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Michigan State University
Michigan State University Extension
Kenda E. Tibbs
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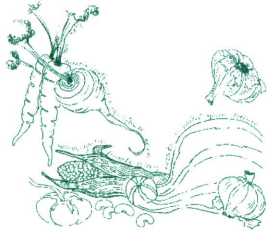
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HEALTHY FOOD, HEALTHY SOUL

African American Cooking

By Kenda E. Tibbs

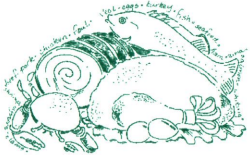


HEALTHY FOOD, HEALTHY SOUL

African American Cooking



By Kenda E. Tibbs



Healthy Food, Healthy Soul
African American Cooking
Kenda E. Tibbs

First Edition September 1997

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40 pages

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Ollie C. Tibbs, especially for the first version of Ollie's Dirty Rice for 12 that could feed 50.

Armesia Lloyd of Operation Get Down, Detroit.

Savvy Soul Food Recipes by the Franklin Wright Settlement, Inc., Detroit.

Down Home Healthy: Family Recipes of Black American Chefs, Leah Chase and Johnny Rivers; National Cancer Institute.

Church Health Team's Low Cholesterol Cookbook; Genesee County Health Department (Flint and Vicinity Economic Development Corporation).

Real People Cookin' Low Fat by Kathy M. Walton, Ph.D., et al.

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*Meets the recipe criteria for the **National Cancer Institute 5 A Day For Better Health Program**



INTRODUCTION

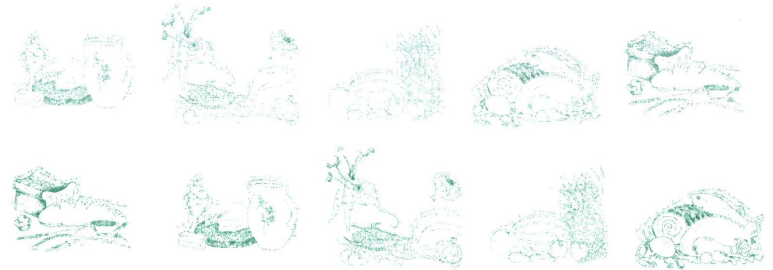
Soul Food.

Food for the soul. Comfort food. My grandmother cooked it. My mother cooked it. I'm cooking it. Macaroni and cheese, cornbread, greens. You get the picture. This cookbook is for those who love Soul Food and want its comfort and taste, but need and want to reduce fat and salt for health.

There is nothing uniquely African American about salt or fat. Everyone in the country ate lots of salt and fat. Food was salted heavily for preservation because there was no refrigeration. Slaves were given the fattest, most undesirable cuts of meat to eat. Now with obesity striking nearly 50 percent of all African American women, nutritionally sound versions of Soul Food are a health necessity. Obesity leads to cardiovascular diseases, diabetes and some cancers.

Many recipes in this cookbook meet the recipe criteria for the National Cancer Institute's 5 A Day For Better Health Program that encourages fruit and vegetable consumption. The recipes contain at least one serving of fruit and/or vegetable and are low in fat, sugar and salt. This is important because African Americans are at high risk for cancer and generally eat few fruits and vegetables. Eating five servings of fruits and vegetables each day can reduce cancer and cardiovascular disease risk significantly.

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These recipes came from my family and nutrition grant projects. All recipes were tested and adjusted to meet the Dietary Guidelines for Americans:

1. Eat a variety of foods.
2. Balance the food you eat with physical activity. Maintain or improve your weight.
3. Choose a diet with plenty of grain products, vegetables, and fruits.
4. Choose a diet low in fat, saturated fat and cholesterol.
5. Choose a diet moderate in sugars.
6. Choose a diet moderate in salt and sodium.
7. If you drink alcoholic beverages, do so in moderation.

Most importantly, these recipes were also tested for the taste, the look and the feel of traditional Soul Food and they passed

Kenda E. Tibbs

Crispy Oven-Baked Chicken

Servings: 12

Ingredients:

2 chicken thighs
8 chicken breasts
2 chicken drumsticks
1 cup skim milk

Breading ingredients:

1 cup bread crumbs
1 cup flour
1 teaspoon poultry seasoning
1 tablespoon Mrs. Dash®, original
1 teaspoon lemon pepper
1/2 teaspoon creole seasoning

Instructions:

Preheat oven to 400 degrees.

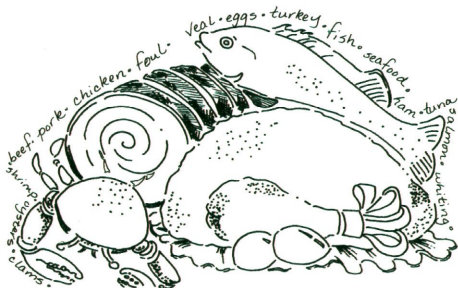
Remove all outer skin from the chicken pieces. **Lightly coat** a baking sheet with vegetable spray. **Mix** all dry breading ingredients into a large sealable plastic bag. **Seal and shake well** to mix. **Place** 2-3 chicken pieces at a time in the skim milk to moisten, then place in the bag of dry ingredients. **Shake** to coat thoroughly. **Put** breaded chicken on the coated baking sheet. Repeat until all of the chicken pieces are breaded. **Lightly spray** the chicken with the vegetable spray. **Place** the baking sheet on the bottom of the oven and **bake** one hour, turning the pieces every 15 minutes to allow for even browning. **Serve** hot.

Nutrition Facts Serving size: 1 piece chicken

Calories	205	Sodium	237mg
Fat cal.	36	Total Carbohydrate	15g
Total Fat	4g	Dietary Fiber	0g
Saturated Fat	1g	Sugars	1g
Cholesterol	65mg	Protein	25g

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MEAT, POULTRY AND FISH



Crispy Oven-Baked Fish

Servings: 8

Ingredients:

8 catfish fillets, 4 oz. each
3/4 cup cornmeal or cornflake crumbs
2 teaspoons Mrs. Dash®, original

1/2 teaspoon lemon pepper
1/2 teaspoon salt substitute
1/2 teaspoon creole seasoning

Instructions:

Preheat oven to 350 degrees.

Place cornmeal or cornflakes in a bowl, add seasonings and mix well with a fork. **Lightly coat** a baking dish with vegetable spray. **Roll** the fillets one by one in the breading mixture and place on a baking sheet. **Spray** fillets lightly with the vegetable spray. **Place** baking sheet on the bottom shelf of the oven. **Bake** for 25 minutes, until crust is golden and fish flakes with a fork. Garnish with lemon wedges and parsley.

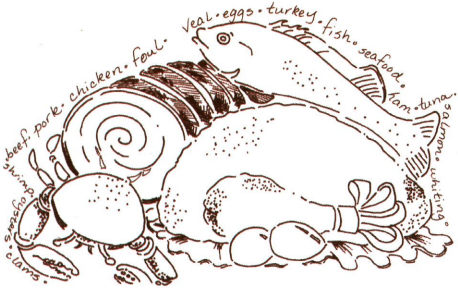
NOTE: You may use paprika for more color. You may substitute perch, cod and whiting in this recipe.

Nutrition Facts

Serving size: 1 fillet

Calories.....	157	Sodium.....	91mg
Fat Cals.	63	Total Carbohydrate.....	6g
Total Fat.....	7g	Dietary Fiber.....	1g
Saturated fat.....	2g	Sugars.....	0g
Cholesterol.....	54mg	Protein.....	16g

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Pot Roast

Servings: 10

Ingredients:

2 pounds round roast, or chuck
roast
2 carrots
6 potatoes, medium sized
2 stalks celery

2 cups hot water
2 beef bouillon cubes, no-sodium
2 teaspoons chopped garlic
1/8 cup flour
2 tablespoons Mrs. Dash®, original

1 large onion
1 teaspoon thyme
1/2 teaspoon black pepper
1 teaspoon salt substitute

Instructions:

Preheat oven to 425 degrees.

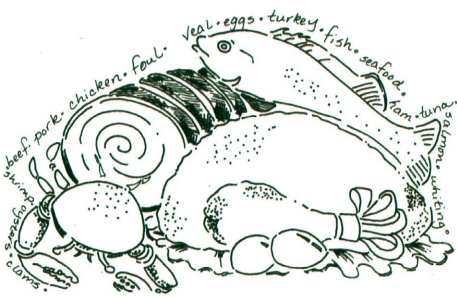
Thoroughly rinse all vegetables. **Peel** carrots, cut into 2 inch pieces. **Peel** potatoes, cut into quarters. **Quarter** onion, and cut celery into 2 inch pieces. **Set** aside. **Mix** Mrs. Dash, salt substitute, thyme, and pepper with the flour. **Rinse** beef, pat dry. **Coat** the beef on both sides with the flour mixture, using all of the flour. **Thoroughly coat** a roasting dish with vegetable spray, then add the 1 tablespoon of vegetable oil. **Preheat** empty roasting dish in the oven for 5 minutes. **Remove** from oven and immediately add the beef roast. **Return pan** to the oven and allow beef to cook and brown on both sides for 45 minutes. **Reduce heat** to 350 degrees. **Add** the carrots, potatoes, onions, celery and garlic. Distribute vegetables evenly over the roast. **Mix** the beef bouillon with the water. **Pour** broth over the meat and vegetables. **Let cook** for 15 minutes. **Cover pan** with foil and allow to cook for another 30 minutes or until vegetables are tender. Serve with steamed white rice (optional). (See White Rice, page 25.)

Nutrition Facts

Serving size: 2 slices meat, 1/4 cup vegetables

Calories312
Fat cal.63
Total Fat7g
Saturated fat2g
Cholesterol71mg

Sodium160mg
Total Carbohydrate31g
Dietary Fiber4g
Sugars3g
Protein30g



Boneless Breaded Pork Chops

Servings: 8

Ingredients:

8 boneless pork chops
1 cup bread crumbs
2 teaspoons garlic powder
1 1/2 teaspoons Mrs. Dash®, original

1 teaspoon black pepper
1/4 cup egg substitute
1/4 cup skim milk

Instructions:

Preheat oven to 350 degrees.

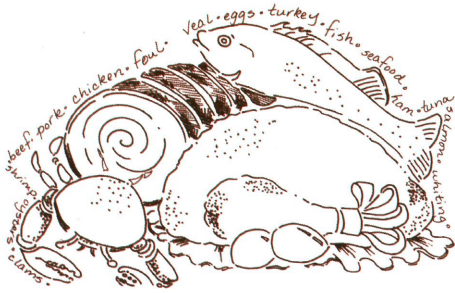
Rinse meat with cold water. Set aside. **Put seasoning** in bread crumbs. **Mix** egg substitute and skim milk. **Dip** pork chops in egg-milk mixture. **Roll** meat in bread crumbs and place meat in a pan coated with vegetable spray. **Bake** for 45 minutes until brown.

Nutrition Facts

Serving size: 1 chop

Calories.....	221
Fat Cals.....	63
Total Fat.....	7g
Saturated Fat.....	2g
Cholesterol.....	61mg
Sodium.....	179mg
Total Carbohydrate.....	12g
Dietary fiber.....	1g
Sugars.....	1g
Protein.....	26g

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Herbal Baked Chicken

Servings: 12

Ingredients:

2 chicken thighs
8 chicken breasts
2 chicken drumsticks
1 tablespoon Mrs. Dash®, original
1 tablespoon lemon pepper
2 teaspoons parsley
1 teaspoon paprika
1 tablespoon poultry seasoning

Instructions:

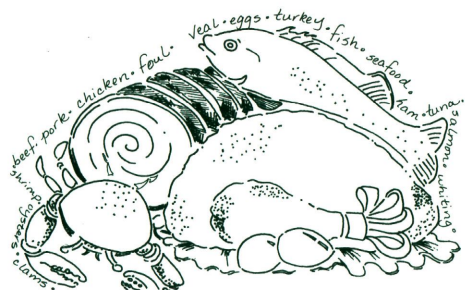
Preheat oven to 350 degrees.

Rinse chicken pieces in cold water. **Remove** all skin from the chicken. **Pat dry** with a paper towel. **Place** chicken pieces on a sheet pan that has been coated with vegetable spray.

Mix spices together then sprinkle over the chicken. **Spray** the chicken lightly on top with the vegetable spray. **Place** on the middle rack of the oven and bake for one hour, turning every 15 minutes until chicken has browned and juices run clear.

Nutrition Facts Serving size: 1 piece

Calories	108	Sodium	116mg
Fat Cals.	54	Total Carbohydrate	0g
Total Fat	6g	Dietary Fiber	0g
Saturated Fat	1g	Sugars	0g
Cholesterol	33g	Protein	12g



Roast Pork with Garlic

Servings: 12

Ingredients:

3 pounds pork roast, lean
1/2 teaspoon lemon pepper
1/2 teaspoon parsley
1/2 teaspoon thyme

1/2 teaspoon poultry seasoning
1/2 teaspoon Mrs. Dash®, original
8 cloves garlic

Instructions:

Preheat oven to 350 degrees.

Rinse pork with plain water, pat dry. With a sharp knife, put eight 1/2-inch deep slits in the roast and insert one clove of garlic in each slit. **Mix** all dry seasonings, and rub over the entire roast. **Place** roast in a pan coated with vegetable spray. **Spray** top of roast with vegetable spray. **Bake** for 45 minutes to an hour until the internal temperature is 165 degrees.

Let roast sit for 10 minutes before slicing.

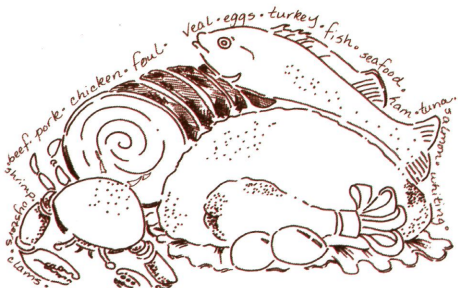
Nutrition Facts

Serving size 2 slices

Calories.....	184
Fat Cals.....	18g
Total Fat.....	1g
Saturated Fat.....	0g
Cholesterol.....	6mg
Sodium.....	18mg
Total Carbohydrate.....	1g
Dietary Fiber.....	0g
Sugars.....	0g
Protein.....	2g

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MEAT, POULTRY AND FISH



Roast Turkey

Servings: 12

Ingredients:

3 pounds turkey breast
1/2 teaspoon paprika
1/2 teaspoon lemon pepper
1/2 teaspoon parsley

1/2 teaspoon thyme
1 teaspoon poultry seasoning
1/2 teaspoon Mrs. Dash®, original
1/2 teaspoon garlic powder

Instructions:

Preheat oven to 350 degrees.

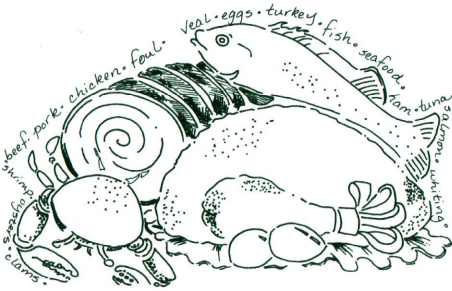
Rinse turkey with plain water, pat dry. **Mix** all dry seasonings and rub over the entire breast. **Place** turkey in a pan that was coated with vegetable spray. **Lightly spray** top of turkey with vegetable spray. **Bake** at 350 degrees for 45 minutes to one hour until the internal temperature is 165 degrees.

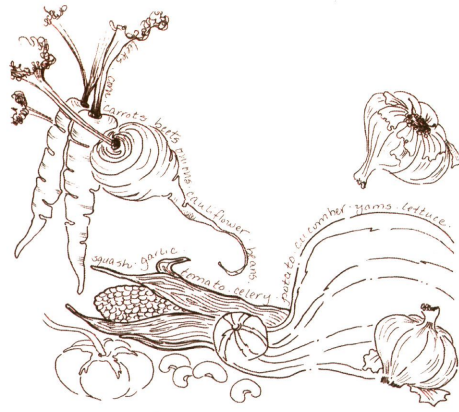
Let the turkey breast sit for 15 minutes before slicing.

Nutrition Facts Serving size: 2 slices

Calories.....	154
Fat Cals.....	18
Total Fat.....	1g
Saturated Fat.....	.0g
Cholesterol.....	.94mg
Sodium.....	.72mg
Total Carbohydrate.....	1g
Dietary Fiber.....	.0g
Sugars.....	.0g
Protein.....	.34g

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Perfect Mashed Potatoes

Servings: 6

Ingredients:

6 white potatoes, washed, peeled and cut into quarters
 1/2 cup evaporated skimmed milk

1 teaspoon imitation butter flavoring
 1/4 cup Parmesan cheese, grated

Instructions:

Boil the potatoes until tender (15-20 minutes). **Drain.** **Beat** with a mixer at medium low speed until smooth. **Add** the milk, butter flavoring and cheese. **Beat** until evenly mixed.

NOTE: You can substitute 1/4 cup of fat-free cream cheese in place of Parmesan for lower fat.

Nutrition Facts Serving size: 1/2 cup

Calories	149
Fat Cals.	45
Total Fat	5g
Saturated Fat	1g
Cholesterol	4mg
Sodium	282mg
Total Carbohydrate	22g
Dietary Fiber	1g
Sugars	1g
Protein	5g

Garlic Mashed Potatoes

Servings: 4

Ingredients:

1 pound white potatoes (2 large)
2 cups skim milk
2 large cloves garlic, chopped

1/2 teaspoon white pepper
1/2 teaspoon salt substitute

Instructions:

Wash and peel potatoes, cut into quarters. **Cook** uncovered in a small amount of boiling water for 20-25 minutes or until tender. **Remove** from heat. **Drain. Re-cover** the pot of potatoes. **Meanwhile**, in a small saucepan over low heat, **cook** garlic in milk until garlic is soft, about 30 minutes. **Add** the milk-garlic mixture, white pepper and salt substitute to potatoes. **Beat** with an electric mixer on low speed or mash with a potato masher until smooth.

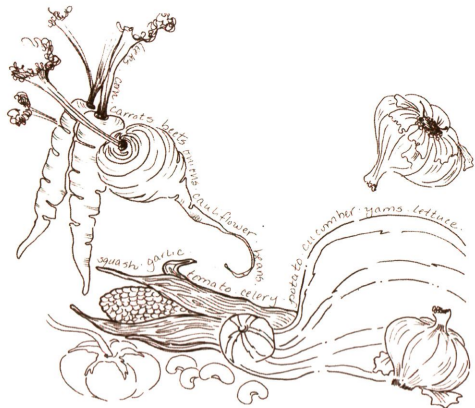
Note: For a milder overall taste, we recommend decreasing the amount of garlic to one clove and the white pepper to 1/4 teaspoon.

Nutrition Facts

Serving size: 1/2 cup

Calories.....	141
Total Fat	0.3g
Saturated Fat	0.2g
Cholesterol	2.0mg
Sodium	70mg
Dietary Fiber	2g
Carbohydrate	29g
Protein	6g

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Great Northern Beans

Ingredients:

1 pound Great Northern beans
1 cup smoked turkey ham, low-sodium
1 cup chopped onions
1/2 teaspoon black pepper
1 teaspoon Mrs. Dash®, original

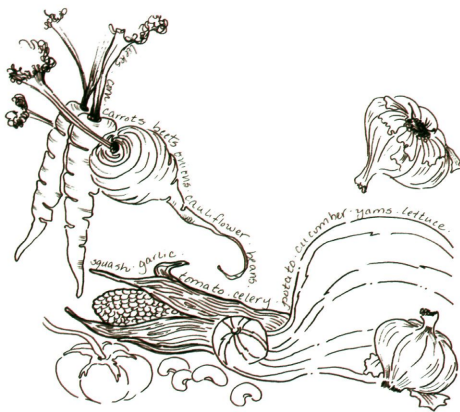
1 tablespoon garlic, minced
1/4 cup green pepper, diced
1 beef boullion cube, no-sodium
1 teaspoon salt substitute
6 cups water

Instructions:

Sort out the bad beans and debris. **Rinse** beans and let soak in water overnight. **Drain** beans. **Simmer** beans, smoked turkey and the rest of the ingredients in the water until beans are tender, but still whole, or about 45 minutes.

Nutrition Facts Serving size: 1/2 cup

Calories	188
Fat Cals	8
Total Fat	1g
Saturated Fat	0g
Cholesterol	2mg
Sodium	110mg
Total Carbohydrate	33g
Dietary fiber	8g
Sugars	6g
Protein	10g



Red Beans

Servings: 12

Ingredients:

1 pound red beans
1 cup smoked turkey ham, low-sodium, diced
1 cup diced onions
1/2 teaspoon black pepper
1 teaspoon Mrs. Dash®, original

1 tablespoon minced garlic
1/4 cup green pepper, diced
1 teaspoon salt substitute
6 cups water
2 beef bouillon cubes, no-sodium

Instructions:

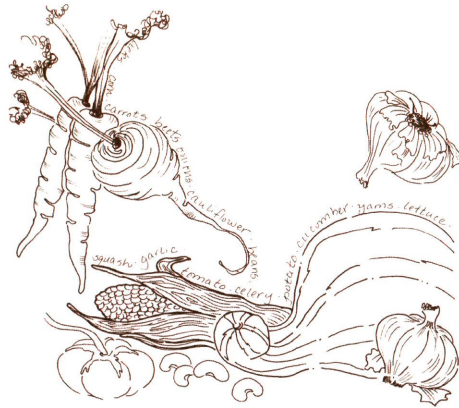
Sort out the bad beans and debris. **Rinse** beans and let soak in water overnight. **Drain** beans. **Simmer** beans, smoked turkey and the rest of the ingredients in the 6 cups of water until beans are tender, but still whole, or about 45 minutes.

Nutrition Facts

 Serving size: 1/2 cup

Calories	148
Fat Cals	0
Total Fat	0g
Saturated Fat	0g
Cholesterol	2mg
Sodium	110mg
Total Carbohydrate	26g
Dietary fiber	3g
Sugars	9g
Protein	4g

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Black-eyed Peas

Servings: 12

Ingredients:

1 pound black-eyed peas
1 cup smoked turkey ham, low-sodium, diced
1 cup onions, chopped
1/2 teaspoon black pepper
6 cups water

1 teaspoon Mrs. Dash®, original
1 tablespoon garlic, minced
1/4 cup green pepper, chopped
2 beef boullion cubes, no-sodium
1 teaspoon salt substitute

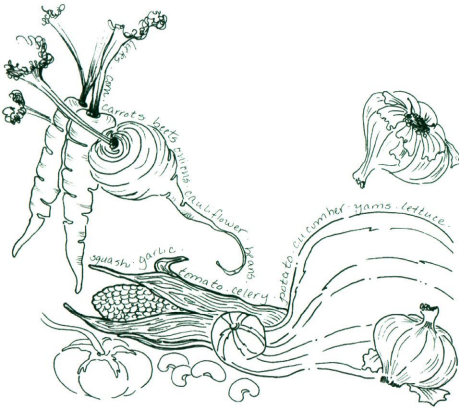
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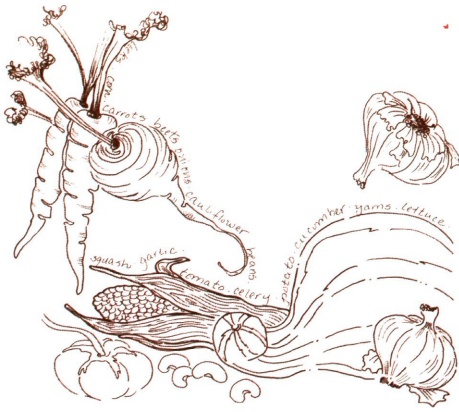
Sort out the bad peas and debris. **Rinse** peas and let soak in water overnight. **Drain** peas. **Simmer** peas, smoked turkey and the rest of the ingredients in the water until peas are tender but still whole, or about 45 minutes.

Nutrition Facts

Serving size: 1/2 cup

Calories	100
Fat Cals	0
Total Fat	0g
Saturated Fat	0g
Cholesterol	2mg
Sodium	111mg
Total Carbohydrate	17g
Dietary fiber	2g
Sugars	1g
Protein	2g





Crowder Peas

Servings: 12

Ingredients:

- 2 pounds crowder peas
- 1 cup smoked turkey ham, low-sodium
- 1 cup onions, chopped
- 1/2 teaspoon black pepper
- 1 teaspoon Mrs. Dash®, original

- 1 tablespoon garlic, diced
- 1/4 cup diced green pepper
- 2 beef boullion cubes, no-sodium
- 1 teaspoon salt substitute
- 1 cup water

Instructions:

Sort out the bad peas and debris. **Rinse** peas and let soak in water overnight. **Drain** peas. **Simmer** peas, smoked turkey and the rest of the ingredients in the water until peas are tender, but still whole or about 45 minutes.

Nutrition Facts Serving size: 1/2 cup

Calories	100
Fat Cals	9
Total Fat	1g
Saturated Fat	0g
Cholesterol	3mg
Sodium	191mg
Total Carbohydrate	17g
Dietary fiber	1g
Sugars	1g
Protein	2g

Turnip and Mustard Greens

Servings: 12

Ingredients:

2 pounds turnip greens
2 pounds mustard greens
2 chicken bouillon cubes, low-sodium
1 pound smoked turkey, lean
1 tablespoon Mrs. Dash®, original

1 teaspoon sugar
1 medium onion, chopped
1 teaspoon lemon pepper
5 cups water

Instructions:

Soak and wash greens thoroughly with clear water. **Remove** greens from the stems. **Shake** out any excess water. **Gather** greens into small bunches and cut into smaller pieces. **Put** water in a stock pot, or large pot, and bring to a boil. **Add** greens to the water and allow water to reach a simmer. **Add** all seasonings, onions, smoked turkey and bouillon cubes. **Cover** the pot and continue to cook greens for 1 hour or until tender. Taste and adjust seasonings before serving.

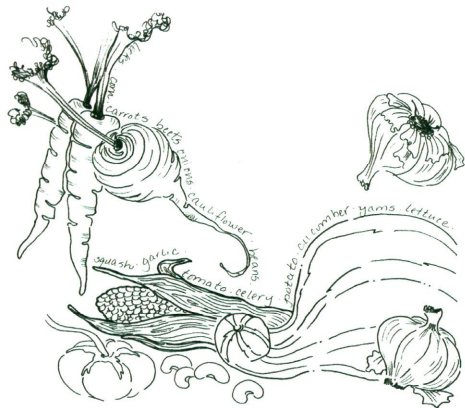
Note: All mustard or all turnip greens or collard greens (fresh or frozen) may be used for this recipe.

Nutrition Facts

Serving size: 1/2 cup

Calories.....	80
Fat Cals.....	18
Total Fat.....	2g
Saturated Fat.....	1g
Cholesterol.....	29mg
Sodium.....	514mg
Total Carbohydrate.....	7g
Dietary fiber.....	5g
Sugars.....	1g
Protein.....	9g

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Boiled Cabbage and Turkey

Servings: 6

Ingredients:

1 cup smoked turkey
8 cups cabbage
1/2 cup fresh onion, chopped
1/4 cup fresh green pepper, chopped

1 teaspoon garlic powder
1 chicken boullion cube, no-sodium
1 teaspoon lemon pepper
1/2 cup water

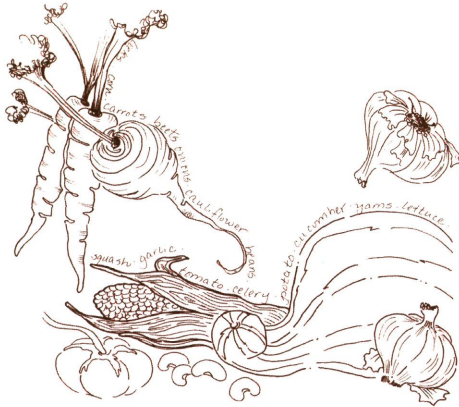
Instructions:

Dice turkey in one-inch cubes. **Set** aside. **Heat** water to boiling in a shallow saucepan. **Add** all ingredients and **cook** for 30 minutes until the cabbage is tender.

Nutrition Facts

 Serving size: 1 cup

Calories.....	58
Fat Cals.....	9
Total Fat.....	1g
Saturated Fat.....	0g
Cholesterol.....	2mg
Sodium.....	115mg
Total Carbohydrate.....	11g
Dietary fiber.....	5g
Sugars.....	4g
Protein.....	3g



Stewed Corn

Servings: 16

Ingredients:

8 cups fresh corn
1/2 cup onions, chopped
1 tablespoon Mrs. Dash®, original
1/4 cup green pepper, chopped (optional)

1/2 teaspoon lemon pepper
1/4 cup fresh tomatoes, diced (optional)
1/4 cup water
1 teaspoon sugar

Instructions:

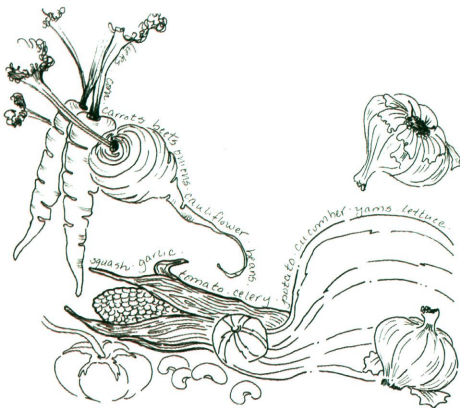
Cut fresh corn from the cob, and **scrape** juices from the cob with a knife. Lightly spray frypan with vegetable spray. **Warm** on medium heat. **Add** chopped onion and green pepper, **sauté** until onion is translucent. **Add** the rest of the ingredients, stir, and cook for 30 minutes until hot.

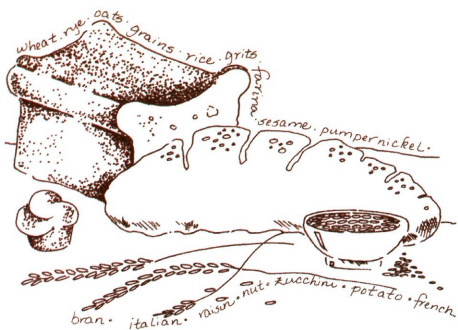
NOTE: You can substitute frozen corn for this recipe, but fresh is best. Green peppers and tomatoes are optional ingredients based on taste preference. For a creamier corn, you may substitute skim milk instead of the water.

Nutrition facts

Serving size: 1/2 cup

Calories	94
Fat Cals	9
Total Fat	1g
Saturated Fat	0g
Cholesterol	0mg
Sodium	210mg
Total Carbohydrate	21g
Dietary fiber	4g
Sugars	0g
Protein	2g





Cornbread

Servings: 9

Ingredients:

1 1/4 cups flour
 3/4 cup cornmeal
 1/4 cup sugar
 2 tablespoons baking powder

1 cup skim milk
 1/4 cup vegetable oil
 1/4 cup Eggbeaters®
 1/2 teaspoon salt substitute

Instructions:

Preheat oven to 400 degrees.

Combine dry ingredients, stir in milk, oil and Eggbeaters until dry ingredients are moistened. **Pour** batter in a prepared 8 or 9-inch pan. **Bake** 20-25 minutes until golden brown.

Nutrition Facts

Serving size: 1 square

Calories.....	191
Fat Cals.....	63
Total Fat.....	7g
Saturated Fat.....	1g
Cholesterol.....	1mg
Sodium.....	294mg
Total Carbohydrate.....	28g
Dietary Fiber.....	1g
Sugars.....	7g
Protein.....	4g

Cornbread Dressing

Servings: 12

Ingredients:

4 chicken boullion cubes, no-sodium
4 cups hot water
1/2 cup fresh onion, diced
1/2 cup fresh green pepper, diced
1/2 cup celery, diced

3 1/2 teaspoons poultry seasoning
1/2 cup bread crumbs
1 1/4 cup evaporated skimmed milk
1/2 cup Eggbeaters®
1/2 servings cornbread

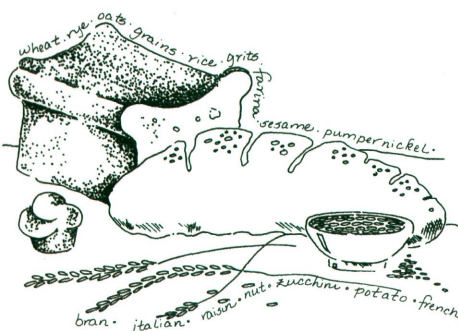
Instructions:

Preheat oven at 350 degrees.

Prepare cornbread from recipe. Set aside. **Make** chicken stock from boullion and water. In a pot combine onions, celery, peppers and seasoning with chicken stock and simmer for 15 minutes. **Cool** slightly. **Put** cornbread and bread crumbs in a bowl. **Pour** vegetable mixture over cornbread and bread crumbs, add milk and Eggbeaters. Fold together. **Put** into pan that was lightly coated with vegetable spray. **Bake** for 40-45 minutes until lightly browned.

Nutrition Facts Serving size: 1/2 cup

Calories250
Fat Cals63
Total Fat7g
Saturated Fat1g
Cholesterol2mg
Sodium177mg
Dietary fiber4g



Macaroni and Cheese

Servings: 10

Ingredients:

2 cups elbow macaroni
1/2 cup Eggbeaters®
1 teaspoon Mrs. Dash®, original
1/2 teaspoon black pepper
1 cup light cheddar cheese

1 cup shredded Velveeta® cheese
3 teaspoons light margarine
1/2 teaspoon paprika
4 cups skim milk
1 teaspoon salt substitute

Instructions:

Pasta Cookery:

Bring ½ gallon water to a boil, add macaroni noodles and **stir**. As soon as the water has come back to a rapid boil, **cook** for another 3-5 minutes until tender. **Turn** off heat and drain the noodles and immediately **rinse** with cold water to cool the noodles. **Drain** and set aside.

Combine Eggbeaters with the milk, then **add** all seasonings, mix well. **Mix** all cheeses and margarine with the macaroni. **Spray** a four-quart casserole dish with vegetable spray. **Pour** macaroni-cheese mixture in the prepared casserole dish. **Pour** the egg-milk mixture over the macaroni. **Bake** at 350 degrees for approximately 30-40 minutes or until bubbly.

Nutrition Facts Serving size: 1/2 cup

Calories.....	218	Sodium.....	355mg
Fat Cals.....	72	Total Carbohydrate.....	22g
Total Fat.....	8g	Dietary fiber.....	1g
Saturated Fat.....	5g	Sugars.....	6g
Cholesterol.....	23mg	Protein.....	14g

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Potato Salad

Servings: 12

Ingredients:

3/4 cup mayonnaise
1 teaspoon mustard
1 teaspoon Mrs. Dash®, original
4 cups boiled potatoes
1/4 cup onion, chopped
1/2 cup celery, chopped

1/3 cup green pepper, chopped
2 hard boiled eggs, chopped
1 tablespoon parsley, dried or fresh
1/4 cup sweet relish
1/2 teaspoon fresh garlic, minced
1 teaspoon salt substitute

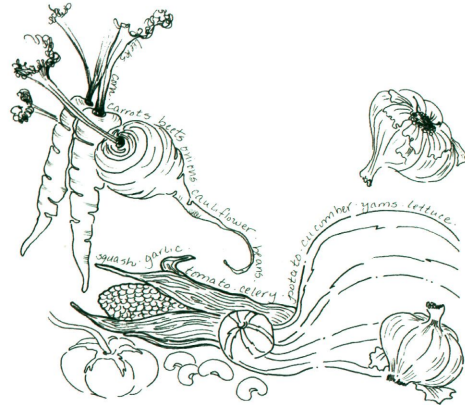
Instructions:

Wash and peel potatoes (about 5 medium) and **boil** until tender. **Rinse** and cool potatoes; cut into cubes. Set aside. **Place** the onions, celery, green pepper, eggs and parsley in a bowl. **Add** salt substitute, mustard, Mrs. Dash, mayonnaise and relish. **Mix** well. **Add** the potatoes and lightly **toss** until ingredients are mixed. **Chill** for 1 hour before serving.

Nutrition Facts Serving size: 1/2 cup

Calories.....185
Fat Cals.....81
Total Fat.....9g
Saturated Fat.....2g
Cholesterol.....98mg
Sodium.....194mg
Total Carbohydrate.....22g
Dietary fiber.....2g
Sugars.....2g
Protein.....5g

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Green Peas and Mushrooms

Servings: 12

Ingredients:

2 pounds fresh green peas
2 cups mushrooms, sliced
1 chicken boullion cube, no-sodium

1 teaspoon thyme
1/2 teaspoon Mrs. Dash®, original
1/2 cup water

Instructions:

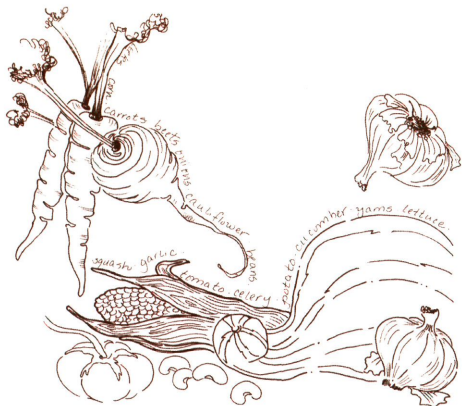
Rinse peas in cold water. **Place** the peas and the ingredients in a three-quart pot. **Bring** the peas to a boil over medium heat. **Reduce** the heat to low, **cover** and simmer for 10 minutes. **Serve** immediately.

Nutrition Facts

Serving size: 1/2 cup

Calories.....	72
Fat Cals.....	0g
Total Fat.....	0g
Saturated Fat.....	0g
Cholesterol.....	0mg
Sodium.....	183mg
Total Carbohydrate.....	13g
Dietary Fiber.....	5g
Sugars.....	5g
Protein.....	5g

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Pineapple Sweet Potato Casserole

Servings: 12

Ingredients:

3 pounds canned sweet potatoes, drained and sliced
1 pound crushed pineapple in juice, undrained
1/4 teaspoon ground cinnamon
4 teaspoons butter-flavored sprinkles

1/3 cup chopped pecans
1 3/4 cups miniature marshmallows

Instructions:

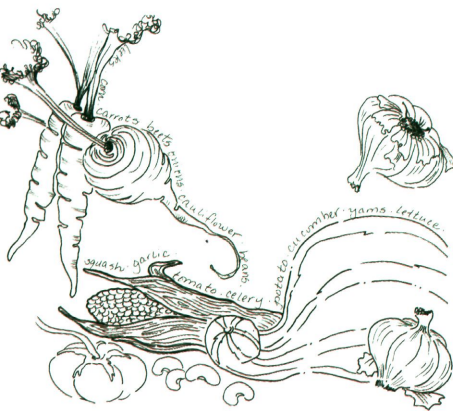
Place the potato pieces in a large bowl and **toss** with the pineapple, cinnamon, butter-flavored sprinkles and pecans. **Coat** a two-quart casserole dish with vegetable spray and place the sweet potato mixture in the dish. **Top** with the marshmallows. **Bake** at 350 degrees for 35-40 minutes or until the sweet potato mixture is bubbly and the top is lightly browned. If the top starts to brown too quickly, loosely cover the dish with aluminum foil during the last 10 minutes of baking. **Serve** hot.

Note: Instead of using canned sweet potatoes, you may use fresh. To cook the fresh potatoes, bake them at 400 degrees for about 45 minutes or until tender, or boil them on the stove about 30 minutes or until tender.

Nutrition Facts

Serving size: 1/2 cup

Calories.....	183	Sodium.....	93mg
Fat Cals.....	45	Total Carbohydrate.....	36g
Total Fat.....	.5g	Dietary fiber.....	3g
Saturated Fat.....	.1g	Sugars.....	14g
Cholesterol.....	.0mg	Protein.....	2g



Ollie's Dirty Rice

Servings: 20

Ingredients:

1 pound chicken giblets
1 pound turkey sausage
1/2 pound chicken livers
2 packets brown gravy mix
1 large onion, chopped
1 green pepper, diced
2 stalks celery, diced
2 tablespoons minced garlic
1 bunch green onions, chopped

1 tablespoon parsley
2 teaspoons salt substitute
1 teaspoon poultry seasoning
1 tablespoon Mrs. Dash®, original
1 tablespoon paprika
2 cups water
1/2 teaspoon black pepper
6 cups cooked white rice

Instructions:

Cook rice and set aside (See White Rice, page 25).

Wash giblets then cut entire membrane off the gible. **Rinse** chicken livers and combine with the giblets, place in saucepan, cover with the water and simmer until tender for approximately 45 minutes. **Grind** livers and giblets in a blender or chopper. Set aside.

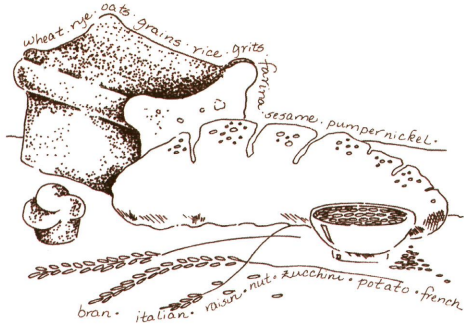
Measure dry ingredients, combine together, and set aside. **Brown** turkey sausage in a large dutch oven. **Drain** off any visible fat from the meat. **Add** onion, celery, green pepper, garlic and green onions to the meat. **Stir** well and cook for 10 minutes until onions are translucent. **Add** the giblets and livers. **Add** the two packets of dry gravy mix.

Mix well into the meat mixture. **Add** the two cups of hot water. **Stir** until well mixed.

Add the dry spices, mix. **Let simmer** for 10 minutes. **Add** the cooked rice, mix well.

Serve hot.

See Nutrition Facts on page 25



White Rice

Yield: 6 cups

Ingredients:

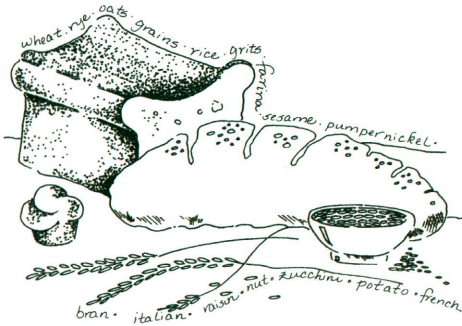
6 cups water
3 cups regular or extra long grain rice

Instructions:

Heat rice and water to boiling in 6-quart sauce pan over high heat. **Reduce** heat to low and stir mixture. **Cover** pan and simmer without stirring or lifting the lid, about 15 minutes or until rice is tender and liquid is absorbed. **Fluff** rice with a fork.

Nutrition Facts (Ollie's Dirty Rice) Serving size: 1/2 cup

Calories	201
Fat Cals	45
Total Fat	5g
Saturated Fat	1g
Cholesterol	179mg
Sodium	271mg
Total Carbohydrate	27g
Dietary fiber	1g
Sugars	0g
Protein	14g



Old Fashioned Bread Pudding With Apple Raisin Sauce

Servings: 9

Ingredients:

10 slices whole-wheat bread
1 egg
3 egg whites
1 1/2 cups skim milk
1/4 cup sugar
1/4 cup brown sugar

1 teaspoon vanilla extract
1/2 teaspoon cinnamon

Spiced Sugar

1/4 teaspoon nutmeg
1/4 teaspoon cloves
2 teaspoons sugar

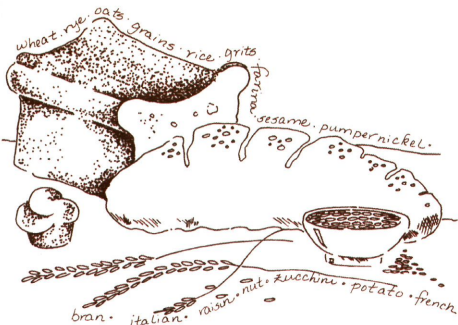
Instructions:

Preheat the oven to 350 degrees.

Spray an 8x8 inch baking dish with vegetable oil spray. **Lay** the slices of bread in the baking dish in two rows, overlapping them like shingles. In a medium mixing bowl, **beat** together the egg, egg whites, milk, the 1/4 cup sugar, brown sugar and vanilla. **Pour** the egg mixture over the bread. In a small bowl, **stir** together the cinnamon, nutmeg, cloves and the 2 teaspoons of sugar. **Sprinkle** the spiced sugar over the bread pudding. **Bake** the pudding for 30 to 35 minutes, until it has browned on top and is firm to the touch. Serve warm or at room temperature, with warm Apple-Raisin Sauce (see recipe, page 27).

See Nutrition Facts, page 27

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Apple-Raisin Sauce

Yield: 2 cups

Ingredients:

1 1/4 cups apple juice
1/2 cup apple butter
1 tablespoon molasses
1/2 cup raisins

1/4 teaspoon ground cinnamon
1/4 teaspoon ground nutmeg
1/2 teaspoon orange zest (optional)

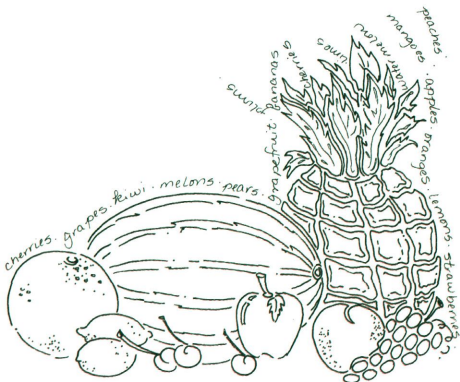
Instructions:

Stir all the ingredients together in a medium saucepan. **Bring** to a simmer over low heat. Let the sauce **simmer** 5 minutes. **Serve** warm.

Nutrition Facts (Old Fashioned Bread Pudding with Apple Raisin Sauce)

Serving size: 1 tablespoon per one square of pudding

Calories.....	233
Total Fat.....	3g
Saturated Fat.....	1g
Cholesterol.....	24mg
Sodium.....	252mg
Dietary fiber.....	3g
Total Carbohydrates.....	46g
Protein.....	7g



Lemon Pie

Servings: 10

Ingredients:

2 cans lite sweetened condensed milk
1 1/2 cups lemon juice
1 egg
1 pie crust

Meringue:

3 egg whites
1 teaspoon cream of tartar
1 tablespoon sugar

Instructions:

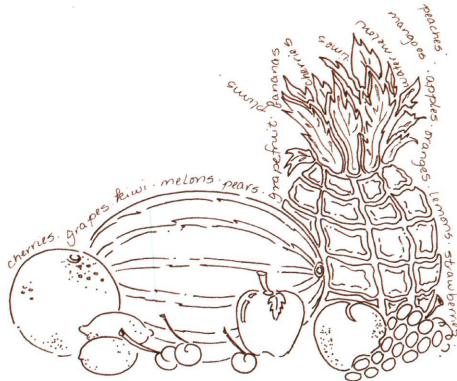
Preheat oven to 350 degrees.

Lightly bake pie crust and set aside. **Mix** the condensed milk with the lemon juice then **add** the egg. **Mix** well. **Add** mixture to the pie crust. **Place** the egg whites, sugar and cream of tartar in another bowl. **Whip** with mixer until the egg whites form peaks. **Place** meringue over pie, and **bake** in oven until meringue is lightly browned.

Nutrition Facts Serving size: 1 slice (1/10 of pie)

Calories.....	155
Fat Cals.....	53
Total Fat.....	6g
Saturated Fat.....	3g
Cholesterol.....	21mg
Sodium.....	102mg
Total Carbohydrate.....	22g
Dietary Fiber.....	0g
Sugars.....	1g
Protein.....	4g

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Peach Cobbler

Servings:12

Ingredients:

4 pounds canned sliced peaches
1 1/2 cups sugar
1 cup brown sugar
3 tablespoons low fat margarine, cold
3 tablespoons cinnamon

1/2 teaspoon nutmeg
1 teaspoon salt substitute
4 tablespoons flour
4 pre-made pie crusts, 9-inch

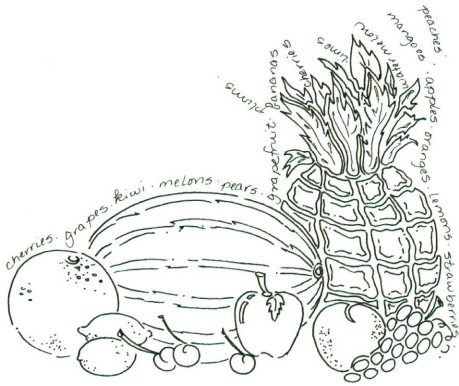
Instructions:

Preheat oven to 425 degrees.

Partially drain the juice from the peaches. **Place** in a bowl and set aside. **Mix** sugars, spices, flour and salt substitute together and add to the peaches. **Mix** well. **Line** a 9x12 pan with two of the pie crusts. **Pour** the peaches in the pan. **Scatter** the cold margarine over the peach mixture, then **place** the two remaining crusts over the peaches. **Pierce** the top crust with slits to allow steam to escape. **Spray** the top of the cobbler with the vegetable spray. **Bake** for 15 minutes at 425 degrees then reduce the temperature to 350 degrees and **cook** for another 45 minutes until cobbler is brown and bubbly.

Nutrition Facts: Serving size: 1/2 cup

Calories	533
Fat Cals	194
Saturated Fat	0g
Cholesterol	0g
Sodium	336mg
Carbohydrate	76g
Dietary fiber	2g
Sugars	47g
Protein	5g



Banana Pudding

Servings: 12

Ingredients:

3 (3.4-oz.) boxes instant vanilla pudding
6 cups skim milk
1 box (11-oz) reduced fat vanilla wafers

6 ounces lite whipped topping
6 bananas

Instructions:

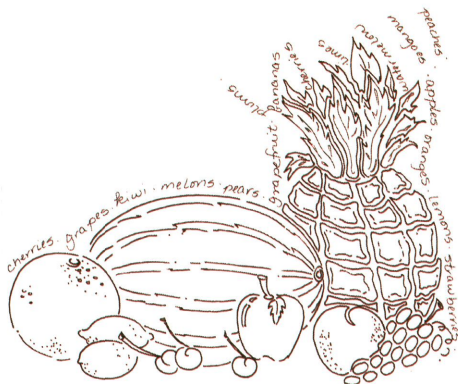
Prepare pudding as directed on the box with the skim milk. **Fold** the whipped topping in the pudding. **Line** a 9x12 inch pan with the vanilla wafers. **Peel** and cut bananas in slices, then layer them on the wafers. **Top** the bananas with the pudding mixture. **Repeat** this process once again. **Place** some of the remaining wafers on top of the dish. **Chill** one hour before serving.

Nutrition Facts

 Serving size: 1/2 cup

Calories	328
Fat Cals	45
Total Fat	5g
Cholesterol	2mg
Sodium	436mg
Total Carbohydrate	65g
Dietary fiber	1g
Sugars	44g
Protein	5g

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Carrot Raisin Salad

Servings:10

Ingredients:

4 cups fresh carrots, grated
1/2 cup pecan or walnut pieces
1/2 cup raisins

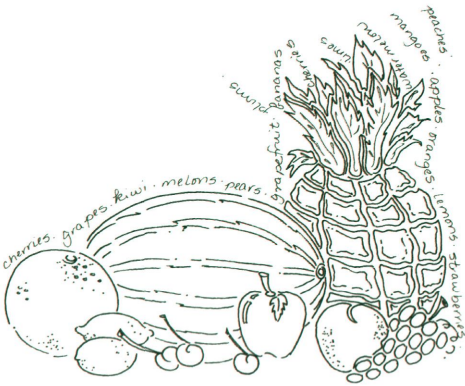
Instructions:

Place all ingredients in a bowl and **mix** well. **Chill** for one hour in the refrigerator.

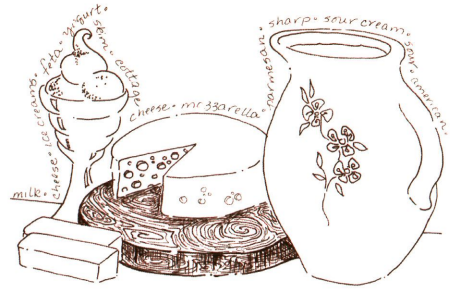
Nutrition Facts

Serving size: 1/2 cup

Calories.....	144
Fat Cals.....	72
Total Fat.....	.8g
Saturated Fat.....	.0g
Cholesterol.....	.0mg
Sodium.....	214mg
Total Carbohydrate.....	16g
Dietary Fiber.....	.2g
Sugars.....	11g
Protein.....	.2g



Glossary of Basic Cooking Terms



- Bake**To cook in the oven by dry heat.
- Beat**To mix ingredients briskly with a rotating motion, using a spoon, wire whip or mixer.
- Blend**To thoroughly mix two or more ingredients.
- Boil**To cook foods in water or a liquid until bubbles are breaking on the surface and steam is given off.
- Braise**To brown in a small amount of fat, then simmer covered in juices or liquid.
- Bread**To dip in egg-milk mixture then coat with bread crumbs or cornmeal.
- Chill**To refrigerate until thoroughly cold.
- Chop**To cut into small pieces.
- Coat**To cover entire surface with flour, fine crumbs, sauce, batter, or other foods.
- Cube**To cut into 1/2 inch squares.
- Dice**.....To cut into 1/4 inch cubes.
- Dredge**To thoroughly coat a food with a powdery ingredient mixture such as flour and spices.
- Garnish**.....An edible trimming added to a complete dish to enhance its visual appeal.
- Mince**To chop food into very fine pieces.
- Mix**.....To combine two or more ingredients by stirring.
- Peel**.....To strip off the outside covering of a food item.
- Pot Roast**To cook large cuts of meat by braising.
- Preheat**To heat oven or other cooking equipment to desired temperature before putting in food.
- Sauté**To cook in a small amount of fat.
- Simmer**To cook in liquid in which bubbles form slowly and break below the surface.
- Steam**To cook in vapors of boiling liquid with or without pressure.
- Stir**.....To mix food in a circular motion.
- Toast**.....To apply direct heat until the surface of the food is browned.
- Toss**.....To mix ingredients lightly.
- Whip**To beat rapidly to increase volume by the incorporation of air.