

# DESERT RECIPES

*Native foods recipes to use with your students in your desert unit.*

**CONTACT THE FOLLOWING ORGANIZATIONS FOR INFORMATION ON NATIVE PEOPLES AND ETHNOECOLOGY OF THE SONORAN DESERT:**

Tohono O'odham  
Community Action  
(TOCA)  
P.O. Box 1790  
Sells, AZ 85634  
520-383-4966  
[www.tocaonline.org](http://www.tocaonline.org)

Native Seeds/SEARCH  
526 N. 4th Avenue  
Tucson, AZ 85705  
520-622-5561  
[www.nativeseeds.org](http://www.nativeseeds.org)

Arizona State Museum  
(on the University of  
Arizona campus)  
520-621-6302  
[statemuseum.arizona.edu](http://statemuseum.arizona.edu)

## BACKGROUND

Foods from the desert have sustained and nourished Native People for thousands of years. Refer to the resource list for more information on wild foods used by Native Americans. The following recipes use mesquite flour and might be fun to try with your students. Mesquite flour can be purchased from the Native Seeds/SEARCH retail outlet at 526 N. 4th Avenue in Tucson. (Recipes courtesy of NS/S)

### MESQUITE ALMOND COOKIES

1 C. butter, room temperature	1 $\frac{3}{4}$ C. unbleached flour
$\frac{1}{2}$ C. brown sugar	$\frac{1}{2}$ C. whole wheat flour
$\frac{1}{2}$ C. white sugar	$\frac{1}{2}$ C. mesquite meal
2 eggs	1 $\frac{1}{2}$ tsp. baking soda
1 $\frac{1}{2}$ tsp. vanilla	1 C. sliced almonds

Cream butter and sugars. Add eggs and vanilla. Mix in flour, meal and baking soda. Stir in almonds. Drop by tablespoons on ungreased baking sheets. Bake 8-10 minutes at 400°F. (Makes 3 – 3  $\frac{1}{2}$  dozen cookies)

### MESQUITE FLOUR TORTILLAS

1 $\frac{1}{2}$ C. unbleached flour	$\frac{1}{2}$ tsp. salt
$\frac{1}{2}$ C. mesquite meal	3 T. canola oil
	$\frac{1}{2}$ C. warm water

Mix together flour, meal and salt. Drizzle on oil and stir with fork. Stir in warm water and make into a ball. Knead 2 minutes on floured board. Cover and let rest 20 minutes. Divide into 12 balls. Roll each into 1/8 inch thick circles. Cook in dry skillet over medium heat. When slightly browned on one side (approximately 1 minute), flip over and cook 10 – 15 seconds more. Stack in plastic bag immediately and let set to steam. May store at room temperature 2 to 3 days. For longer storage, keep in refrigerator.