

# DOWN HOME

## HEALTHY COOKING

*Recipes and tips for  
healthy cooking.*





# PREFACE



**A**frican Americans suffer from higher rates of serious diseases like high blood pressure, Type 2 diabetes, heart disease and some types of cancer. African Americans suffer more serious health problems and die at an earlier age from these diseases. The good news is that eating a healthy diet and leading an active lifestyle promotes good health and lowers the chances for getting these illnesses.

A healthy diet includes fruits and vegetables, whole grains, fat-free or low-fat milk products, lean meats, fish, beans, eggs, and nuts. A healthy diet is also low in saturated fat, trans fat, cholesterol, salt and added sugars.

Everyone has the power to make choices to improve their health. And eating right doesn't mean giving up our wonderful soul food. In fact, the basic staples of traditional soul food include lots of healthy vegetables: dark leafy greens, sweet potatoes, and high-fiber black eyed peas just to name a few. But they are often cooked with ingredients that add too much saturated fat, calories and salt to our diet.

By making a few simple changes, you and your loved ones can enjoy the flavors of healthy down home cooking. The recipes and hints in this cookbook will help you get started.

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# RIGHT STARTS

THE KEY TO COOKING “DOWN HOME HEALTHY”  
IS A PANTRY STOCKED WITH HEALTHY INGREDIENTS.

<b>INSTEAD OF THIS:</b>	<b>USE THIS:</b>
<i>Ham hocks and fat back</i>	<i>Turkey thighs</i>
<i>Pork bacon</i>	<i>Turkey bacon, lean ham, Canadian bacon</i>
<i>Lard butter, or other hard fats</i>	<i>Small amount of vegetable oil</i>
<i>Pork sausage</i>	<i>Ground turkey breast</i>
<i>Ground beef and pork</i>	<i>Smoked turkey neck</i>
<i>Neck bone</i>	<i>Skinless chicken thighs</i>
<i>Regular bouillons and broths</i>	<i>Low sodium bouillon and broths</i>
<i>Cream</i>	<i>Evaporated skim milk</i>
<i>Regular cheese</i>	<i>Low fat or lite cheese</i>
<i>High fat cut of beef*</i>	<i>Top round, eye of round, round steak, rump roast, sirloin tip, chuck arm, pot roast, short loin, extra lean ground beef</i>
<i>High fat cut of pork*</i>	<i>Tenderloin, sirloin roast or chop, center cut loin chops</i>
<i>High fat cut of lamb*</i>	<i>Foreshank, leg roast, leg chop, loin chop</i>

\* Sometimes less tender cuts of meat like round or rump need marinating. To add flavor and tenderize, use an oil-free marinade. Place meat and marinade in a plastic bag and marinate for 1 to 2 hours in the refrigerator. Throw away the marinade. Don't use it for basting while cooking the meat.

## NOW THAT THE PANTRY IS STOCKED, HERE ARE SOME HEALTHY COOKING TECHNIQUES:

- ✱ Steam your vegetables whenever you can. Use garlic, onions, and herbs for flavor. Use very small amounts of butter, cheese, and sauces.
- ✱ Use more herbs and spices to flavor greens and other dishes. Cut down on the salt. Try adding Spanish onion and black pepper to black-eyed peas.
- ✱ Always use low-fat (1% or 2%) or skim milk for cooking instead of whole milk or cream.
- ✱ Put away that deep fat fryer. Try boiling, roasting, baking, grilling, braising, or stir-frying with a little oil instead.



# ENTRÉES