



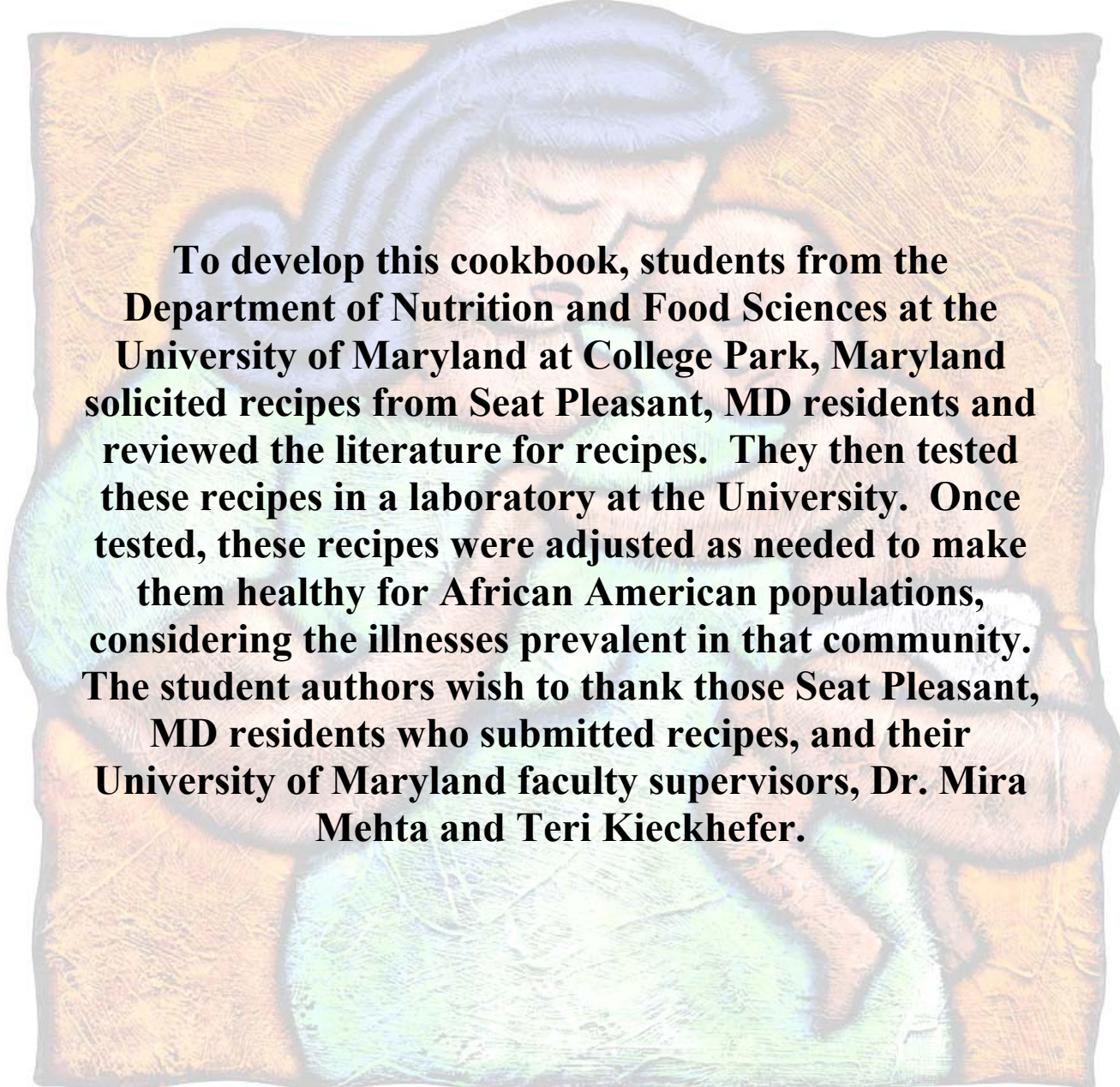
**THE SEAT PLEASANT/UNIVERSITY OF
MARYLAND HEALTH PARTNERSHIP**

**HEALTHY COOKBOOK
RECIPES FOR AFRICAN
AMERICAN
POPULATIONS**

Prepared by:
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To develop this cookbook, students from the Department of Nutrition and Food Sciences at the University of Maryland at College Park, Maryland solicited recipes from Seat Pleasant, MD residents and reviewed the literature for recipes. They then tested these recipes in a laboratory at the University. Once tested, these recipes were adjusted as needed to make them healthy for African American populations, considering the illnesses prevalent in that community. The student authors wish to thank those Seat Pleasant, MD residents who submitted recipes, and their University of Maryland faculty supervisors, Dr. Mira Mehta and Teri Kieckhefer.

MAIN DISHES

Garlic-Stuffed Chicken

2 cups water
8 cloves garlic, unpeeled
6 tablespoons chopped fresh parsley, divided
1 teaspoon grated lemon zest
1 teaspoon Mrs. Dash (or other sodium-free seasoning)
4 boneless chicken breasts, with skin (4-ounces each)
¼ cup reduced-sodium chicken broth
2 tablespoons fresh lemon juice

In a small saucepan, bring water to a boil. Add garlic; cook for 10 minutes. Drain garlic, peel and cut into thin slices. In a small bowl, combine garlic, ½ cup of chopped parsley, lemon zest, and seasoning. Mix well.

Loosen skin from each chicken breast to form a pocket. Place about 1 teaspoon of garlic mixture under skin of each breast. Heat a large nonstick skillet over medium-high heat. Add chicken skin-side down; cook until golden, about 4 minutes. Turn chicken; reduce heat to medium.

Cover and cook until no longer pink in center, about 10 to 12 minutes. Transfer chicken to a plate. Wipe any fat away from the skillet. Add remaining chopped parsley, broth, and lemon juice to pan. Bring to a boil; cook for 1 minute. Spoon mixture over chicken.

Makes 4 servings

Each serving contains:

167 calories
6 g fat
65 mg cholesterol
88 mg sodium



Salmon Patties

If you don't have fresh bread crumbs on hand, you can substitute soup crackers with unsalted tops.

2 cans of pink salmon
2 eggs
1 cup fresh bread crumbs
1 tablespoon Mrs. Dash seasoning (or other sodium-free seasoning)
Non-stick cooking spray

Pick any bones out of the salmon. In a mixing bowl, beat egg and add seasoning, bread crumbs and salmon. Gently mix until just combined.

Divide the mixture into four parts. Roll into balls and flatten the balls into patties.

Coat the bottom of a non-stick pan with a generous amount of non-stick cooking spray and heat the pan over medium heat. Cook the patties in the hot pan about 3 to 5 minutes on each side, until golden brown.

Makes 4 patties

Each patty has:

248 calories
8 g fat
147 mg cholesterol
0.5 g fiber
447 mg sodium

Quick Tuna Casserole

This is easy to make and tasty! You can substitute any low-sodium "cream of" soup for the mushroom soup in this recipe (cream of celery, for example.) Also, if you don't have bread crumbs on hand, you can substitute soup crackers with unsalted tops.

1 quart water
5 ounce package wide egg noodles
10 ounce can of low-fat, low-sodium cream of mushroom soup
1/3 cup skim milk
1 can (6.5 ounces) of tuna packed in water
1 cup frozen green peas
1 cup fresh bread crumbs

Preheat oven to 350 degrees.

Bring 1 quart of water to a boil in a large pot and cook the egg noodles in the water for 2 minutes. Then, cover the pot, remove from heat and let stand for 10 minutes.

In the meantime, mix the soup and milk together in a bowl. Combine tuna and peas with the mixture and pour into a 1-quart casserole dish. Drain the noodles well and combine with the tuna mixture. Sprinkle the top with bread crumbs.

Bake for 30 minutes.

Makes 6 servings

Each serving contains:

250 calories
4 g fat
34 mg cholesterol
3 g fiber
252 mg sodium

One Pot Pasta

Be sure to use a non-stick pan for this recipe and coat it well with non-stick cooking spray. Otherwise, the pasta will stick to the bottom.

- 1 teaspoon olive oil
- ½ cup sliced onion
- 1 cup fresh mushrooms, sliced
- 2 lbs (about 3 large) tomatoes, peeled and chopped
- 1 can (8 ounces) tomato puree without salt
- 1 cup water
- 2 teaspoons dried basil
- 1 teaspoon white sugar
- ¼ teaspoon garlic powder
- ¼ teaspoon black pepper
- 8 ounces macaroni

Spray a large non-stick cooking skillet with non-stick cooking spray. Add oil and heat over medium flame. Add onion and mushrooms. Cook, stirring frequently, for 3 to 5 minutes until tender.

Add tomatoes, tomato puree, water, sugar and spices to the skillet. When mixture begins to boil, stir in the pasta. Cover, reduce heat to medium-low and simmer for 20 minutes. Stir the mixture every 4 to 5 minutes while cooking.

Makes 4 servings

Each serving contains:

- 293 calories
- 2 g fat
- 0 mg cholesterol
- 5 g fiber
- 44 mg sodium

A painting of a woman and a child in a warm, textured setting. The woman is on the left, looking down at the child on the right. The child is wearing a white diaper. The background is a mix of warm colors like orange, yellow, and brown, with a textured, brushstroke-like appearance. The overall mood is intimate and tender.

Chicken Diane

- 1 teaspoon olive oil
- 4 skinless chicken breast halves with bone (about 2 ¼ pounds)
- 2 green onions, chopped
- ½ cup chopped fresh parsley
- 1/3 cup reduced-sodium chicken broth
- 1 tablespoon apple juice
- 1 ½ teaspoons cornstarch
- 1 teaspoon Dijon mustard
- 1 teaspoon Mrs. Dash or other sodium-free seasoning
- ½ tablespoon unsalted butter
- 1 tablespoon fresh lemon juice

In a large nonstick skillet, heat oil over medium heat. Add chicken, meaty-side down; cook until browned, about 8 minutes. Turn the chicken; cover and cook until no longer pink near the bone, about 12 minutes.

While chicken is cooking, in a blender, process green onions, parsley, broth, apple juice, cornstarch, mustard, and seasoning until smooth.

Transfer chicken to a serving platter. Add margarine and broth mixture to skillet. Cook until slightly thickened, about 2 minutes. Remove from heat; stir in lemon juice. Spoon sauce over chicken and serve immediately.

Makes 4 servings

Each serving contains:

261 calories

5 g fat

119 mg cholesterol

351 mg sodium

SIDE DISHES

Baked Sweet Potatoes

Sweet potatoes are a great source of fiber and many different vitamins. They are also a nice alternative to regular white potatoes as a side dish.

- 2 tablespoons olive oil
- 3 large sweet potatoes
- 2 pinches dry oregano
- 2 pinches Mrs. Dash seasoning (or any other sodium-free seasoning)
- 2 pinches black pepper

Preheat oven to 350 degrees. Coat the bottom of a glass or non-stick baking dish with olive oil.

Wash and peel the sweet potatoes. Cut them into medium-sized chunks. Place the sweet potatoes in the baking dish and turn them so that they are coated with the oil on all sides. Sprinkle moderately with the oregano, seasoning, and pepper.

Bake in preheated oven for 1 hour or until soft.

Makes 4 servings

Each serving contains:

- 420 calories
- 8 g fat
- 0 mg cholesterol
- 6.5 g fiber
- 8.5 mg sodium

A painting of a woman with dark hair, wearing a blue top, holding a baby in her arms. The woman is looking down at the baby with a gentle expression. The baby is wearing a white diaper and is looking towards the viewer. The background is a warm, textured brown. The entire scene is rendered in a soft, painterly style with visible brushstrokes.

Green Beans and New Potatoes

2 bags (16 ounces) of frozen green beans
8 small potatoes, washed, peeled and halved
1 medium onion, chopped
 $\frac{1}{4}$ teaspoon salt

Add all ingredients to a large stock pot and cover with water. Bring to a boil and reduce to medium heat. Cook until green beans and potatoes are tender (about 20 minutes.)

Makes 6 servings

Each serving contains:

169 calories
0.5 g fat
0 g cholesterol
7 g fiber
118 mg sodium



Collard Greens

Other types of greens can be prepared in this way, also. Kale, turnip greens, spinach and chard (or a mixture) will all work.

4 pounds collard greens
3 cups low-sodium chicken broth
2 medium onions, chopped
3 garlic cloves, crushed
1 teaspoon red pepper flakes

Wash and cut collard greens. Place in a large stock pot; add all other ingredients and enough water to cover. Simmer over medium heat until tender, about 3 ½ hours. Stir occasionally.

Makes 8 servings
Each serving contains:

95 calories
0 grams fat
0 mg cholesterol
5.5 g fiber
27 mg sodium



Acorn Squash and Apple Puree

This is a tasty way to add more vegetables into your diet.

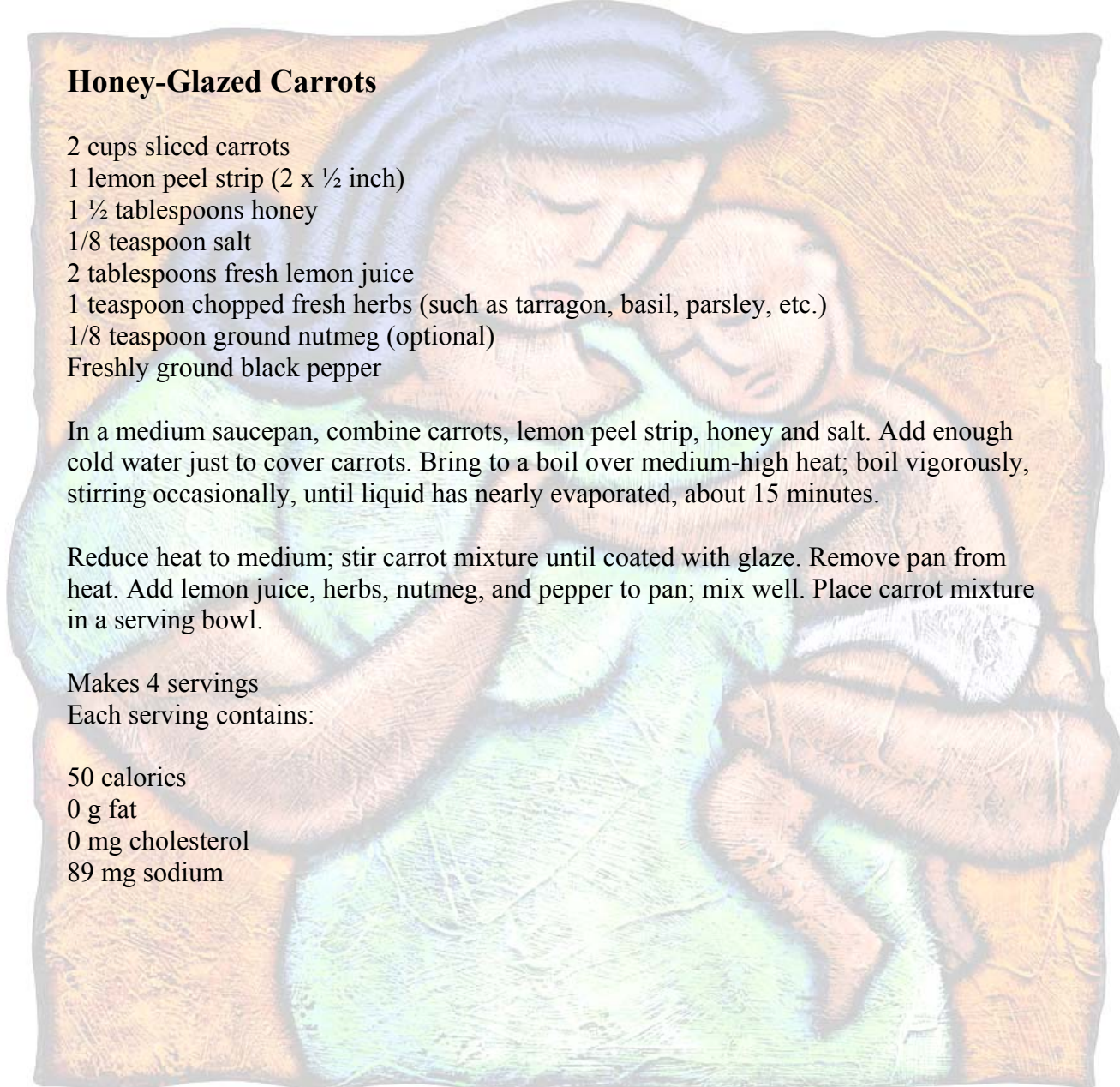
1 acorn squash, halved and the seeds and strings discarded
1 Golden Delicious apple, cut into 1-inch pieces
½ Tablespoon unsalted butter
Freshly grated nutmeg (optional)

Arrange the squash, cut sides down, in a glass dish, prick the skin all over with the tip of a sharp knife, and microwave the squash at high power for 10 minutes. Put the apple in a 1 or 2 cup glass measuring cup, cover it with microwave-safe plastic wrap, and microwave it and the squash at high power for 4 to 6 minutes, or until they are tender. Scoop out the squash, discarding their skin, pour off any liquid from the apple, and force the squash and the apple through the medium disk of a food mill into a bowl. Stir in the butter and nutmeg, and ground black pepper.

Makes 2 servings

Each serving contains:

238 calories
3.5 g fat
8 mg cholesterol
15 g fiber
33 mg sodium



Honey-Glazed Carrots

2 cups sliced carrots
1 lemon peel strip (2 x ½ inch)
1 ½ tablespoons honey
1/8 teaspoon salt
2 tablespoons fresh lemon juice
1 teaspoon chopped fresh herbs (such as tarragon, basil, parsley, etc.)
1/8 teaspoon ground nutmeg (optional)
Freshly ground black pepper

In a medium saucepan, combine carrots, lemon peel strip, honey and salt. Add enough cold water just to cover carrots. Bring to a boil over medium-high heat; boil vigorously, stirring occasionally, until liquid has nearly evaporated, about 15 minutes.

Reduce heat to medium; stir carrot mixture until coated with glaze. Remove pan from heat. Add lemon juice, herbs, nutmeg, and pepper to pan; mix well. Place carrot mixture in a serving bowl.

Makes 4 servings

Each serving contains:

50 calories
0 g fat
0 mg cholesterol
89 mg sodium

Cornbread

Egg substitute is available in most all supermarkets now, but if you don't have any on hand, you can substitute two regular eggs instead. Just be aware that the fat and cholesterol will be higher if you do.

1 cup yellow cornmeal
½ cup flour
2 teaspoons baking powder
½ teaspoon salt
1 ½ cups skim milk
1 cup egg substitute
1 tablespoon vegetable oil

Heat oven to 425 degrees. In a large bowl, mix the dry ingredients together. In a separate bowl, mix the wet ingredients together and then add the wet ingredients to the dry ingredients. Mix well. Pour batter into a loaf pan and bake in the heated oven for 30 minutes.

Makes 8 pieces
Each piece contains:
149 calories
3 g fat
1 mg cholesterol
1.5 g fiber
325 mg sodium

Desserts

Apple Crisp

This is a quick and easy alternative to apple pie. Use any variety of apples that you have on hand.

- 4 large baking apples, peeled and sliced
- $\frac{3}{4}$ cup brown sugar
- $\frac{1}{2}$ cup flour
- $\frac{3}{4}$ cup oatmeal
- $\frac{3}{4}$ teaspoons cinnamon
- $\frac{1}{2}$ cup reduced fat margarine

Heat oven to 350 degrees. Spray a baking pan with non-stick cooking spray and place apples into the pan. Mix sugar, flour, oatmeal and cinnamon in a bowl and place on top of apples. Drop dots of margarine on dry mixture. Bake for 25 minutes.

Makes 6 servings

Each serving contains:

- 272 calories
- 2 g fat
- 0 mg cholesterol
- 4 g fiber
- 22 mg sodium

Strawberry Smoothie

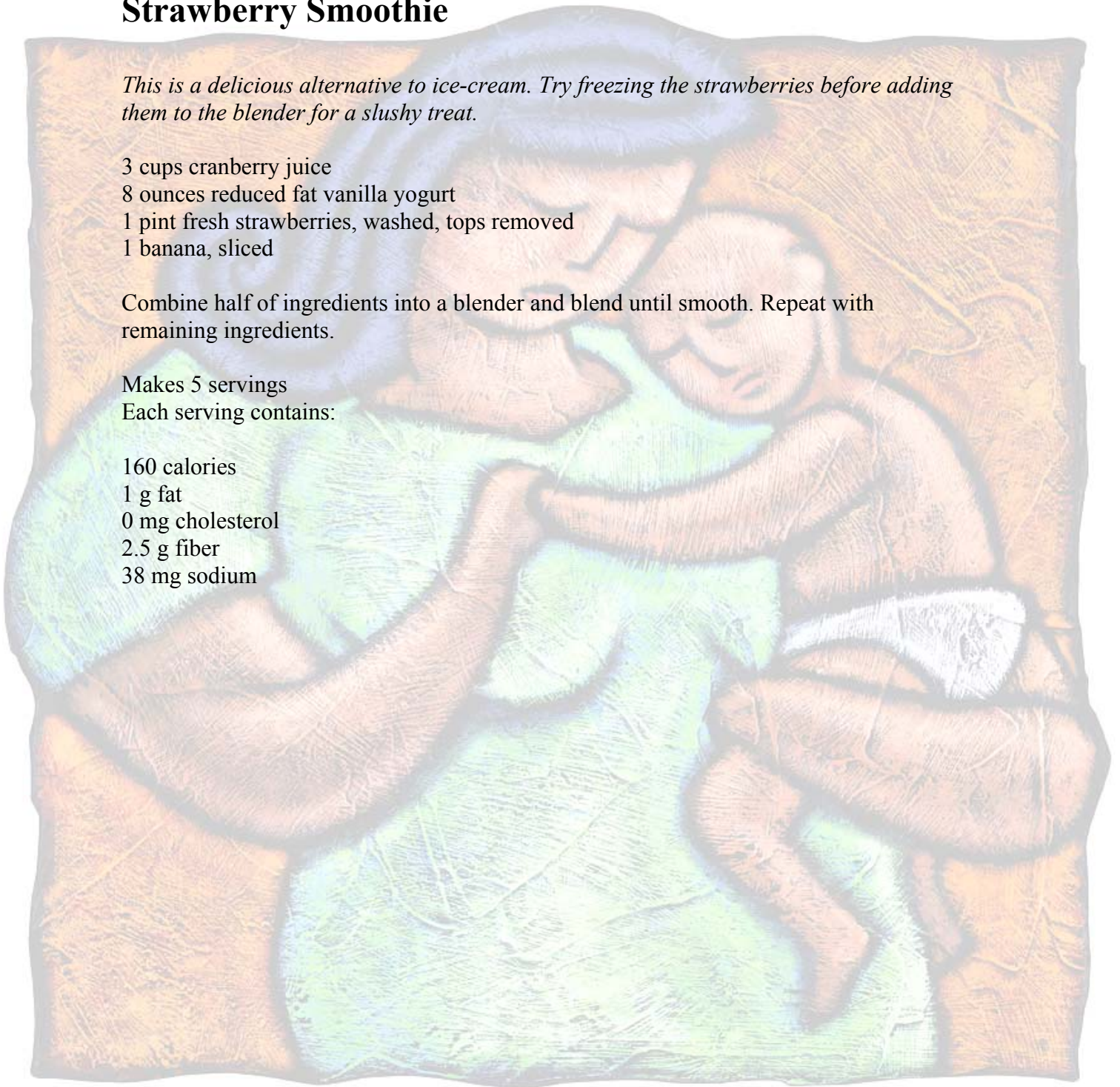
This is a delicious alternative to ice-cream. Try freezing the strawberries before adding them to the blender for a slushy treat.

3 cups cranberry juice
8 ounces reduced fat vanilla yogurt
1 pint fresh strawberries, washed, tops removed
1 banana, sliced

Combine half of ingredients into a blender and blend until smooth. Repeat with remaining ingredients.

Makes 5 servings
Each serving contains:

160 calories
1 g fat
0 mg cholesterol
2.5 g fiber
38 mg sodium





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