



November Nutrition Education

- **November 8th - Food Sampling 9am- noon**
- **November 13th - Food Sampling 1pm-3pm**
- **November 15th - Food Sampling 1pm-3pm**
- **November 20th - Food Sampling 1pm-3pm**
- **November 27th - Food Sampling 1pm-3pm**
- **November 29th - Food Sampling 1pm-3pm**

Turkey Pot Pie

Ingredients

- 2 cups bakery mix
- 1 egg or ¼ cup egg mix combined with ½ cup water
- 1 ½ cups of milk, divided
- 2 cans (10.75 oz) low-sodium cream of chicken soup
- 4 cups or 1 pound of turkey, cooked (substitute for chicken or beef)
- 2 cans mixed vegetables, drained
- ¼ teaspoon celery seed
- ¼ teaspoon onion powder
- ¼ teaspoon sage
- ¼ teaspoon paprika

Directions- Preheat oven to 400°

1. In a medium bowl, stir bakery mix, egg mixture or egg, and milk to make biscuit topping. Set aside.
2. In a saucepan over medium high heat, combine soup, 1 cup of milk, turkey (chicken or beef), vegetables, and seasonings.
3. Stir until heated.
4. In a casserole dish, add mixture.
5. Spoon 12 heaping tablespoons of biscuit dough over mixture.
6. Baked uncovered for 25 minutes until biscuits are golden brown.

Makes 12 servings.

Buffalo Chili

Ingredients

- 1 lb. **ground bison**
- 1 **onion**, chopped
- 1 cup **carrots**, chopped
- ½ head of **cauliflower**, stemmed and cut into small florets (about 3 cups) **low**
- 1 **green bell pepper**, chopped
- 2 teaspoons of cumin
- 3 tablespoons of chili powder
- 1 tablespoon of apple cider vinegar
- 1 (15 oz) can **diced tomatoes**
- 1 (15 oz) can **kidney bean** (rinsed and drained)
- ½ cup of loosely packed cilantro leaves, chopped

Directions

Heat a large Dutch oven or pot over high heat. When the pot is very hot, add bison and brown it, stirring often for 5 minutes. Add carrots and onion, and cook, until both begin to soften, about 5 minutes. Add ½ cup water to deglaze the pan, scraping brown bits from the bottom of the pan as the water evaporates. Add cauliflower, bell pepper and garlic and cook until vegetables begin to soften, about 5 minutes. Add cumin, chili powder, vinegar, tomatoes and beans along with 1 cup water. Bring to a boil; reduce to a simmer, cover and cook, stirring occasionally, until vegetables are fork tender, about 45 minutes. Serve garnished with chopped cilantro.

For more information, contact:

Nutrition Educator

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TIP: Do you eat too fast? Consider the “fork trick” to prevent overeating. Use your non-dominant hand when you eat. It naturally slows you down because you have to try and steady your food to get it to your mouth. And eat until you’re comfortably full. In other words, stop eating at the start of feeling full.