

BIBA MES

CHAMORU!

Pay-Less
SUPERMARKETS

CELEBRATES CHAMORU MONTH



FEATURING
**LOCAL
FOOD
WITH A
HEALTH
SMART
FLAIR**



Hafa Adai,

In celebration of our Chamoru heritage, I invite our community to reflect on traditional eating practices. The diet of our ancestors was inherently “Health Smart,” consisting mainly of fruit, root vegetables, and seafood. Farming, fishing, and cooking were valuable skills that supported a society acclaimed for strength and resilience.

While food remains central to Guam culture, many of our eating practices have changed. In many ways, these changes have challenged our capacity to be as strong and resilient as our ancestors. By eating natural whole foods, especially those supplied by local farmers and fishermen, we can protect our health and sustain the legacy of the Chamoru people.

Biba Mes Chamoru! Biba Health Smart!

Si Yu’os Ma’åse,
Si Rosae



For those of you that registered, see you at Kick The Fat ‘16!

KTF16
5K/10K RUN WALK



MAILA HALOM

We are proud to show our Hafa Adai spirit in celebration of Mes Chamoru! Each store is showcasing our local produce with displays, handmade by our very own employees. We hope you enjoy our month-long celebration!

MUNGNGA MALEFFA

Don't Forget

Come by every Sunday to **chagi** some local favorites in our stores!

SI YU’OS MA’ÅSE’ MANLANCHERU

YAN MAMESKADOT!

Thank you farmers & fishermen for supplying a wide variety of local food to our community.

FA’TINAS

Cook

Try cooking up some of our local recipes with a healthy twist.

A’ATAN I TAPBLERU SIHA GI TENDA

Look for labels in the store.

We’ve partnered up with Chief Huråo Academy in sharing Chamoru language and culture. Look for signs in Chamoru, weaving and cooking demonstrations in our stores during Mes Chamoru!

Follow us for more info! PayLessMarkets



CHIEF HURÅO ACADEMY

Established in 2005, Chief Huråo Academy is the first “full-immersion” Chamoru language program with a mission to “**promote and perpetuate the Chamoru language and culture for the past, present, and future generations of children through the implementation of immersion community programs, the development of educational materials, and any other related areas that support this mission.**” Together, Pay-Less and Huråo encourage the use of the local names of fruits and vegetables in addition to the practice of eating healthy. We aim to enhance the renaissance of our people by promoting the restoration of our Chamoru language and culture throughout the stores.

– Anne Marie Arceo, founder of Chief Huråo Academy



Health Smart Tours: Focus on Fitness in March

- Mar 5 Saturday, 10am at Yigo
 - Mar 7 Monday, 6pm at Micro Mall
 - Mar 12 Saturday, 10am at Oka
 - Mar 14 Monday, 6pm at Agana
 - Mar 16 Wednesday, 10am at Sumay
 - Mar 21 Monday, 6pm at Mangilao
 - Mar 23 Wednesday, 10am at Sinajana
- Register at PaylessMarkets.com or in store.

Special thanks to the following contributors:





Chesa



Bernard Watson is a local farmer, providing Pay-Less with fresh produce such as bananas, bitter melon and green bell pepper for 34 years. He comes from a long line of farmers and enjoys working in his farm in Yigo. He loves the feeling of independence when growing produce on Guam and encourages everyone to "Buy Local!"



KELAGUEN GUIHAN FISH KELAGUEN

INGREDIENTS

- 2 lbs. mahi filets, diced into 3" cubes
- 2 tsp. salt
- 1/3 cup lemon or calamansi juice
- One squirt sriracha sauce
- 1/4 yellow onion, diced
- 1/4 cup coconut milk or fresh coconut, grated
- Donne', if desired
- 2 sprigs of green onion

DIRECTIONS

Mix all ingredients in a non-metallic bowl and let marinate in the refrigerator for at least 30 minutes. Garnish with chopped green onions. Add fresh diced cherry tomatoes if desired. Serve with flour titiyas or hot rice.

"There is no other way I would rather make a living."

Carlos Quinata is a local fisherman who has been providing local mahi mahi to Pay-Less for about 12 years.



RECIPE COURTESY OF:
CARLOS AND AMBER QUINATA

MAPANAS PĀN NIYOK COCONUT FLATBREAD

INGREDIENTS

- 1 cup egg whites
- 1/4 cup unsweetened almond milk
- 1/4 cup coconut flour
- 1/2 tsp each: cumin and garlic
- 1/4 tsp each: salt and cayenne pepper

DIRECTIONS

In a blender, combine all ingredients. Process for 10-20 seconds to break up any lumps in the coconut flour. Let it sit for 10 minutes so the coconut flour hydrates. Heat a nonstick skillet over medium heat or oil the bottom of a regular pan lightly with coconut oil. When hot, pick up the pan and pour 1/4 cup of the batter into the center of the pan, giving the pan rotating action to spread the batter into a thin pancake about 8 inches wide. Put the pan back on the burner and let it cook until the top of the flatbread is ready to flip. Flip the flatbread and cook the other side for another minute or until done. Enjoy with kelaguen or anything you desire!



ENSALĀDAN MĀNGGA MANGO SALSA

INGREDIENTS

- 2 ripe mangoes (or 1 cup thawed frozen chunks)
- 1 cup local cherry tomatoes, chopped
- 1/4 cup red onion, chopped
- 1/4 cup chopped cilantro
- 2 tbsp. calamansi juice
- 1/4 tsp. sea salt, or to taste
- 1/4 cup low-sodium black beans, washed and drained (optional)

DIRECTIONS

Wash, peel, and remove the seed of the mango. Dice the mango, tomato, and onion and chop cilantro. Combine with calamansi juice and salt (and beans) in a bowl. Mix well. Place in refrigerator until ready to serve. This serves about 8 people. Serve with whole grain tortilla chips or Banana Chips.



RECIPE COURTESY OF:
UOG COLLEGE OF NATURAL & APPLIED SCIENCES, USDA'S SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM (SNAP) AND PUBLIC HEALTH SOCIAL SERVICES

View these recipes and more on our channel!

YouTube /PaylessSupermarkets

HOTNON AGA' BANANA CHIPS

INGREDIENTS

- 1 green cooking banana
- 1 tsp. coconut oil, melted
- 1/2 tsp. sea salt

DIRECTIONS

Preheat oven to 350°F. In the meantime, line a baking sheet with parchment paper. Cut the ends off and then score the length of the banana with three evenly spaced cuts (be sure to only cut through the skin and not too far into the flesh). Peel the banana then slice it diagonal as thinly as you can. Toss the slices with melted coconut oil and lay out on the baking sheet. Sprinkle with the salt and bake for 20-25 minutes. Leave in longer or shorter depending on how your oven heats and remove once golden.





ENSALĀDAN PIPINON PĀKPAK YAN TUMĀTES

CUCUMBER AND
TOMATO SALAD

INGREDIENTS

- 2 cups local cucumbers, diced
- 1 cup local cherry tomatoes, halved
- 1/2 onion, chopped
- Lemon juice, to taste
- Hot pepper, to taste
- Salt, to taste



DIRECTIONS

In a mixing bowl, add cucumbers, cherry tomatoes, and chopped onions. Next, add salt, hot peppers (crushed or diced) and lemon juice to desired taste. Stir all ingredients together well. Serve with whole coconut titiyas. Serve chilled or immediately after mixing.



DIRECTIONS

Whisk all dressing ingredients together and set aside. Put cabbage, cucumbers, unripe papaya and parsley in a large mixing bowl. Pour dressing over, and toss well. Refrigerate until ready to serve.



Chalakiles gets its orange-red color from the seeds of the achote tree.

CHALAKILES MĀNNOK YAN HINEKSAN KULOT CHUKULĀTI

CHICKEN CHALAKILES
WITH BROWN RICE

INGREDIENTS

Achote Water:

- 1 cup achote seed or 1-2 packages achote powder
- 8 cups water

Chalakiles:

- 2 cups brown rice, uncooked
- 1 tbsp. olive oil
- 1 medium onion, diced
- 2 cups chicken breast, cubed
- 3 cloves garlic, minced
- 2 cups cauliflower or celery, diced (or vegetable of your choice)
- 1/2 green bell pepper, diced
- 1 can light coconut milk

PREP

Make achote water: add achote seeds or powder to water and mix vigorously or put on gloves and use hands, as seeds may stain fingers. This allows color of seeds to be released. If using seeds, remove seeds afterwards.

Toast brown rice: Use oven or stove. If using oven, set oven at 350°F. Place rice evenly on a baking sheet and bake until golden brown. If using stove, heat skillet using medium heat. Place rice evenly on a skillet. Stir occasionally until rice is golden brown.

Allow rice to cool and then grind rice in a blender or grinder. Set aside

DIRECTIONS

Heat large pot using medium heat. Add olive oil. Sauté onions, garlic, chicken and vegetables of choice until tender, then add achote water. Bring ingredients to a boil for 1 minute. Reduce to a simmer and slowly stir-in grinded rice. Continue stirring until rice is cooked and a porridge-like consistency is achieved. Once rice is tender, add coconut milk. Stir well then turn off the heat. Add black pepper and/or salt to taste (optional). Add more water to achieve preferred consistency. Serve warm and enjoy.



RECIPE COURTESY OF:
UOG COLLEGE OF NATURAL & APPLIED
SCIENCES, USDA'S SUPPLEMENTAL
NUTRITION ASSISTANCE PROGRAM (SNAP)
AND PUBLIC HEALTH SOCIAL SERVICES



Mariquita Taitague

and her husband, Frank, are local farmers and have been supplying Pay-Less for 40 years. Ever since she could walk, she was helping her parents on the farm. Now, "Tita" is one of the main suppliers of cucumbers, tomatoes, and eggplant at Pay-Less. She is also known as the "Watermelon Lady," providing red and yellow local watermelon and cantaloupe. Her passion for farming keeps her going!



DIKIKE' NA ENSALĀDA

CHAMORU SIDE SALAD

INGREDIENTS

- 6 cups finely shredded cabbage
- 3 tbsp. fresh parsley
- 1-2 local cucumber cut in mini rectangles
- 1 cup unripe local papaya, shredded

Dressing:

- 1/4 cup olive oil
- 1/4 cup apple cider vinegar
- 1 tbsp. molasses
- 1/2 tsp. sea salt
- 1/2 tsp. celery seeds
- 1/2 tsp. Dijon mustard
- 1/2 tsp. garlic powder
- 1/2 tsp. Stevia sweetener



LOCALLY GROWN

FRUTAS YAN GOLAI

FRUITS AND VEGETABLES

FINA'HÀGGON BETDE

— LEAFY GREENS —

Leafy greens, such as lettuce, kale, and arugula, are good sources of vitamin A, vitamin C, vitamin K, and folate. Folate is especially important during pregnancy because it helps form DNA and protects against birth defects. While farming these greens often involves heavy use of herbicides and pesticides, Guam's local hydroponic greens are grown without the use of harsh chemicals. Examples of more traditional greens include taro leaves and pandan leaves.



OKRA

— OKRA —

Okra is a good source of soluble fiber, which binds cholesterol in the digestive tract to help reduce the risk of heart disease. It also promotes healthy skin and normal blood clotting due to its vitamin C and vitamin K content. Some studies also show that it can help protect against bacterial infections in the stomach, including the ulcer-causing *H. pylori* infection.

SUNI

— TARO —

In addition to rice, starchy root vegetables were an important energy source for the ancient Chamorros. Taro was among the few staple crops that were cultivated. It provides a good amount of fiber, zinc, and calcium, and is rich in antioxidants that protect against heart disease, cancer, and chronic eye conditions. Traditionally, it was baked in earth ovens called chahan.

PAPÀYA

— PAPAYA —

Both ripe and unripe papaya have been used traditionally for various conditions, including indigestion, skin ailments, and infection. This tropical fruit is high in nutrients many people do not get enough of, such as fiber, vitamin C, folate, and vitamin A, and is especially rich in antioxidants that protect against heart disease. The flesh and skin of the unripe fruit may also be used as a natural meat tenderizer.



Nā'yan Preñsepåt



CHAMORU BISTEK TINAKTAK GOLLAI

VEGETARIAN TINAKTAK

INGREDIENTS

- 2 sirloin steaks, 1-1/2 lbs.
- 5 garlic cloves, chopped
- 1 yellow onion, sliced
- 1/4 cup vinegar
- 1 cup achote water (optional)
- 16 oz. bag frozen green peas.
- 1/4 cup less sodium soy sauce
- 1 tsp. black pepper
- 2 tsp. canola oil



DIRECTIONS

Slice beef into thin slices, about 1/4 inch thick and about 2-3 inches long, set aside. In a medium bowl, mix vinegar, less sodium soy sauce, black pepper, and achote water ingredients. Add steak and marinate for at least 30 minutes. Heat oil in large pan and sauté garlic and onions in pan until tender. Add only the beef to pan, reserving the marinade to be used for later. Stir-fry beef, garlic and onions over medium-high heat stirring constantly for about 7-8 minutes or until cooked and browned. Add the achote water and reserved marinade to the pan. Bring to a boil. Add peas then simmer for about 12-15 minutes or until tender. Remove from heat. Optional: serve with 1/2 cup brown rice.

INGREDIENTS

- 1 can (15 oz.) Westbrae organic lentils
- Chopped green vegetables (String beans, pumpkin tips, eggplant)
- 1 garlic clove
- 1 onion
- Sea salt, to taste
- 1 can light coconut milk
- 4 calamansi, juice

DIRECTIONS

Drain and rinse lentils. Heat rimmed skillet or wok and sauté onion and garlic. Add the lentils and vegetables, until slightly tender. Finally, add light coconut milk and heat until right before it boils. Mix in calamansi juice and salt to taste. Enjoy!



ESKABECHI

INGREDIENTS

- 1 large broccoli head, cut into little "trees" about 3" long
- 1 medium cabbage, cut into large pieces
- 1-2 large local eggplant, sliced lengthwise, 1/4" thick
- Local kangkung
- 3 to 4 cups water
- 1 to 1-1/3 cups apple cider vinegar
- 1-1/2 tsp. iodized salt (plus more for seasoning the fish)
- 6-8 tsp. turmeric (plus more for seasoning the fish)
- 1 tbsp. chopped garlic
- 3 lbs. white fish (tilapia and orange roughly are good for this dish)
- 1 tbsp. garlic powder
- 1 tsp. black pepper, or to taste

DIRECTIONS

Directions: Bring 1 cup of water to a boil in a wok or large pan. Add 1/2 teaspoon of iodized salt to the boiling water then add the broccoli. Pour 1/3 cup of apple cider vinegar into the pan and sprinkle 2 teaspoons of turmeric over the broccoli, stirring to mix the turmeric into the liquid. Cook the broccoli just until it is slightly wilted, then place the broccoli into a medium sized mixing bowl, leaving the turmeric sauce in the pan. (If you don't have much liquid in the pan, add another

cup of water and 1/3 cup of vinegar, 1/2 teaspoon iodized salt and 2 more teaspoons of turmeric.) Bring the liquid back up to a boil then repeat this process for cabbage, eggplant, and kangkung leaves, placing cooked vegetables in the same bowl as the broccoli once done. Next, add the garlic to the pan of sauce and cook the garlic sauce for a couple of minutes. Then pour the sauce over the cooked vegetables. Set aside until the fish is done.

In the meantime, prepare the fish. Preheat the oven to 400° F. Place the fish filets on a large rimmed baking sheet.

Sprinkle iodized salt, black pepper, garlic powder, and turmeric on both sides of the fish. Bake for 15-20 minutes.

Once fish is done, place an even layer of eggplant, half of the cabbage leaves and broccoli on the bottom of a 9x13 pan. Next, carefully place each of the baked fish filets on top of the layer of vegetables. Layer the remaining vegetables on top of the fish. Pour any remaining sauce over the vegetables.

You can cover with foil and place into the refrigerator to enjoy the next day, allowing the flavors to meld overnight and reheating when you decide to eat.



RECIPE COURTESY OF:
ANNIE'S CHAMORRO KITCHEN



RECIPE COURTESY OF:
UOG COLLEGE OF NATURAL & APPLIED
SCIENCES, USDA'S SUPPLEMENTAL
NUTRITION ASSISTANCE PROGRAM (SNAP)
AND PUBLIC HEALTH SOCIAL SERVICES

Fina'mames

BUÑELOS KAMUTI SWEET POTATO DONUTS

INGREDIENTS

- 2 cups local sweet potatoes, grated
- 1 tsp. baking powder
- 1/2 cup all purpose flour
- 1 tbsp. + 2 tsp. Stevia
- Dash of salt

DIRECTIONS

Preheat oven to 400°F. Mix sweet potatoes, baking powder, stevia and salt together. Add flour last in small amounts until mixture forms a fairly heavy dough. Line a baking pan with parchment paper. Form 2-3 in. balls and place on lined baking pan.

Bake in oven for 10 minutes, flipping after 5 minutes. Take out of oven and place on a plate lined with paper towel. For a crispier texture, lightly grease each donut with coconut oil before baking. Cool and enjoy!



BRĀBU NA “INAFITON” MĀNNOK HEALTHY “FRIED” CHICKEN

INGREDIENTS

- 2-1/2 lbs. chicken parts (with skin)
- 1-1/2 cups tapioca starch
- 1/2 tbsp. garlic powder
- 1/4 tsp. black pepper

Marinade Ingredients:

- 1” piece of ginger, grated
- 1-1/2 tbsp. sherry cooking wine
- 1-1/2 tbsp. apple cider vinegar
- 3 oz. less-sodium soy sauce
- 2 cloves chopped garlic
- 2-1/2 tsp. Stevia, or 5 packages

DIRECTIONS

Prepare the marinade by mixing all of the marinade ingredients together and set aside. Rinse and clean the chicken pieces and place into a large marinating bag or container. Pour all the marinade into the bag/container over the chicken. Marinate the chicken for a few hours or up to a day in the refrigerator.

After chicken is marinated, preheat oven to 400°F. Prepare the coat mixture by mixing together the tapioca starch, garlic powder and black pepper. Place the chicken pieces in the coat mixture and coat both sides well. Line a baking pan with parchment paper and lay the coated chicken onto the pan.

Bake on each side for 15 minutes (skin side up first) then broil 15 minutes with the skin side up. Let cool and enjoy!

