

HUꞖ WICONJRA WIIRA
January: First Bear Moon

HARVEST OF THE MONTH

Amaranth

ABOUT AMARANTH

- Amaranth has more than 70 species, and is indigenous to the Americas.
- It can grow up to 9 feet and has bright purple, red, or yellow flowers.
- Amaranth is a complete protein, meaning it contains all of the different types of proteins your body needs.
- Has twice the amount of protein compared to rice and corn.
- Is harvested and stored much like common grains.



STORAGE AND USAGE

- Whole amaranth can be stored in the pantry for 4 months, or in the freezer for 8 months.
- Amaranth flour can be kept in the pantry for 2 months or in the freezer for up to 4 months.
- Pairs well with squash, corn, cinnamon, vanilla and chocolate.

MAPLE AMARANTH CORNBREAD

By Indigenous Chef
Crystal Wahpepah

Ingredients:

- 1 cup yellow cornmeal
- 1 1/2 cups amaranth
- 3 teaspoons salt
- 2 teaspoons baking powder
- 3 tablespoons maple syrup
- 1 sweet red pepper, chopped
- 1/3 cup warm water
- 1/2 cup coconut oil

Steps:

- Preheat the oven to 400°F.
- Line an 8x8" baking dish with parchment paper.
- In a medium bowl, whisk together cornmeal, amaranth, baking powder, and salt. Add maple syrup and sweet pepper. Stir in water until just combined, then add coconut oil (a few lumps are fine).
- Pour batter into prepared baking dish and gently smooth the batter.
- Bake for 15-20 minutes or until golden brown.
- If you'd like, brush maple syrup on cornbread as a glaze while still hot.

For more Information Contact a HCN
Registered Dietitian/ Nutritionist:

BRF, TOMAH, WITTENBERG AREAS:
(888) 685-4422, EXT. 35335
BRF, LA CROSSE AREAS:
(888) 685-4422, EXT. 35340
DELLS, NEKOOSA, MADISON AREAS:
(888) 552-7889, EXT. 35554

Updated 9/22 Nutr.

HCN HEALTH & WELLNESS DIV.
<http://health.ho-chunk.com/>

