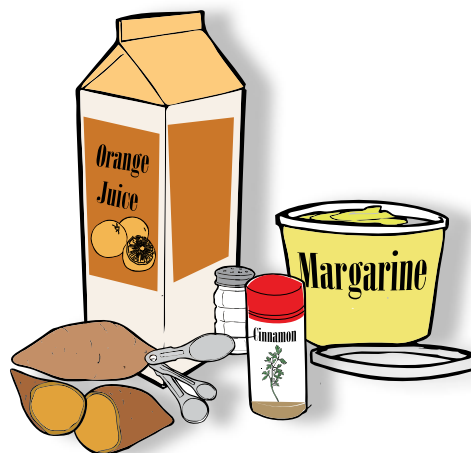


Soul Food Makeover — Heart Healthy African American Recipes



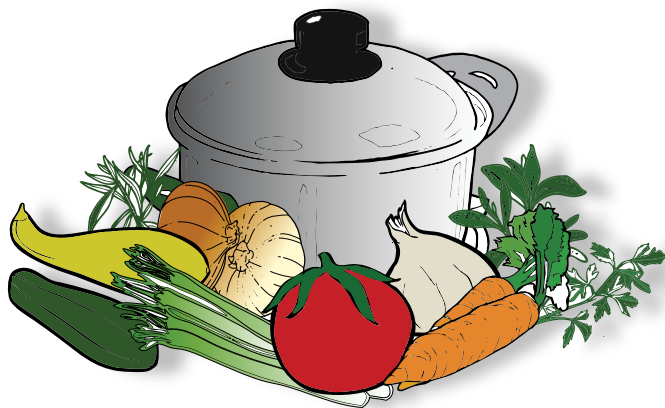
Vegetable Stew

This heart healthy vegetable stew does not use cured or smoked meats, which have high amounts of sodium. The mix of herbs and spices give this dish plenty of flavor and the amount of vegetables will help you to meet the daily recommended amount.

Ingredients

- 3 cups water
- 1 low-sodium vegetable bouillon cube
- 2 cups white potatoes cut in 2-inch strips
- 2 cups carrots, sliced
- 2 ears fresh corn (1½ cups)
- 4 cups summer squash, cut in 1-inch squares
- 1 cup summer squash, cut in four chunks
- 1 teaspoon thyme, ground
- 2 cloves garlic, minced
- 1 stalk scallion, chopped
- ½ small hot red pepper, chopped
- 1 cup onion, coarsely chopped
- 1 cup tomatoes, diced

You can add other favorite vegetables such as broccoli, cauliflower, or string beans.



Make It a Meal

To make this dish a meal, serve it with a green leafy salad with romaine lettuce or spinach, cucumber, and other fresh vegetables. Use a light dressing, such as a vinaigrette, or a low-fat or fat-free dressing. Serve with whole-grain bread or rolls.

Directions

1. Add water and bouillon in a large pot. Bring to a boil.
2. Add potatoes and carrots to the broth and simmer for 5 minutes.
3. Cut the corn off the cob.
4. Add the remaining ingredients except for the tomatoes, and continue cooking for 15 minutes over medium heat.
5. Remove the four chunks of squash and puree in a blender.
6. Return pureed mixture to pot and let cook for 10 minutes more.
7. Add tomatoes and cook for another 5 minutes.
8. Remove from heat, and let sit for 10 minutes to allow stew to thicken.

Nutrition Information

Makes 8 servings

Serving size: 1¼ cups

Each serving provides:

Calories: 100

Total Fat: 1 g

Saturated Fat: 0 g

Cholesterol: 0 mg

Sodium: 37 mg

Total Fiber: 5 g

Protein: 3 g

Carbohydrates: 23 g

Potassium: 607 mg

Chicken Gumbo

This makeover recipe has great flavor and plenty of vegetables! It uses chicken breast, which is lower in fat than other parts of the chicken, like the thigh or skin.

Ingredients

- 1 teaspoon vegetable oil
- ¼ cup flour
- 3 cups low-sodium chicken broth
- 1½ pounds chicken breast, skinless and boneless, cut into 1-inch strips
- 1 cup white potatoes, cubed
- 1 cup onions, chopped
- 1 cup carrots, coarsely chopped
- ¼ cup celery, chopped
- ½ medium carrot, grated
- 4 cloves garlic, finely minced
- 2 stalks scallions, chopped
- 1 whole bay leaf
- ½ teaspoon ground black pepper
- 2 teaspoons hot (or jalapeño) pepper
- 1 cup (½ pound) okra, sliced into ½-inch pieces

Directions

1. Add oil to a large pot.
2. Heat pot over medium heat.
3. Stir in flour.
4. Cook, stirring constantly, until flour begins to turn golden brown.
5. Slowly stir in all the broth using a wire whisk and cook for 2 minutes. The mixture should be smooth.
6. Add all ingredients except okra. Bring to a boil then reduce heat and let simmer for 20 to 30 minutes.
7. Add okra and let cook for 15 minutes.
8. Remove bay leaf.
9. Serve hot in a bowl or over rice.

Nutrition Information

Makes 8 servings
Serving size: ¾ cup

Each serving provides:

Calories: 165
Total Fat: 4 g
Saturated Fat: 1 g
Cholesterol: 51 mg
Sodium: 81 mg
Total Fiber: 2 g
Protein: 21 g
Carbohydrates: 11 g
Potassium: 349 mg



Smothered Greens

This makeover recipe substitutes high-sodium, high-fat meats with smoked, skinless turkey breast. This way you keep the flavor but reduce the fat and sodium!

Ingredients

- 2 pounds greens (collard, mustard, turnip, kale, or mixture)
- 3 cups water
- ¼ pound smoked turkey breast, skinless
- 1 tablespoon hot pepper, freshly chopped
- ¼ teaspoon cayenne pepper
- 1 teaspoon cloves, ground
- 2 cloves garlic, crushed
- ½ teaspoon thyme
- 1 stalk scallion, chopped
- 1 teaspoon ginger, chopped
- ¼ cup onion, chopped

Directions

1. Prepare greens by washing thoroughly and removing stems.
2. Tear or slice leaves of greens into bite-sized pieces.
3. Place all ingredients except greens into large saucepan and bring to a boil.
4. Add greens to turkey stock. Cook 20 to 30 minutes until tender.

Nutrition Information

Makes 5 servings
Serving size: 1 cup

Each serving provides:

Calories: 80
Total Fat: 2 g
Saturated Fat: less than 1 g
Cholesterol: 16 mg
Sodium: 378 mg
Carbohydrates: 9 g
Dietary Fiber: 4 g
Protein: 9 g
Potassium: 472 mg

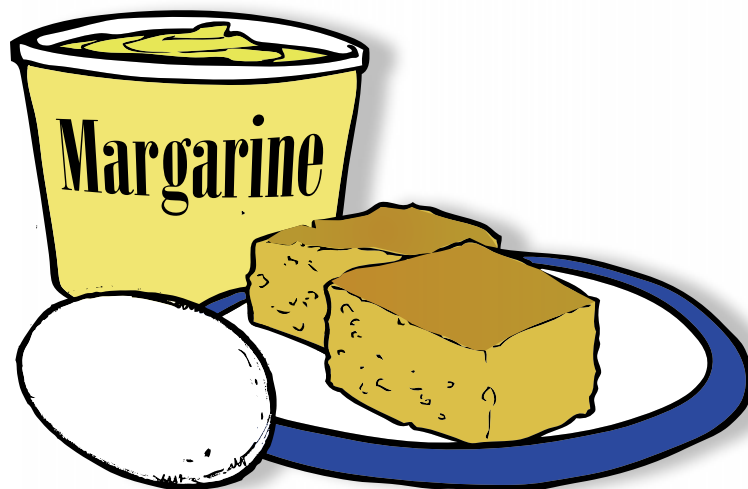


Cornbread

This take on traditional cornbread is moist, delicious, and a great heart healthy choice! It substitutes whole milk for fat-free or low-fat buttermilk, and butter for tub margarine. This helps you cut back on fat and cholesterol.

Ingredients

- 1 cup cornmeal
- 1 cup flour
- ¼ cup white sugar
- 1 teaspoon baking powder
- 1 cup fat-free or low-fat (1%) buttermilk
- 1 egg
- ¼ cup regular tub margarine
- Nonstick cooking spray (to coat baking pan)



Nutrition Information

Makes 10 servings
Serving size: 1 piece

Each serving provides:
Calories: 178
Total Fat: 6 g
Saturated Fat: 1 g
Cholesterol: 22 mg
Sodium: 94 mg
Total Fiber: 1 g
Protein: 4 g
Carbohydrates: 27 g
Potassium: 132 mg

Directions

1. Preheat oven to 350 °F.
2. Mix together cornmeal, flour, sugar, and baking powder.
3. In another bowl, combine buttermilk and egg. Beat lightly.
4. Slowly add buttermilk and egg mixture to the dry ingredients.
5. Add margarine and mix by hand or with a mixer for 1 minute.
6. Spray nonstick cooking spray to coat an 8x8 inch baking dish. Bake 20 to 25 minutes. Cool. Cut into 10 servings.

Sweet Potato Pie

This classic soul food has been made over with your heart in mind. Preparing your favorite traditional dishes the heart healthy way will put you and your family on the road to healthy living while honoring your African American culinary heritage. It's good for you and tastes good, too. You can't beat that!

Ingredients

Crust Ingredients:

- 1¼ cups flour
- ¼ teaspoon sugar
- ⅓ cup fat-free milk
- 2 tablespoons vegetable oil

Filling Ingredients:

- ¼ cup white sugar
- ¼ cup brown sugar
- ½ teaspoon salt
- ¼ teaspoon nutmeg
- 3 large eggs, beaten
- ¼ cup evaporated fat-free milk, canned
- 1 teaspoon vanilla extract
- 3 cups sweet potatoes (cooked and mashed)

Directions

Crust Preparation:

1. Preheat oven to 350 °F.
2. Combine the flour and sugar in a bowl.
3. Add milk and vegetable oil to flour mixture.
4. Stir with fork until mixed. Then form pastry into a smooth ball with your hands.
5. Roll the ball between two 12-inch squares of waxed paper using short, brisk strokes until pastry reaches edge of paper.
6. Peel off top of paper and invert crust into 9-inch pie plate.

Filling Preparation:

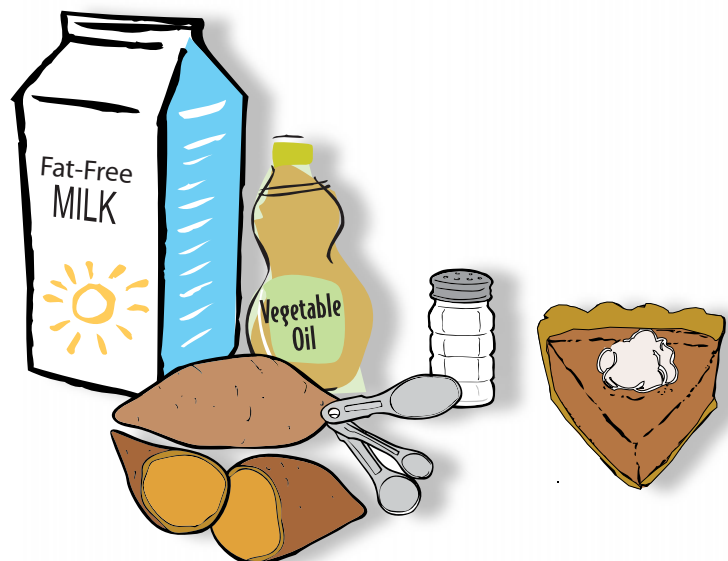
1. Combine sugars, salt, nutmeg, and eggs.
2. Add milk and vanilla. Stir.
3. Add sweet potatoes and mix well.
4. Pour mixture into pie crust.
5. Bake for 60 minutes or until crust is golden brown.
6. Cool and cut into 16 slices.

Nutrition Information

Makes 16 servings
Serving size: 1 slice

Each serving provides:

Calories: 147
Total Fat: 3 g
Saturated fat: 1 g
Cholesterol: 40 mg
Sodium: 98 mg
Total Fiber: 2 g
Protein: 4 g
Carbohydrates: 27 g
Potassium: 293 mg



Crispy Oven-Baked Chicken

Try a heart healthy take on fried chicken. This chicken is baked, not fried, and only a small amount of oil is used to coat the pan. With the special batter on the chicken, your taste buds will not be deprived of a great tasting soul-food-inspired chicken dish.

Ingredients

- 1 teaspoon poultry seasoning
- ½ cup fat-free milk or buttermilk
- 1½ tablespoons onion powder
- 1½ tablespoons garlic powder
- 2 teaspoons black pepper
- 2 teaspoons dried hot pepper, crushed
- 1 teaspoon ground ginger
- 1 cup cornflakes, crushed or breadcrumbs
- 8 pieces skinless chicken (4 breasts, 4 drumsticks)
- ¼ teaspoon paprika
- Nonstick cooking spray (use to coat baking pan)

Directions

1. Preheat oven to 350 °F.
2. Add ½ teaspoon of poultry seasoning to milk.
3. Combine all other spices except paprika with cornflake crumbs (or breadcrumbs), and place in a plastic bag.
4. Wash chicken and pat dry. Dip chicken into milk, shake to remove excess liquid, then quickly shake chicken in a bag with seasoning and crumbs.
5. Refrigerate for 1 hour.
6. Remove from refrigerator and sprinkle lightly with paprika.
7. Coat baking pan with nonstick cooking spray and evenly space chicken in pan.
8. Cover with aluminum foil and bake 40 minutes. Remove foil and continue baking for an additional 30 to 40 minutes or until the meat can be easily pulled away from the bone with a fork. The drumsticks may require less baking time than the breasts. Crumbs will form a crispy “skin.” Do not turn chicken during baking.

Nutrition Information

Makes 6 servings

Serving size: ½ breast
or 2 small drumsticks

Each serving provides:

Calories: 256

Total Fat: 5 g

Saturated Fat: 1 g

Cholesterol: 34 mg

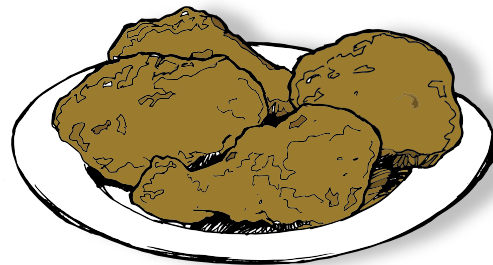
Sodium: 286 mg

Total Fiber: 1 g

Protein: 30 g

Carbohydrates: 22 g

Potassium: 339 mg



Flavorful Green Beans

This easy recipe for green beans has no added salt—a definite plus when cooking for your heart. Slow cooking the green beans with herbs and vegetables releases their natural flavors and also keeps them firm and tender. Sprinkling them with dried basil flakes will make your taste buds jump for joy!

Ingredients

- 2 pounds fresh green beans
- ½ cup water
- ⅓ cup onions, chopped
- 2 cloves garlic, chopped
- Nonstick cooking spray
- ½ teaspoon black pepper
- 1 teaspoon dried basil



Directions

1. Rinse green beans and snap off tips.
2. Place green beans in a large pot and add ½ cup of cold water.
3. Cook green beans on stovetop with medium heat for 10 minutes.
4. Sauté chopped onions and garlic, using nonstick cooking spray, for 5 minutes or until they are tender and very lightly browned.
5. Add sautéed chopped onions, garlic, and ground black pepper to green beans. Spray nonstick cooking spray over mixture and cook on medium heat until green beans are tender but not soft. Mix occasionally.
6. Sprinkle dried basil flakes over green beans and serve.

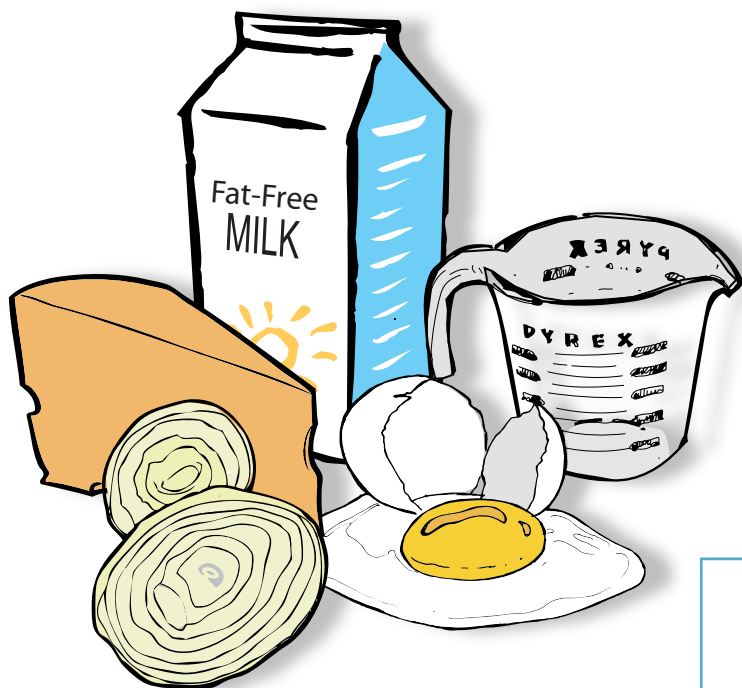
Nutrition Information

Makes 7 servings
Serving size: 1 cup
Each serving provides:

Calories: 40
Total Fat: 0 g
Saturated Fat: 0 g
Cholesterol: 0 mg
Sodium: 12 mg
Total Fiber: 4 g
Protein: 2 g
Carbohydrates: 9 g
Potassium: 179 mg

Classic Baked Macaroni and Cheese

You and your family will love this tasty, popular recipe. Using fat-free milk makes it lower in fat than a traditional macaroni and cheese recipe. Try it and you will be amazed at the flavors!



Ingredients

- 2 cups macaroni
- Nonstick cooking spray
- $\frac{1}{2}$ cup onions, chopped
- $\frac{1}{2}$ cup evaporated, fat-free milk
- 1 medium egg, beaten
- $\frac{1}{4}$ teaspoon black pepper
- 10 oz. ($1\frac{1}{4}$ cups) sharp cheddar cheese, finely shredded

Directions

1. Preheat oven to 350 °F.
2. Cook macaroni according to package directions. Do not add salt to the cooking water. Drain and set aside.
3. Lightly coat a saucepan with nonstick cooking spray.
4. Add onions to saucepan and sauté for about 3 minutes.
5. In another bowl, combine macaroni, onions, and the remaining ingredients and mix thoroughly.
6. Lightly coat a casserole dish with nonstick cooking spray.
7. Transfer mixture into casserole dish.
8. Bake for 25 minutes or until bubbly. Let stand for 10 minutes before serving.

Nutrition Information

Makes 8 servings
Serving size: $\frac{1}{2}$ cup

Each serving provides:

Calories: 200
Total Fat: 4 g
Saturated Fat: 2 g
Cholesterol: 34 mg
Sodium: 120 mg
Total Fiber: 1 g
Protein: 11 g
Carbohydrates: 29 g
Potassium: 119 mg

Candied Yams

These yams are heart healthy because they are cooked with soft tub margarine instead of butter. The spices and a touch of orange juice add flavor you and your family will surely enjoy!

Ingredients

- 3 medium yams (1½ cups)
- ¼ cup brown sugar, packed
- 1 teaspoon flour, sifted
- ¼ teaspoon salt
- ¼ teaspoon ground cinnamon
- ¼ teaspoon ground nutmeg
- ¼ teaspoon orange peel
- 1 teaspoon soft tub margarine
- ½ cup orange juice

Directions

1. Preheat oven to 350 °F.
2. Cut yams in half, and boil until tender but firm (about 20 minutes). When cooled enough to handle, peel and slice into 1/4-inch thickness.
3. Combine sugar, flour, salt, cinnamon, nutmeg, and grated orange peel.
4. Coat a medium-sized casserole dish with nonstick cooking spray. Place half of the sliced yams in the dish. Sprinkle with spiced sugar mixture.
5. Dot with half the amount of margarine.
6. Add a second layer of yams, using the rest of the ingredients in the same order as above. Add orange juice.
7. Bake uncovered in oven for 20 minutes.

Nutrition Information

Makes 6 servings

Serving size: 1/4 cup

Each serving provides:

Calories: 110

Total Fat: less than 1 g

Saturated Fat: less than 1 g

Cholesterol: 0 mg

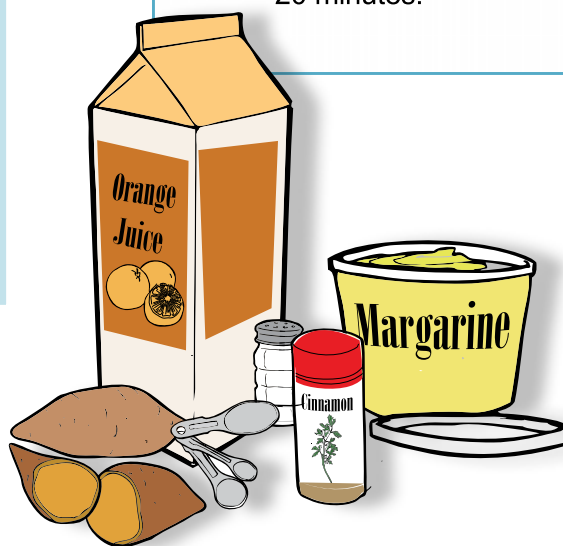
Sodium: 115 mg

Total Fiber: 2 g

Protein: 1 g

Carbohydrates: 25 g

Potassium: 344 mg



Catfish Stew and Rice

This Soul Food Makeover makes use of moist heat cooking, a great spicy, no-salt seasoning, and no added oil or fat. Try it in place of deep-fried fish. You won't miss the frying and cleanup will be a snap!

Ingredients

- 2 medium potatoes
- 1 can (14½ ounces) tomatoes (reduced- or low-sodium), sliced
- 1 cup onion, chopped
- 1 cup clam juice or water
- 1 cup water
- 2 cloves garlic, minced
- ½ head cabbage (coarsely chopped)
- 1 pound catfish fillets
- 1½ tablespoons Hot 'N Spicy Seasoning (recipe to the right)
- 1 sliced green onion for garnish (optional)
- 2 cups hot cooked rice (brown or white)

Hot 'N Spicy Seasoning

- ¼ cup paprika
- 2 tablespoons dried oregano, crushed
- 2 teaspoons chili powder
- 1 teaspoon garlic powder
- 1 teaspoon black pepper
- ½ teaspoon red (cayenne) pepper
- ½ teaspoon dry mustard

Preparation Instructions:

Mix together all seasoning ingredients. Store in airtight container. Makes about ⅓ cup of seasoning.

Directions

1. Peel potatoes and cut into quarters.
2. In a large pot, combine potatoes, tomatoes and juice from can, onion, clam juice, water, and garlic.
3. Bring to boil. Reduce heat.
4. Cook, covered, over medium-low heat for 10 minutes.
5. Add cabbage. Return to boil then reduce heat. Cook, covered, over medium-low heat for 5 minutes, stirring occasionally.
6. Meanwhile, cut fillets into 2-inch lengths. Coat fillets with Hot 'N Spicy Seasoning.
7. Add fish to vegetables. Reduce heat; simmer, covered, for 5 minutes or until fish flakes easily with fork.
8. Ladle stew over hot cooked rice in soup plates and garnish with green onion.

Nutrition Information

Makes 4 servings

Each serving provides:

Calories: 363

Total Fat: 8 g

Saturated Fat: 2 g

Cholesterol: 87 mg

Sodium: 355 mg

Dietary Fiber: 4 g

Potassium: 1,079 mg

Carbohydrates: 44 g

Protein: 28 g

Potassium: 1,079 mg



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