

Healthy and Happy for the Holidays

As we gather to celebrate Native American Heritage Month and the holidays, it is important to honor our ancestors by not only enjoying our traditional foods and celebrating our heritage, but by also being safe to protect ourselves, our elders, and our future generations. Following a “recipe” for safety will help make your gathering enjoyable for all!

Recipe for a Joyful Harvest Season, 2021

Makes: Happy and Healthy Holidays for All



Ingredients:

Vaccination
Masks
Hand Soap or Sanitizer
Physical Spacing
Communication
Safe Travels

Directions:

Get vaccinated. Children and adults age 5 and up should get a COVID-19 vaccine. Some groups of people are eligible for a booster shot. Visit your health department website for more info, or talk with your health provider.

Wear a mask. Wear a cloth or surgical face mask over your mouth and nose when grocery shopping or in other public indoor settings, or when serving food.

Wash your hands before eating or serving food.

Physical Spacing. Unless you are celebrating outdoors, plan your gathering so guests can circulate easily, there is good air flow, and vulnerable people are not crowded.

Communicate in advance with guests about your COVID-19 ground rules and the precautions you're taking. Cancel plans if you are sick, and stay away from others.

Safe Travels. If possible, delay travel unless you are fully vaccinated. If you are traveling with unvaccinated family members, such as children who are not yet eligible to be vaccinated, take additional precautions. Avoid crowds.

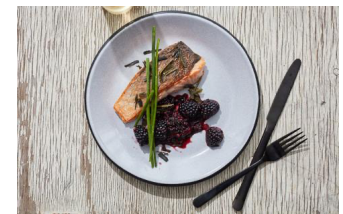
Salmon with Crushed Blackberries and Seaweed

Ingredients:

2 cups fresh blackberries
Coarse sea salt
4 wild-caught sockeye portions
3 tablespoons sunflower oil, plus more as needed
2 to 3 tablespoons dried wakame seaweed
Fresh chive stems, for garnish

Directions:

A traditional staple in the Pacific Northwest, salmon is considered a sacred food. Seaweed and blackberry harvesting go back countless generations, as well. The salty seaweed and sweet blackberries are great accompaniments here.



- 1.** In a medium bowl, crush half the blackberries using the back of a fork. Add the remaining whole blackberries, stir and season to taste with salt; set aside.
- 2.** Pat salmon fillets dry with a paper towel. Season with salt on both sides.
- 3.** Roast in a traditional manner, or heat a large, heavy sauté pan or cast-iron skillet over high. When the pan is hot, add 3 tablespoons oil and carefully swirl it around to coat the bottom of the pan. When the oil begins to shimmer, place the fillets in the pan, flesh-side down, and sear until the salmon picks up some color and releases easily from the pan, 1 to 2 minutes. Flip the fish, reduce the heat to medium and continue cooking until cooked through, about 2 minutes more, depending on the thickness of the salmon.
- 4.** Transfer the fillets from the pan to a warm plate and tent with foil until all fillets are cooked, making sure to get any of the salmon skin that may stick to the pan.
- 5.** Divide the salmon among plates, serving it skin-side up. Top with the blackberries, then garnish each plate with the seaweed and a few chive stems.



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