

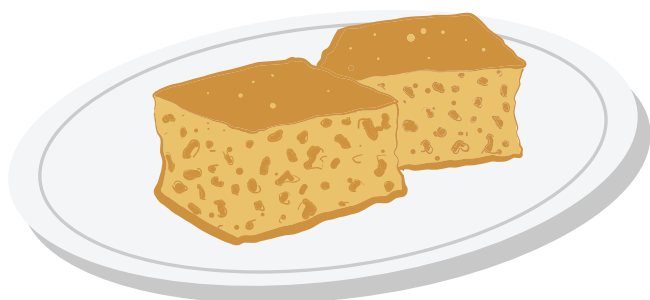


## Six Traditional African American Dishes

### Soul Food Makeover: Good-for-You Cornbread

<b>1 cup</b>	cornmeal
<b>1 cup</b>	flour
<b>¼ cup</b>	white sugar
<b>1 teaspoon</b>	baking powder
<b>1 cup</b>	fat-free or low-fat (1%) buttermilk
<b>1 medium</b>	egg, whole
<b>¼ cup</b>	soft tub margarine vegetable oil (to coat baking pan)

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



#### Makes 10 servings

<b>Serving size:</b> 1 piece	<b>Dietary Fiber:</b> 1 g
<b>Calories:</b> 178	<b>Protein:</b> 4 g
<b>Total Fat:</b> 6 g	<b>Total Carbohydrates:</b> 27 g
<b>Saturated Fat:</b> 1 g	<b>Potassium:</b> 132 mg
<b>Cholesterol:</b> 22 mg	
<b>Sodium:</b> 94 mg	



## Six Traditional African American Dishes

### Soul Food Makeover: Heart Healthy Sweet Potato Pie

#### Crust Ingredients

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

#### Filling Ingredients

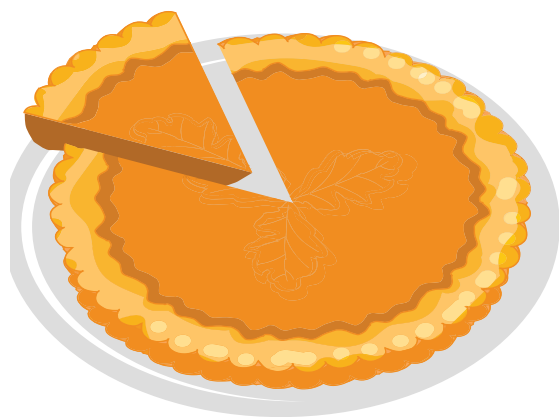
<b>¼ cup</b>	white sugar
<b>¼ cup</b>	brown sugar
<b>½ teaspoon</b>	salt
<b>¼ teaspoon</b>	nutmeg
<b>3 large</b>	eggs, beaten
<b>¼ cup</b>	evaporated fat-free milk, canned
<b>1 teaspoon</b>	vanilla extract
<b>3 cups</b>	sweet potatoes (cooked and mashed)

#### Crust Preparation

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

#### Filling Preparation

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



#### Makes 16 servings

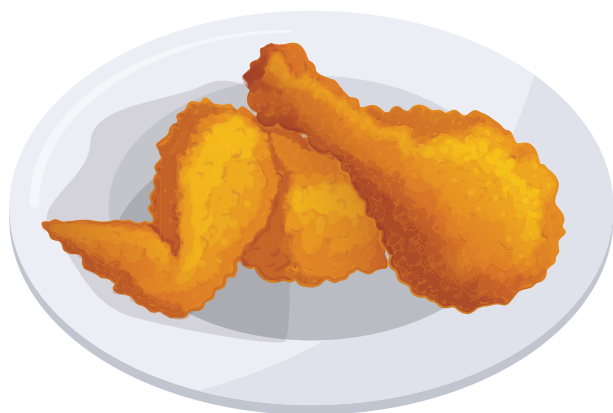
<b>Serving size:</b> 1 slice	<b>Dietary Fiber:</b> 2 g
<b>Calories:</b> 147	<b>Protein:</b> 4 g
<b>Total Fat:</b> 3 g	<b>Total Carbohydrates:</b> 27 g
<b>Saturated Fat:</b> 1 g	<b>Potassium:</b> 293 mg
<b>Cholesterol:</b> 40 mg	
<b>Sodium:</b> 98 mg	



## Six Traditional African American Dishes

### Soul Food Makeover: Crispy Oven-Fried Chicken

<b>½ cup</b>	fat-free milk or buttermilk
<b>1 teaspoon</b>	poultry seasoning
<b>1 cup</b>	cornflakes, crumbled (or breadcrumbs)
<b>1½ tablespoons</b>	onion powder
<b>1½ tablespoons</b>	garlic powder
<b>2 teaspoons</b>	black pepper
<b>2 teaspoons</b>	dried hot pepper, crushed
<b>1 teaspoon</b>	ginger, ground
<b>8 pieces</b>	chicken, skinless (4 breasts, 4 drumsticks)
<b>¼ teaspoon</b>	paprika



1. Preheat oven to 350° F.
2. Add ½ teaspoon of poultry seasoning to milk.
3. Combine remaining ½ teaspoon of poultry seasoning and all other spices, except paprika, with corn flake crumbs (or breadcrumbs), and place in a plastic bag.
4. Dip chicken into milk, shake to remove excess liquid, then quickly shake chicken in the bag with seasoning and crumbs.
5. Refrigerate for 1 hour.
6. Remove from refrigerator and sprinkle lightly with paprika for color.
7. Place chicken on wire rack, and place rack on top of a baking pan that you have lined with foil. The chicken pieces should be spaced evenly apart.
8. The crumbs will form a crispy “skin.” Don’t turn the chicken during baking.
9. Bake 40 minutes. Rotate the pan and continue baking for an additional 30 to 40 minutes or until the meat can be easily pulled away from the bone with a fork. The juices should run clear and the meat should not be pink. The drumsticks may require less baking time than the breasts.

#### Makes 6 servings

<b>Serving size:</b> ½ breast or 2 small drumsticks	<b>Sodium:</b> 286 mg
<b>Calories:</b> 256	<b>Dietary Fiber:</b> 1 g
<b>Total Fat:</b> 5 g	<b>Protein:</b> 30 g
<b>Saturated Fat:</b> 1 g	<b>Total</b>
<b>Cholesterol:</b> 34 mg	<b>Carbohydrates:</b> 22 g
	<b>Potassium:</b> 339 mg

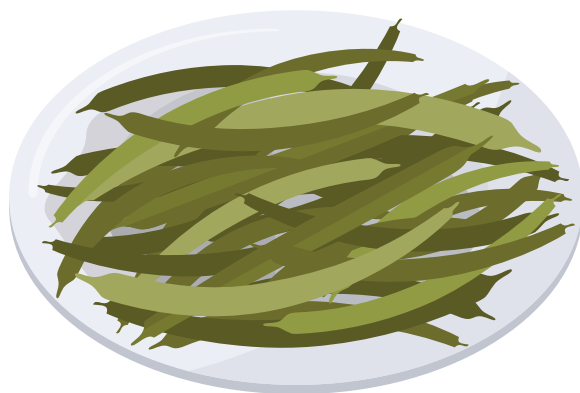


## Six Traditional African American Dishes

### Soul Food Makeover: Flavorful Green Beans

<b>2 pounds</b>	fresh green beans
<b>1/3 cup</b>	chopped onions
<b>2 cloves</b>	garlic, chopped
<b>1/2 teaspoon</b>	black pepper
<b>1 teaspoon</b>	dried basil
<b>1 teaspoon</b>	vegetable oil

1. Rinse green beans, and snap tips off.
2. Steam the green beans for 5-7 minutes.
3. Sauté chopped onions in vegetable oil for 5-7 minutes or until they are tender and very lightly browned.
4. Add green beans, garlic, and ground black pepper to onions, sauté for another 3-5 minutes or until green beans are tender but not soft.
5. Sprinkle dried basil flakes over green beans, and serve.



#### Makes 7 servings

Serving size: 1 cup

Calories: 46

Total Fat: 1 g

Saturated Fat: 0 g

Cholesterol: 0 mg

Sodium: 12 mg

Dietary Fiber: 4 g

Protein: 2 g

Total  
Carbohydrates: 9 g

Potassium: 179 mg

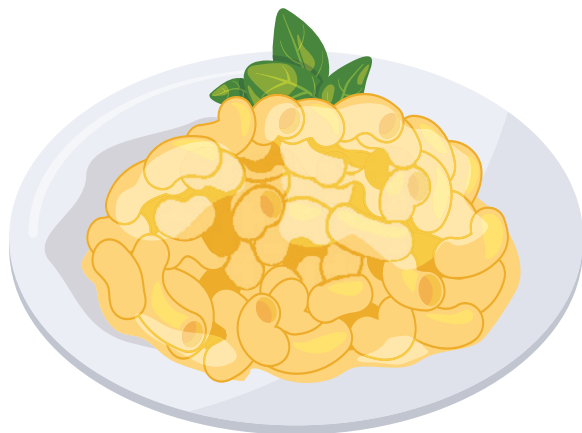


## Six Traditional African American Dishes

### Soul Food Makeover: Baked Macaroni and Cheese

<b>2 cups</b>	macaroni
<b>½ cup</b>	chopped onions
<b>½ cup</b>	evaporated, fat-free milk
<b>1 medium</b>	egg, beaten
<b>¼ teaspoon</b>	black pepper
<b>1 ¼ cups (4 oz.)</b>	reduced-fat, natural, sharp cheddar cheese, shredded

1. Cook macaroni according to package directions. (Don't add salt to the cooking water.) Drain and set aside.
2. Preheat oven to 350° F.
3. Heat 1 teaspoon of oil in saucepan.
4. Add onions to saucepan and sauté for about 3 minutes.
5. In another bowl, combine macaroni, onions, and the remaining ingredients. Mix thoroughly.
6. Transfer mixture into casserole dish.
7. Bake for 25 minutes or until bubbly. Let stand for 10 minutes before serving.



#### Makes 8 servings

<b>Serving size:</b> ½ cup	<b>Dietary Fiber:</b> 1 g
<b>Calories:</b> 205	<b>Protein:</b> 11 g
<b>Total Fat:</b> 5 g	<b>Total Carbohydrates:</b> 29 g
<b>Saturated Fat:</b> 2 g	<b>Potassium:</b> 119 mg
<b>Cholesterol:</b> 34 mg	
<b>Sodium:</b> 120 mg	

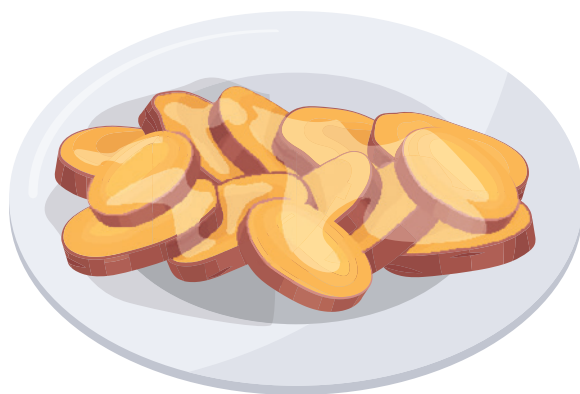


## Six Traditional African American Dishes

### Soul Food Makeover: Candied Yams

<b>3 medium</b>	yams (1½ cups)
<b>¼ cup</b>	brown sugar, packed
<b>1 teaspoon</b>	flour
<b>¼ teaspoon</b>	salt
<b>¼ teaspoon</b>	ground cinnamon
<b>¼ teaspoon</b>	ground nutmeg
<b>¼ teaspoon</b>	orange peel, grated
<b>1 teaspoon</b>	soft tub margarine
<b>½ cup</b>	orange juice

1. Preheat oven to 350° F.
2. Cut yams in half, and boil until tender but firm (about 20 minutes). When cooled enough to handle, peel and slice into ¼-inch slices.
3. Combine sugar, flour, salt, cinnamon, nutmeg, and grated orange peel.
4. Place half of the sliced yams in the dish. Sprinkle with spiced sugar mixture.
5. Dot with half the amount of margarine.
6. Add a second layer of yams, using the rest of the ingredients in the same order as above. Add orange juice.
7. Bake uncovered in oven for 20 minutes.



#### Makes 6 servings

<b>Serving size:</b> ¼ cup	<b>Dietary Fiber:</b> 2 g
<b>Calories:</b> 110	<b>Protein:</b> 1 g
<b>Total Fat:</b> <1 g	<b>Total</b>
<b>Saturated Fat:</b> <1 g	<b>Carbohydrates:</b> 25 g
<b>Cholesterol:</b> 0 mg	<b>Potassium:</b> 344 mg
<b>Sodium:</b> 115 mg	