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*From the Kitchen of Josephine Rowell
Decatur A.M.E., Zion Church*

Glazed Carrots and Apples

6 lg	carrots	1 sm	onion chopped
2 TB	light margarine	¼ cup	sugar
¼ ts	nutmeg	¼ ts	salt
1 can	sliced apples (drained)		

Preparation

Preparation time: 35 min.

Simmer onion in margarine. Peel carrots and slice each carrot into 4-6 pieces. Add sugar, nutmeg, salt, apples and carrots. Simmer for ½ hour.

Recipe makes 6 servings.

Each serving contains:

150 Kcal 2 grams of fat ½ serving of fruit & 1 serving of vegetables

*From the Kitchen of Tonya Wilson
Turner Chapel A.M.E. Church*

African Green Pepper and Spinach

1 md	onion (chopped)	1 lb.	fresh spinach
1 md	green pepper (chopped)	¾ ts	salt
1 TB	vegetable oil	¼ ts	pepper
1 md	tomato (chopped)	1 clove	fresh garlic (minced)

Preparation

Preparation time: 15 min.

Cook onion, garlic, and green pepper in oil in 3-quart saucepan until onion is tender. Add tomato and spinach. Cover and simmer until spinach is tender, about 5-10 minutes. Stir in salt and pepper.

Recipe makes 7 servings.

Each serving contains:

30 Kcal < 1 gram of fat 1 serving of vegetables