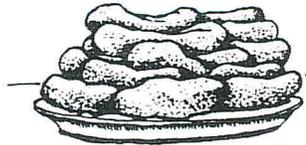


A big hit at the Yakama Pow Wow



Low fat Indian tacos

makes 8 tacos

Cook pinto beans without lard or oil.

You need

Griddle bread or no-fry fry bread
¼ cup low fat chili or cooked pinto beans
½ cup shredded lettuce
½ cup chopped tomato
2 tablespoons grated cheese
1 tablespoon chopped onion
Salsa to taste

To make

Cook griddle bread.

Top griddle bread with chili. Follow with lettuce, tomatoes and cheese.

Add onions and salsa to taste. Serve.

One griddle bread with taco topping

277 calories
10 grams fat
33% of calories from fat

Low fat chilis

- Make your own chili with ground turkey or lean hamburger. Use more beans than meat!
- Look for lowfat canned chili in food stores.

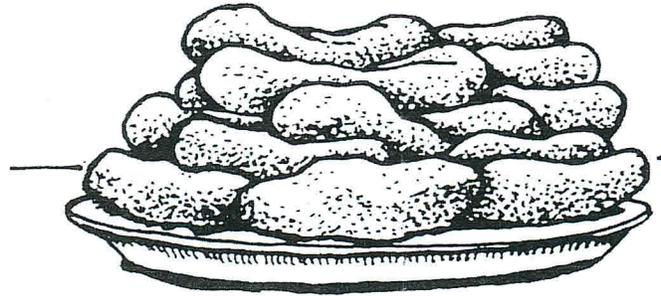
This fry bread is low fat!

No fry—Fry bread

makes 8 servings

You need

2 cups flour
3 teaspoons baking powder
½ teaspoon salt
½ teaspoon sugar
½ cup water
½ cup nonfat or lowfat milk
2 tablespoons salad oil



Making fry bread in the oven helps keep fry bread low in fat!

When you fry bread, you use more oil, adding fat and calories!

To make

Preheat oven to 400 degrees.

Mix dry foods together.

Mix liquid food in a pan and heat until warm, not hot. Mix in dry foods.

Lightly grease or spray an iron skillet or baking pan

Form dough into ball. Place in pan and flatten.

Bake at 400 degrees for 30 to 40 minutes.

Cut into wedges to serve.

One serving no-fry bread

160 calories

3 grams fat

19% of calories from fat
