



# A Fresh Twist on Traditional Recipes





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## Old Favorites with a New Twist

This cookbook is full of delicious recipes. Some recipes are a healthy twist on family favorites. And some are new foods to try.

African Americans suffer from obesity, type 2 diabetes, heart disease, high blood pressure, stroke, and certain types of cancer more than some other groups<sup>1-4</sup>. You can manage and may even avoid these health problems by eating more fruits and vegetables and being active every day.

You are a Champion for Change by making traditional recipes with a fresh twist to improve the health of your family. Not sure where to start? Go for the vegetables first. Fill half your plate with fruits and vegetables and then add other foods. This cookbook has 30 recipes to get you started! Changes like the types of foods and the amount you

eat can help build good, life-long habits for your family.

Here are a few steps to help manage and possibly avoid health problems:

- Start your day with a healthy breakfast.
- Pack healthy snacks and lunches.
- When you eat out, choose menu items with lots of fruits and vegetables.
- Instead of packaged meals, try a new recipe.
- Season with herbs like thyme and cilantro.
- Use garlic or peppers instead of salt.

Let's start a new legacy of health!

For more information about Champions for Change, visit us at

**[www.cachampionsforchange.net](http://www.cachampionsforchange.net)**



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1. Centers for Disease Control and Prevention. Summary Health Statistics for U.S. Adults: 2012. Table 8. [http://www.cdc.gov/nchs/data/series/sr\\_10/sr10\\_260.pdf](http://www.cdc.gov/nchs/data/series/sr_10/sr10_260.pdf). Accessed October 13, 2015.
  2. Centers for Disease Control and Prevention. Summary Health Statistics for U.S. Adults: 2012. Table 2. [http://www.cdc.gov/nchs/data/series/sr\\_10/sr10\\_256.pdf](http://www.cdc.gov/nchs/data/series/sr_10/sr10_256.pdf). Accessed October 13, 2015.
  3. Centers for Disease Control and Prevention. Health United States, 2012. Table 68. <http://www.cdc.gov/nchs/data/hus/hus12.pdf>. Accessed October 13, 2015.
  4. Centers for Disease Control and Prevention. Health United States, 2012. Table 42. <http://www.cdc.gov/nchs/data/hus/hus12.pdf>. Accessed October 13, 2015.

# Build a Healthy Plate



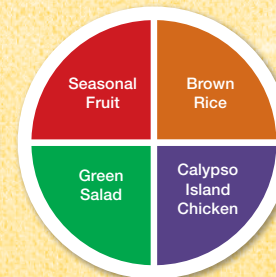
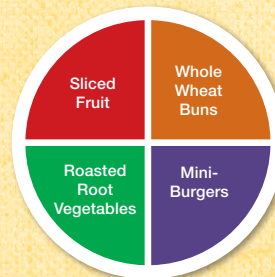
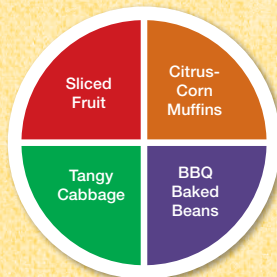
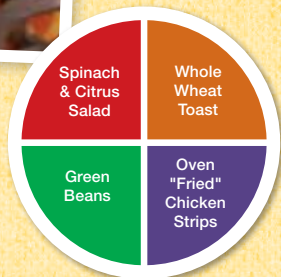
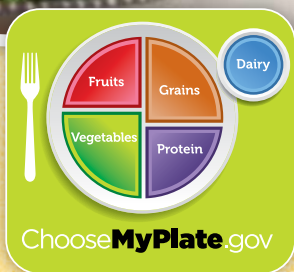
Before you eat, think about what goes on your plate or in your cup or bowl. Foods like vegetables, fruits, whole grains, lowfat dairy products, and lean protein like fish and chicken have the nutrients you need and fewer calories. Keep these guidelines in mind:

- Make half your plate fruits and vegetables. Frozen and canned are just as healthy as fresh.
- Make at least half your grains whole grains.
- Vary your protein food choices.
- Switch to nonfat or 1% milk.
- Drink water instead of sugary drinks like soda and sports drinks.

You can mix and match the recipes in this cookbook to make complete MyPlate meals. Check out the ideas below to get started!

- Oven "Fried" Chicken Strips with Green Beans, served with Spinach and Citrus Salad and whole wheat toast
- BBQ Baked Beans and Citrus-Corn Muffins, served with Tangy Cabbage and sliced fruit
- Mini-Burgers with Whole Wheat Buns, served with Roasted Root Vegetables and sliced fruit
- Calypso Island Chicken with Brown Rice and a green salad with seasonal fruit

Learn more at [www.choosemyplate.gov](http://www.choosemyplate.gov).





# Keep Your Food Safe

Dangerous germs can be hiding in your food. Germs grow quickly and spread easily. Protect your family from sickness by following these four simple steps:

## 1. Clean

- Always wash hands with soap and warm water for 20 seconds before and after preparing food. Try singing a song, like the "Happy Birthday" song twice.
- Wash dish rags in hot water often or use paper towels.
- Wash cooking utensils, cutting boards and counters with hot soapy water before and after touching food.
- Rinse ALL fruits and vegetables under running water.
- You can sanitize cutting boards using a solution of 1 tablespoon liquid bleach to one gallon of water. Soak for a few minutes, then rinse with water.

## 2. Separate

- Keep raw meat, chicken, seafood and eggs away from other foods.
- Place meat or chicken on a dish and cover it. Keep it on the bottom shelf of your refrigerator.
- Have a cutting board that you use only for raw meat, poultry and seafood.

## 3. Cook

Cook foods to a safe temperature to kill bacteria. Use a food thermometer. See below:

Beef/Veal/Lamb (Steaks/Roasts)	145°F
Fish	145°F
Pork	160°F
Beef/Veal/Lamb (Ground)	160°F
Egg Dishes	160°F
Poultry (Turkey/Chicken/Duck)	165°F

Thaw frozen meat, poultry and seafood safely by:

- Putting them in the refrigerator 1–2 days before needed.  
OR
- Defrosting in the microwave on low power, then cooking right away.

## 4. Chill

- Chill leftovers within 2 hours of being cooked.
- Put foods that will spoil like meat, poultry and eggs in the refrigerator as soon as you get home from the grocery store.
- Transfer soups, stews and other large pots of food into small shallow dishes before putting in the refrigerator. The food will cool faster.

**Remember:**  
**Keep your fridge at 40°F or below!**

For more tips on food safety, visit:

**[www.fightbac.org](http://www.fightbac.org)**  
or  
**[www.foodsafety.gov](http://www.foodsafety.gov)**

# Measurement Chart



Dash =  $\frac{1}{8}$  teaspoon or less

1 fluid ounce = 2 tablespoons liquid

3 teaspoons = 1 tablespoon

8 fluid ounces = 1 cup

2 tablespoons =  $\frac{1}{8}$  cup

2 cups = 1 pint

4 tablespoons =  $\frac{1}{4}$  cup

2 pints = 1 quart

5 tablespoons + 1 teaspoon =  $\frac{1}{3}$  cup

4 quarts = 1 gallon

8 tablespoons =  $\frac{1}{2}$  cup

16 ounces = 1 pound

16 tablespoons = 1 cup







# Storing Whole Fruits and Vegetables for Better Flavor

When storing fresh fruits and vegetables, follow the tips below for the best taste and texture.

## Countertop

Many fruits and vegetables should be stored only at room temperature. The cold from the refrigerator can harm them or keep them from ripening. Store these foods at room temperature:

Acorn Squash	Mangos
Bananas	Oranges
Butternut Squash	Pineapple
Eggplant	Plantains
Grapefruit	Pumpkin
Honeydew	Spaghetti Squash
Jicama	Tomatoes
Lemons	Watermelon

## Countertop to Refrigerator

Some fruits continue to ripen after they are picked. If you don't plan on using fruits for a few days, you can buy them while they are firm and ripen them at home. Then store them in the refrigerator. These fruits can ripen in a bowl or a paper bag until they reach the desired softness:

Avocados	Peaches
Cantaloupe	Pears
Kiwifruit	Plums
Nectarines	

## Cabinet or Pantry

Store these foods in a cool and dry place:

Garlic	Sweet Potatoes
Onions	Yams
Potatoes	



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# Storing Whole Fruits and Vegetables for Better Flavor (Continued)

## Refrigerator

Use all refrigerated fruits and vegetables within a few days. Keep fruits apart from vegetables to stop over-ripening. Store these foods in the refrigerator:

Apples	Carrots	Grapes	Peppers
Apricots	Cauliflower	Green Beans	Radishes
Artichokes	Celery	Green Onions	Red Chillies
Asparagus	Cherries	Lettuce	Salad Greens
Beets	Collard Greens	Mangos (ripe)	Spinach
Berries	Corn	Mushrooms	Sprouts
Broccoli	Cucumbers	Okra	Yellow Squash
Brussels Sprouts	Figs	Kale	Zucchini
Cabbage	Grapefruit	Peas	

## Keep it safe!

- In the grocery cart and at home, keep fruits and vegetables separate from meat and seafood.
- At home, store all cut and ready-to-eat produce in the refrigerator.
- Keep produce stored on the countertop away from direct sunlight to prevent spoilage.
- Signs of spoilage include bad odor, discoloration, mold and mushy texture.
- Wash all whole fruits and vegetables just before eating or preparing.

For more information on fruits and vegetables, refer to Produce Quick Tips at [www.cachampionsforchange.net](http://www.cachampionsforchange.net).

Source: Postharvest Technology Research & Information Center, University of California, Davis, Division of Agriculture and Natural Resources



# Soulful Seasoning

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## Ingredients

- |   |                              |   |                              |
|---|------------------------------|---|------------------------------|
| 3 | tablespoons onion powder     | 1 | tablespoon paprika           |
| 4 | tablespoons garlic powder    | 1 | teaspoon ground black pepper |
| 1 | tablespoon ground red pepper | 2 | teaspoons ground thyme       |
| 1 | tablespoon chili powder      |   |                              |

## Preparation

1. Mix all ingredients together to make 11 tablespoons of seasoning.
2. Store in an airtight container and use in place of seasoning salts.

**Makes 11 servings** (Serving size: 1 tablespoon)

**Nutrition information per serving:** Calories 10, Total Fat 0 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 5 mg, Carbohydrate 2 g, Dietary Fiber 0 g, Protein 0 g







# Breakfast Recipes



**Makes 4 servings** (Serving size: 4 sticks, 2 tablespoons of syrup)



**Prep time:** 10 minutes | **Cook time:** 10 minutes

**Nutrition information per serving:** Calories 140, Total Fat 3 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 60 mg, Sodium 181 mg, Carbohydrate 20 g, Added Sugars 3 g, Dietary Fiber 3 g, Protein 8 g

# French Toast Sticks with Berry Syrup

## Ingredients

### FRENCH TOAST STICKS:

- 6 slices whole wheat bread
- 2 whole eggs
- 2 egg whites
- $\frac{1}{3}$  cup nonfat milk
- 1 tablespoon 100% orange juice
- 1 teaspoon vanilla extract
- $\frac{1}{2}$  teaspoon ground cinnamon
- nonstick cooking spray

### BERRY SYRUP:

- 2 cups berries (such as raspberries, strawberries, or blueberries, or a mixture), fresh or unsweetened frozen (thawed)
- 1 tablespoon maple or pancake syrup (feel free to use less)
- 1 teaspoon ground cinnamon

## Preparation

1. Cut bread into half and then each half into half again to form 4 long sticks for a total of 24 pieces.
2. In a shallow bowl, beat eggs, egg whites, milk, orange juice, vanilla, and cinnamon together, using a fork or whisk.
3. Carefully add the bread sticks to egg and milk mixture to soak, turn to coat all sides. Then carefully remove egg-soaked bread pieces, gently shaking off extra liquid.

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# French Toast Sticks with Berry Syrup *(Continued)*

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4. Lightly spray a skillet with nonstick cooking spray and heat over medium heat. Lay soaked bread pieces in a single layer on the skillet. Cook until brown about 2 minutes. Flip sticks over with a spatula.
5. Repeat Step 4 until all French Toast Sticks have been cooked.
6. While French Toast Sticks are cooking, place berries, syrup, and cinnamon in a saucepan. Simmer over medium heat. Stir occasionally until berries are mostly broken down, about 3 to 5 minutes. Remove from heat and cover until ready to use.
7. For a smoother syrup, carefully pour cooled mixture into a blender container and blend until smooth, about 10 seconds. Serve over French Toast Sticks.

**Makes 4 servings** (Serving size: 4 sticks, 2 tablespoons of syrup)



**Prep time:** 10 minutes | **Cook time:** 10 minutes

**Nutrition information per serving:** Calories 140, Total Fat 3 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 60 mg, Sodium 181 mg, Carbohydrate 20 g, Added Sugars 3 g, Dietary Fiber 3 g, Protein 8 g





# Strawberry Banana Oatmeal

---

## Ingredients

- |   |  |
|---|--|
| 2½ cups water   | 1 teaspoon ground cinnamon                       |
| 1½ cups quick cooking oats  | ½ tablespoon brown sugar (feel free to use less) |
| 10 fresh strawberries, stemmed and finely chopped, or frozen berries or grated apples | 2 teaspoons vanilla extract                      |
| 1 banana, finely chopped  | 2 tablespoons raisins (optional)                 |

## Preparation

1. Combine water and oats in a pot and bring to a boil.
2. Cook about 1 minute over medium heat, stirring occasionally.
3. Add strawberries, banana, cinnamon, brown sugar, and vanilla into the pot.
4. Remove from heat, cover, and let stand for 5 minutes, until thick and creamy.
5. Divide into 4 bowls and top with raisins (optional). Serve while hot.

**Makes 4 servings** (Serving size: ½ cup)



**Prep time:** 5 minutes | **Cook time:** 10 minutes

**Nutrition information per serving:** Calories 180, Total Fat 2 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 15 mg, Carbohydrate 35 g, Added Sugars 1 g, Dietary Fiber 5 g, Protein 5 g







# Banana Pancakes

## Ingredients

- |   |   |
|---|---|
| 2 cups whole wheat flour                | 6 bananas, divided                                    |
| 2 teaspoons baking powder               | 2 eggs, beaten  |
| 1 teaspoon cinnamon                     | 2 cups nonfat milk                                    |
| ½ teaspoon salt (feel free to use less) | 3 tablespoons vegetable oil<br>nonstick cooking spray |

## Preparation

1. In a bowl, combine flour, baking powder, cinnamon, and salt.
2. In a bowl, mash 2 bananas (about 1 cup). Add eggs, milk, and vegetable oil, then mix. Add wet mixture to dry flour mixture and stir until just combined.
3. Spray a skillet or griddle with nonstick cooking spray and heat over medium heat. When heated, drop batter onto the skillet using a large spoon or a ¼ cup measuring cup.
4. Cook until bubbles rise up evenly throughout the pancake. Flip the pancakes using a spatula.
5. Cook 2 to 3 minutes on the other side until cooked through. Continue making pancakes until all batter is gone.
6. While pancakes are cooking, slice the 4 remaining bananas.
7. Serve pancakes immediately, topped with sliced bananas instead of syrup.

**Makes 6 servings** (Serving size: Four, 4-inch pancakes)



**Prep time:** 10 minutes | **Cook time:** 30 minutes

**Nutrition information per serving:** Calories 360, Total Fat 10 g, Saturated Fat 2 g, Trans Fat 0 g, Cholesterol 65 mg, Sodium 420 mg, Carbohydrate 61 g, Dietary Fiber 8 g, Protein 11 g





# Peanut Butter and Banana Smoothie

---

## Ingredients

- |                                       |  |
|---------------------------------------|--|
| 2 bananas, cut into chunks and frozen | 1 tablespoon creamy, regular, unsalted peanut butter |
| ¼ cup 1% lowfat, plain yogurt         | 1 teaspoon honey* (feel free to use less)            |
| ½ cup 1% lowfat milk                  |  |

## Preparation

1. Place all ingredients in a blender container, cover, and blend until smooth.
2. Pour into glasses and serve.

**Makes 2 servings** (Serving size: 12 ounces)



**Prep time:** 5 minutes

**Nutrition information per serving:** Calories 210, Total Fat 6 g, Saturated Fat 1.5 g, Trans Fat 0 g, Cholesterol 5 mg, Sodium 50 mg, Carbohydrate 37 g, Added Sugars 3 g, Dietary Fiber 4 g, Protein 7 g

*\*Do not give honey to children under the age of one year.*





# Breakfast Scramble

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## Ingredients

- |   |   |
|---|---|
| 1 (15-ounce) can low-sodium black beans, drained and rinsed | 2 teaspoons vegetable oil                               |
| 1 bell pepper (about $\frac{3}{4}$ cup), chopped            | 8 slices whole wheat bread, toasted                     |
| 1 cup broccoli, chopped                                     | $\frac{3}{4}$ cup part-skim Mozzarella cheese, shredded |
| 4 whole eggs  | 1 avocado, chopped                                      |
| 8 egg whites  | 1 large tomato, chopped                                 |
|   | salsa   |

## Preparation

1. Pour the beans into a saucepan and cook over medium-low heat until heated through.
2. When the beans are hot, add vegetables to the beans and cook until softened, about 3 to 5 minutes.
3. In a bowl, combine whole eggs and egg whites and whisk together.
4. Heat the vegetable oil in a skillet over medium heat.
5. Pour eggs into the heated skillet and stir so the eggs do not stick. Scramble until eggs are cooked, about 3 minutes. Add beans and vegetables to skillet with the eggs. Stir to mix.
6. Serve with whole wheat toast and top with cheese, avocado, tomato, and salsa.

**Makes 8 servings** (Serving size: 1 cup of eggs, 1 piece of toast)



**Prep time:** 10 minutes | **Cook time:** 5 minutes

**Nutrition information per serving:** Calories 290, Total Fat 10 g, Saturated Fat 3 g, Trans Fat 0 g, Cholesterol 100 mg, Sodium 330 mg, Carbohydrate 31 g, Dietary Fiber 10 g, Protein 19 g





# Brown Rice Porridge

## Ingredients

### PORRIDGE:

- 3 cups cooked brown rice
- 1½ cups 1% lowfat milk
- 2 cups 100% apple juice
- 1 egg, beaten
- 1 teaspoon ground cinnamon
- ½ teaspoon ground nutmeg
- ½ teaspoon salt (feel free to use less)
- 1 tablespoon brown sugar (feel free to use less)

### TOPPINGS:

Fresh, canned in own juice or frozen (thawed) peaches, nectarines, pears, or bananas, sliced

## Preparation

1. Combine all ingredients, except fruit, in a saucepan or stockpot. Heat over medium heat until simmering. Cover and turn heat to low for 20 minutes.
2. Stir occasionally, until thick and creamy.
3. Divide into bowls and top with fruit, if desired.

**Makes 6 servings** (Serving size: ½ cup)



**Prep time:** 5 minutes | **Cook time:** 20 minutes

**Nutrition information per serving:** Calories 210, Total Fat 3 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 35 mg, Sodium 240 mg, Carbohydrate 42 g, Added Sugars 1 g, Dietary Fiber 4 g, Protein 6 g





# Side Dish Recipes



# Black-Eyed Peas and Okra

---

## Ingredients

- |    |   |    |                                       |
|----|---|----|---------------------------------------|
| 2  | tablespoons vegetable oil                                   | 2  | fresh, small red hot chilies, chopped |
| 1  | cup onion, diced  | 1  | cup green onion, diced                |
| 1½ | tablespoons garlic, chopped                                 | 10 | cherry tomatoes, halved               |
| 3  | cups fresh or frozen okra, cut into rounds                  | 1  | teaspoon salt (feel free to use less) |
| 2  | cups corn, fresh or frozen                                  | 1  | teaspoon black pepper                 |
| 2  | cups black-eyed peas, canned (drained and rinsed) or frozen |    |                                       |

## Preparation

1. In a skillet, heat vegetable oil over medium heat. Add onion and garlic then cook until soft, about 5 minutes.
2. Add okra, corn, black-eyed peas, and chilies then cook until black-eyed peas are tender, about 20 minutes.
3. Add green onion and cherry tomatoes, then cook an additional 5 minutes. Stir in salt and pepper.

**Makes 6 servings** (Serving size: 1 cup)



**Prep time:** 20 minutes | **Cook time:** 30 minutes

**Nutrition information per serving:** Calories 200, Total Fat 6 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 400 mg, Carbohydrate 32 g, Dietary Fiber 7 g, Protein 9 g





# Triple Header Greens

---

## Ingredients

- |  |  |
|--|--|
| 2 pounds greens (mixture of collard, turnip, and mustard greens) | $\frac{2}{3}$ cup low-sodium chicken broth       |
| 2 teaspoons vegetable oil  | 3 tablespoons apple cider vinegar                |
| 1 onion, chopped   | 1 tablespoon brown sugar (feel free to use less) |
| 1 jalapeño, seeded and chopped                                   |  |

## Preparation

1. Prepare greens by washing thoroughly and removing ribs and coarse stems. Tear or chop leaves into 1- to 2-inch pieces. Set aside.
2. Heat vegetable oil in a skillet over medium heat. Add onions and jalapeño and cook over medium-low heat until softened, about 3 to 4 minutes. Add chicken broth, apple cider vinegar, and sugar, then simmer. Stir until sugar is dissolved, about 1 minute.
3. Reduce heat to low and stir in greens. Cover and simmer, stirring occasionally until tender, about 12 to 15 minutes.
4. Serve immediately.

**Makes 4 servings** (Serving size:  $\frac{3}{4}$  cup)



**Prep time:** 20 minutes | **Cook time:** 20 minutes

**Nutrition information per serving:** Calories 80, Total Fat 3 g, Saturated Fat 0.5 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 110 mg, Carbohydrate 11 g, Added Sugars 2 g, Dietary Fiber 4 g, Protein 5 g





# Fall Harvest Bake

---

## Ingredients

### GREENS:

- 1¼ pound collard greens (2 to 3 bunches)
- 1 teaspoon vegetable oil
- 1 onion, chopped
- ¼ teaspoon salt (feel free to use less)
- ¼ teaspoon black pepper
- ⅛ teaspoon ground nutmeg

### GRATIN:

- 3 tablespoons grated, part-skim Mozzarella cheese
- 3 tablespoons grated Parmesan cheese
- 2 sweet potatoes, peeled and sliced into ¼-inch rounds
- 1 teaspoon dried oregano
- nonstick cooking spray

### SAUCE:

- 2 teaspoons vegetable oil
- 1 clove garlic, finely chopped
- 1 tablespoon all-purpose flour
- 1 cup nonfat milk

## Preparation

1. Preheat oven to 400°F. Spray a 9 x 11-inch glass baking dish with nonstick cooking spray.

### GREENS:

1. Wash and dry greens. Separate leaves from stems and chop stems into 1-inch pieces. Chop leaves into 2-inch pieces. Set aside.

*Continued on next page*

**Makes 8 servings** (Serving size: 1 cup)



**Prep time:** 40 minutes | **Cook time:** 60 minutes


**Nutrition information per serving:** Calories 90, Total Fat 4 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 85 mg, Sodium 140 mg, Carbohydrate 5 g, Dietary Fiber 2 g, Protein 29 g







**Makes 8 servings** (Serving size: 1 cup)

 **Prep time:** 40 minutes | **Cook time:** 60 minutes

**Nutrition information per serving:** Calories 90, Total Fat 4 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 85 mg, Sodium 140 mg, Carbohydrate 5 g, Dietary Fiber 2 g, Protein 29 g

# Fall Harvest Bake *(Continued)*

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2. Heat 1 teaspoon vegetable oil in skillet over medium heat. Add the onion and cook until lightly brown, about 5 minutes.
3. Add the stems, salt, pepper, and nutmeg. Cover and cook, stirring occasionally, until tender, about 5 to 7 minutes.
4. Add leaves a handful at a time, mixing as you go. Cook until all leaves are wilted and combined. Remove from heat.

## **SAUCE:**

1. Heat 2 teaspoons vegetable oil in a saucepan over medium heat. Add the garlic and cook for 30 seconds to 1 minute. Whisk in the flour and then slowly whisk in the milk.
2. Stir until sauce is thick enough to coat the back of a spoon, about 2 minutes. Remove from heat and set aside.

## **GRATIN:**

1. Combine cheeses in a bowl. Arrange half of the sweet potato slices in a single layer in the bottom of the prepared baking dish. Sprinkle with oregano. Add half of the collard greens mixture. Sprinkle with half of the cheese. Pour half of the sauce mixture over the top. Add a second layer of potato slices, then collard greens, then remaining sauce. Sprinkle the remaining cheese over the top.
2. Bake at 400°F for 40 to 45 minutes uncovered, until potatoes are cooked through. If the cheese starts to brown too much before the cooking time is over, cover it loosely with foil.
3. Remove dish from oven and serve hot.





# Roasted Root Vegetables

## Ingredients

- |  |  |
|--|--|
| nonstick cooking spray                                 | 1 tablespoon fresh flat-leaf parsley, chopped, or 1 teaspoon dried |
| 2 beets  |  |
| 6 carrots  | ½ teaspoon salt (feel free to use less)                            |
| 2 sweet potatoes                                       | 1½ tablespoons vegetable oil                                       |
| 1 tablespoon fresh thyme, chopped, or 1 teaspoon dried |  |

## Preparation

1. Preheat oven to 450°F. Line 2 baking sheets with aluminum foil and lightly spray with nonstick cooking spray. Set aside.
2. Peel beets, carrots, and sweet potatoes and cut each one lengthwise into ½-inch slices.
3. In a bowl, mix thyme, parsley, and salt.
4. In a bowl, toss vegetables with vegetable oil. Sprinkle in mixed herbs. Toss again.
5. Spread vegetables in a single layer on prepared baking sheets. Bake until vegetables are tender and golden, turning occasionally with tongs, 20 to 25 minutes.
6. Transfer to a dish and serve.

**Makes 6 servings** (Serving size: 1 cup)



**Prep time:** 15 minutes | **Cook time:** 20–25 minutes

**Nutrition information per serving:** Calories 100, Total Fat 4 g, Saturated Fat 0.5 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 260 mg, Carbohydrate 15 g, Dietary Fiber 4 g, Protein 2 g





# Spinach and Citrus Salad

---

## Ingredients

- |  |                                 |
|--|---------------------------------|
| 3 cups fresh spinach, washed                         | 1 tablespoon vegetable oil      |
| 3 oranges, peeled and broken into sections or sliced | 3 tablespoons 100% orange juice |
| 3 tablespoons sliced almonds                         | 2 tablespoons rice vinegar      |
| 1/4 cup dried cranberries                            |                                 |

## Preparation

1. In a serving bowl, combine spinach, oranges, almonds, and cranberries.
2. In a bowl, whisk together vegetable oil, orange juice, and rice vinegar for the dressing.
3. Toss salad with dressing and serve.

**Makes 4 servings** (Serving size: 1 cup)



**Prep time:** 15 minutes

**Nutrition information per serving:** Calories 150, Total Fat 4 g, Saturated Fat 0.5 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 20 mg, Carbohydrate 21 g, Dietary Fiber 4 g, Protein 3 g





**Makes 4 servings** (Serving size: 1 cup)



**Prep time:** 15 minutes | **Cook time:** 15 minutes

**Nutrition information per serving:** Calories 100, Total Fat 3 g, Saturated Fat 0.5 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 180 mg, Carbohydrate 17 g, Dietary Fiber 6 g, Protein 4 g

# Tangy Cabbage

---

## Ingredients

- |   |                                       |   |                          |
|---|---------------------------------------|---|--------------------------|
| 1 | tablespoon vegetable oil              | 1 | teaspoon garlic, chopped |
| ½ | cup onion, chopped                    | 1 | cup water                |
| ¼ | teaspoon salt (feel free to use less) | ¼ | cup apple cider vinegar  |
| 1 | teaspoon black pepper                 | 1 | large cabbage, chopped   |


## Preparation

1. Heat vegetable oil on medium-high in skillet. Add onion, salt, pepper, garlic, water, and apple cider vinegar to skillet, then cook for about 1 minute.
2. Stir in cabbage and cook for 5 minutes, continuously stirring.
3. Reduce heat to low-medium and simmer for about 7 minutes. Continue stirring occasionally.
4. Serve hot.





**Makes 8 servings** (Serving size: 1 cup)

 **Prep time:** 15 minutes | **Cook time:** 25 minutes

**Nutrition information per serving:** Calories 140, Total Fat 3 g, Saturated Fat 1.5 g, Trans Fat 0 g, Cholesterol 5 mg, Sodium 110 mg, Carbohydrate 29 g, Added Sugars 5 g, Dietary Fiber 4 g, Protein 2 g

# Holiday Sweet Potatoes

---

## Ingredients

- |  |   |
|--|---|
| 1½ tablespoons unsalted butter   | ¼ teaspoon salt (feel free to use less) |
| 3 pounds sweet potatoes (about 3 large potatoes), peeled and sliced into ¼-inch thick rounds | 1 teaspoon vanilla extract              |
| 3 tablespoons brown sugar (feel free to use less)  | ¼ cup water                             |
|  | ¾ teaspoon ground nutmeg                |
|  | 1 teaspoon ground cinnamon              |
|  | 1 tablespoon lemon juice                |

## Preparation

1. In a saucepan, melt butter over medium heat. Add the sweet potatoes, sugar, salt, vanilla, and water.
2. Reduce heat to medium-low. Cover and simmer for 20 minutes or until tender.
3. Add the nutmeg, cinnamon, and lemon juice. Cook uncovered for 5 more minutes.
4. Serve immediately.







# Main Dish Recipes





# Chicken and Shrimp Stew

---

## Ingredients

- |   |   |    |   |
|---|---|----|---|
| 1 | teaspoon vegetable oil  | 1  | (14.5-ounce) can no-salt-added diced tomatoes     |
| 1 | cup onion, finely chopped   | 1  | cup low-sodium chicken broth                      |
| 3 | garlic cloves, finely chopped   | 1  | bay leaf  |
| 1 | boneless chicken breast, skin removed, cut into 1-inch cubes                                | 2¼ | teaspoons Soulful Seasoning (page 9)              |
| 1 | cup fresh okra, ends trimmed, rinsed, and cut into ½-inch thick slices or 1 cup frozen okra | ⅛  | teaspoon hot pepper sauce                         |
| ¾ | cup corn, fresh or frozen   | ¾  | pound uncooked medium shrimp, peeled and deveined |
| 1 | cup bell pepper, chopped  | ½  | cup cooked brown rice<br>lemon slices (optional)  |

## Preparation

1. In a saucepan, heat vegetable oil over medium heat. Cook onion and garlic in oil for 2 minutes. Stir in chicken; cook and stir for 7 to 10 minutes or until chicken begins to brown. Add okra, corn, and bell pepper; cook and stir for 2 minutes or until crisp-tender. Stir in tomatoes, chicken broth, bay leaf, Soulful Seasoning, and hot pepper sauce. Bring to a boil.
2. Cook, uncovered, and stirring for 2 minutes more. Add in shrimp and cook 3 to 4 minutes longer or until shrimp turns pink. Stir in rice. Remove from heat.

*Continued on next page*

**Makes 6 servings** (Serving size: 1 cup)



**Prep time:** 15 minutes | **Cook time:** 30 minutes

**Nutrition information per serving:** Calories 150, Total Fat 3 g, Saturated Fat 0.5 g, Trans Fat 0 g, Cholesterol 75 mg, Sodium 300 mg, Carbohydrate 16 g, Dietary Fiber 3 g, Protein 17 g







# Chicken and Shrimp Stew

*(Continued)*

---

3. Cover and let stand for 5 minutes or until rice is hot. Remove bay leaf.
4. Serve immediately, with lemon slices, if desired.

**Makes 6 servings** (Serving size: 1 cup)



**Prep time:** 15 minutes | **Cook time:** 30 minutes

**Nutrition information per serving:** Calories 150, Total Fat 3 g, Saturated Fat 0.5 g, Trans Fat 0 g, Cholesterol 75 mg, Sodium 300 mg, Carbohydrate 16 g, Dietary Fiber 3 g, Protein 17 g





**Makes 6 servings** (Serving size: 1 cup)

**Prep time:** 15 minutes | **Cook time:** 30 minutes

**Nutrition information per serving:** Calories 370, Total Fat 5 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 580 mg, Carbohydrate 66 g, Added Sugars 2 g, Dietary Fiber 19 g, Protein 20 g

# Three Bean Chili

## Ingredients

- 1 tablespoon vegetable oil
- 1 onion, diced
- 2 cloves garlic, finely chopped
- 2 zucchini or yellow summer squash, diced (fresh or frozen)
- 1 cup corn, fresh or frozen
- 2 bell peppers, diced
- ½ teaspoon black pepper
- ½ teaspoon salt (feel free to use less)
- 1 tablespoon chili powder
- 1 teaspoon ground cumin
- 1 (16-ounce) can low-sodium pinto beans, drained and rinsed
- 1 (16-ounce) can low-sodium black beans, drained and rinsed
- 1 (16-ounce) can low-sodium red kidney beans, drained and rinsed
- 2 (15-ounce) cans low-sodium diced tomatoes
- 1 tablespoon molasses (feel free to use less)

## Preparation

1. In a stockpot, heat vegetable oil over medium heat. Add onion and garlic then cook until soft, about 2 minutes. Add zucchini or squash, corn, and bell peppers then cook until soft, about 5 minutes. Stir in remaining ingredients and bring to a boil.
2. Reduce heat, cover, and simmer for 20 to 25 minutes, stirring occasionally.
3. Serve immediately or cool completely then store in the refrigerator or freezer.





# Black Bean Soup with Smoked Turkey

## Ingredients

- |     |                                       |     |  |
|-----|---------------------------------------|-----|--|
| 1   | tablespoon vegetable oil              | 3   | (10.5-ounce) cans low-sodium chicken broth                 |
| 1   | cup onion, chopped                    | 2   | (15-ounce) cans low-sodium black beans, drained and rinsed |
| 1   | cup celery, chopped                   | 1/2 | pound smoked, fat-free turkey breast deli meat, chopped    |
| 1   | cup carrot, chopped                   | 1/2 | cup bell pepper, chopped                                   |
| 1   | tablespoon cumin                      | 1/4 | cup fresh parsley, chopped                                 |
| 1   | teaspoon dried oregano                |     | hot sauce (optional)                                       |
| 3   | garlic cloves, finely chopped         |     | sour cream (optional)                                      |
| 2   | cups water                            |     |  |
| 1/4 | teaspoon salt (feel free to use less) |     |  |

## Preparation

1. In a stockpot, heat vegetable oil over medium heat. Add onion, celery, carrots, cumin, oregano, and garlic. Cook for 5 minutes.
2. Stir in water, salt, chicken broth, and beans. Bring to a boil and cover.
3. Reduce heat to low and simmer for 20 minutes or until carrots are tender. Stir in turkey, bell pepper, parsley, and hot sauce (optional). Cook for an additional 5 minutes until heated through.
4. Spoon into bowls and serve immediately, with hot sauce and sour cream on the side, if desired.

**Makes 8 servings** (Serving size: 1 1/2 cups of soup and 1 tablespoon sour cream)

**Prep time:** 25 minutes | **Cook time:** 30 minutes

**Nutrition information per serving:** Calories 260, Total Fat 7 g, Saturated Fat 2.5 g, Trans Fat 0 g, Cholesterol 20 mg, Sodium 500 mg, Carbohydrate 17 g, Dietary Fiber 12 g, Protein 23 g



**Makes 6 servings** (Serving size: 2 strips of chicken, 1 cup of green beans)

**Prep time:** 10 minutes | **Cook time:** 30 minutes

**Nutrition information per serving:** Calories 300, Total Fat 4 g, Saturated Fat 0.5 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 400 mg, Carbohydrate 58 g, Dietary Fiber 5 g, Protein 11 g

# Oven “Fried” Chicken Strips with Green Beans

## Ingredients

### CHICKEN:

- ½ cup lowfat buttermilk
- 1 teaspoon chili sauce
- 1½ pounds boneless chicken breasts, skin removed and cut into ½-inch wide strips
- nonstick cooking spray
- ¾ cup all-purpose flour
- ¼ teaspoon salt (feel free to use less)
- 1 tablespoon Soulful Seasoning (page 8)

- 2 eggs
- 2 tablespoons water
- 2 cups breadcrumbs

### GREEN BEANS:

- 1 teaspoon vegetable oil
- 1 red onion, thinly sliced
- 1 clove garlic, chopped
- 2 pounds fresh or frozen green beans, tips trimmed
- 1 teaspoon Soulful Seasoning (page 9)

## Preparation

1. Mix buttermilk and chili sauce in a re-sealable plastic bag. Add chicken strips and refrigerate for one hour or up to one day.
2. Preheat oven to 425°F. Line a baking sheet with aluminum foil and lightly spray with nonstick cooking spray. Set aside.
3. In a shallow dish, mix together flour, salt, and Soulful Seasoning.
4. In a second shallow bowl, combine eggs with water and beat.

*Continued on next page*





**Makes 6 servings** (Serving size: 2 strips of chicken, 1 cup of green beans)



**Prep time:** 10 minutes | **Cook time:** 30 minutes

**Nutrition information per serving:** Calories 300, Total Fat 4 g, Saturated Fat 0.5 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 400 mg, Carbohydrate 58 g, Dietary Fiber 5 g, Protein 11 g

# Oven “Fried” Chicken Strips with Green Beans

*(Continued)*

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5. Place breadcrumbs in a third shallow dish.
6. Remove chicken strips from buttermilk mixture. Cover strips in flour mixture and then shake off extra flour. Next, dip chicken into egg. Finally, dip chicken into breadcrumbs, pressing gently into crumbs to coat. Place chicken on prepared baking sheet.
7. Bake for 30 minutes, turning once half way through cooking time, until coating is brown and chicken juices run clear when pierced with a fork.
8. While chicken is baking, heat oil in a skillet over medium heat. Add onion and cook for 2 minutes.
9. Add garlic, green beans, and Soulful Seasoning. Cook for 10 minutes. Beans should be cooked through, but not mushy.
10. Serve beans with the chicken strips.





# Pasta with Garden Sauce

---

## Ingredients

- |   |                                  |   |   |
|---|----------------------------------|---|---|
| 1 | tablespoon vegetable oil         | 1 | bay leaf  |
| 1 | onion (about 1 cup), chopped     | 1 | (16-ounce) can tomato puree                             |
| 1 | bell pepper (about 1 cup), diced | 1 | tablespoon tomato paste                                 |
| 1 | cup sliced mushrooms             | 1 | teaspoon honey* (feel free to use less)                 |
| ½ | cup water                        | 1 | pound dried pasta                                       |
| 2 | cloves garlic, finely chopped    | ½ | teaspoon salt (feel free to use less) (for pasta water) |
| 2 | teaspoons dried oregano          |   |   |
| 2 | teaspoons dried basil            |   |   |

## Preparation

1. In a skillet, heat vegetable oil over medium heat. Add onion and bell pepper and cook for 5 minutes or until onion is soft. Add mushrooms, water, garlic, oregano, basil, bay leaf, tomato puree, and tomato paste to the skillet and stir.
2. Simmer uncovered on low heat for 30 minutes. Remove bay leaf from sauce. Add honey\* to sauce and cook another 10 minutes.
3. While waiting for sauce, place a pot of water on high heat for pasta. When water boils, add salt and pasta, then reduce heat to medium.
4. Boil pasta for about 10 minutes and drain.
5. Serve Garden Sauce over pasta.

*\*Do not give honey to children under the age of one year.*

**Makes 8 servings** (Serving size: ¾ cup of pasta with ½ cup of sauce)



**Prep time:** 15 minutes | **Cook time:** 45 minutes

**Nutrition information per serving:** Calories 300, Total Fat 4 g, Saturated Fat 0.5 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 400 mg, Carbohydrate 58 g, Added Sugars 1 g, Dietary Fiber 5 g, Protein 11 g





**Makes 6 servings** (Serving size: 2 tacos)

**Prep time:** 15 minutes | **Cook time:** 10 minutes

**Nutrition information per serving:** Calories 210, Total Fat 4 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 15 mg, Sodium 250 mg, Carbohydrate 37 g, Dietary Fiber 5 g, Protein 13 g

# Fish Tacos

## Ingredients

### FISH:

- nonstick cooking spray
- 8 ounces (about 2 fillets) snapper or tilapia fish fillets
- ½ teaspoon salt (feel free to use less)
- ½ teaspoon black pepper

### SAUCE:

- 4 tablespoons lowfat plain yogurt
- 2 tablespoons cilantro, finely chopped

- 1 tablespoon fresh lime juice
- 2 teaspoons onion, finely chopped

### TORTILLAS AND TOPPINGS:

- 12 (6-inch) corn tortillas
- 2 cups cabbage, shredded
- 2 cups corn, fresh or frozen (thawed)
- 2 limes, quartered

## Preparation

- Preheat oven to 400°F. Line a baking sheet with aluminum foil and lightly spray with nonstick cooking spray.
- Place fish on prepared sheet and sprinkle with salt and pepper.
- Bake fish 10 minutes or until it flakes and it has turned white all the way through.
- In a bowl, whisk together sauce ingredients.
- Warm tortillas in a skillet and assemble tacos with fish, cabbage, corn, and sauce. Serve with a squeeze of lime.





**Makes 4 servings** (Serving size: 4 ounces of fish, 1 cup of potatoes)

**Prep time:** 20 minutes | **Cook time:** 30 minutes

**Nutrition information per serving:** Calories 320, Total Fat 5 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 50 mg, Sodium 370 mg, Carbohydrate 41 g, Dietary Fiber 5 g, Protein 28 g

# Big Catch

## Ingredients

### POTATOES:

- nonstick cooking spray
- 2 pounds new potatoes (about 4 cups), cut into four pieces each
- 2 teaspoons vegetable oil
- ½ teaspoon salt (feel free to use less)
- 2 teaspoons dried thyme

### FISH:

- 1 teaspoon black pepper
- ½ teaspoon Soulful Seasoning (page 9)
- ¼ bell pepper, chopped
- 2 green onion stalks, chopped
- juice from 1 lemon
- nonstick cooking spray
- 1 pound tilapia (about 4 pieces)

## Preparation

1. Heat oven to 425°F. Line a baking sheet with aluminum foil and lightly spray with nonstick cooking spray.
2. In a bowl combine potatoes, vegetable oil, salt, and thyme. Place on the baking sheet and bake for 20 to 25 minutes. Potatoes may need a few minutes longer depending on their size. They are finished when they can be pierced easily with a fork.
3. In a freezer bag, combine black pepper, Soulful Seasoning, bell pepper, green onions, and lemon juice.
4. Place a piece of fish in a freezer bag and gently shake until fish is coated. Take out and place on a plate. Do this for all fish fillets.

*Continued on next page*







## Big Catch *(Continued)*

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5. Spray a skillet with nonstick cooking spray and heat over medium heat. Cook fish for about 6 minutes per side until it flakes (time depends on thickness of fillets).
6. Serve fish with potatoes on the side.

**Makes 4 servings** (Serving size: 4 ounces of fish, 1 cup of potatoes)



**Prep time:** 20 minutes | **Cook time:** 30 minutes

**Nutrition information per serving:** Calories 320, Total Fat 5 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 50 mg, Sodium 370 mg, Carbohydrate 41 g, Dietary Fiber 5 g, Protein 28 g





# Beef Stew with Okra

## Ingredients

- |  |   |
|--|---|
| 2 tablespoons vegetable oil                                    | 1 pound fresh okra, ends trimmed, rinsed, and cut into ½-inch thick slices or 1 pound frozen okra |
| 2 cups beef stew meat (about 10 ounces), cut into 1-inch cubes |   |
| 2 tablespoons Soulful Seasoning (page 9)                       | 1 pound potatoes, chopped   |
| 1 onion, chopped   | 1 teaspoon black pepper   |
| 5 garlic cloves, finely chopped                                | ¼ teaspoon salt (feel free to use less)   |
| 2½ cups canned, no-salt-added tomato puree                     | 2 (12-ounce) bags frozen or fresh spinach   |
| 9 cups water   |   |

## Preparation

1. In a pot, heat vegetable oil over medium-high heat. Add stew meat and sprinkle with Soulful Seasoning. Stir in onion and garlic, then cook until meat browns, about 5 to 7 minutes.
2. Add tomato puree and water, then bring to a boil on high heat. Add okra and potatoes. Mix in salt and black pepper.
3. Lower heat to simmer and allow soup to cook for about 1 hour, stirring every 15 minutes.
4. Add in spinach and cook until heated through, about 2 minutes.
5. Spoon into bowls and serve hot.

**Makes 8 servings** (Serving size: 1 cup)

**Prep time:** 20 minutes | **Cook time:** 60 minutes

**Nutrition information per serving:** Calories 210, Total Fat 7 g, Saturated Fat 2 g, Trans Fat 0 g, Cholesterol 30 mg, Sodium 190 g, Carbohydrate 25 g, Dietary Fiber 7 g, Protein 15 g



**Makes 6 servings** (Serving size: 1 burger)



**Prep time:** 10 minutes | **Cook time:** 10 minutes

**Nutrition information per serving:** Calories 270, Total Fat 10 g, Saturated Fat 3 g, Trans Fat 0.5 g, Cholesterol 40 mg, Sodium 440 mg, Carbohydrate 24 g, Dietary Fiber 5 g, Protein 22 g

# Mini-Burgers

## Ingredients

### BURGERS:

- 1 pound 93% lean ground beef or turkey
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon cumin
- 1 teaspoon black pepper
- ½ teaspoon salt (feel free to use less)
- nonstick cooking spray

- 6 small (slider-size) whole wheat hamburger buns

### TOPPINGS:

- 1 avocado, sliced
- 1 tomato, sliced
- 1 small onion, sliced
- ¼ head of lettuce, sliced

## Preparation

1. In a bowl, combine ground beef or turkey, garlic powder, onion powder, cumin, black pepper, and salt. Use your hands to mix so that spices are combined into the meat. Shape into 6 patties.
2. Place a pan over medium heat, spray with nonstick cooking spray. Place burgers in pan and cook for 5 minutes. Flip and cook for another 3 minutes.
3. Toast hamburger buns, if desired.
4. To serve, place one cooked patty on each bun and top with avocado, tomato, onion, and lettuce.





# Chicken and Sausage Jambalaya

---

## Ingredients

- |    |  |   |  |
|----|--|---|--|
| 2  | tablespoons vegetable oil  | ¼ | cup tomato sauce   |
| ¼  | pound chicken sausage,<br>cut into ½-inch slices                                 | 1 | bay leaf   |
| 1  | onion (about 1 cup), chopped   | ¼ | teaspoon chili powder  |
| 2  | bell peppers (about 1½ cups),<br>chopped   | ½ | teaspoon red pepper flakes   |
| 1  | cup corn, fresh or frozen  | ¼ | teaspoon dried oregano   |
| ½  | cup celery (about 2 stalks),<br>chopped  | 1 | cup uncooked instant<br>brown rice   |
| 1  | clove garlic, finely chopped   | 1 | boneless, skinless chicken<br>thigh (about ¾ pound),<br>cut in 2-inch strips |
| 1¾ | cups low-sodium chicken<br>broth   |   |  |
| 5  | tomatoes, chopped or<br>8 ounces low-sodium canned,<br>chopped tomatoes, drained |   |  |

## Preparation

1. In a stockpot, heat vegetable oil over medium-high heat. Add sausage, onion, bell pepper, corn, celery, and garlic. Stir together and cook 5 minutes or until vegetables are tender.

*Continued on next page*

**Makes 6 servings** (Serving size: 1 cup)



**Prep time:** 30 minutes | **Cook time:** 45 minutes

**Nutrition information per serving:** Calories 290, Total Fat 10 g, Saturated Fat 2 g, Trans Fat 0 g, Cholesterol 30 mg, Sodium 240 mg, Carbohydrate 38 g, Dietary Fiber 5 g, Protein 15 g





# Chicken and Sausage Jambalaya *(Continued)*

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2. Stir in chicken broth, tomatoes, tomato sauce, bay leaf, chili powder, red pepper flakes, and oregano. Bring to a boil.
3. Reduce heat and simmer uncovered for 10 minutes, stirring occasionally. Stir in rice. Cover and simmer for 10 minutes, stirring occasionally.
4. Add chicken, cover the pot and simmer 5 additional minutes until chicken is cooked and rice is tender.
5. Remove from heat and let stand, covered, for 10 minutes. Remove bay leaf before serving.

**Makes 6 servings** (Serving size: 1 cup)



**Prep time:** 30 minutes | **Cook time:** 45 minutes

**Nutrition information per serving:** Calories 290, Total Fat 10 g, Saturated Fat 2 g, Trans Fat 0 g, Cholesterol 30 mg, Sodium 240 mg, Carbohydrate 38 g, Dietary Fiber 5 g, Protein 15 g





**Makes 8 servings** (Serving size:  $\frac{3}{4}$  cup beans, 1 muffin)



**Prep time:** 15 minutes | **Cook time:** 20 minutes

**Nutrition information per serving:** Calories 320, Total Fat 5 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 20 mg, Sodium 420 mg, Carbohydrate 56 g, Added Sugars 8 g, Dietary Fiber 8 g, Protein 14 g

# BBQ Baked Beans and Citrus-Corn Muffins

## Ingredients

### BEANS:

- nonstick cooking spray
- 2 tablespoons vegetable oil
- 2 cups onion (about 2 medium onions), chopped
- 2 cloves garlic, minced
- $\frac{1}{4}$  cup ketchup
- $\frac{1}{4}$  cup yellow mustard
- 3 tablespoons dark molasses (feel free to use less)
- $\frac{1}{4}$  teaspoon paprika
- $\frac{1}{4}$  teaspoon garlic powder
- $\frac{1}{4}$  teaspoon onion powder
- 2 (14-ounce) cans low-sodium great northern white beans, drained and rinsed

### MUFFINS:

- nonstick cooking spray
- 1 cup all-purpose flour
- 1 cup whole wheat flour
- $\frac{1}{2}$  cup dry yellow cornmeal
- 1 tablespoon baking powder
- 1 teaspoon salt (feel free to use less)
- 1 tablespoon orange zest (peel)
- 1 cup lowfat buttermilk
- 2 large eggs
- $\frac{1}{4}$  cup brown sugar (feel free to use less)
- $\frac{1}{2}$  cup mashed banana (about 1 large banana)

## Preparation

1. Heat oven to 350°F. Spray a 9 x 11-inch glass baking dish with nonstick cooking spray and set aside.

*Continued on next page*





**Makes 8 servings** (Serving size:  $\frac{3}{4}$  cup beans, 1 muffin)



**Prep time:** 15 minutes | **Cook time:** 20 minutes

**Nutrition information per serving:** Calories 320, Total Fat 5 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 20 mg, Sodium 420 mg, Carbohydrate 56 g, Added Sugars 8 g, Dietary Fiber 8 g, Protein 14 g

## BBQ Baked Beans and Citrus-Corn Muffins *(Continued)*

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- In a pan, heat vegetable oil over medium heat. Add onion and garlic and cook, stirring occasionally, until light brown, about 5 minutes. Remove from heat.
- In a bowl combine ketchup, mustard, molasses, paprika, and garlic and onion powders.
- In the prepared baking dish, combine cooked onion, beans, and ketchup mixture. Put in oven and cook for about 15 to 20 minutes or until heated through. The beans will have a bit of crust on top.
- While beans are baking, lightly spray a 12-cup standard muffin tin with nonstick cooking spray.
- In a bowl, combine flours, cornmeal, baking powder, and salt. Mix together.
- Using a small knife or zester, remove 1 tablespoon of peel from oranges. If using a knife to remove peel, mince peel.
- In a bowl, combine buttermilk, eggs, brown sugar, banana, and orange peel. Mix well.
- Using a rubber spatula, mix the wet ingredients into the dry mixture. Be careful not to over mix, as muffins will be tough.
- Spoon batter into prepared muffin tin cups,  $\frac{3}{4}$  full. Bake for 15 to 20 minutes, or until muffins are brown on top and a toothpick comes out clean. Remove from oven and place on wire rack to cool.
- Serve with BBQ Baked Beans.





# Calypso Island Chicken with Brown Rice

---

## Ingredients

### RICE:

- 1 cup uncooked instant brown rice
- 2 cups water

### CHICKEN:

- 1 tablespoon vegetable oil
- 2 cloves garlic, finely chopped
- 1 pound boneless, skinless chicken thighs cut up in 1-inch cubes
- 1 bell pepper (about 1 cup), cut into 1-inch pieces
- 1 ripe plantain, peeled and cut into ½-inch thick rounds
- 1 (15-ounce) can black beans, drained and rinsed
- 1 cup corn, frozen or canned
- 1 (15-ounce) can pineapple chunks packed in juice, reserve juice
- 1 tablespoon ground coriander
- 2 teaspoons Soulful Seasoning (page 9)
- ¼ teaspoon ground cinnamon
- ¼ teaspoon ground ginger
- ¼ teaspoon salt (feel free to use less)
- ¼ teaspoon black pepper
- juice from 1 lime

*Continued on next page*

**Makes 6 servings** (Serving size: 1 cup chicken, ½ cup rice)



**Prep time:** 20 minutes | **Cook time:** 50 minutes

**Nutrition information per serving:** Calories 480, Total Fat 8 g, Saturated Fat 2 g, Trans Fat 0 g, Cholesterol 50 mg, Sodium 430 mg, Carbohydrate 78 g, Dietary Fiber 13 g, Protein 27 g







# Calypso Island Chicken with Brown Rice *(Continued)*

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## Preparation

### RICE:

1. In a saucepan, combine rice and water and cover with a tight fitting lid. Bring to a boil over high heat. Reduce heat to simmer and cook for 10 minutes or until the water is absorbed and rice is cooked.
2. Remove from heat and keep covered 5 minutes. Fluff rice with a fork. Set aside.

### CHICKEN:

1. In a skillet, heat vegetable oil on medium heat. Add garlic and cook for about 1 minute. Add chicken pieces and stir to cook on all sides, about 7 minutes.
2. Add bell pepper and plantain, then cook for an additional 2 to 3 minutes.
3. In a bowl, combine black beans, corn, pineapple chunks, ¼ cup reserved pineapple juice, ground coriander, Soulful Seasoning, ground cinnamon, ground ginger, salt, and pepper. Mix well.
4. Add bean mixture to the skillet and stir. Cover and simmer, stirring every few minutes, for about 15 to 20 minutes or until heated through.
5. Serve chicken over rice and squeeze lime over chicken.

**Makes 6 servings** (Serving size: 1 cup chicken, ½ cup rice)



**Prep time:** 20 minutes | **Cook time:** 50 minutes

**Nutrition information per serving:** Calories 480, Total Fat 8 g, Saturated Fat 2 g, Trans Fat 0 g, Cholesterol 50 mg, Sodium 430 mg, Carbohydrate 78 g, Dietary Fiber 13 g, Protein 27 g







# Snack & Dessert Recipes



# Kale Chips

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## Ingredients

- nonstick cooking spray
- 1 bunch kale, washed and dried
- 2 tablespoons vegetable oil
- ¼ teaspoon Soulful Seasoning (page 9)

## Preparation

1. Preheat oven to 350°F. Line 2 baking sheets with aluminum foil and lightly spray with nonstick cooking spray. Set aside.
2. Separate leaves from center ribs of each kale leaf. Discard ribs. Tear leaves into small pieces.
3. Lay leaves on prepared sheets, sprinkle with vegetable oil and toss. Sprinkle with Soulful Seasoning.
4. Bake in the oven for about 3 to 5 minutes. Remove tray from oven and turn over each leaf. Cook another 3 to 5 minutes or until crisp but not charred.
5. Transfer leaves to plate and serve.
6. Store any leftover kale chips tightly sealed and eat soon!

**Makes 4 servings** (Serving size: 1 cup [about 4 leaves])



**Prep time:** 5 minutes | **Cook time:** 10 minutes

**Nutrition information per serving:** Calories 110, Total Fat 4 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 70 mg, Carbohydrate 17 g, Dietary Fiber 4 g, Protein 5 g





# Apple Oatmeal Crisp

## Ingredients

### FILLING:

- nonstick cooking spray
- 7 cups apples (about 2½ pounds or 7 apples) peeled, cored, and sliced ¼-inch thick
- 1 tablespoon sugar (feel free to use less)
- ¼ cup 100% unsweetened apple juice
- 1 teaspoon vanilla extract
- ¼ teaspoon ground cinnamon

### TOPPING:

- ½ cup whole wheat flour
- 3 tablespoons brown sugar (feel free to use less)
- ¾ cup rolled oats
- ⅛ teaspoon salt
- ¼ teaspoon ground cinnamon
- 1 teaspoon vegetable oil
- 4 teaspoons unsalted butter, room temperature

## Preparation

1. Preheat oven to 375°F. Lightly spray an 8 x 8-inch square baking dish with nonstick cooking spray.
2. Cook apples, sugar, apple juice, vanilla, and cinnamon in a pot over medium heat until apples are tender, about 5 to 6 minutes.
3. To make the topping, combine flour, sugar, oats, salt, and cinnamon in a bowl. Mix together with a fork. Add the vegetable oil and butter to the flour mixture and mix together.
4. Spoon apple mixture into prepared baking dish.
5. Sprinkle with topping.
6. Bake for 30 minutes or until golden brown.
7. Cool slightly, cut into squares, and serve.

**Makes 16 servings** (Serving size: One, 2-inch square)



**Prep time:** 15 minutes | **Cook time:** 40 minutes

**Nutrition information per serving:** Calories 70, Total Fat 2 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 3 mg, Sodium 20 mg, Carbohydrate 13 g, Added Sugars 2 g, Dietary Fiber 1 g, Protein 1 g





**Makes 8 servings** (Serving size: One, 2-inch slice)

**Prep time:** 20 minutes | **Cook time:** 40 minutes

**Nutrition information per serving:** Calories 210, Total Fat 7 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 200 mg, Carbohydrate 32 g, Added Sugars 3 g, Dietary Fiber 4 g, Protein 5 g

# Sweet Potato Apple Pie

## Ingredients

### CRUST:

- nonstick cooking spray
- 1 tablespoon cold water
- 1 cup whole wheat flour
- ½ teaspoon salt (feel free to use less)
- ¼ cup vegetable oil
- 2 tablespoons cold, nonfat milk

### FILLING:

- 2 cups sweet potatoes (about 3 to 4 medium sweet potatoes), cooked with skin (see step 2)

- 1¼ cups apples cored, with skin, chopped
- 4 egg whites
- 2 tablespoons nonfat milk
- ½ teaspoon vanilla extract
- 3 tablespoons brown sugar (feel free to use less)
- ½ teaspoon ground cinnamon
- ⅛ teaspoon ground nutmeg
- ⅛ teaspoon ground allspice

## Preparation

1. Preheat oven to 375°F. Lightly spray an 8-inch pie dish with nonstick cooking spray.
2. Make several holes in each sweet potato with a fork. Place sweet potatoes in a microwave safe container and cover. Heat in microwave on high for 8 minutes or until sweet potatoes are soft.
3. In a bowl, mix cold water, flour, and salt. Stir in vegetable oil until mixed. Add milk and stir until mixed completely.

*Continued on next page*





# Sweet Potato Apple Pie

*(Continued)*

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4. Place dough into the middle of prepared pie dish. Using the palm of your hands spread dough to cover the bottom of the dish and up the sides. Bake for 10 minutes and remove to cool.
5. While crust is cooling, combine cooked sweet potatoes, apples, egg whites, milk, vanilla, brown sugar, ground cinnamon, ground nutmeg, and ground allspice. Place in a blender container, cover, and blend until smooth.
6. Pour sweet potato and apple mixture from blender into cooled crust. Bake for 25 to 30 minutes or until center is set (test by inserting a toothpick into center; it should come out clean). Check pie halfway through cooking. If crust is becoming too brown, cover edges with foil.
7. Cool before cutting.

**Makes 8 servings** (Serving size: One, 2-inch slice)



**Prep time:** 20 minutes | **Cook time:** 40 minutes

**Nutrition information per serving:** Calories 210, Total Fat 7 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 200 mg, Carbohydrate 32 g, Added Sugars 3 g, Dietary Fiber 4 g, Protein 5 g





# Berries with Banana Cream

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## Ingredients

- |  |   |
|--|---|
| 4 cups strawberries (remove green tops), sliced, or frozen berries | 2 tablespoons 100% orange juice           |
| $\frac{2}{3}$ cup fat-free sour cream                              | 2 teaspoons sugar (feel free to use less) |
| 1 banana, sliced   | $\frac{1}{4}$ teaspoon ground cinnamon    |

## Preparation

1. Divide the berries between the four serving bowls.
2. Place sour cream, banana, orange juice, and sugar in a blender container. Cover and blend until smooth.
3. Spoon cream over berries, sprinkle with cinnamon, and serve.

**Makes 4 servings** (Serving size: 1 cup fruit,  $\frac{1}{2}$  cup banana cream )

 **Prep time:** 10 minutes

**Nutrition information per serving:** Calories 120, Total Fat 1 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 3 mg, Sodium 55 mg, Carbohydrate 29 g, Added Sugars 2 g, Dietary Fiber 4 g, Protein 3 g





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