

Southwestern Region Basket

Traditional foods from the Southwestern Navajo (Diné), Apache, Pueblo (Hopi, Zuni, Taos, Santa Domingo, and Acoma), Tohono O'odham, and Yaqui

Proteins

Meats and wild game:

Antelope/pronghorn, bear, 0g
deer, elk, goat, javelina,
mountain lion, mutton,
prairie dogs, rabbits, spam,
trout, and wild turkeys,
any size

Plant-based protein:

Acorn 1oz 15g
Piñon nuts, walnuts, 1oz 5g
pepitas
Sunflower seeds ½c 14g

Starches

Beans (Regional type, ½c 15g
pinto, kidney, tepary)
(cooked)
Corn/blue corn ½c - ½ cob 15g
corn on the cob
(cooked)
Hominy (cooked) ½c 12g
Pumpkin, squash 1c 5g
(cushaw, raw)
Wild potato,
Four Corners potato, ½c 15g
russet potato, red potato
(cooked)

Grains

Amaranth ½c 23g
Blue corn bread 1 small piece 20g
Blue corn mush ½c 12g
(tóshchíín, chaquehue)
Corn or dried corn ½c 12g 47g
(uncooked)
Frybread 5.5" piece 73g
Piki bread, oven bread 1 piece 20g

Tennis bread 5" piece 53g
Tortillas (sakwawikaviki), 6" 15g
náneeskaadi/ooneel baah

Non-Starchy Vegetables

Peppers, gen/red 1c 5g
chilies (raw)
Prickly pear cactus 1 pad 2g
(Hoshniteelí) (cooked)
Purslane (raw) 1c 2g
Wild onions, 1c 5g
wild spinach (raw)

Mixed Dishes

Acorn stew 1c 9g
Corned beef and 1 serving 29g
potatoes in a tortilla
Dumpling stew with 1¼c 25g
mutton (K'íneesbízhií)
Hominy stew (pozole) 1¼c 29g
with mutton or rabbit
Navajo/Indian taco 1 taco 77g
Steamed corn 1¼c 32g
stew (neeshjizhii)
Tamales 1 piece 34g

Fruits

Banana melon ½c 4g
Chilchen/sumac berries 1c 12g
Chokecherries ½c 26g
Currants, raspberries 1c 15g
Grapes 17 small pieces 15g
Prickly Pear 1c 14g
Rose hips ½c 25g

Beverages

Atole ½c 18g

Sumac lemonade 8oz 5g
honey sweetened
Teas unsweetened 12oz 0g
(hohoyisi, Navajo or Indian
tea greenthread, juniper ash,
cedar/white pine, rose hip)

Desserts

Honey, agave 1 tbsp 15g
Piñon cookies, 2" cookie 16g
blue corn cookies
Prickly pear, sumac 1 tbsp 14g
berries, yucca blossom,
red or green chili, and
juniper jams/jellies

