

The cover features a light pink background with white line-art illustrations of stylized flowers and leaves. At the top, the text 'American Indian Cancer Foundation's' is in a dark pink font. Below it, the title 'INDIGENOUS PINK COOKBOOK' is written in large, bold, white capital letters on a dark pink rectangular background. The bottom half of the cover is dominated by a close-up photograph of several sliced strawberries in a red bowl. A dark pink rectangular box at the bottom contains white text describing the book's content.

American Indian Cancer Foundation's

INDIGENOUS PINK COOKBOOK

Pink food inspired recipes for Native breast cancer survivors, caregivers & families in Indian Country



BEEF & WATERMELON SALAD

PREP TIME: 20 minutes

READY IN: 1 hour

SERVES: 6

INGREDIENTS:

2 cups red beets
1/2 large watermelon, diced
3 cups spinach
1 small red onion
1 cup basil leaves, thinly chopped
1/2 cup fresh mint
1 package crumbled goat cheese
4 tablespoons olive oil
1 orange, halved

DIRECTIONS:

Preheat oven to 400°F. Wash beets, then slice off just a bit from the tops and bottoms. Wrap beets loosely in foil and roast on the middle rack of the oven for 30-45 minutes or until tender, then let cool. Once beets have cooled, remove skin and dice them to desired length. Combine watermelon and beets together in a large bowl. Chop mint and basil into 1-inch long strips, or smaller depending on desired length. Dice red onion into small pieces. Combine watermelon, beets, onions and herbs together with spinach. Drizzle olive oil over the top of the mixture. Cut orange in half and add juice from 1/2 of the orange to the salad. Add 1 package of crumbled goat cheese. Toss, serve and enjoy!

Optional dressings or garnishings can include:

Pomegranate seeds

Pistachios

If mixture is too tart, add 1 teaspoon of maple syrup to sweeten

NOTES:

Inspired by recipes from [allrecipes.com](https://www.allrecipes.com), Ally's Kitchen, and Thyme & Toast



GRILLED SALMON WITH SWEET POTATOES

PREP TIME: 20 minutes

READY IN: 45 minutes

SERVES: 4

INGREDIENTS:

2 medium sweet potatoes, halved
1 lemon, halved
2 salmon fillets (about 12 oz. each)
2 teaspoons olive oil

DIRECTIONS:

Preheat oven to 450°F. Place sweet potatoes on a baking sheet and bake about 45 minutes, or until tender. After sweet potatoes have baked for about 30 minutes, preheat grill to medium. Brush salmon fillets with olive oil. Cut lemon in half and squeeze juice from 1/2 of the lemon over the top of fillets. Place salmon on grill and cook until opaque throughout, about 5 minutes each side. Plate salmon with sweet potatoes and enjoy!

NOTES:

Inspired by AICAF's Survivor Nutrition Guide, based on a recipe on foodal.com



ODE'IMIN (STRAWBERRY) CEDAR TEA

PREP TIME: 5 minutes
READY IN: 10 minutes
SERVES: 1

INGREDIENTS:
2-3 strawberries
2 cups water
Sprig of cedar

DIRECTIONS:

Boil cedar in the 2 cups of water until it turns a golden color. Chill until desired temperature or add ice to cool. Chop washed strawberries and add to cedar tea mixture. Let strawberries marinate in tea for twenty minutes before drinking. If you'd like it colder, put it in the fridge or add ice. Enjoy!

NOTES:

Cedar tea is a traditional medicinal tonic
Ode'imín is the Ojibwe translation for strawberry
Wažúšteča is the Lakota translation for strawberry
Giizhik is the Ojibwe translation for cedar



S'MORES WITH WOJAPI (BERRY SAUCE)

PREP TIME: 5 minutes

READY IN: 1 hour

SERVES: 6

INGREDIENTS:

6 cups berries (strawberries, raspberries, blackberries)
1 cup water
6 sheets graham cracker cookies
6 marshmallows
3 regular chocolate bars, cut in 6 even squares
3 tablespoons cornstarch
honey

DIRECTIONS:

For wojapi - Mash the berries together in bowl. Place mashed berries into a medium pot and add water into the mixture. Bring berries and water to a boil. Add $\frac{1}{4}$ teaspoon of cornstarch until you have desired thickness. Reduce and simmer until texture is thick and syrupy. If necessary, add a little honey to sweeten.

For s'mores - heat one marshmallow on a stick over a fire or stove until soft and golden brown. Break one graham cracker sheet in half to make two squares. Break 1 chocolate bar in half and place on top of 1 graham cracker square. Place cooked marshmallow on top of the chocolate and graham cracker square, then close with other half of graham cracker square. Place s'more on top of plate. Pour wojapi over the s'more. Enjoy!

NOTES:

This is a messier version of s'mores meant to be eaten on the plate