top of everything, breast side up. Pour the melted butter over it all and heavily coat the chicken with 1 tablespoon of salt. Sprinkle the chicken and the vegetables with the oregano, basil, and pepper. Bake for about 1 hour. During the final 10 minutes of cooking, add the Brussels sprouts. Continue cooking until the thickest part of the chicken reaches 165° F internal temperature.
2. Remove the chicken from the oven and let rest for 10 minutes before carving. Place the pieces on a serving dish with the cooked vegetables. Top everything with the juices from the cooking pan and serve warm.

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Egg, Potato and Vegetable Crustless Quiche



Photo by Rebecca Soule

*Recipe by Rebecca Soule and Annemarie Kozlowski,
Montana State University, Food Product Development Lab*

Ingredients

SERVES 6-8

- ½ yellow onion, small diced
- 5 oz frozen broccoli, thawed, rough chopped
- 8 oz frozen diced potato
- 1 (15 oz) can black beans, drained and rinsed
- 1 teaspoon paprika
- 1 teaspoon garlic powder
- ½ teaspoon cumin
- 1 tablespoon minced flat leaf parsley (or 1 teaspoon dried)
- ½ cup shredded cheddar cheese

For the egg mixture:

- 8 whole eggs
- 2 tablespoons water
- 1 teaspoon salt
- ½ teaspoon black pepper

Directions

1. Preheat oven to 350° F and grease a 9" deep pie dish or an 8"x8" baking dish; set it aside.
2. In a frying pan over medium heat, add all of the chopped vegetables and sauté until they are slightly browned. Sprinkle paprika, garlic powder, and cumin over the vegetables and cook for 1-2 minutes until spices are aromatic. Remove from heat, fold in herbs and cheese and transfer everything to the greased pie dish.
3. In a mixing bowl, add the eggs, water, salt, and pepper. Whisk until combined and slightly frothy. Pour the egg mixture slowly over the vegetables until just covered.
4. Bake uncovered for about 30-40 minutes until the center is set. Cut and serve.

Recipe Notes

- All vegetables and herbs can be substituted
- Toppings: sour cream, salsa, or green onions

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