

Heart Healthy Home Cooking *African American Style*

With Every Heartbeat Is Life



U.S. Department of Health and Human Services
National Institutes of Health
National Heart, Lung, and Blood Institute

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**National Heart
Lung and Blood Institute**

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Introduction

Good food is one of life's great joys. And good meals are a shared pleasure at the heart of African American family life and special celebrations. This recipe book brings together many African American favorite recipes, prepared in a heart healthy way, lower in saturated fat, cholesterol, and sodium! It shows how to prepare dishes in ways that help protect you and your family from heart disease and stroke. This is important because heart disease and stroke are the first and the third leading cause of death for African Americans. By making small changes in the way you and your family eat, you can help reduce your risk for heart disease and stroke.

This updated recipe book includes new recipes, along with some of your old favorites. New information on heart healthy food substitutions and food safety is also included.

So, make a start today. Give those old favorites a new, tasty, heart healthy makeover. And help keep the heart of your family strong!

Salads, Vegetables, and Side Dishes

Good-for-You Cornbread

Homestyle Biscuits

Savory Potato Salad

Candied Yams

Smothered Greens

Limas and Spinach



Vegetable Stew

Classic Macaroni and Cheese

Autumn Salad

Flavorful Green Beans

Caribbean Casserole

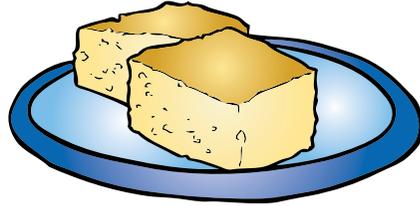
Spicy Okra



Good-for-You Cornbread

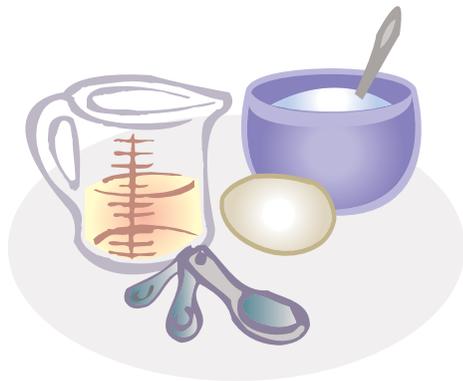
This is not only good *for* you, but good *in* you—making it a healthy comfort food.

- 1 cup cornmeal
- 1 cup flour
- ¼ cup sugar
- 1 teaspoon baking powder
- 1 cup low-fat (1%) buttermilk
- 1 egg, whole
- ¼ cup margarine, regular, tub
- 1 teaspoon vegetable oil (to grease 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 dry ingredients.
5. Add margarine and mix by hand or with mixer for 1 minute.
6. Bake for 20–25 minutes in an 8 x 8-inch, greased baking dish. Cool. Cut into 10 squares.

Yield:	10 servings
Serving size:	1 square
Calories	178
Total Fat	6 g
Saturated Fat	1 g
Cholesterol	22 mg
Sodium	94 mg
Total Fiber	1 g
Protein	4 g
Carbohydrates	27 g
Potassium	132 mg



Homestyle Biscuits

Update your homestyle biscuits with this easy, low-fat recipe.

- 2 cups all purpose flour
- 2 teaspoons baking powder
- ¼ teaspoon baking soda
- ¼ teaspoon salt
- 2 tablespoons sugar
- ⅔ cup low-fat (1%) buttermilk
- 3 tablespoons + 1 teaspoon vegetable oil

1. Preheat oven to 450 °F.
2. In medium bowl, combine flour, baking powder, baking soda, salt, and sugar.
3. In small bowl, stir together buttermilk and oil. Pour over flour mixture and stir until well mixed.
4. On lightly floured surface, knead dough gently for 10–12 strokes. Roll or pat dough to ¾-inch thickness. Cut with a 2-inch round biscuit or cookie cutter, dipping cookie cutter in flour between cuts. Transfer biscuits to an ungreased baking sheet.
5. Bake for 12 minutes or until golden brown. Serve warm.

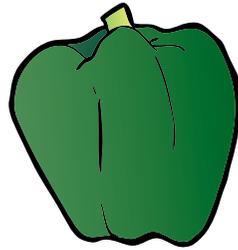


Yield:	15 servings
Serving size:	1 biscuit
Calories	99
Total Fat	3 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	72 mg
Total Fiber	1 g
Protein	2 g
Carbohydrates	15 g
Potassium	102 mg

Savory Potato Salad

Here's a potato salad that's both traditional and new—with great taste and a low-fat twist.

- 6 medium potatoes (about 2 pounds)
- 2 stalks celery, finely chopped
- 2 scallions, finely chopped
- ¼ cup red bell pepper, coarsely chopped
- ¼ cup green bell pepper, coarsely chopped
- 1 tablespoon onion, finely chopped
- 1 egg, hard boiled, chopped
- 6 tablespoons mayonnaise, light
- 1 teaspoon mustard
- ½ teaspoon salt
- ¼ teaspoon black pepper
- ¼ teaspoon dill weed, dried



1. Wash potatoes, cut in half, and place in saucepan of cold water.
2. Cook covered over medium heat for 25–30 minutes or until tender.
3. Drain and dice potatoes when cool.
4. Add vegetables and egg to potatoes and toss.
5. Blend together mayonnaise, mustard, salt, pepper, and dill weed.
6. Pour dressing over potato mixture and stir gently to coat evenly.
7. Chill for at least 1 hour before serving.

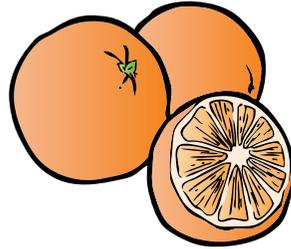
Yield:	10 servings
Serving size:	½ cup
Calories	98
Total Fat	2 g
Saturated Fat	0 g
Cholesterol	21 mg
Sodium	212 mg
Total Fiber	2 g
Protein	2 g
Carbohydrates	18 g
Potassium	291 mg



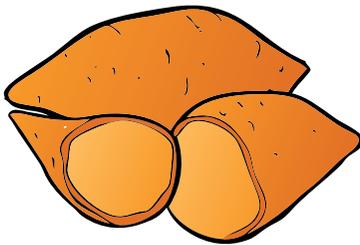
Candied Yams

A bit of margarine and some orange juice make this dish sweet.

- 3 medium yams (1½ cups)
- ¼ cup brown sugar, packed
- 1 teaspoon flour, sifted
- ¼ teaspoon salt
- ¼ teaspoon ground cinnamon
- ¼ teaspoon ground nutmeg
- ¼ teaspoon orange peel
- 1 teaspoon soft tub margarine
- ½ cup orange juice



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



Yield:	6 servings
Serving size:	¼ cup
Calories	110
Total Fat	0 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	115 mg
Total Fiber	2 g
Protein	1 g
Carbohydrates	25 g
Potassium	344 mg

Smothered Greens

These healthy greens get their rich flavor from smoked turkey, instead of fatback.

- 3 cups water
- ¼ pound smoked turkey breast, skinless
- 1 tablespoon fresh hot pepper, chopped
- ¼ teaspoon cayenne pepper
- ¼ teaspoon cloves, ground
- 2 cloves garlic, crushed
- ½ teaspoon thyme
- 1 scallion, chopped
- 1 teaspoon ginger, ground
- ¼ cup onion, chopped
- 2 pounds greens (mustard, turnip, collard, kale, or mixture)



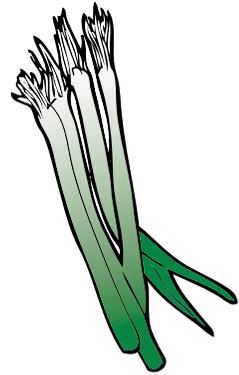
1. Place all ingredients except greens into large saucepan and bring to boil.
2. Prepare greens by washing thoroughly and removing stems.
3. Tear or slice leaves into bite-size pieces.
4. Add greens to turkey stock. Cook for 20–30 minutes until tender.

Yield:	5 servings
Serving size:	1 cup
Calories	80
Total Fat	2 g
Saturated Fat	0 g
Cholesterol	16 mg
Sodium	378 mg
Total Fiber	4 g
Protein	9 g
Carbohydrates	9 g
Potassium	472 mg



Limas and Spinach

Your family will love vegetables cooked this way.



- 2 cups frozen lima beans
- 1 tablespoon vegetable oil
- 1 cup fennel, cut in 4-inch strips
- ½ cup onion, chopped
- ¼ cup low-sodium chicken broth
- 4 cups leaf spinach, washed thoroughly
- 1 tablespoon distilled vinegar
- ⅛ teaspoon black pepper
- 1 tablespoon raw chives

1. Steam or boil lima beans in unsalted water for about 10 minutes. Drain.
2. In skillet, saute onions and fennel in oil.
3. Add beans and broth to onions and cover. Cook for 2 minutes.
4. Stir in spinach. Cover and cook until spinach has wilted, about 2 minutes.
5. Stir in vinegar and pepper. Cover and let stand for 30 seconds.
6. Sprinkle with chives and serve.



Yield:	7 servings
Serving size:	½ cup
Calories	93
Total Fat	2 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	84 mg
Total Fiber	6 g
Protein	5 g
Carbohydrates	15 g
Potassium	452 mg

Vegetable Stew

Here's a great new way to use summer vegetables.

- 3 cups water
- 1 cube vegetable bouillon, low sodium
- 2 cups white potatoes, cut in 2-inch strips
- 2 cups carrots, sliced
- 4 cups summer squash, cut in 1-inch squares
- 1 cup summer squash, cut in 4 chunks
- 1 15-ounce can sweet corn, rinsed and drained (or 2 ears fresh corn, 1½ cups)
- 1 teaspoon thyme
- 2 cloves garlic, minced
- 1 stalk scallion, chopped
- ½ small hot pepper, chopped
- 1 cup onion, coarsely chopped
- 1 cup tomatoes, diced

Note: You can add other favorite vegetables, such as broccoli and cauliflower.

1. Put water and bouillon in large pot and bring to a boil.
2. Add potatoes and carrots and simmer for 5 minutes.
3. Add remaining ingredients, except for tomatoes, and continue cooking for 15 minutes over medium heat.
4. Remove 4 chunks of squash and puree in blender.
5. Return pureed mixture to pot and let cook for 10 minutes more.
6. Add tomatoes and cook for another 5 minutes.
7. Remove from heat and let sit for 10 minutes to allow stew to thicken.

Yield:	8 servings
Serving size:	1¼ cup
Calories	119
Total Fat	1 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	196 mg
Total Fiber	4 g
Protein	4 g
Carbohydrates	27 g
Potassium	524 mg



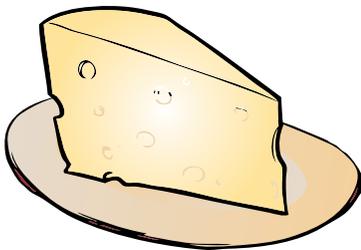
Classic Macaroni and Cheese

This recipe proves you don't have to give up your favorite dishes to eat heart healthy meals. Here's a lower-fat version of a true classic.

- 2 cups macaroni
- 2 cups onions, chopped
- 2 cups evaporated fat-free milk
- 1 medium egg, beaten
- ¼ teaspoon black pepper
- 1¼ cups low-fat cheddar cheese, finely shredded
- nonstick cooking spray, as needed



1. Cook macaroni according to directions—but do not add salt to the cooking water. Drain and set aside.
2. Spray casserole dish with nonstick cooking spray.
3. Preheat oven to 350 °F.
4. Lightly spray saucepan with nonstick cooking spray. Add onions to saucepan and saute for about 3 minutes.
5. In another bowl, combine macaroni, onions, and the rest of the ingredients and mix thoroughly.
6. Transfer mixture into casserole dish.
7. Bake for 25 minutes or until bubbly. Let stand for 10 minutes before serving.



Yield: 8 servings

Serving size:	½ cup
Calories	200
Total Fat	4 g
Saturated Fat	2 g
Cholesterol	34 mg
Sodium	120 mg
Total Fiber	1 g
Protein	11 g
Carbohydrates	29 g
Potassium	119 mg

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