

"Soulful Cuisine

for

Better Living"
Cookbook

MH09D9260

The “Soulful Cuisine *for Better Living*” Cookbook
*is commissioned by Youngstown Area Community Action
Council and funded through a grant by Commission on
Minority Health, State of Ohio.*

ALL RIGHTS RESERVED

Copyright © 2000 YACAC/Commission on Minority Health/ State of Ohio

Book Design & Layout:

Premier Agency Communications & Design

**Youngstown Area Community Action Council
(YACAC)
Mission**

YACAC will strive to alleviate and prevent the causes of poverty. The Agency will plan and implement quality services designed to educate and empower eligible residents of Mahoning County with a goal of moving towards self-sufficiency.

Our Beginning

The Youngstown Area Community Action Council (YACAC) is a non-profit organization that was incorporated by the State of Ohio in January, 1965.

The YACAC is governed by a 18-member Board of Directors composed equally of representatives from the private, public and low-income sectors of the community with a staff of nearly 300 employees.

The Community Action Council of Youngstown is the local administering agent for:

Women, Infants and Children's Supplemental Food Program (WIC):
 Head Start
 Transportation Service
 Family & Community Development
 Home Energy Services (Weatherization)
 Senior Services Program
 Food Services Program
 Home Energy Assistance Program (HEAP)
 Emergency Homeless/Life Skills Program
 Learning Depot Child Care Center
 Western Mahoning Community Action Center (WAC):



Richard A. Roller II, *Interim Executive Director*

INTRODUCTION

“Soulful Cuisine for Better Living” is a revised version of the “Opening The Door To Good Health” cookbook. Many of your favorite recipes remain in this book. Some new recipes have been added, we hope the new recipes will also become favorites.

“Soulful” is defined as “full or expressing feeling or emotion.” People eat for more than to sustain a healthy body or satisfy hunger. The food we eat is deeply ingrained in our culture, customs, beliefs and traditions. The food we eat soothes our “soul.” We eat when we are sad or happy. We eat to celebrate and to mourn. Our holidays are built around food.

“Better Living” denotes a healthy, vital quality of life. Many diet-related diseases threaten our quality of Life. The recipes in this booklet are culturally specific, but have been modified to help prevent diseases such as diabetes, hypertension and heart disease. Dietary guidelines for calories, fat, sodium and cholesterol have been taken into consideration. Use these recipes as a step toward better living. We hope you will eat the food you love in a modified manner that meets your health needs. Enjoy these culturally specific recipes knowing that you are eating healthy.

This cookbook was funded by the Ohio Commission on Minority Health in cooperation with the Youngstown Area Community Action Council.

Revised by: Fawn Allison, L.D.
Project Director

Loretta Seldon, MS, RD, LD.
Consultant

Sylvia Lewis
Secretary

- ADAPTING RECIPES -

INSTEAD OF THESE:

1-1/4 cup solid shortening

1 tablespoon butter

1 cup solid shortening

1 tablespoon shortening

1 whole egg

Thickening power of 1 egg

1 cup coffee cream

1 cup heavy cream

USE THESE:

1 cup oil

1 tablespoon margarine
or diet margarine

3/4 cup oil

3/4 tablespoon oil

1/4 cup egg substitute or
2 egg whites

1 tablespoon flour or

1/2 tablespoon egg whites,
cornstarch

7/8 cup skim milk and

1/4 cup oil

3/4 cup skim milk and

1/3 cup oil

To reduce the cholesterol and total fat content of your own recipes try these substitutes:

INSTEAD OF THESE:

Butter

Chocolate

Egg Yolks

Ice cream

Pastries

Sour Cream

Whipped cream

Whole Milk

USE THESE:

Margarine or

Diet margarine

Pure cocoa

Egg white or substitute

Sherbert, Fruit Ice

Angel food cake,

Plain cake (no chocolate)

Low fat yogurt

Whipped non-fat milk

Skim or 2% milk

Common Measures

3 teaspoons = 1 tablespoon

2 tablespoons = 1 fluid ounce

4 tablespoons = 1/4 cup or 2 fluid ounces

8 tablespoons = 1/2 cup or 4 fluid ounces

16 tablespoons = 1 cup or 8 fluid ounces

2 cups = 1 pint or 16 fluid ounces

2 pints = 1 quart or 32 fluid ounces

16 ounces = 1 pound

-Abbreviations-

t = Teaspoon

T = Tablespoon

C = Cup

oz. = Ounce

lb. = Pound

qt. = Quart

F = Degrees Fahrenheit

*(use level measurements)

U.S. Current Dietary Guidelines

-Eat less cholesterol (less than 300 mg/day).

-Reduce intake of refined sugar

-Eat less sodium. (Not exceed 500 mg/day)

-Eat more fiber

-Eat more fruit and vegetables (5 a day)

-Eat a variety of food

-Increase exercise

Table of Contents

Introduction	3
Adapting Recipes	4
Abbreviations & Common Measures	5
Table of Contents.....	6 & 7
SOUPS	8
Bean Soup (Mexican)	9
Creamy Potato-Kale Soup (African)	10
Green Chili Soup (Mexican)	11
Hominy Soup (African)	12
Quick Chicken Vegetable Soup (Asian-American)	13
Won Ton Soup (Chinese)	14
VEGETABLES & SALADS	
Baked Hominy & Cheese (African)	16
Orange Ginger Carrots (Afro-American)	17
Collard Greens (African)	18
Grilled Plantain (Mexican)	19
Layered Garden Salad (Afro-American)	20
Macaroni Vegetable Salad (Afro-American)	21
Marinated Vegetables (Chinese)	22
Okra and Greens (African)	23
Okra Stew (African)	24
Potato Salad (African)	25
Seasoned Blackeyed Peas (African)	26
Spanish Potato Salad (Mexican)	27
Spicy Cabbage (African)	28
Vegetable Stirfry (Chinese)	29
Bean and Vegetable Fajitas (Mexican)	30
MEAT DISHES	
Chicken Tacos (Mexican)	32
Barbecued Ribs (African)	33
Grilled Steak (Mexican)	34
Chicken Curry (Indian)	35
Chicken In the Oven (Afro-American)	36
Chicken Rolls (Mexican)	37
Egg Rolls (Chinese)	38
Chicken Salad Delight (Afro-American)	39
Ham Stew (Afro-American)	40
Kashmir Chicken Curry (Indian)	41
Lemon Baked Chicken and Pears (Afro-American)	42
Lemon Baked Fish (Afro-American)	43
Mushroom Barley Bake (Afro-American)	44
Old Fashioned Beef Stew (Afro-American)	45
Pita Pocket Tuna Salad (Mexican)	46
Tuna Salad Sandwiches (Afro-American)	47
Pollo Estofado (Stuffed Chicken) (Mexican)	48
Turkey Breast Bake (Afro-America)	49
Salmon with Fresh Tomato Salsa (Mexican)	50

Table of Contents

Cornish Hens with Cabbage (Afro-American)	51
Chicken Fajitas (Mexican)	52
Chicken and Bean Stew	53
RICE	
Gazpacho (Puerto Rican)	55
Red Beans and Rice (Mexican)	56
Spanish Rice (Mexican)	57
Vegetable-Rice Pullao (Indian)	58
Turkey Wild Rice Casserole	59
BREAD, COOKIES, & MUFFINS	
Banana Bran Muffins (Afro-American)	61
Bran Buttermilk Muffin (Afro-American)	62
Chewy Oatmeal Cookie (Afro-American)	63
Corn Bread (African)	64
Oatmeal Messies (Afro-American)	65
Fresh Peach Muffins (Afro-American)	66
Sweet Potato Biscuit (African)	67
Honey Whole-Wheat Cloverleaf Rolls (Afro-American)	68
Whole Wheat Waffles (Afro-American)	69
Southern Praline Grits (African)	70
Raisin Whole Wheat Loaf (Afro-American)	71
DESSERTS	
Cheese Pie (African)	73
Layered Raspberry Dessert (Afro-American)	74
Mocha Angel Cake/Mocha Frosting (Afro-American)	75
Sweet Potato Pie (African)	76
Apple Crisp (Afro-American)	77
Sherbert Angel Slices (Afro-American)	78
Apple-Spice Cake (Afro-American)	79
DRINKS & SHAKES	
Apple, Tomato & Raisin Chutney (Mexican)	81
Easy Orange Juice Shake (Afro-American)	82
Grape Juice Crush (Afro-American)	83
Mock Julius (Afro-American)	84
MISCELLANEOUS	
Chick Pea Fritters (Puerto Rican)	86
Cucumber Dip (Afro-American)	87
Fruit Salad Dressing (Afro-American)	88
Fruit Yogurt (Asian-American)	89
Ginger Ale Punch (Afro-American)	90
Jalapeno Pepper Jelly (Mexican)	91
Orange Yogurt Topping Fruit (Afro-American)	92
Party Mix (Afro-American)	93
Tasty Tofu Topping For Baked Potato (Asian-American)	94
Strawberry-Banana Freeze (Afro-American)	95
Watermelon Cooler	96

SOUPS

Bean Soup (Mexican)

Servings: 12

- 1 cup dried light-red kidney beans, rinsed and drained
 - 1 cup dried white lima beans rinsed and drained
 - 1 cup dried chick-peas (garbanzo beans),
rinsed and drained
 - 1 tablespoon vegetable oil
 - 1 cup coarsely chopped onion (approx. 1 large onion)
 - 1 teaspoon finely chopped garlic (approx. 1 large clove)
 - 1 14-1/2 oz. low-sodium stewed tomatoes
 - 4 cups low-sodium chicken broth
(approx. 3-10 1/2 oz. Cans)
 - 6 cups water
 - 2-1/2 cups cubed, lean, boiled ham
 - 2 tablespoons fresh lemon juice
 - 1/4 teaspoon freshly ground black pepper
 - 1/4 teaspoon chopped fresh parsley
1. In large bowl or plastic container, rinse and drain all dried beans. Cover with 8 cups fresh water and refrigerate. Soak minimum of 4 hours, preferably overnight.
 2. In 8-quart pot, over medium-high heat, pour in vegetable oil. When sizzling, cook onion and garlic 2-3 minutes, stirring frequently, until onion is translucent.
 3. Drain beans and rinse under cold running water. Place beans in pot and add tomatoes, broth, and water. Bring to boil, stirring occasionally.
 4. Reduce heat to medium-low cook soup uncovered 1 hour 50 minutes, or until beans are tender. Stir occasionally.
 5. Stir in ham cubes, lemon juice, and pepper. Cook 10-15 minutes until ham is heated through. Serve garnished with parsley.

Per Serving (1 cup): Calories 243 – Fat 4 gm – Sodium 369 mg
– Cholesterol 15 mg

Creamy Potato-Kale Soup (African)

Servings: 4

- 1 cup frozen, thawed chopped kale or collard greens
- 1 pound peeled and thinly sliced potato
- 2 cups water
- 1 teaspoon chicken-flavored bouillon granules
- 1 teaspoon vegetable oil
- 1 cup chopped onion
- 2 cloves garlic, minced
- 1 can evaporated milk
- 1/8 teaspoon pepper

1. Drain kale; squeeze out excess moisture.
2. Combine potatoes, water and bouillon granules, bring to boil. Reduce heat, and simmer 15 minutes.
3. Blend the cooked potatoes.
4. Sauté onion, garlic, and thyme for 10 minutes. Add kale, puréed potato mixture and remaining ingredients. Cook until thoroughly heated, stirring frequently.

One Serving (1 cup): Calories 192- Fat 6 gm – Sodium 190 mg –
Cholesterol 0mg

Notes:

Green Chili Soup (Mexican)

Servings: 5

- 1/1/2 cups milk green chilies, fresh
- 3 tablespoons cornoil
- 2 tablespoons finely minced onions
- 2 tablespoons all-purpose flour
- 1 cup 2% milk
- 1 cup chicken stock
- 1/4 teaspoon pepper
- Salt-optional

1. Place chilies in blender add 2 tablespoons of water, blend until smooth.
2. Cook onions with oil briefly, stirring, without browning. Stir in the flour with a whisk. Cook over moderate heat for 3 minutes.
3. Stir in the milk and chicken stock and simmer about ten minutes, stirring frequently. Season with pepper and salt (optional), serve hot.

Per Serving (1 cup): Calories 116 – Fat 9 gm – Sodium 174 mg
– Cholesterol 3 mg

Notes:

Hominy Soup (African)

Servings: 8

- 1 stewing chicken cup-up
- 2 onions, chopped
- 2 garlic cloves, chopped fine
- 2-3/4 quarts water
- 1/4 teaspoon salt
- 3 peppercorns
- 1 29 oz. Can white hominy

1. Combine chicken, onions, garlic, water and spices in soup kettle. Bring to boil.
2. Reduce heat, simmer 2 hours. Add hominy cook 1 hour. Remove meat, peppercorns, and bay leaf from soup. Take meat off the bone and add it to the soup.
3. Garnish with shredded cabbage, or chopped onions, or chopped radishes or lime wedges.

Per Serving (1 cup): Calories 282 – Fat 4 gm – Sodium 43 mg –
Cholesterol 40 mg

Notes:

Quick Chicken Vegetable Soup (Asian-American)

Serving: 4

- 1 cup water
- 3 medium tomatoes cut up
- 1 cup sliced carrot
- 1/2 cup chopped onion
- 1/4 cup chopped green pepper
- 1/2 teaspoon dried thyme, crushed
- 1/4 teaspoon ground sage
- 1/8 teaspoon pepper
- 3/4 cup chopped cooked chicken
- 1 cup chix broth

1. In saucepan combine water, undrained tomatoes, carrot, onion, green pepper, bouillon, granules, thyme, sage and pepper.
2. Bring to boiling
3. Cover simmer for 15 minutes or till vegetables are tender.
4. Stir in chicken; heat through.

Per Serving (3/4 cup): Calories 175 – Fat 1 gm – Sodium 427 mg – Cholesterol 34 mg

Notes:

Won Ton Soup (Chinese)

Servings: 4-5

Filling: Use already prepared Won-Ton Wrappers

- 4 large dried black mushrooms
- 1/4 teaspoon grated fresh ginger
- 1/4 cup canned, minced water chestnuts
- 1/2 cup canned, minced bamboo shoots
- 1/4 cup minced green onion
- 2 teaspoons cornstarch
- 1/3 cup chicken stock

Seasoning Mixture:

- 1 tablespoon worchestershire sauce
- 1/2 teaspoon vegetable oil
- 1 egg white (for sealing won ton)
- 6 cups soup stock
- 3-4 drops sesame oil

1. Soak mushrooms in warm water for 30 minutes. Drain and squeeze them dry, remove the stems and mince the caps.
2. Add the remaining ingredients for the filling and mix well.
3. Combine the ingredients for the seasoning mixture and add to the filling, mixing well.
4. Bring 1/3-cup stock to a boil, add the mixture and stir until thickened. Cool.
5. Spoon about 1 tablespoon filling onto the middle of each wrapping, gather up sides and pinch at the top to close, using egg white to seal.
6. Bring stock to a boil, add the vegetable and turn off the heat. Add sesame oil and season with salt.
7. Heat about 3 inches fresh vegetable oil to about 340° in a deep, heavy pot or deep fryer. Add the won ton, about four at a time and deep fry until golden and crispy. Drain.
8. Place the won ton in individual soup bowls and pour hot soup over them.

Per Serving (1/2 cup): Calories 90 – Fat 3 gm – Sodium 997 mg – Cholesterol 0 mg

Note: The sodium content of this recipe was calculated for canned chicken soup stock made with water. The sodium content of the recipe will be greatly reduced if homemade soup stock is used.

VEGETABLES
&
SALADS

Baked Hominy & Cheese (African)

Servings: 6

- 2 cups stewed tomatoes
- 2 tablespoons chopped onions
- 2 cloves
- 1/2 teaspoon salt
- 1 tablespoon sugar
- 1/8 teaspoon cayenne
- 3 tablespoons corn oil
- 2 tablespoons flour
- 2-1/2 cups cooked hominy-sliced
- 1/2 cup low fat cheese
- 1/2 cup bread crumbs

1. Simmer the tomatoes, onions, clove, salt, sugar and cayenne for 20 minutes.
2. Blend flour and oil. Add it to the tomato juice and bring to a boil, stirring constantly.
3. In a greased baking dish, put a layer of hominy, a layer of cheese and a layer of the tomato sauce. Repeat layers.
4. Spread bread crumbs over the top. Bake at 425° about 20 minutes.

Per serving (1 slice): Calories 216 – Fat 11gm – Sodium 584 –
Cholesterol 5 mg

Notes:

**Orange Ginger
Carrots
(Afro-American)**

Servings: 3

- 8 medium size carrots, sliced 1 inch diagonally (frozen)
- 1 teaspoon cornstarch
- 1 teaspoon brown sugar
- 1/4 ground ginger
- 1/4 cup fresh orange juice
- 1/2 tablespoon margarine

1. Bring about 1 inch of water to a boil in a 2 quart saucepan.
2. Add the carrots and cook covered for 10 to 15 minutes or until the carrots are crisp-tender. Drain.
3. Combine the sugar, cornstarch, ginger, orange juice in small bowl.
4. Pour the mixture over carrots and cook over low heat, stirring for 3 minutes.
5. Remove from heat and add margarine.
6. Toss gently to mix.

One Serving (1 cup): Calories 275 – Fat 6gm –Sodium 559 mg –
Cholesterol 6mg

Notes:

Collard Greens

(African)

Servings: 8-10

- 1 pound smoked turkey parts (optional)
- 1/2 quart water
- 1-2 pods or 1 teaspoon crushed red pepper
- 3 cloves garlic, minced
- 4 pounds fresh collard greens
- 1 medium onion, chopped
- 2 celery stalks, chopped
- 1 small green pepper, chopped
- 1 tablespoon sugar
- 1 tablespoon vegetable oil or olive oil

1. Place turkey in Dutch oven of large saucepan; add water, pepper, pods, and garlic.
2. Cover; bring to boil; reduce heat to low and simmer 30 minutes.
3. Break off and discard stems of collards. Wash leaves thoroughly. Slice leaves into bite-size pieces by rolling several leaves together and slicing into 1-inch strips.
4. Add collards, onions, celery, green pepper, sugar, oil, salt, and pepper (optional).
5. Cook 30 to 40 minutes or until greens are done.

Per Serving (1 cup): Calories 51.3 – Fat 2.9 gm – Sodium 17.1 mg (without smoked turkey) – Sodium 300 mg (with turkey) – Cholesterol 0 mg (without smoked turkey) – Cholesterol 20 mg (with turkey)

Grilled Plantain (Mexican)

Servings: 12

- 4 plantains
- 1 teaspoon cayenne powder

1. Sprinkle plantains with pepper, and grill until tender over a charcoal fire, or you may broil them for 6-8 minutes about 4 inches from your oven's heating coils. Serve hot

Per Serving: Calories 103 – Fat 3 gm – Sodium .4 mg –
Cholesterol 0 mg

Notes:

Layered Garden Salad (Afro-American)

Servings: 8-10

- 2 cups fresh iceberg lettuce, chopped
- 1 10 ounce package frozen green peas, thawed
- 1 8 ounce can water chestnuts, drained and sliced
- 4 hard cooked eggs, sliced
- 1 medium red onion, chopped
- 2 cups fresh spinach, chopped
- 3/4 cup miracle whip, light salad dressing
- 3/4 cup grated low fat cheddar cheese (approx. 4 ounces)

1. In a large, clear, glass bowl, layer lettuce, peas, water chestnuts, egg, onion, and spinach – in that order.
2. Carefully spread salad dressing over entire top, and then sprinkle with grated cheese.
3. Bring to the table and toss thoroughly before serving.

Per Serving (1/2 cup): Calories 184 – Fat 11 gm – Sodium 291 mg – Cholesterol 147 mg

Notes:

Macaroni Vegetable Salad (Afro-American)

Servings: 6

- 8 ounces elbow macaroni
- 1 large tomato, chopped
- 2 cup sliced cabbage
- 1 cup sliced yellow squash
- 1/3 cup corn oil
- 2 tablespoon wine or cider vinegar
- 2 tablespoons chopped onion
- Pepper to taste

1. Cook macaroni in boiling water, stirring occasionally until tender. Drain in collander, rinse in cold water; drain again. Turn into large bowl.
2. Add vegetable to macaroni.
3. In small bowl, combine oil, vinegar, onion and dash of pepper to taste.
4. Pour over macaroni and toss well to blend. Chill until serving time.

Per Serving (1 cup): Calories 250 – Fat 11 gm – Sodium 9 mg

Notes:

Marinated Vegetables

(Chinese)

Servings: 8 (4 cups)

- 1/2 cup water
- 1 cup broccoli flowerets
- 1 cup thinly sliced carrots
- 1/2 cup celery sticks
- 1/4 cup diced green pepper
- 1/4 cup sliced scallions
- 1/3 cup unsweetened apple juice
- 2 tablespoons oil
- 3/4 teaspoon finely chopped garlic
- 1/8 teaspoon caraway seeds

1. In medium saucepan, bring water to boil. Cook broccoli, cauliflower, carrots and celery for 5-6 minutes. Drain vegetables in a colander and rinse under cold water. Place vegetables in medium mixing bowl with green pepper and scallions.
2. In small pan combine apple juice, oil, garlic and caraway seeds. Bring to boil over medium high heat. Remove from heat and allow to cool.
3. Pour cooled marinade over vegetables; toss well. Cover with plastic wrap and marinate overnight in refrigerator to allow flavors to blend and develop.

Per Serving (1/2 cup serving): Calories 57 – Fat 3.50 gm – Sodium 20 – Cholesterol 0 mg

Okra and Greens (African)

Servings: 5

- 1 small onion, finely chopped
- 2 tablespoons corn oil
- 1 pound greens, shredded
- 16 okra
- 4 chili peppers, finely chopped and crushed
- 1 lemon

1. In a large heavy saucepan sauté onions in oil until golden brown.
2. Add remaining ingredients and about 1/4 cup water. Simmer over low heat, covered, until greens are tender.
3. Squeeze lemon juice before serving.

Per Serving (1 cup): Calories 115 – Fat 6 gm – Sodium 32 mg
– Sodium 0 mg

Notes:

Okra Stew (African)

Servings: 6-8

- 2 ears of corn
- 3/4 pounds fresh okra
- 1 medium onion, diced
- 1/2 green pepper, seeded and diced
- 2 stalks celery, diced
- 1 pound tomatoes
- 6 oz. Frozen Lima beans
- 3 teaspoons corn oil
- 3 teaspoons lemon juice

1. Cut corn from uncooked cobs. Wash okra and slice crosswise.
2. To oil add onion, green pepper and celery. Cook until soft; add tomatoes and lima beans. Cook for five minutes, add corn and cook for 12-15 minutes.
3. Season with lemon juice and pepper.

Per Serving (1 cup): Calories 98 – Fat .3gm – Sodium 34 mg –
Cholesterol 0 mg

Notes:

Potato Salad (African)

Servings: 12

- 4 cups boiled potatoes
- 1/2 cup chopped onion
- 1/2 cup chopped celery
- 1/2 cup chopped green pepper
- 1/2 cup grated carrots
- 1 cucumber
- 2 reduced sodium pickles, finely chopped (optional)
- 2 teaspoon mustard
- 1 teaspoon garlic powder
- 1/2 cup reduced calorie mayonnaise
- Paprika

1. Combine vegetables, mustard, and garlic powder.
2. Toss lightly with mayonnaise.
3. Sprinkle with paprika.

Per Serving (1/2 cup): Calories 67 – Fat 2 gm – Sodium 29 mg

Notes:

**Seasoned
Blackeyed Peas
(African)**

Servings: 8

- 1 pound dried blackeyed peas, soaked overnight
- 4 cups water
- 1 chicken bouillon cube
- 2 small onions, quartered
- 2 hot pepper pods or 1 teaspoon crushed red pepper
- 3 cloves garlic, minced
- 1/2 teaspoon dried thyme, crushed
- 1 tablespoon vegetable oil
- Salt to taste (optional)

1. Drain peas. (If desired, instead of soaking, cover peas with water; bring to a boil and let stand 1 hour).
2. Combine peas, water, bouillon, onion, pepper, garlic, thyme, vegetable oil and salt in Dutch oven or large saucepan.
3. Bring to a boil. Reduce heat; cover and simmer gently or 1 hour or until tender.
4. Add additional water if pea mixture becomes too thick.

One serving (1/2 cup): Calories 90 – Fat 3.35 gm – Sodium 61.10 mg – Cholesterol 0 mg

Notes:

Spanish Potato Salad (Mexican)

Servings: 10

- 1/4 cup margarine
- 1/4 cup cider vinegar
- 1 tablespoon sugar
- 1/4 teaspoon dry mustard
- 1/4 teaspoon ground black pepper
- 1/3 cup finely chopped green pepper
- 1/3 cup finely chopped onion
- 1/4 cup diced pimientos
- 6 medium potatoes, peeled, diced and cooked

1. Melt margarine and combine with vinegar, sugar, dry mustard and pepper.
2. Mix in green pepper, onion and pimiento pieces.
3. Pour over drained warm potatoes and serve immediately.

Per Serving (1 cup): Calories 103 – Fat 5 gm – Sodium 43 mg –
Cholesterol 0 mg

Notes:

Spicy Cabbage (African)

Servings: 12 cups

- 1 tablespoon vegetable oil
- 2 cups chopped onion
- 2 cups diced apple
- 6 cups shredded red cabbage
- 3 ounces unsweetened frozen orange juice
- 1 cup chicken broth
- 1 tablespoon fresh lemon juice
- 1/2 teaspoon ground allspice

1. In 8 quart pot heat oil over medium high heat. Cook onions and apple for 3-4 minutes, stirring constantly, until apple bits are soft.
2. Stir in remaining ingredients. Cook for 20-25 minutes, stirring occasionally, until the cabbage is tender. Serve immediately.

Per Serving (1/2 cup serving): Calories 50 – Fat 1.45 gm – Sodium 8.90 mg – Cholesterol 0 mg

Notes:

Vegetable Stirfry (Chinese)

Servings: 4

- 2 teaspoons of oil
- 1 cup of broccoli floreta and stems, 1-inch pieces
- 2/3 cup of carrots, diagonal slices, 1/8-inch thick
- 2/3 cup of zucchini, 1/2 inch cubes
- 2/3 cup of red onion, sliced
- 1 tablespoon water
- 1/2 cup fresh mushrooms, sliced
- 1/4 teaspoon dill weed
- 1/4 teaspoon salt
- 4 cherry tomatoes, halved

1. Heat oil in frypan. Add broccoli, carrots, zucchini, and onion. Stirfry over moderate heat about 4 minutes, turning vegetable pieces constantly
2. Add water, cover, and cook until vegetables are tender-crisp, about 6 minutes.
3. Stir in mushrooms, dill weed, and salt.
4. Place tomato halves on vegetable mixture. Cover and cook just until mushrooms and tomatoes are heated, about 3 minutes.

Per Serving (1/2 cup): Calories 50 – Fat 3 gm – Sodium 161 mg –
Cholesterol 0 mg

Notes:

Bean and Vegetable

Fajitas (Mexican)

Servings: 4

- 4 flour tortillas (8 inch)
- 1-1/2 cups sliced zucchini (2 small)
- 1 green bell pepper, cut into thin strips
- 1 medium onion, sliced
- 1-1/2 cups cooked and drained pinto beans
- 1 large tomato, chopped
- 3/4 teaspoons chili powder
- 1/2 teaspoon garlic salt
- 1/8 teaspoons ground oregano
- Nonfat sour cream, if desired Salsa, if desired

Heat tortillas as directed on package.

Spray large nonstick skillet with nonstick cooking spray.

Add zucchini, bell pepper and onion; cook and stir over medium heat until crisp-tender, 5 to 7 minutes.

Add beans, tomato, chili powder, cumin, garlic salt and oregano; mix well.

Cook until thoroughly heated.

To serve, spoon 1/4 of vegetable mixture down center of each warm tortilla. Fold in edges. Serve with sour cream and salsa.

Per Serving (1/4 vegetable mix and 1 tortilla):

Calories 250 – Fat 3gm – Sodium 570 mg – Cholesterol 0 mg

Notes:

MEAT DISHES

Chicken Tacos (Mexican)

Servings: 12

- 12 tortillas
- 1 whole chicken
- 1 package taco seasoning mix
- 6 ounces shredded, cheddar cheese
- 12 tablespoon yogurt
- Shredded lettuce
- Chopped tomato
- Chopped onion

1. Remove skin from chicken and discard. Cook chicken and cut into small pieces.
2. In a skillet, combine cooked chicken, taco seasoning and 1-1/2 cups of water. Bring to boil, then simmer to desired consistency.
3. Heat tortillas. Place 2 ounces chicken in the center of each tortillas. Top with 2 ounces cheddar, 1 tablespoon yogurt, lettuce, onion and tomatoes. Roll up.

One serving (1 taco): Calories 294 – Fat 10gm – Sodium 160 mg
– Cholesterol 0 mg

Notes:

Barbecued Ribs (African)

Servings: 5

- 2 pounds spareribs
- 2 lemons, thinly sliced
- 2 onions, thinly sliced

Sauce:

- 1 cup low sodium catsup
- 1/4 cup worchestershire sauce
- 1 teaspoon chili powder
- 1/4 teaspoon salt
- 1/4 teaspoon Tabasco sauce
- 1-1/2 cups of water

1. Salt and pepper ribs. Put ribs in roasting pan meaty side up. Roast at 450° about 30 minutes.
2. Drain off fat. Top ribs with lemon and onion.
3. Bring sauce to boil and pour over ribs. Return ribs to oven. Lower heat to 350°. Bake for 1-1/2 hours, basting often with sauce. If sauce gets too thick, add water.

Per Serving (approx. 6 ounces edible meat):

Calories 405 – Fat 23 GM – Sodium 325 mg – Cholesterol 86 mg

Note: Be sure to put a rack under ribs before putting them in roasting pan. This will help the fat drip down in the pan instead of having the ribs roast in this fat. THIS RECIPE IS AN "EXCEPTION TO THE RULE." Ribs are high in fat and cholesterol and should be eaten in moderation.

Grilled Steak (Mexican)

Servings: 6

- 3 pounds T-bone steak, choice grade
- Juice of 4 limes
- 2 cloves garlic, finely chopped
- 3 tablespoons corn oil
- Salt and pepper to taste

1. Squeeze lime juice over steaks.
2. Rub some chopped garlic into each steak and sprinkle with salt and pepper to taste.
3. Prepare barbecue, coals are sufficiently hot when you cannot hold your hand 4 inches about the coals for longer than a count of 4.
4. Coat each steak with oil. Place steaks on the barbecue and cook until done to your liking.
5. Slice steaks with the grain and serve in a tortilla with salsa.

Per Serving (8 oz. Piece): Calories 237 – Fat 16 gm – Sodium 137 mg – Cholesterol 61 mg

Notes:

Chicken Curry (Indian)

Servings: 6

- 6 half chicken breast, each cut into 2 pieces
- 2 medium onions, diced
- 2 large tomatoes, diced
- 6 garlic cloves, diced
- 2" ginger roots, diced
- 2 teaspoons chopped hot peppers
- 1/2 teaspoon paprika
- 2 teaspoons curry powder
- 2 tablespoons corn oil
- 2 tablespoons cumin seeds
- 4 cloves
- 1 cinnamon stick
- 1/4 teaspoon black pepper
- 2 cups water
- Fresh corriander leaves for garnish
- 1 teaspoon salt (optional)

1. By using blender, blend onion, garlic, ginger and hot peppers.
2. Heat oil in a heavy skillet, add cumin seeds, cloves and cinnamon. After 1 minute, add blended mix of onions, garlic ginger and pepper.
3. Cook it for 20 minutes over medium heat, stirring constantly, before you add tomatoes to the mixture. Cook for another 15 minutes or until the oil separates.
4. Follow this by adding paprika, curry powder and black pepper. How add the cut up chicken parts and water. Cook for 20-30 minutes or until chicken is, tender.
5. Garnish with chopped coriander leaves, serve with rice.

Per Serving (1/2 chicken breast): Calories 200 – Fat 7.6 gm – Sodium 63 mg – Cholesterol 73 mg

Chicken In the Oven

(Afro-American)

Servings: 6

- Vegetable cooking spray
- 1/2 cup all-purpose flour
- 1/2 teaspoon salt (optional)
- 1 teaspoon paprika
- 1/4 teaspoon garlic powder
- 1/4 teaspoon pepper
- 2-1/2 3 pound broiler fryer chicken

1. Coat rectangular pan with cooking spray.
2. Mix flour and seasonings. Coat chicken with flour mixture.
3. Place skin side down in pan.
4. Drizzle melted margarine over chicken.
5. Bake uncovered at 425° for 30 minutes. Turn chicken. Bake until thickest pieces are done, about 30 minutes.

One Serving: Calories 153 – Fat 2.34 gm – Sodium 250 mg –
Cholesterol 44 mg

Notes:

Chicken Rolls (Mexican)

Servings: 6 rolls

- 1 pound ground chicken
- 1/4 teaspoon pepper
- 1-1/2 teaspoons garlic powder
- 1/4 teaspoon salt
- 1 egg beaten
- 1 tablespoon parsley
- 1 cup soft bread crumbs
- 1 cup flour
- Pan spray

1. Mix together chicken, pepper, garlic powder, salt, egg, and parsley.
2. Add enough breadcrumbs to bind mixture together.
3. Form mixture into 6 small rolls. Dredge rolls in flour.
4. Preheat the oven at 350°. Spray a pan with food release. Put rolls on the sheet and bake it for 15-20 minutes or until golden brown.

Per serving (1 roll): Calories 223 – Fat 4 gm – Sodium 142 mg – Cholesterol 83 mg

Notes:

Egg Rolls (Chinese)

Servings: 10

- 1/2 pound ground beef
- 1 chicken breast, skinned and boned
- 1 pound cabbage
- 1 bunch scallions (green onions)
- 1 tablespoon soy sauce
- 2 tablespoons corn starch
- 1/2 cup bamboo shoots
- 1/4 cup chicken broth
- 2 egg whites
- 1 cup mung bean sprouts
- 10 egg roll wrappers
- 6 tablespoons corn oil

1. Brown beef; drain. Bake chicken and dice finely.
2. Cube cabbage into 2" shreds, chop scallions.
3. Shred bamboo shoots; combine with cabbage and scallions.
4. Combine 2 tablespoons cornstarch, soy sauce, pour over shredded chicken and allow to stand 10 minutes.
5. Heat 3 tablespoons oil until very hot; stir fry chicken mixture 2 minutes, add bamboo shoots and stir-fry for a minute.
6. Clean pan and heat the remaining 3 tablespoons of oil until very hot. Stir fry cabbage and scallions for 2 minutes. Add the egg whites.
7. Add chicken broth and cook for 3 minutes. Add the chicken mixture.
8. Place 1 tablespoon of filling along short end of egg roll wrapper. Fold in side ends, roll.
9. Heat oil in the skillet. Fry egg rolls 8 minutes, until skin is crisp and brown.

One serving (1 egg roll): Calories 176 – Fat 9 gm – Sodium 150 mg

Chicken Salad Delight (Afro-American)

Servings: 7

- 3 cups water
- 1/2 cup Quaker Scotch Brand Medium Pearled Barley
- 1 teaspoon instant chicken granules
- 2 cups chopped cooked chicken
- 2 cups halved seedless green or red grapes
- 1/2 cup chopped celery
- 1/4 cup chopped walnuts
- 3/4 cup lite mayonnaise or salad dressing
- 1 tablespoon skim milk or water
- 1 teaspoon curry powder (optional)

1. Bring water to a boil; stir in barley, bouillon granules. Reduce heat.
2. Cover; simmer 50 to 670 minutes or until tender, stirring occasionally. Drain cool.
3. Combine cooked barley, chicken, grapes, celery, and walnuts.
4. Combine mayonnaise, milk and curry powder; mix well and pour over barley mixture, tossing lightly.
5. Cover; chill. Serve in cantaloupe halves or on lettuce leaves, if desired.

Note: To substitute 2/3 cup Quaker Scotch Brand Quick Pearled Barley, decrease water to 2 cups and cooking time to 10 to 20 minutes. Proceed as recipe directs.

Per Serving (1 cup): Calories 251 – Fat 15 gm – Sodium 380 mg – Cholesterol 50 mg

Ham Stew (Afro-American)

Servings: 4

- 1 16-ounce can tomatoes, cut up
- 1 16 ounce mixed vegetable (fresh or frozen vegetables preferable)
- 1 cup dried fully cooked ham
- 1/4 cup water
- 1 tablespoon snipped parsley
- 1/2 teaspoon dried thyme, crushed
- 1/2 teaspoon instant chicken bouillon granules
- Dash pepper
- Dash bottled hot pepper sauce

1. Combine undrained tomatoes, undrained mixed vegetables, ham, water, parsley, thyme, chicken bouillon granules, pepper, and hot pepper sauce.
2. Bring to boiling, reduce heat.
3. Cover and simmer about 10 minutes, stirring occasionally.

Per Serving (3/4 cup): Calories 159 – Fat 4 gm – Sodium 282 mg – Cholesterol 0 mg

Notes:

Kashmir Chicken

Curry (Indian)

Servings: 4

- 1 pound boned and skinned chicken breast
- 2 tablespoons safflower oil
- 1/2 cup chopped onions
- 1-1/2 cups chicken broth
- 2 medium sliced unpeeled apples
- 1 tablespoon cornstarch
- 1 teaspoon sugar
- 1/4 teaspoon ground ginger
- 2 tablespoons chopped walnuts

1. In a large skillet heat safflower oil. Add chicken; sauté about 5 minutes on each side. Remove from skillet to warm serving dish.
2. Add onions and curry powder to skillet; sauté for 30 seconds. Add 1 cup of the chicken broth and the apples. Cook until apples are crisp tender.
3. In a small bowl combine, remaining 1/2 cup broth with cornstarch, sugar and ginger. Cook and stir until lightly thickened.
4. Spoon curry sauce over chicken cutlets. Garnish with chopped walnuts.

Per Serving (4 ozs.): Calories 215 – Fat 8 gm – Sodium 100 mg
– Cholesterol 0 mg

**Lemon Baked
Chicken and Pears
(Afro-American)**

Servings: 4-6

- 1 can (29-ounce) pear halves
 - 1 2-1/2 to 3 pound cut up frying chicken or chicken parts
(Remove skin and all visible fat from chicken)
 - Lemon pepper and paprika to taste
 - 1 tablespoon lemon juice
 - 1 teaspoon grated lemon peel
 - 1/2 teaspoon basil, crushed
1. Drain pears, reserve 1/4 cup liquid. Arrange chicken in 3 quart baking dish. Sprinkle with lemon pepper and paprika to taste.
 2. Combine reserved pear liquid, lemon juice, lemon peel and basil; pour into baking dish.
 3. Bake at 350° for 20 minutes; baste chicken with juices and add pears. Bake 20 to 25 minutes longer or until chicken tests done and juices run clear.

Per Serving (2 ozs.): Calories 311 – Fat 9 gm – Sodium 108 mg
– Cholesterol 107 mg

Notes:

Lemon Baked Fish (Afro-American)

Servings: 10

- 3-1/4 pounds fish fillets
- 1/2 cup margarine, melted
- 1 teaspoon salt (optional)
- 1 teaspoon white pepper
- 1 teaspoon white pepper
- 1 tablespoon lemon juice
- 1/2 pound saltines, crumbled (unsalted tops)

1. Mix together melted margarine, salt, pepper and lemon juice.
2. Cut fish fillets into serving portions of approximately 5 ounces each. Dip each fish portion into margarine mixture and then cover with cracker crumbs.
3. Place fillets close together in a single layer greased baking pans.
4. Bake fish in a 350° oven for 25 minutes or until fish flakes easily with a fork. Garnish with lemon wedges and paprika before serving.

Per Serving (5 ozs.): Calories 241 – Fat 6 gm – Sodium 455 mg
– Cholesterol 65 mg

Notes:

**Mushroom
Barley Bake
(Afro-American)**

Servings: 12

- 4 cups water
- 1 13-3/4 ounce can chicken broth
- 2/3 cup Quaker Scotch Brand Medium Pearled Barley
- 2-1/2 cups (1/2lb.) sliced mushrooms
- 1 cup chopped onion
- 1/2 teaspoon thyme
- 1/3 cup margarine
- 3 eggs, beaten

1. Bring water and broth to a boil. Add barley and salt; reduce heat.
2. Cover, simmer 50 to 60 minutes or until tender, stirring occasionally. Drain.
3. Heat oven to 350°. Sauté mushrooms, onion and thyme in margarine 3 to 4 minutes.
4. Combine barley and eggs; add mushroom mixture, mixing well.
5. Pour into 11x17-inch glass baking dish. Cover with aluminum foil. Bake 15 minutes. Uncover; continue baking 15 minutes or until light golden brown.

Per Serving (1/2 cup): Calories 99 – Fat 7 gm – Sodium 180 mg
– Cholesterol 70 mg

Notes:

**Old Fashioned
Beef Stew
(Afro-American)**

Servings: 8

- 1-1/4 pounds boneless beef round steak, cut into 1-inch cubes and trim off fat
- 1 tablespoon diet margarine (or regular margarine)
- 1-1/2 cups hot water
- 1-1/2 teaspoons salt
- 1 teaspoon Worcestershire sauce
- 2 bay leaves
- 1 clove garlic, minced
- 1/2 teaspoon paprika
- 1/4 teaspoon pepper
- Dash ground cloves
- 8 medium carrots, quartered
- 4 small potatoes, peeled and quartered
- 4 small onions, quartered
- 1 tablespoon cornstarch
- 1/4 cup cold water

1. In Dutch oven, brown beef in diet margarine (or regular margarine).
2. Add the 1-1/2 cups hot water, the salt, Worcestershire Sauce, bay leaves, garlic, paprika, pepper and cloves.
3. Cook, covered 1-1/4 hours; stir often.
4. Remove bay leaves; add vegetables
5. Cook covered 30-45 minutes. Drain; reserve liquid, skim fat.
6. Add water to liquid to equal 1-1/4 cups, return to Dutch oven.
7. Combine cornstarch and the 1/4 cup cold water; stir into hot liquid.
8. Cook and stir until thickened and bubbly.
9. Stir in beef and vegetables.
10. Heat through.

One Serving (1 cup): Calories 269 – Fat 6 gm – Sodium 619 mg – Cholesterol 55 mg

**Pita Pocket
Tuna Salad
(Mexican)**

Servings: 6

- 6 small whole wheat pitas
- 2 cans of tuna packed in water
- 1/4 cup chopped celery
- 1 tablespoon parsley, minced
- 1/2 cup low fat yogurt
- 2 tablespoons lemon juice
- 1/2 head lettuce, shredded
- 1/2 cucumber, thinly sliced
- 2 tomatoes, thinly sliced
- 2 tablespoons mung sprouts

1. Drain tuna and chop fine.
2. Combine tuna with celery, parsley, yogurt, lemon juice and pepper.
3. Fill pockets with tuna mixture.
4. Top with tomato, lettuce, cucumber and mung sprouts.

One Serving (1 pita pocket): Calories 165 - Fat 1 gm -
Sodium 171 mg - Cholesterol 54 mg

Notes:

**Tuna Salad
Sandwiches
(Afro-American)**

Servings: 4

- 1/3 cup cream style cottage cheese
- 1/3 cup sliced celery
- 1 tablespoon chopped onion
- 1 tablespoon low calorie mayonnaise
- 1/4 teaspoon salt
- 4 slices rye bread
- 4 teaspoons low calorie mayonnaise
- Lettuce leaves
- 1 tomato cut into 4 slices
- 1 6-1/2-Ounce can tuna (water pack) chilled, drained, and broken into chunks

1. In bowl, mix the cottage cheese, celery, onion, and the 1-tablespoon low calorie mayonnaise, and the 1/4 teaspoon salt.
2. Spread bread slices (toasted if desired) with the 4 teaspoons low calorie mayonnaise.
3. Top each slice of bread with lettuce leaves and a tomato slice; sprinkle lightly with salt.
4. Divide cottage cheese mixture on top of tuna.

Per Serving (1 open face sandwich): Calories 166 – Fat 3 gm – Sodium 391 mg – Cholesterol 0 mg

Pollo Estofado
(Stuffed Chicken)
(Mexican)

Servings: 10

- 7 cloves garlic, crushed
- 12 peppercorns
- 5 teaspoons dried oregano
- 2 lemons
- 2 tablespoons vinegar
- 4 broiling chickens, cut-up
- 12 dried prunes, pitted
- 10 small whole onions peeled
- 4 bay leaves
- 2 tablespoons capers
- 1/2 cup white wine
- 3/4 cup granulated sugar

1. Grind together the garlic, peppercorns, oregano, and lemon juice. Add the vinegar and rub the mixture into the chicken pieces.
2. Place the chicken in a deep Dutch oven. Place the prunes, onions, bay leaves, capers on the chicken. Cover and refrigerate overnight.
3. Cook over medium heat for 10 minutes. Then reduce the heat to low and cook for two hours. Add the wine and sugar and simmer for one hour longer.

Per Serving: Calories 212 – Fat 4 gm – Sodium 34 mg –
Cholesterol 25 mg

Turkey Breast Bake (Afro-American)

Servings: 2

- Vegetable cooking spray
- 1/3 cup yellow cornmeal
- 2 tablespoons Dijon-style mustard
- 1 8-ounce turkey breast cut into 4 slices
- 1/2 cup grated low sodium mozzarella cheese (2 ounces)
- 1/3 teaspoon black pepper

1. Light coat 15"x11"x1" jellyroll pan with vegetable cooking spray.
2. Place cornmeal in shallow dish. Spread mustard lightly on both sides of turkey slices and bread with cornmeal, coating both sides.
3. Place turkey slices on prepared pan. Bake in center of oven for 8 minutes.
4. Top each slice with 2 tablespoons grated mozzarella and a little pepper. Return to oven 2-3 minutes to melt cheese. Serve immediately.

Per Serving (1 slice): Calories 427 – Fat 15 gm – Sodium 510 mg
– Cholesterol 115 mg

Notes:

Salmon with Fresh Tomato Salsa (Mexican)

Serving: 4

- 3/4 teaspoon salt, divided
- 3/4 teaspoon pepper, divided
- 4 salmon steaks, 1" thick, about 6 oz. Each
- 1 lemon
- 6 oz. Cherry tomatoes, about 1-1/2 cups quartered
- 1 tablespoon balsamic vinegar
- 1 tablespoon chopped fresh basil

1. Preheat oven to 425° F. Sprinkle 1/2 teaspoon of salt and 1/2 teaspoon of pepper over both sides of salmon. Evenly squeeze lemon over fish. Transfer to rack set in shallow roasting pan. Bake 11-12 minutes or until fish flakes easily with fork.
2. In small bowl combine cherry tomatoes, balsamic vinegar, chopped basil and remaining salt and pepper. Serve with salmon.

Per serving (1 steak): Calories 224 – Fat 9 gm – Sodium 471 mg
– Cholesterol 56 mg

Notes:

Cornish Hens with Cabbage (Afro-American)

Servings: 4

- 2 tablespoons chopped parsley
- 1 teaspoon salt, divided
- 1/2 teaspoon ground ginger
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon ground nutmeg
- 2 Rock Cornish hens (about 1-1/4 pounds each),
cut lengthwise in half
- 1 tablespoon vegetable oil
- 1 small onion, thinly sliced
- 1/2 of a small head green cabbage, cored and thinly sliced
- 2 tablespoons packed brown sugar
- 2 tablespoons red wine vinegar
- 1/4 currants
- 1 red or green apple, cored and chopped

1. Preheat oven to 400° F. In bowl, combine parsley, 1/2 tea-
spoon salt, ginger, cinnamon and nutmeg rub over
Cornish hens. Bake on rack set in baking pan 1 hour or
until no longer pink.
2. In skillet, heat oil over medium heat. Cook onion 5
minutes. Add green cabbage, brown sugar, and red wine
vinegar, remaining salt and 2 tablespoons water. Bring
to a boil over high heat. Reduce heat to low; cover and
simmer 15 minutes. Add apples and currants; cover and
simmer 10 minutes more. Serve with Cornish hens.

Per serving (1/4 hen): Calories per serving 465 – Fat 23gm –
Sodium 664 mg – Cholesterol 122 mg

CHICKEN FAJITAS

(Mexican)

Servings: 4 (3 tortillas each)

- 1/4 cup fresh lime juice
- 2 teaspoons chili powder
- 1 teaspoon minced garlic
- 1/2 teaspoon ground black pepper
- 1/4 teaspoon ground cumin
- 1 pound boneless, skinless chicken-breast halves, cut into 2-inch-by-1/4 inch strips
- 1 tablespoon olive oil
- 1 red bell pepper, seeded, cut into 2-inch-by-1/4 inch strips
- 1 medium-size yellow onion, sliced
- 1 tablespoon minced jalapeno pepper, or to taste
- 12 flour tortilla (6 inch or 7 inch), white or whole wheat

1. In medium bowl, combine lime juice chili powder, garlic, black pepper and cumin. Add chicken strips; toss to coat. Set aside 5 to 10 minutes, stirring occasionally.
2. Heat olive oil in large nonstick skillet over medium high heat. Add bell peppers, onions and jalapeno pepper; sauté, stirring occasionally, until peppers are crisp tender, about 4 minutes. Add chicken mixture; cook, stirring occasionally, until chicken is cooked through and vegetables are softened, about 5 minutes. Taste; adjust seasonings, then set aside.
3. Place tortillas between 2 paper towels. Microwave on high until moist and warm 15 to 20 seconds. (Or wrap tortillas in aluminum foil and heat in 350°F oven, about 10 minutes.)
4. To serve, place tortillas on plate; cover to keep warm. Spoon chicken-vegetable mixture into bowl. Assemble fajitas as you eat, spooning chicken mixture into center third of each tortilla and rolling sides.

Per serving: (3 tortillas plus 1/4 vegetable mixture) Calories per serving 548 (3 tortillas) – Fat 14 gm – Sodium 609 mg – Cholesterol 69 mg

CHICKEN AND BEAN STEW

Servings: 5

- 1 tablespoon oil
- 1 lb. boneless skinless Chicken (cut into 1-inch cubes)
- 1 cup water
- 1 can (10-3/4 oz.) low sodium condensed Chicken broth
- 1/2 teaspoon dried thyme leaves
- 1/4 teaspoon garlic powder
- 1/8 teaspoon pepper
- 1 Green Giant American Mixture Western Style Frozen Potatoes, Green Beans, Onions and Red Peppers (16 oz)
- 1 can (15.5oz) Great Northern Beans, drained
- 1/4 cup flour
- 1/3 cup water

1. Heat oil in 12-inch skillet over medium high heat until hot. Add Chicken; cook 3 to 5 minutes or until browned. Remove skillet from the heat. Add 1-cup water, chicken broth, thyme, salt, garlic powder, pepper and frozen vegetables. Bring to a boil. Reduce heat to low; simmer uncovered for 6 to 8 minutes or until vegetables are crisp-tender and chicken is no longer pink, stirring occasionally.
2. Stir in beans; simmer an additional 5 minutes or until thoroughly heated.
3. In small bowl combine flour and 1/3 cup water, blend well. Gradually stir flour mixture into chicken mixture. Cook and stir over medium heat until sauce is bubbly and thickened.

Per Serving (1-1/4 cup) Calories 310 – Fat 11 gm – Sodium 350 mg – Cholesterol 63 mg

RICE

Gazpacho (Puerto Rican)

Servings: 6

- 8 tomatoes, peeled, seeded chopped fine
- 1 cucumber, peeled, seeded, chopped fine
- 1 cup finely chopped onions
- 1 sweet green pepper, finely chopped
- 1 teaspoon garlic juice
- 1/4 cup corn oil
- 1/4 cup lemon juice
- 1 teaspoon chopped fresh parsley
- 1/4 teaspoon pepper
- 2 cups tomato juice
- Dash of cayenne
- Dash of hot sauce

1. Combine tomatoes, cucumber, onions, and green pepper, mix well. Add remaining ingredients, mix well, and chill thoroughly.
2. Put ice cube in each serving glass. Fill with soup mixture.

Per Serving: Calories 159 – Fat 9.6 gm – Sodium 193 mg –
Cholesterol 0 mg

Notes:

Red Beans and Rice

(Mexican)

Servings: 5-6

- 1/2 pound dry red or kidney beans, soaked overnight
- 5 cups water
- 1/2 teaspoon thyme leaves; crushed
- 1 bay leaf
- 1 large green pepper, chopped
- 1 large onion, chopped
- 3 cloves garlic, minced
- 1 teaspoon crushed red pepper
- 1 tablespoon catsup
- 1 cup converted rice

1. Drain beans. (Or instead of soaking, cover beans with water; bring to a boil. Let stand 1 hour).
2. Combine beans, water, thyme, bay leaf, green pepper, onion, garlic, red pepper and salt in Dutch oven or large saucepan.
3. Bring to boil. Reduce heat; simmer gently uncovered 1-1/2 to 2 hours
4. Stir in catsup. Add more water if mixture is too thick.
5. Cook rice according to directions. Discard bay leaf.

One Serving (1/2 cup): Calories 117 – Fat .70 gm – Sodium 30.1 mg – Cholesterol 0 mg

Notes:

Spanish Rice (Mexican)

Servings: 6

- 3 tablespoons corn oil
- 1 garlic clove, crushed
- 1 small onion, chopped
- 1/2 cup chopped red pepper
- 1 cup long grain rice
- 1 teaspoon salt
- 2 cups chicken stock
- 2 tomatoes
- 1 cup frozen peas

1. Heat oil in large skillet. Add garlic, onion and pepper; sauté until vegetables are limp.
2. Add rice; be sure it is well coated with oil and turns opaque.
3. Add chicken stock. Bring to boil; cover.
4. Reduce heat, simmer 30 minutes or until liquid is absorbed by rice.
5. Dice tomatoes. Add peas and tomatoes to rice; stir. Cook just long enough to heat peas and tomatoes.

Per Serving (1/2 cup): Calories 146 – At 8 gm – Sodium 790 mg
– Cholesterol 0 mg

Notes:

Vegetable-Rice Pullao

(Indian)

Servings: 8

- 2 cups long grain rice
- 1 onion, thinly sliced
- 2 tablespoons corn oil
- 1 teaspoon cumin seeds
- 2 bay leaves
- 1 cinnamon stick
- 1/2 teaspoon black pepper
- 6 ounces frozen peas or fresh
- 8-10 cauliflower florets
- 2 carrots thinly sliced
- 2 lemons
- 4 cups of water
- Salt to taste (optional)

1. Heat oil in pan, cook cumin seeds, cinnamon stick, onions.
2. When onions turn golden brown add vegetables and black pepper. Cook for 5 minutes over medium heat.
3. Add rice and water to the mixture, cook for 20 minutes or until rice is done.

Per Serving (1/2 cup): Calories 114 – Fat 4 gm – Sodium 200 mg – Cholesterol 0 mg

Notes:

Turkey Wild Rice

Casserole

Servings: 6

- 1 cup uncooked wild rice, rinsed
- 1/2 cup chopped onion
- 1 cups water
- 1 10-3/4 oz. Can condensed low sodium cream of chicken soup
- 1/4 cup milk
- 1/2 cup chopped carrot
- 1/2 cup chopped celery
- 1/2 teaspoon dried sage leaves
- 1/4 teaspoon salt
- turkey breast tenderloins (about 1-1-1/2 lb)
- teaspoon dried parsley flakes
- 1/8 teaspoon paprika

1. In medium saucepan, combine wild rice, onion and water. Bring to a boil. Reduce heat to low; cover and simmer 50 to 60 minutes or until rice is tender and water is absorbed. Set aside
2. Heat cream of chicken soup in medium saucepan over medium heat. Stir milk into soup until mixture is smooth and bubbly, stirring constantly. Remove from heat.
3. Heat oven to 350° F. In ungreased 12x8 inch (2 quart) baking dish, combine cooked rice mixture, soup, carrot, celery, sage and salt; mix well. Place turkey breast tenderloin over rice. Sprinkle with parsley and paprika. Cover with foil.
4. At this point recipe can be covered and refrigerated up to 24 hours.
5. Bake at 350° F for 1 to 1-1/4 hours or until turkey is no longer pink. To serve, cut turkey breast tenderloins crosswise into 1/2 inch slices.

Per Serving (1/6 of recipe): Calories 300 – Fat 7 gm – Sodium 250 mg – Cholesterol 72 mg

BREAD, COOKIES,
&
MUFFINS

Banana Bran Muffins

(Afro-American)

Servings: 12

- 1/4 cup unbleached white flour
- 1/2 cup whole wheat flour
- 1/4 cup sugar
- 1 tablespoon baking powder
- 1-1/2 cups whole bran cereal
- 3/4 cup skim milk
- 1 cup mashed bananas
- 1 egg
- 1/2 cup chopped nuts

1. Preheat oven to 400° F.
2. In a small bowl, combine the flours, sugar, and baking powder.
3. In a large bowl, mix the cereal, milk and banana. Let set for 1-2 minutes until the cereal softens.
4. Add the egg and oil to the cereal mixture and beat well with a spoon.
5. Stir in the flour mixture and nuts until just combined.
6. Divide the batter among 12 lightly greased muffin cups. Bake about 25 minutes.

One Serving (1 muffin): Calories 178 – Fat 4 gm – Sodium 107 –
Cholesterol 23 mg

**Bran Buttermilk
Muffin
(Afro-American)**

Servings: 12 muffins

- 1-1/2 cups buttermilk
- 1-1/2 cups whole bran cereal
- 2 tablespoons sugar
- 2 tablespoons cooking oil
- 1 beaten egg
- 1-1/4 cups all-purpose flour
- 2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt

1. Ad buttermilk to bran; let stand still until liquid is absorbed.
2. Beat together sugar, oil, and egg till light and fluffy.
3. Stir together flour, baking powder, soda, and salt; blend into egg mixture alternately with bran mixture. Stir just until dry ingredients are moistened.
4. Fill greased muffin cups 2/3 full.
5. Bake in 400° oven for 20 to 22 minutes. Serve muffins while warm.

One serving (1 muffin): Calories 158 – Fat 3 gm – Sodium 598 mg – Cholesterol 23 mg

Notes:

**Chewy Oatmeal
Cookie
(Afro-American)**

Servings: 3 dozen

- 2 cups oats
- 1 cup brown sugar packed
- 1/2 cup oil
- 2 eggs whites
- 3/4 teaspoon cinnamon
- 1/2 teaspoon almond extract
- 1/2 teaspoon vanilla extract
- 1/2 cup raisins
- 1/2 cup nuts

1. Stir oats, sugar, and oil in mixing bowl.
2. Beat egg whites and add to oat mixture; stir in almond and vanilla extracts and add cinnamon.
3. Stir in raisins and nuts; drop on lightly oiled baking sheet.
4. Cook 15 minutes in 325° oven. Cool; remove from cookie sheet.

Per Serving (1 cookie): Calories 75 – Fat 2.5 gm – Sodium 12 mg – Cholesterol 0 mg

Notes:

Corn Bread (African)

Servings: 2" square

- 3/4 cup sifted all-purpose flour
- 2-1/2 teaspoons double-acting baking powder
- 1-2 tablespoons sugar
- Add: 1-1/4 cups yellow or white stone-ground cornmeal
- Beat separately: 2-3 tablespoons melted margarine or corn oil
- 1 cup skim or low-fat milk

1. Combine all ingredients with a few rapid strokes. Place the batter in the hot pan.
2. Preheat oven to 425°. Grease the pan with oil or margarine. Place it in the oven until sizzling.
3. Bake bread 20-25 minutes. Serve immediately.

Skillet Corn Bread

1. Prepare as above. Cook in a 10 inch covered skillet for about 1/2 hour or until done.

Per Serving (2-inch square): Calories 100 – Fat 3.2 gm – Sodium 136 mg – Cholesterol .20 mg

Notes:

Oatmeal Messies (Afro-American)

Servings: 48

- 4 tablespoons cocoa
- 1-1/4 cup sugar
- 1/2 cup milk
- 1/3 cup peanut butter
- 2-1/2 cups oatmeal
- 1 teaspoon vanilla

1. Mix cocoa, sugar, and milk in heavy saucepan. Bring to boil over low heat stirring constantly. Boil for 3 minutes.
2. Remove from heat and stir in peanut butter, oatmeal and vanilla. Continue to cook for 1 minutes.
3. Form into walnut sized balls and place on waxed paper to cool.

One Serving (1 cookie): Calories 54 – Fat 1 gm – Sodium 11 mg –
Cholesterol 19 mg

Notes:

Fresh Peach Muffins (Afro-American)

Servings: 12

- 1 cup unpeeled, chopped fresh peaches
- 1 teaspoon lemon juice
- 1 cup all purpose flour
- 1 cup whole wheat flour
- 1 tablespoon baking powder
- 3 tablespoons sugar
- 1/4 teaspoon salt
- 1 egg
- 1/4 cup vegetable oil
- 1 cup skim milk

1. Heat oven to 400° F. Lightly grease 12-cup muffin pan.
2. Add lemon juice to peaches, set aside.
3. Combine sugar and remaining dry ingredients.
4. Beat oil, egg and milk together.
5. Add to dry ingredients, stir until flour is just moistened.
6. Fold in peaches. Fill muffin cups 2/3 full.
7. Bake about 25 minutes.

Per Serving (1 muffin): Calories 150 – Fat 6 gm – Sodium 145 mg

Notes:

Sweet Potato Biscuit (African)

Servings: 12

- 1 cup mashed sweet potatoes
- 1 tablespoon vegetable oil
- 1 tablespoon sugar
- 1 teaspoon salt
- 1/2 teaspoon baking soda
- 1 cup low fat buttermilk
- 2 cups flour

1. Beat potatoes, and sugar together until well blended.
2. Stir the flour with salt.
3. Dissolve the baking soda in the buttermilk. Add the flour, alternatively with the buttermilk and oil to the potatoes.
4. Roll the dough out on a floured board to 1/2 inch thickness. Cut with a cookie cutter, and place on a greased baking sheet.
5. Bake at 350° for 20-25 minutes.

Per Serving (1 biscuit): Calories 116 – Fat 2 gm – Sodium 255 mg – Cholesterol 83 mg

Notes:

Honey Whole-Wheat

Cloverleaf Rolls

(Afro-American)

Servings: 2 dozen rolls

- 3/4 cup water
- 1/2 cup cottage cheese
- 1/4 cup honey
- 2 tablespoons margarine
- 2-1/2 cups all-purpose flour
- 1 cup whole wheat flour
- 1 tablespoon granulated sugar
- 1/2 teaspoon salt
- 1 package active dry yeast
- 1 egg

1. Heat first 4 ingredients in medium saucepan until 110-115° F.
2. Combine warm liquids, 1-cup flour, sugar, salt and yeast in large bowl. Beat with mixer 2 minutes on medium speed. Add egg, stir in remaining flour.
3. Turn dough out onto a lightly floured board and knead until smooth and elastic.
4. Place dough in a greased bowl and cover until light and doubled in size.
5. Grease muffin tins. Punch dough down and shape into walnut-sized balls. Place 3 balls in each muffin cup. Cover and let rise in a warm place until light and doubled in size.
6. Heat oven to 350° F. Bake rolls 20 minutes, until golden brown rolls sound hollow when tapped.

Per Serving (1 roll): Calories 185 - Fat 21 gm - Sodium 61 mg -
Cholesterol 10 mg

Whole Wheat Waffles

(Afro-American)

Servings: 6 (4" waffles)

- 1 cup whole wheat flour
- 1/4 cup oat bran (unprocessed)
- 2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1/4 teaspoon ground nutmeg
- 1/8 teaspoon ground cinnamon
- 1 cup nonfat buttermilk.
- 1/4 cup unsweetened orange juice
- 2 tablespoons vegetable oil
- 1 egg
- Vegetable cooking spray

1. Combine first 6 ingredients in a medium bowl; stir well and set aside.
2. Combine buttermilk and next 3 ingredients in a small bowl; stir with wire whisk until blended. Add to dry ingredients, stirring just until moistened.
3. Coat a waffle iron with cooking spray; allow waffle iron to preheat.
4. Spoon 1/2 cup batter per waffle onto hot waffle iron, spreading batter to edges. Bake 5 minutes or until steaming stops. Repeat procedure with remaining batter.
5. Serve topped with fresh fruit.

Per Serving (1-4" waffle): Calories 166 – Fat 7.3 gm – Sodium 202 mg – Cholesterol 46 mg

Southern Praline

Grits (African)

Servings: 6

- 3-1/2 cups water
- 1 cup Quaker or Aunt Jemima Enriched Hominy Quick Grits
- 2 eggs, beaten
- 1/2 cup firmly packed brown sugar
- 1/4 cup firmly packed brown sugar
- 1/4 cup chopped pecans
- 2 tablespoon margarine
- 1/2 teaspoon cinnamon

1. Heat oven to 350°. Grease 2-quart casserole.
2. Bring water to a boil; slowly stir in grits. Return to a boil; reduce heat.
3. Simmer 2-4 minutes, stirring occasionally. Remove from heat. Cover; let stand 5 minutes.
4. Stir in remaining ingredients; mix well. Pour into prepared casserole.
5. Bake 50-60 minutes or until knife inserted in center comes out clean. Garnish with whipped cream or pecan halves. If desired.

Per Serving (1/2 cup): Calories 261 – Fat 9 gm – Sodium 250 mg
– Cholesterol 90 mg

Notes:

Raisin Whole Wheat Loaf (Afro-American)

Servings: 2 loaves

- 1/2 cup honey
- 1/4 cup firmly packed brown sugar
- 2 teaspoons salt
- 2 packages active dry yeast
- 3 cups warm water
- 5 cups whole wheat flour
- 3-4 cups all-purpose flour
- 3/4 cup shelled sunflower seeds
- 2 cups raisins

1. In large mixer bowl, combine honey, brown sugar and salt.
2. Dissolve yeast in warm water and add to honey mixture. By hand or a low speed of electric mixer, beat until well blended.
3. Gradually add the whole-wheat flour, beating at medium speed and scraping sides of bowl occasionally.
4. Stir in enough all-purpose flour (approx. 3 cups) to make medium firm dough.
5. Turn out onto floured board; knead in sunflower seeds and raisins. Continue to knead, adding additional flour as needed, until dough is smooth and elastic.
6. Place in deep, greased bowl, turning to grease top. Cover; let rise in warm place until double in size, about 1-1/2 hours.
7. Punch down dough. Turn out onto floured board and for into 2 loaves.
8. Place in greased 9"x5" loaf pans. Cover; let rise in warm place until doubled in size, about 1 hour.
9. Bake at 350° about 50 minutes or until nicely browned.
10. Remove from pans. Brush tops with butter. Cool on wire rack

One Serving: Calories 174 – Fat 2 gm – Sodium 176 mg –
Cholesterol 0 mg

DESSERTS

Cheese Pie (African)

Servings: 7

- 1 cup cottage cheese
- 1 cup seedless raisins, chopped
- 1/2 cup brown sugar
- 2 tablespoons corn oil
- 2 tablespoons cream
- 2 egg white, 1 whole egg
- 1 unbaked pie crust
- Juice and grated rind of one lemon

1. Rub cheese through a coarse sieve, and mix thoroughly with raisins, sugar, oil, milk and eggs, lemon juice and rind.
2. Preheat oven to 425° F.
3. Line a pie pan with pie crust. Put in filling, bake for 10 minutes. Reduce heat to 325° F and continue to bake for 30-35 minutes longer, or until firm.

Per serving (1/7 of 9" pie): Calories 258 – Fat 9 gm – Sodium 201 mg – Cholesterol 46 mg

Notes:

**Layered Raspberry
Dessert
(Afro-American)**

Servings: 8

- 1 package angel food cake mix
- 1 package (0.3 ounce) sugar-free raspberry flavored gelatin
- 1 cup boiling water
- 1 package (10 ounces) frozen sweetened raspberries, (thawed)
- 1 carton (8 ounces) low-fat raspberry yogurt

1. Bake and cool cake as directed on package. Cut cake vertically into halves. Freeze one half for future use.
2. Tear other half into about 3/4" pieces. Pour boiling water on gelatin in bowl; stir until gelatin is dissolved.
3. Add raspberries; break raspberries apart with fork. (If desired, remove several raspberries and reserve for garnish). Refrigerate gelatin mixture until thickened but not set, about 15 minutes.
4. Layer half each of the cake pieces, gelatin mixture and yogurt in 1-1/2-quart serving bowl; repeat. Garnish with reserved raspberries. Refrigerate until firm, at least 2 hours.

Per Serving: Calories 160 – Fat 1 gm – Sodium 230 mg –
Cholesterol 0 mg

Notes:

Mocha Angel

Cake/Mocha Frosting (Afro-American)

Servings: 12

Cake

- 1 package Angel Food cake mix
- 1 tablespoon cocoa
- 1-1/3 cups cold coffee
- Chocolate sprinkles

Frosting

- 1/4 package (2.8-ounce size) whipped topping mix (1 envelope)
- 2 tablespoons powdered sugar
- 2 teaspoons cocoa

Cake

1. Prepare cake mix as directed on package except; stir cocoa into cake mix (dry) and substitute cold coffee for the water.
2. Bake and cool as directed. Remove from pan.
3. Sprinkle with chocolate sprinkles.

Frosting

1. Prepare topping mix as directed on package except, use skim milk and add powdered sugar and cocoa during last minute of beating.

Per Serving: Calories 170 – Fat 1 gm – Sodium 260 mg –
Cholesterol 0 mg

Notes:

Sweet Potato Pie (African)

Servings: 8

- 4 egg whites medium
- 3/4 cup brown sugar
- 1/4 cup fresh orange juice
- 1/2 teaspoon orange rind
- 1 teaspoon ground cinnamon
- 1/4 teaspoon ground allspice
- 1/4 teaspoon ground nutmeg
- 1/2 cup skim milk
- 2 tablespoon unsalted margarine melted
- 2 cups cooked mashed sweet potatoes
- 1 unbaked 9-inch pie shell

1. Beat egg whites well.
2. Add sugar, orange juice, orange rind, spices, margarine and salt.
3. Add mashed sweet potatoes and mix thoroughly.
4. Turn into pie shell and bake in preheated 350° oven for 1 hour or until firm.

One serving (1/8 of crisp): Calories 282 – Fat 10.70 gm –
Sodium 160 mg – Cholesterol 4 mg

Notes:

Apple Crisp (Afro-American)

Servings: 8

- 8 medium-size apples, peeled, cored and cut into wedges
- 1/4 cup granulated sugar
- 1 tablespoon lemon juice
- 1 teaspoon ground cinnamon
- 1/2 teaspoon vanilla flavor
- 1 cup rolled oats
- 1/2 cup packed brown sugar
- 1/4 teaspoon salt
- 1/4 cup unsalted butter, softened

1. Preheat the oven to 350° F. In a 2-quart baking dish toss together the apples, granulated sugar, lemon juice, vanilla flavor and cinnamon.
2. In a large bowl combine the oats, flour, brown sugar and salt. Cut in the butter to make a crumbly mixture. Spread the topping over the apples, cover the dish loosely with foil and bake 30 minutes, then remove the foil and bake another 10 minutes, or until the topping is brown and the apples are soft.

Per Serving (1/8 of crisp): Calories 255 – Fat 7 gm – Sodium 20 mg – Cholesterol 15 mg

Notes:

Sherbet Angel Slices (Afro-American)

Servings: 18

- 1 package angel food cake mix
- 3 pints sherbet (assorted flavors)
- 1/2 package (2.8-ounce size) whipped topping mix (1 envelope)
- 1/2 cup skim milk
- 1 can (11 ounces) mandarin orange segments (drained)

1. Bake and cool cake as directed on package. Remove from pan. Trim brown crust from cake.
2. Tear cake into bite size pieces. Line 2 loaf pans, 8-1/2"x4-1/2"x2-1/2" or 9"x5"x3" with wax paper.
3. Alternate cake pieces and small spoonfuls of sherbet in pans, pressing gently.
4. Cover tightly and freeze until firm, at least 4 hours. Invert each loaf on serving plate; remove waxed paper. Cover and freeze until serving time.
5. Prepare topping mix as directed on package except, use skim milk. Reserve several orange segments for garnish. Cut remaining orange segments into halves; fold into whipped topping.
6. Serve slices of dessert with topping. Garnish with fresh fruit if desired.

Per Serving (1/18 slice): Calories 210 – Fat 2 gm – Sodium 200 mg – Cholesterol 5 mg

Apple-Spice Cake (Afro-American)

Servings: 9

- 2-1/4 cups all- purpose flour
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1-1/2 teaspoon ground cinnamon
- 3/4 teaspoon ground nutmeg
- 2 egg whites
- 3/4 cup granulated sugar
- 1-1/2 cup applesauce
- 2 tablespoons canola oil

1. Heat oven to 375°. Coat 8x8x2 inch square baking pan with vegetable oil cooking spray.
2. Stir together flour, soda, salt, cinnamon and nutmeg in large bowl. In another bowl, beat egg whites, sugar, applesauce and oil until blended. Fold egg mixture into flour mixture. Scrape into prepared pan.
3. Bake in 375° oven 45 to 50 minutes or until wooden pick inserted in center comes out clean. Cool 5 minutes on a rack. Turn cake out of pan onto rack to cool.
4. Sprinkle with confectioner's sugar if desired.

Per Serving (1/9 of cake): Calories 228 – Fat 3 gm – Sodium 272 mg – Cholesterol 0 mg

Notes:

DRINKS & SHAKES

Apple, Tomato and Raisin Chutney (Mexican)

Servings: 48

- 2 pounds large ripe tomatoes
- 2 medium onions, peeled and chopped
- 1-1/4 cups cider vinegar
- 1-1/4 cups brown sugar
- 1-1/4 tablespoon mustard seeds, crushed
- 1/2 teaspoon cayenne pepper
- 1-1/2 teaspoon salt
- 2 teaspoon fresh ginger grated
- 3/4 cup raisins
- 1 teaspoon coriander
- 5 whole cloves
- 1-1/2 pounds tart green apples

1. Quarter the tomatoes mash well with a fork. Simmer them, along with the onions in a heavy pot.
2. Stir occasionally, adding a bit of water, preventing the mixture from sticking.
3. After 50 minutes, add all the remaining ingredients except apples; cook until you have a thick paste.
4. Add the apples and cook for another half-hour. Spoon into clean jars, cap and refrigerate when cool. The chutney will keep 4-6 weeks. Makes 3 cups.

Serving Size (1 tablespoon): Calories 40 – Fat 0 gm – Sodium 25 mg – Cholesterol 0 mg

**Easy Orange Juice
Shake
(Afro-American)**

Servings: 2 cups

- 1 cup orange juice
- 1/4 cup instant nonfat dry milk powder
- 2-3 ice cubes, crushed

1. Whirl in a blender or beat with a rotary beater.
2. Sprinkle with cinnamon or nutmeg.

One serving (1 cup): Calories 436 – Fat 2 gm – Sodium 0 mg
– Cholesterol 0 mg

Notes:

Grape Juice Crush (Afro-American)

Servings: 10 cups

- 1 can (6 oz.) frozen grape juice concentrate,
undiluted
- 1 can (6 oz.) frozen orange juice concentrate, undiluted
- 1 can (6 oz.) frozen lemonade concentrate, undiluted
- 8 cups cold water

1. Combine all ingredients in large container and mix well.
2. Cover and chill until serving time.

Per Serving (1 cup): Calories 306 – Fat 0 gm – Sodium 4 mg –
Cholesterol 0 mg

Notes:

Mock Julius (Afro-American)

Servings: 2

- 1 cup skim milk
- 1/2 cup orange juice
- 1/2 cup canned crushed pineapple, no sugar added
- 2-4 teaspoons of artificial sweetener
- 4-6 ice cubes

1. Measure into blender, blend to mix well. Add 4-6 ice cubes one at a time until chopped.
2. Blend at high speed for 60 seconds. Will froth to almost 5 cups.

Per Serving: Calories 80

Notes:

MISCELLANEOUS

Chick Pea Fritters (Puerto Rican)

Servings: 16

- 2 cups cooked chick peas
- 1/4 cup finely chopped onion
- 1/4 teaspoon garlic powder
- 1/3 teaspoon baking powder
- 1/2 teaspoon salt
- 1/2 cup diced low salt ham
- Dash of pepper

1. Mash chick peas with masher. Add remaining ingredients, mix well.
2. Shape mix into small balls.
3. Press ham cube in center of each ball. Completely cover ham with dough.
4. Spray a cookie sheet with pan spray. Bake fritters at 350° F for 15 minutes or until they turn brown. Serve hot.

Per Serving (2 fritters): Calories 43 – Fat 1 gm – Sodium 94 mg
– Cholesterol 4 mg

Notes:

Cucumber Dip (Afro-American)

Servings: 16 cups

- 1 cup low-fat cottage cheese
- 2 teaspoons brown mustard
- 1/8 teaspoon garlic powder
- Dash pepper
- 3 drops hot pepper sauce
- 1/2 cup cucumber, unpaired, finely chopped, well drained
- 2 teaspoons green onions, chopped
- Paprika as desired

1. Put cottage cheese and seasonings into blender container and cover. Blend until smooth.
2. Scrape mixture into a bowl. Stir in cucumber and onion until just mixed.
3. Chill
4. Garnish with paprika. Serve with crisp vegetable sticks or pieces.

Note: This dip may also be used as salad dressing: Thin with skim milk, if desired.

Per Serving (1 tablespoons): Calories 10 – Fat 0 am – Sodium 53 mg – Cholesterol 0 mg

Notes:

Fruit Salad Dressing (Afro-American)

Servings: 16

- 1/2 cup low-fat cottage cheese
- 1 cup low-fat plain yogurt
- 1 teaspoon sugar
- 4 teaspoon lemon juice
- 1/4 cup skim milk

1. Place all ingredients in a blender and whip at high speed.

One Serving (1 tablespoon): Calories 24 – Fat 1 gm – Sodium 54 mg – Cholesterol 5 mg

Notes:

Fruit Yogurt (Asian-American)

Servings: 2

- 1 cup pineapple juice (or other fruit juice)
- 1/4 cup non-fat dry milk powder
- 1 cup plain low-fat yogurt

1. Beat together juice and non-fat dry milk powder.
2. Add yogurt and beat.
3. Serve chilled.

One Serving (8 ounces): Calories 162 – Fat 2 gm – Sodium 120 mg – Cholesterol 0 mg

Notes:

Ginger Ale Punch (Afro-American)

Servings: 12

- 2 ripe bananas
- 1 6oz. Frozen orange juice concentrate
- 1 6oz. Frozen lemonade concentrate
- 1 46oz. Can pineapple juice
- 1/2 liter ginger ale
- Ice cubes

1. In a blender, puree bananas.
2. Add all other ingredients and blend it well.
3. Serve it with a thin slice of orange as a garnish.

One serving (6oz.): Calories 150 – Fat 0 gm – Sodium 0 mg –
Cholesterol 3 mg

Notes:

Jalapeno Pepper Jelly

(Mexican)

Servings: 4 cups

- 3-5 fresh jalapeno chilies, stemmed and seeded
- 4 medium-sized bell peppers
- 1 cup white vinegar
- 5 cups sugar
- 3 ounces liquid fruit pectin

1. Grind jalapeno and bell peppers in a food mill or food processor, or mince with a knife.
2. Combine ground chilies and their juices, vinegar and sugar in large pot; bring to a slow boil and boil ten minutes.
3. Remove from heat and stir in pectin according to the directions on the package. Return to heat and bring to boil; boil rapidly for a minute.
4. Remove from heat and skim off foam with a metal spoon.
5. Quickly ladle into hot, sterilized jars, leaving 1/2 inch headspace; seal.

Per Serving (1 tablespoon): Calories 59 – Fat 0 gm – Sodium Trace – Cholesterol 0 mg

Notes:

**Orange Yogurt
Topping Fruit
(Afro-American)**

Servings: 10

- 1 cup low fat plain yogurt
- 3 tablespoons frozen orange juice concentrate
- 1 tablespoon powdered sugar (optional)

1. Combine yogurt, orange juice concentrate and sugar.
2. Mix well and chill. Serve over any fresh fruit.

One Serving (2 tablespoons): Calories 28 – Fat 0 gm – Sodium 16 mg – Cholesterol 0 mg

Notes:

Party Mix
(Afro-American)

Servings: 16

- 2 cups raisins
- 2 cups unsalted pretzels
- 2 cups puffed rice
- 2 cups spoon sized shredded wheat
- 2 cups unsalted peanuts

1. Combine ingredients and toss together.

One Serving (1/2 cup): Calories 175 – Fat 9 gm – Sodium 7 mg –
Cholesterol 0 mg

Notes:

Tasty Tofu Topping for Baked Potato (Asian-American)

Servings: 16 approx. 2 cups

- 1 16 ounce package water-packed tofu
- 1 tablespoon distilled white vinegar
- 1/4 cup chopped onion
- 1 tablespoon Dijon-style mustard
- 2 tablespoons fresh lemon juice
- 1/4 teaspoon salt
- 3/4 teaspoon finely chopped garlic (approx. 1 medium clove)
- 1/4 teaspoon hot pepper sauce
- 1/4 cup corn oil

1. Drain tofu. Cut into 1" cubes and place in colander to drain thoroughly; approximately 10 minutes.
2. In food processor, with metal blade in place, combine tofu, vinegar, onion, mustard, lemon juice, salt, chopped garlic, and hot pepper sauce. Cover and process ingredients for 1 minute or until well blended. (Mixture will look like cottage cheese) in measuring cup mix together olive oil and vegetable oil. With processor running, add oil to tofu mixture through opening in feed tube. Scrape down side of bowl as necessary. Blend until smooth.
3. Chill topping for 3-4 hours to allow flavors to blend and develop.
4. Serve topping on split baked potatoes, allowing 1 tablespoon of topping for each potato half. Sprinkle with chopped chives, if desired. Topping may also be used as a sour cream or mayonnaise replacement for other purposes.

Per Serving (2 tablespoons): Calories 83 – Fat 8 gm – Sodium 66 mg – Cholesterol 0 mg

Strawberry-Banana

Freeze

Servings: 4

(Afro-American)

- 1 cup frozen whole unsweetened strawberries
- 2 small ripe bananas
- 1/2 cup evaporated skimmed milk
- 1/2 teaspoon vanilla

(If desired, for garnish, reserve 1 frozen strawberry, sliced, and 4 thin banana slices, brushed with lemon juice)

1. Peel bananas; wrap in plastic wrap and freeze till firm.
2. Cut bananas into chunks.
3. In blender container or food processor bowl, combine the bananas, evaporated skimmed milk, and vanilla.
4. Cover and blend till smooth.
5. With blender or food processor slowly running, add the frozen berries a few at a time, through opening. Blend till smooth, serve at once. Garnish with reserved fruit, if desired.

Per Serving (1 cup): Calories 97 – Fat 3gm – Sodium 38mg –
Cholesterol 0 mg

Notes:

Watermelon Cooler

Servings: 4

2-3 cups seeded watermelon cubes
(6 oz) can frozen lemonade concentrate
tablespoon fresh lime juice
cup club soda

In a food processor with metal blade or blender container, combine watermelon cubes, lemonade concentrate and lime juice; process until smooth.

In 2-quart pitcher, combine watermelon puree and club soda; stir gently.

Serve immediately over ice. If desired garnish with lime slice.

Per serving (1 cup): Calories 170 – Fat 1 gm – Sodium 20 mg
– Cholesterol 0 mg

Notes:

Acknowledgements

Redesign by Ed Dikun/Ernest E. Brown: Premier Agency

Layout & Design by:

Premier Agency Communications & Design

4th printing, 2nd Revision, 2000

"Soulful Cuisine

for
"Better Living"
Cookbook

Youngstown Area Community Action Council

Funded through a grant by:

