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Butte Native Wellness Letter

Empowering our community by providing high-quality healthcare that honors ancestral wisdom, culture, and tradition.

Be Heart Smart

In our continued commitment to promoting heart health, we're sharing a delicious and nutritious recipe that's as good for your taste buds as it is for your heart : **Wild Rice with Salmon Stew**, a comforting dish packed with heart-healthy ingredients.

Ingredients

- 1 Tbsp. vegetable oil
- 1 c. diced onion
- 2 cloves garlic, chopped or ½ tsp. garlic powder
- ¾ c. chopped carrot
- 2 stalks celery, chopped
- 2 c. bite-sized cubed winter squash, white potato or sweet potato
- 4 to 5 c. no salt added vegetable broth
- ¾ c. corn (fresh, frozen or canned, drained and rinsed)
- 1 can (16 ounces) pink salmon, drained (mash bones and skin)
- ½ tsp pepper
- ¾ tsp dried dill
- 1 tsp lemon juice
- 2 to 3 c. cooked wild rice or wild rice mix, heated
- chopped parsley (optional)
- lemon slices (optional)

Directions

1. In a saucepan over medium heat, cook the onion in oil for 2 to 3 minutes. Add the garlic, carrots and celery and cook until the vegetables are soft.
2. Add the potato and vegetable broth. Bring to a boil, then reduce heat and simmer for 10 to 15 minutes until the potato is tender.
3. Add the corn, salmon, pepper, dill and lemon juice. Return to simmer until heated through.
4. Place ¼ to ½ cup cooked wild rice in the bottom of a bowl and ladle stew over the rice. Top with chopped parsley and lemon slice, if desired.

Awareness: Missing and Murdered Indigenous People

Join us in honoring Missing and Murdered Indigenous People (MMIP) from April 29th to May 5th, with May 5th designated as MMIP Awareness Day. Native American communities face extraordinary challenges. According to statistics from the Urban Indian Health Institute, compiled from a survey of 71 U.S. cities in 2016, Native American women make up a significant portion of the missing and murdered cases. The murder rate for these women is ten times higher than the national average for women living on reservations, and murder is the third leading cause of death for Native women aged 10-24, and the fifth leading cause for Native women aged 25-34. People of all ages and sexes are victims of these crimes, including men, boys, girls, infants, and elders. In fact, 82% of indigenous men are victims of violence in their lifetime, and Native children are more likely to experience trauma and abuse than their non-Native peers. At Butte Native Wellness Center, we stand in solidarity with Indigenous communities, advocating for change and supporting all those affected by these tragedies. 🖐️