

HUUC WICONJRA WIIRA
January: First Bear Moon

HARVEST OF THE MONTH

Watašóroc
(Hominy)

ABOUT HOMINY

- Hominy is made from yellow or white dried corn that has had the outer hull removed. This ancient process is called nixtamalization.
- Nixtamalization involves soaking/cooking the dried corn in an alkaline solution. Historically Native Americans used wood ash to create the alkaline solution.
- The resulting hominy has a soft and slightly chewy texture, and can be left whole, or ground into grits or flour.
- The benefit of nixtamalization is that the kernel can soften, be ground into a dough for corn tortillas, and allow vitamin B6 absorption. It also adds a delicious flavor.

PREPARING

- Hominy can be purchased canned, and no other preparation is needed. It can be used whole, just like corn, and is often used in soups such as posole.
- To prepare dry hominy, rinse 1 (14 oz.) bag of hominy and soak in plenty of water for several hours or overnight. Drain. Add 5 cups of water or broth and simmer for two hours until hominy becomes tender.

HOMINY CASSEROLE

SERVES 4

INGREDIENTS:

- 1 cup chopped onion
- 1/4 teaspoon garlic powder
- 2 cans (15 oz each) hominy, drained
- 1 can chopped green chilies* (optional)
- *substitute with a finely minced jalapeño if desired
- 1 can (15 oz) diced tomatoes, undrained
- 1 teaspoon chili powder
- 1/2 teaspoon ground cumin
- 1/4 teaspoon pepper
- 1/2 cup shredded cheese (optional)



STEPS:

- Preheat oven to 350 degrees.
- Coat a large skillet with cooking spray.
- Saute onion and garlic until tender.
- Add the hominy, tomatoes, chilies, chili powder, cumin, and pepper. Mix gently.
- Transfer to a baking dish that has been coated with cooking spray.
- Bake, uncovered, for 25 minutes.
- Sprinkle with cheese, bake for 5 minutes longer until the cheese is melted.

Nutrition per serving: Calories: 120;
Protein: 3g; Fat: 8g; Total Carbohydrate: 8g;
Sodium: 291mg.

For more Information Contact a
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