



Eat For Life  
Cookbook

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## Our Father in Heaven,

We pause to give thanks for the Bread of Life that you have given us with each passing day. We thank you for your Spirit of togetherness and unity as we collectively share in living a more nourishing and wholesome life. We thank you for **The Eat for Life Program** that has taught us the importance of healthy living through proper diet. Oh Lord, continue to shower us with good health as we grow in faith and love, building strong vessels fit for the Master's use. Continue to bless the staff and all those who have participated in this project of eating for a healthier life.

We give praise, glory and honor to you, in the name of your Son, Jesus Christ, we pray. Amen.

**Decatur Chapter Ministers' Wives & Widows**  
**Jannetta West-McIntyre, President**



## **ACKNOWLEDGMENTS**

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### **The Church Liaisons:**

Rev. Thomas Ashford, New Jerusalem Missionary Baptist Church • Ursula Dunn, Lindsay Street Baptist Church • Harriett Fairley, Bethel United Methodist Church • Priscilla Flanagan, God's Tabernacle of Praise Baptist Church • Patrilla Hannah, Word of Praise Missionary Baptist Church • Betty Jones, Greater Solid Rock Baptist Church • Leon Lamar, Philadelphia Baptist Church • Josephine Rowell, Decatur A.M.E. Zion Church • Elaine Sherrer, Workhouse of Faith Baptist Church • Barbara Smith, Little Miller Grove Baptist Church • Erna Westbrook, Faith Temple Christian Church • Tonya Wilson, Turner Chapel A.M.E. Church • Hester Wright, Lasters Chapel Methodist Church

### **Other Contributors:**

Black Churches United for Better Health • Tom Baranowski, PhD • Ronald Braithwaite, PhD • Joan Burke • Matthew Daniel • Anissa Davis, MS • Marsha Davis, PhD • Ann DiGirolamo, PhD • Portia Griffin • Amy Lazarus • Mike Weiss

### **Chief Culinary Consultant:**

Damon Sheppard C.M.C.

### **Test Chef:**

Donald Jackson

### **Photographer:**

Philander Boyd

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## Introduction

Welcome to the *EAT FOR LIFE* cookbook. We thank the Lord for his blessings and hope you will find this book helpful and enjoyable.

This book is designed to help you and your family stay healthy by eating more **fruits and vegetables** while eating less fat, sodium and cholesterol.

The *EAT FOR LIFE* cookbook was developed by and for people like yourself. Almost all of the recipes in the book came from members of local Atlanta churches. Special thanks to all the Church members who submitted recipes, and all the Pastors who contributed their biblical wisdom. Our only regret is that because of cost constraints, we were unable to use all the recipes. Some recipes were modified to lower fat and improve nutritional value.

## Editors

Debbie Coleman-Wallace, DrPH, MPH  
Brudy Francis  
Erica Odom  
Ken Resnicow, PhD

### *From the desk of Pastor Roe Nall, Jr., Decatur A.M.E. Zion Church*

There are three blessings that are God's will: material prosperity, bodily healing and health and soul prosperity. It is certainly well for a child of God to have all three. However, good physical health is very important and wonderful to have. In fact, good physical health is essential to have to fully enjoy material and soul prosperity. The sad part is many of us don't appreciate good physical health until it is on the decline or we lose it to hypertension, cancer, diabetes, blindness, or some other disease that confines or makes us immobile and unable to do and enjoy the benefits of good health, all of which may be due to improper dietary practices or improper nutrition intake. Our health does not have to become impaired. We can and should maintain our good health. Research indicates that eating five fruits and vegetables a day is one of the most important choices an individual can make to help maintain good health. These three blessings are in keeping with the Word of God found in III John:2

*"Beloved, I wish above all things that thou mayest prosper and be in good health even as thy soul prospereth".*

## *Benefits of Eating Fruits & Vegetables*

- **Reduce your chances of getting heart disease**

Fruits and vegetables are low in fat and calories which can help you maintain your weight. Weight loss can help control high blood pressure which in turn, helps prevent heart disease. Fruits and vegetables also contain soluble fibers which can lower cholesterol levels, which reduces your chances of getting heart disease and having a stroke.

- **Reduce your chances of getting certain types of cancer.**

Scientists estimate that 40% to 60% of all cancers are related to what we eat. Eating fruits and vegetables is one of the best ways to reduce your chances of getting cancer. Dark green and yellow vegetables and citrus fruits contain anti-oxidants and other substances that can help neutralize and remove cancer-causing agents from the body.

- **Prevent and control adult diabetes.**

Many cases of adult onset diabetes are preventable with a proper diet. Since fruits and vegetables are lower in fat and calories they can help you maintain your body weight, which may help prevent and/or control adult diabetes. Eating fruits and vegetables which are high in fiber, can help to control your blood sugar. Be sure to adhere to the dietary guidelines set by your dietitian and physician.

- **Feel better physically and spiritually**

There is so much we want to do for our families and our community. By eating right you will have the energy and strength you need to do God's work. Your body is God's temple. Eating right is one of the best ways to keep it clean and strong. Like most other things, eating right requires discipline and planning. We pray this book will help you prepare recipes that will keep your mind, body and spirit healthy and strong.

## How many fruits and vegetables should we eat?

**We should eat at least 5 servings of fruits and vegetables every day.**

### What is a serving?

1 serving of fruit = 1 whole fruit  
½ cup fruit cut-up  
¼ cup dried fruit  
¾ cup of 100% fruit juice

\*\*\*\*\*

1 serving of vegetable = 1 cup of raw leafy vegetables  
½ cup of cooked or raw vegetables

### 5 quick ways to get 5-a-Day

1. Add banana, raisins or other fruit to your cereal
2. Cut fresh fruits for toppings on pies, yogurt or other desserts.
3. Try taking cut-up fresh fruits or veggies in a sandwich bag to work-makes a great lunch or snack
4. Add fruits and vegetables to your favorite recipes. e.g. add stir-fry to your chicken dinner; add mixed vegetables to soups or spaghetti sauce
5. Drink 100% fruit juices instead of soda or fruit punch

**Tip: It is easy to get the 5 servings each day if you eat at least 1 serving of fruit and 1 serving of vegetable with each meal.**

## *I like fruits and vegetables, but...*

*(Some solutions to common concerns about fruits and vegetables)*

### *1. They spoil too quickly.*

#### SOLUTIONS

- Buy frozen or canned vegetables.
- Store them in a crisper in your refrigerator.
- Whenever possible cook vegetables, then freeze them.

### *2. You have to buy them every few days.*

#### SOLUTIONS

- Buy some fruits ripe and some not yet ripe so that they won't be eaten at once.
- Buy large quantities of fruits or vegetables that last a long time like apples and carrots.

### *3. They cost too much*

#### SOLUTIONS

- Buy fruits and vegetables in season when they are cheaper.
- A single serving of fruit or vegetable usually costs less than 50 cents at a grocery store.

### *4. They take too much time to prepare*

#### SOLUTIONS

- Eat raw fruits and vegetables, like peaches or carrots.
- Cook with a microwave.
- Buy frozen or canned vegetables that are already cleaned and cut up.
- Try some of the quick recipes in this cookbook!!!!



# *Fruit and Vegetable Tips*

## **PICKING FRUITS AND VEGETABLES**

- Usually the riper the fruit, the softer it feels. Many fruits change color from green to a rich color when they ripen.
  - A deep or rich color generally indicates highest nutritional value and flavor in fruits and vegetables. For example, the dark-green outer leaves of leafy vegetables have more nutrients than the lighter colored inner ones. Also, bright orange carrots may provide more vitamin A than paler ones.

## **STORING FRUITS AND VEGETABLES**

- Exposure to direct sunlight softens tomatoes instead of ripening them. Leave tomatoes, stem-up, in any spot where they will be out of direct sunlight.
- Put bananas in the refrigerator to slow down ripening. Peels may turn brown but the fruit will be as ripe as when you put it in the refrigerator.
- Remember to remove the tops of carrots before storing. Tops drain the carrots of moisture, making them limp and dry.
- Ripen green bananas or green tomatoes by wrapping them in a wet dish towel and placing them in a paper bag.

## **PREPARING FRUITS AND VEGETABLES**

- You'll shed fewer tears if you cut the root end of the onion off last or freeze or refrigerate before chopping.
- Lettuce leaves absorb fat. Place a few into a pot and watch the fat cling to them.
- A squirt of lemon in the water when cooking cauliflower will keep the cauliflower from discoloring.

# Cooking Healthy

## 1. REDUCE SALT

You should eat no more than 2000mg a day of sodium. One teaspoon of salt has more than this. A high sodium/salt diet can cause an increase in blood pressure in individuals who are salt sensitive.

Canned goods can be high in salt because salt is often used as a preservative. Drain and rinse canned goods. Also, buy low sodium canned goods when possible.

## 2. REDUCE CHOLESTEROL

You should not eat more than 300mg cholesterol per day. One large egg has 212 mg cholesterol. Cholesterol is only found in animal products. Egg yolk contains all the cholesterol. Egg whites have no cholesterol. Use 2 egg whites for each whole egg called for in a recipe.

## 3. REDUCE FAT

Americans eat too much fat. Fat is high in calories. Your body stores excess calories as fat. Try to get no more than 30% of your total calories from fat. This means we should eat about 40-60 grams of fat per day. We can easily exceed this amount. One tablespoon of oil contains 14 grams of fat!

There are 2 types of fat: saturated and unsaturated fat. Think of saturated fat as leaded gasoline and unsaturated fat as unleaded gasoline. Like most cars prefer unleaded gasoline, your body prefers **unsaturated** fats. To avoid saturated fats limit your intake of lard, meat, and other animal products. Avoid using lard or animal fats because they can clog your arteries.

There are 2 types of unsaturated fat: mono-unsaturated fat and poly-unsaturated fat. **Monounsaturated** fats are preferred to polyunsaturated fats. The best monounsaturated oils are olive oil or canola oil, but all vegetable oils are better than animal oils/fat.

## *Fat-saving Substitutions*

### **Applesauce**

Rather than using oil, margarine or butter when baking, substitute applesauce. This works well for muffins, quick breads and cakes. For each  $\frac{1}{2}$  cup of applesauce substituted for oil, you save over 100 grams of fat in your recipe.

### **Buttermilk**

In some recipes that call for oil as the only liquid, you can use a combination of half applesauce and half buttermilk. (Sometimes using applesauce alone results in an overly dry baked product). Buttermilk is a good choice because it's low in fat and it is thicker than other liquids, such as skim milk, fruit juices and water.

### **Cocoa powder**

For great chocolate flavor without the fat, use cocoa powder. For each ounce of unsweetened chocolate called for in a recipe, use 3 tablespoons of unsweetened cocoa powder plus 2 teaspoons sugar and 1 tablespoon of water.

### **Prunes**

Pureed prunes or baby-food prunes are one of the best fat substitutes in chocolate goods, such as brownies and cakes. Using one half cup of prune puree instead of oil will save you nearly 900 calories and over 100 grams of fat in your recipe.

### **Evaporated skim milk**

For a rich, creamy sauce or soup that's low in fat and calories, use evaporated skim milk instead of heavy cream. It has a creamy flavor and is richer in texture than regular skim milk. This saves over 80 grams of fat for every cup used.

## Healthy Substitutions

Instead of ...	Use
Regular cheese (whole milk)	Low-fat or part-skim cheese
Whole egg	2 egg whites for each whole egg
Ice cream	Low-fat frozen yogurt
Margarine and flour for gravies	Low-fat potato flakes
Sour cream	Plain low-fat yogurt (plus 1 ts cornstarch for recipes that will be heated)
High-fat cuts of meat	Lower-fat cuts of meat, like top round, sirloin tip, tenderloin, leg roast loin chop, skinless chicken or turkey
Pork bacon	Turkey bacon
Pork sausage	Low-fat turkey or chicken sausage
Regular bouillon and broth	Low-sodium bouillon or low-fat canned broth
Regular mayonnaise	Reduced fat mayonnaise or $\frac{1}{2}$ mayo + $\frac{1}{2}$ plain yogurt (or blended tofu)
Regular salad dressing	Reduced-fat or low-calorie salad dressing

## Abbreviations

TB	=	tablespoon	ts	=	teaspoon
	=	ounces (weight)	lb	=	pound
fo	=	fluid ounces (volume)	pt	=	pint
gal	=	gallon (volume)	qt	=	quart
pkg	=	package	qt	=	small
md	=	medium	lg	=	large
min	=	minutes	<	=	less than

## Weights and Measures

1 pound	=	16 oz	1 TB	=	3 ts
A pinch	=	$\frac{1}{8}$ ts or less	4 TB	=	$\frac{1}{4}$ cup
1 cup	=	$\frac{1}{2}$ pt or 8 fo	8 TB	=	$\frac{1}{2}$ cup
2 cups	=	1 pt or 16 fo	2 pt	=	1 qt
4 cups	=	1 qt or 32 fo	2 qt	=	$\frac{1}{2}$ gal
4 pt	=	2 qt or 64 fo	4 qt	=	1 gal

# *Entrees*



*Shrimp Kabob*

*Country Venison Roaste with Potatoes & Carrots*

*Cantonese Seasonal Stir Fry Vegetables*



*Grilled Chicken with  
Sweet Corn Salsa*

*Pineapple-Orange Turkey  
Cutlet with Spinach*



*Stuffed Green Peppers*

*Stir-fry Chicken*



Pastor Howard Wright, *Lasters Chapel United Methodist Church*  
"Behold, I have given you every herb bearing seed which is upon the face of all the earth, and every tree, in which is the fruit of the tree yielding seed, to you it shall be for meat". Genesis 1:29

*From the Kitchen of Mattie R. Freeman  
Lasters Chapel United Methodist Church*

## Healthy Turkey Meatballs and Mushroom Gravy

(over mashed potatoes)

### Meatballs:

2 lbs ground turkey breast  
 $\frac{1}{3}$  cup corn flakes crumbs  
 $\frac{1}{4}$  cup ketchup  
2 TB onion (chopped)  
2 ts salt  
 $\frac{1}{2}$  ts oregano  
 $\frac{1}{2}$  ts pepper  
2 eggs

### Mushroom Gravy:

2 cups mushrooms (chopped)  
8 oz evaporated skim milk  
 $\frac{1}{2}$  cup meatball drippings  
1 TB cornstarch

### Preparation

Place ingredients in mixing bowl. Shape into 1 inch balls. Place into a 5 x 9 inch pan. (Recipe makes 36 meatballs). Bake at 350° for 20 minutes or until done. Add the ingredients for gravy except the cornstarch. Simmer for 5 minutes. Mix cornstarch with two tablespoons cold water until it dissolves. Add to meatballs. Stir until thick. Serve over mashed potatoes.

**Preparation time: 45 min.**

## Healthy Mashed Potatoes

10 lg potatoes (skin on)      2 ts garlic powder  
 $\frac{1}{4}$  cup margarine, low fat      salt and pepper to taste  
1 cup sour cream (fat free)

### Preparation

Cut potatoes into quarters. Boil potatoes until tender. Mash or mix until creamy. Add margarine, sour cream and spices. Mix well. Serve hot.

**Preparation time: 15 min.**

**Recipe makes 12 servings.**

**Each serving contains:**

310 Kcal

5 grams of fat

1½ servings of vegetables





## *Baked Fried Chicken Breast with Mixed Vegetables*

½ cup	plain dried bread crumbs	2 TB	cornmeal
1½ lbs	boneless chicken breast	1 lg	egg white
¼ cup	grated Parmesan cheese	½ ts	salt
3 cups	mixed vegetables	½ ts	ground red pepper
	non-stick cooking spray	3 cups	mashed potatoes

### **Preparation**

Pre-heat oven to 350°. Remove skin from chicken breast. Spray a medium baking pan with cooking spray. On waxed paper, mix bread crumbs, cheese, cornmeal, and ground red pepper. In pie plate, beat egg white and salt. Dip each piece of chicken in egg white mixture, then coat with bread crumb mixture. Place chicken in pan; spray lightly with cooking spray. Bake chicken for 30 minutes or until coating is crisp and juices run clear when chicken is pierced with the tip of a knife. Add mixed vegetables to chicken. Bake for 5 more minutes. Serve with mashed potatoes (recipe on page 11)

### **Preparation Time: 45 min.**

**Recipe makes 6 servings.**

**Each serving contains:**

340 Kcal	10 grams of fat	1 serving of vegetables
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*From the Kitchen of Dollie Dunn  
Lindsay Street Baptist Church*

## *Stir-Fry Chicken*

3-4 cups	stir-fry vegetables	1 ts	lemon juice
3 TB	soy sauce, low salt	1 ts	mustard
3 md	skinless chicken breast	1 TB	honey
2 cups	cooked rice	1 TB	olive oil

### **Preparation**

Add vegetables to large wok-type pan and steam until just tender. In separate skillet, brown chicken (sliced or cubed) in oil and add soy sauce. Simmer uncovered for 15-20 minutes. Prepare rice per package directions. Add chicken to vegetables and “stir-fry” until well blended. Spoon chicken and vegetables over rice.

### **Preparation time: 30 min.**

**Recipe makes 6 servings.**

**Each serving contains:**

280 Kcal	6 grams of fat	2 servings of vegetables
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*From the Kitchen of Harriett Fairly  
Bethel United Methodist Church*

## *Dairy-free Vegetarian Lasagna*

1 box	lasagna noodles	½ cup	onion (chopped)
26 oz	spaghetti sauce	2 TB	Italian seasoning
1 bunch	broccoli	1 TB	garlic
1 head	cauliflower	16 oz	corn
½ cup	water		

### **Preparation**

Follow package directions for lasagna noodles. Cut vegetables into small pieces; combine in a large skillet. Add water and steam for 10 minutes or until vegetables are tender. Add spaghetti sauce, Italian seasoning, and garlic. Simmer over medium heat 10 minutes. Arrange noodles in baking dish followed by a layer of vegetable mixture and continue alternating layers. Bake at 350° for 25 to 30 minutes.

### **Preparation time: 1 hour**

### **Recipe makes 6 servings.**

### **Each serving contains:**

490 Kcal	7 fat grams	3 servings of vegetables
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*From the kitchen of M. E. Redmon  
Philadelphia Baptist Church*

## *Lemon-Pineapple Baked Chicken*

20 oz	pineapple chunks in juice	1 ts	dried rosemary
2	garlic cloves (minced)	1 TB	cornstarch
6	chicken breast halves	1	lemon (thinly sliced)
1 ts	Worcestershire sauce	2 ts	dijon mustard
	salt to taste		

### **Preparation**

Drain pineapple; combine the juice with garlic, cornstarch, Worcestershire sauce, mustard, and rosemary. Set aside. Arrange chicken in shallow pan, skin side up. Sprinkle with salt. Broil until browned. Stir the sauce and pour over the chicken. Bake at 350° for about 25 minutes, depending on thickness of chicken. Arrange pineapple and thin lemon slices around chicken, baste with the sauce in pan and bake for 5 more minutes.

### **Preparation time: 1 hour.**

### **Recipe makes 6 servings.**

### **Each serving contains:**

210 Kcal	3½ grams of fat	2 servings of fruit
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*Pastor Anthony Motley, Lindsay Street Baptist church*

The Bible clearly establishes a harmonious reciprocal relationship between health and holiness. This text establishes the intimacy between the presentation of our bodies as God's temple and the indwelling of the holy spirit. The presentation of one's healthy nourished body for the indwelling of God's Holy spirit makes for wholesome living.

*"I beseech you therefore brethren, by the mercies of God, That you present your bodies a living sacrifice, Holy, acceptable unto God, Which is your reasonable service". Romans 12:1*

*From the Kitchen of Sally Brooks  
Faith Temple Christian Church*

## *Cantonese Seasonal Stir-Fried Vegetables*

6 md	carrots (sliced on a slant)	1 TB	soy sauce
1 can	straw mushrooms (drained)	½ lb	pea pods
⅓ cup	liquid from mushrooms	1 can	baby corn (drained)
8-10	fresh water chestnuts (sliced)	3 TB	hoisin sauce
1 cup	leeks (1 inch pieces)	1 cup	bean sprouts
1 md	red bell pepper (triangular cut)	¼ cup	pine nuts (optional)

### **Binder:**

2 TB	corn starch	½ ts	salt
1 TB	rice wine or sherry	¼ ts	black pepper
2 TB	peanut oil	½ ts	sugar

### **Preparation**

**Preparation time: 30 min.**

Mix mushrooms stock with hoisin sauce and soy sauce, then mix in binder. Place wok over high flame for 30 seconds, then add peanut oil and heat until oil is very hot. Add carrots and leeks, and stir fry for 2 minutes, adding salt, black pepper, and sugar. Add stock and hoisin sauce mixture. Bring to a boil and continue cooking over high flame for 2 minutes. Add straw mushrooms, baby corn, pepper, water chestnuts, and pea pods. Cook over high flame until vegetables are thoroughly heated and barely tender, about 2 minutes. Add bean sprouts. Re-stir binder and add while stir frying for 1 minute. Place on serving dish and sprinkle with nuts.

**Recipe makes 6 servings.**

**Each serving contains:**

195 Kcal

6 grams of fat

3 servings of vegetables

## *Pasta Primavera*

4 cups	cooked pasta (any kind)	1 TB	margarine
2 cups	broccoli crowns	¼ cup	water
1 cup	carrots (sliced or julienne)	½ ts	thyme
½ cup	peas	3 TB	Parmesan cheese
1 md	onion (chopped)	1 md	tomato (chopped)
½ ts	oregano	2 TB	tarragon vinegar
	salt to taste		

### **Preparation**

Boil your choice of pasta according to package instructions. Set aside. Simmer vegetables in water and margarine for 5 minutes over medium heat. Remove vegetables from heat. Drain water. Toss vegetables with seasonings. Add cheese and prepared pasta. Mix well. Serve hot or cold.

### **Preparation time 30 min.**

### **Recipe makes 4 servings.**

### **Each serving contains:**

140 Kcal	3 grams of fat	2 servings of vegetables
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*From Little Miller Grove Baptist Church*

## *Country Venison Roast with Potatoes and Carrots*

2 lbs	Venison or beef roast	1 cup	vinegar
8 lg	potatoes	2 TB	vegetable oil
12 md	carrots	2 ts	pepper
1 lg	onion (chopped)	2 TB	flour
4 ts	season all salt	1 cup	water

### **Preparation**

Wash meat, place into a large pan, fill pan with water to cover meat. Pour in vinegar and half of the season all salt. Cover and put in refrigerator over night. Cut potatoes into quarters and carrots into 1½ inch pieces. Drain meat and put ½ inch of water in bottom, cover and bake for 1½ hours. Place vegetables in pan around meat and season vegetable with 1 tablespoon season all salt. Cover. Continue to cook for 30 minutes. Put oil in skillet to heat. Sprinkle in flour and rest of seasoning. Stir until brown and add cup of water. Reduce heat to simmer. When thick, pour gravy over meat and vegetables. Let sit in oven for 15 minutes.

### **Preparation time: 2 hours**

### **Recipe makes 8 servings.**

### **Each serving contains:**

420 Kcal	7 grams of fat	2 servings of vegetables
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*From the Kitchen of Janie Wood  
Lasters Chapel United Methodist Church*

## *Hawaiian Stuffed Chicken Breasts*

4	skinless chicken breast	¼ ts	ground ginger
8 oz	crushed pineapple (in juice)	1 TB	white vinegar
½ each	green and red bell peppers	⅔ cup	hot water
2 cups	stuffing mix	2 TB	margarine

### **Preparation**

Heat oven to 400°. Mix hot water and margarine in bowl. Stir in stuffing mix, chopped peppers, half the pineapple and juice. Spoon stuffing evenly on chicken (halves pounded ¼ inches thick); roll tightly. Secure with toothpicks. Place in 9-inch square pan with any remaining stuffing in center. Mix remaining pineapple and juice, sugar, vinegar and ginger. Spoon over chicken. Bake 30 minutes or until thoroughly cooked.

### **Preparation time: 30-45 min.**

### **Recipe makes 4 servings.**

### **Each serving contains:**

280 Kcal                      8 gram of fat                      ½ serving of vegetables

*From the Eat for Life Program*

## *Shrimp Kabobs*

16	jumbo shrimp	16	pearl onions
16	cherry tomatoes	1 TB	honey
16	whole mushrooms	1 TB	lemon juice
16	broccoli florets	1 md	lemon (sliced)
	skewers	1 TB	low sodium soy-sauce as needed

### **Preparation**

Soak skewers in water 1 hour prior to grilling. Peel, devein shrimp and alternate with vegetables on each skewer (Add in this order: tomato, shrimp, mushroom, shrimp, broccoli, onion, shrimp, and finally another tomato). Baste each skewer with soy sauce, honey, and lemon juice mixture. Grill skewers 5-7 minutes. Turn halfway through cooking. Continue basting during grilling. Serve immediately. Garnish plate with lemon slices.

### **Preparation time: 15 min.**

### **Recipe makes 6 servings.**

### **Each serving contains:**

140 Kcal                      1 gram of fat                      2 servings of vegetables

*From the Kitchen of Hester Wright  
Lasters Chapel United Methodist Church*

## *Chicken Fruit Kabobs*

1 lb	boneless chicken breast	4 TB	teriyaki sauce
6 oz	dried apricots	4 TB	honey
1 md	onion	1 cup	mushrooms

### **Preparation**

Place 26 apricot halves in a cup and cover them with water. Cut chicken in 1½ to 2 inch cubes and place in a bowl. Cut mushrooms and onions into 1½ to 2-inch cubes. Place onions in the same bowl as the chicken. In a small bowl mix the honey with the teriyaki. Pour teriyaki mixture over chicken. Assemble kabobs on skewers, alternating apricots, onion and chicken. Broil. Place kabobs in a large rectangular baking pan and pour sauce over. Broil 4 inches from heat for about 5 minutes each side or until cooked through. Baste with sauce when turning.

**Preparation time: 15 min.**

**Recipe makes 4 servings.**

**Each serving contains:**

330 Kcal	4 grams of fat	2 servings of vegetables
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*From the Eat for Life Program*

## *Stuffed Green Peppers*

4 lg	green bell peppers	1½ cups	mixed vegetables
1 can	tomato paste (large)	1 cup	cooked rice
1 cup	diced bell peppers	1 TB	olive oil
2 lbs	extra lean ground beef or ground turkey	1 ts	seasoned salt

### **Preparation**

**Preparation time: 1 hour**

Slice off tops of bell peppers, scoop out seeds and steam for 5-7 minutes. Set aside. Brown ground beef/turkey and diced peppers together in pan. Cook beef/turkey then drain. Mix rice, mixed vegetables, seasoning, tomato paste, and beef/turkey thoroughly. Stuff peppers with mixture. Rub outside of peppers with olive oil. Place stuffed peppers in baking dish. Bake for 30 minutes at 350°.

**Recipe makes 4 servings.**

**Each serving contains:**

400 Kcal	13 grams of fat	1 serving of vegetables
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*Rev. Billy J. Woods, Pastor, God's Tabernacle of Praise Baptist church.*

Life is Precious. Let us eat with the thought in mind that in all that we do, do to the Glory of God. Healthy Eating is Godly.

*"Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God".  
1 Corinthians 10:31*

*From the kitchen of Bertha Rainey  
God's Tabernacle of Praise*

## *Vegetable Lasagna*

1 box lasagna noodles  
1 bunch broccoli (chopped)  
1 lg carrot (shredded)  
½ cup nonfat Parmesan cheese  
½ cup low fat mozzarella cheese

## *Homemade Tomato Sauce*

3 qt	tomatoes (crushed)	2 TB	vegetable oil
2 qt	tomato paste	2 TB	oregano
2 TB	garlic (crushed)	½ ts	pepper
1½ cups	onion (chopped)	¼ cup	sugar
2 TB	Worcestershire sauce	6 ts	salt
3 stalks	celery (chopped)		

### **Preparation**

Cook lasagna according to package directions. You may use a jar of low fat tomato sauce or prepare the tomato sauce in the following manner. Mix oil, celery, and onion into medium sauce pan. Cook until tender. Mix all remaining tomato sauce ingredients together and cook for 30 minutes. In a medium aluminum pan or 2 medium 13 x 9 inch baking dishes, put 1 quart sauce in bottom, then layer of lasagna on top. Next layer is broccoli and carrots, then another layer of lasagna, then sauce. Sprinkle Parmesan and mozzarella on top. Bake at 325° for 30 minutes or until cheese is lightly brown.

**Recipe makes 25 servings.**

**Each serving contains:**

250 Kcal	4 grams of fat	2 servings of vegetables
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## Pineapple-Orange Turkey Cutlet with Spinach

4	turkey cutlets	½ ts	seasoned salt
1 cup	diced bell peppers (red green, yellow)	½ ts	Italian seasoning

### Preparation

Preheat oven to 350°. Place cutlets in medium baking dish. Add red green and yellow bell peppers to dish along with 3 tablespoons of water. Add Italian seasoning and low sodium seasoned salt. Cover with foil, Bake 25 minutes or until done.

### Preparation time: 30 min.

## Pineapple-Orange Sauce:

1 can	mandarin orange, drained	¼	cup orange juice
4	pineapple rings	4	maraschino cherries

### Preparation

Combine in blender: orange slices, 2 pineapple rings, and orange juice. Whip until pureed. (If sauce is too thin, add 1 tablespoon corn starch to thicken). Pour sauce over turkey when serving. Garnish each cutlet with 2 pineapple rings and 2 cherries.

## Spinach

6 oz	spinach (chopped)	1 TB	seasoned salt
1	slice of turkey bacon	1 TB	sugar

### Preparation

Heat spinach, bacon, and seasonings together with 3 TB of water in a small saucepan or wok over medium heat. Cook to desired tenderness. Serve alone or with cutlets.

### Preparation time: 20 min.

### Optional:

Instead of turkey bacon you can use smoked turkey; or for a meatless alternative just sauté some onions, bell peppers and tomatoes and add to spinach.

### Recipe makes 4 servings.

### Each serving contains:

110 Kcal 7 grams of fat 1 serving of fruit 1 serving of vegetables



*From the Kitchen of Delores A. Allen  
Decatur A.M.E. Zion Church*

## *Fettucine Primavera*

1 pkg	Fettuccine or other thin pasta	¾ ts	oregano
2 cups	broccoli florets	½ ts	pepper
1 cup	carrots (cut into julienne strips)	2 TB	olive oil
½ cup	Parmesan cheese (grated)	1 ts	basil
1 ts	red pepper (crushed)	1 TB	margarine
1 cup	green pepper (julienned)	½ ts	salt
1½ cup	zucchini (shredded)	1 cup	onions diced
3 TB	Italian seasoning	2 cloves	garlic

### **Preparation**

Cook fettucine according to package directions. Drain and set aside. Meanwhile, bring 4 cups salted water to a boiling point. Add broccoli florets and carrots and cook 2 minutes; drain and let cool. Heat oil in large skillet and sauté pepper strips until tender, yet firm. Mince garlic and add chopped onions, zucchini, and seasonings and sauté 2 minutes. Add carrots, broccoli, and pasta. Add margarine and toss to coat. Sprinkle with Parmesan cheese and serve.

**Preparation time: 20 min.**

**Recipe makes 8 servings.**

**Each serving contains:**

310 Kcal                      8 grams of fat                      2 servings of vegetables

*From the Kitchen of Mamie Releford  
Workhouse of Faith Baptist Church*

## *Chicken Brunswick Stew*

3 cups	chicken stock (fat removed)	¼ ts	pepper
16 oz	tomatoes in puree (cut, seeded)	1 clove	garlic
2 lg	potatoes (cut into cubes)	10 oz	succotash
1 lb	chicken breast (diced)	10 oz	lima beans
3 md	onions (chopped)		

### **Preparation**

Combine vegetables in large saucepan, heat to boiling; reduce heat, and simmer uncovered for 20 minutes or until vegetables are tender. Add chicken breast, heat until hot and simmer 45 minutes. This stew can be refrigerated and reheated for enhanced flavor.

**Preparation time: 90 min.**

**Recipe makes 8 servings.**

**Each serving contains:**

250 Kcal                      4 grams of fat                      2 servings of vegetables

*From the Kitchen of Terry Flanagan  
God's Tabernacle of Praise Church*

## *Crunchy Vegetable Burrito*

½ cup	shredded carrots	1 TB	lime juice
½ cup	broccoli (chopped)	1 TB	cilantro
½ cup	cauliflower (chopped)	½ ts	chili powder
2	green onions (thinly sliced)	4	flour tortillas
6 oz	shredded cheese, low fat	1 cup	lettuce
¼ cup	ranch salad dressing, nonfat		

### **Preparation:**

In a mixing bowl, combine carrots, broccoli, cauliflower, and onions with cheese, dressing, spices, chili powder, and lime juice. Lay tortillas flat on the counter and spoon about ½ cup vegetable mixture and ¼ cup of lettuce (cut into bite-size pieces) down the center. Wrap each tortilla around the vegetable mixture.

### **Preparation time: 15 min.**

### **Recipe makes 4 servings.**

### **Each serving contains:**

250 Kcal	7 grams of fat	1 serving of vegetables
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*From the Kitchen of Sherita Redd-McKinley  
Little Miller Grove Baptist Church*

## *Chicken Veggie Surprise (Lasagna)*

2	boneless chicken breasts	6 cups	broccoli
½ lb	mild cheddar cheese, low fat	2 md	carrots
1 lb	lasagna noodles	26 oz.	spaghetti sauce
1 can	chicken broth (fat free)	1 head	cauliflower
½ lb	mozzarella cheese, low fat	16 oz	whole kernel corn

### **Preparation**

### **Preparation time: 1 hour**

Dice chicken and boil in broth for 5 minutes. Cut vegetables small and steam for 12 minutes. Prepare noodles according to package directions. Mix spaghetti sauce with chicken and cook for 10 minutes. Preheat oven to 350°. Place one layer of noodles then vegetables followed by chicken and sauce. Sprinkle cheese between layers, and alternate. Cover and bake for 20 minutes. Uncover and bake until cheese is well melted.

### **Recipe makes 12 servings.**

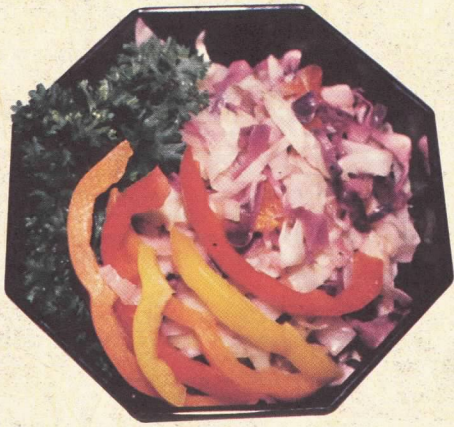
### **Each serving contains:**

360 Kcal	10 grams of fat	2 servings of vegetables
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# *Side Dishes*



*Honey Candied Yam*  
*Vegetable Medley*  
*Swiss Green Bean*



*Spicy Cabbage*



*Succotash*



*Vegetable Casserole*



*Kernel Cornbread*

*Pastor Derrick Rhodes, Bethel United Methodist Church*

I like how the Contemporary English Version of the Bible says it:

*“You surely know that your body is a temple where the Holy Spirit lives. The Spirit is in you and is a gift from God. You are no longer your own. God paid a great price for you. So use your body to honor God.”*

*1 Corinthians 6:19, 20.*

*From the Eat for Life Program*

## *Collards with Turkey Bacon*

1 bunch collards (chopped)	2 TB honey
4 strips turkey bacon	2 ts olive oil
salt to taste	

### **Preparation**

Place oil in wok or pan and sauté turkey bacon. Add collards and stir. Allow to cook with lid off about 10 minutes, add other ingredients and continue to stir. Place cooking top on wok or pan and cook to desired tenderness.

### **Preparation time: 20 min.**

**Recipe makes 12 servings.**

**Each serving (½ cup) contains:**

45 Kcal	1½ grams of fat	1 servings of vegetables
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*From the Kitchen of Marion Nickals  
Lasters Chapel United Methodist Church*

## *Soul Greens*

1 bunch kale or turnip greens	1½ TB margarine
½ lb smoked turkey necks	1 clove garlic (minced)

### **Preparation**

Wash greens. Cook turkey necks with garlic in three cups of water for about 1 hour. Add greens and margarine; cook until done. Add more water if needed.

### **Preparation time: 70 min.**

**Recipe makes 4 servings.**

**Each serving contains:**

15 Kcal	< 1 gram of fat	2 servings of vegetables
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*From the Kitchen of Felicia Davis  
God's Tabernacle of Praise Baptist Church*

## *Debbie's Corn Casserole*

1 can	cream style corn	½ cup	onions (chopped)
1 can	whole kernel corn	1 ts	garlic
1 TB	margarine, low fat	½ ts	salt
1 cup	cracker crumbs	½ ts	pepper
½ cup	green pepper (chopped)		

### **Preparation**

**Preparation time: 20-30 min.**

Preheat oven to 350°. Combine ingredients in casserole dish and bake. Sprinkle top with ½ cup of cracker crumbs and brown.

**Recipe makes 5 servings.**

**Each serving contains:**

40 Kcal	1 gram of fat	2 servings of vegetables
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*From the Kitchen of Josephine Rowell  
Decatur A.M.E. Zion Church*

## *Vegetable Casserole*

8 oz	cauliflower	6 oz	mushrooms
1 can	cream of celery soup, low fat	16 oz	broccoli
1 can	cream of chicken soup, low fat	½ cup	cracker crumb
½ cup	shredded cheddar cheese, low fat		

### **Preparation**

**Preparation time: 30 min.**

Cook vegetables according to package directions until almost tender. Place in large baking dish. Mix remaining ingredients together, spread cheddar over casserole. Bake for 30 minutes. Sprinkle cracker crumbs over casserole half way through baking.

**Recipe makes 6 servings.**

**Each serving contains:**

15 Kcal	< 1 gram of fat	2 servings of vegetables
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*From the Kitchen of Mayfred Nall  
Decatur A.M.E. Zion Church*

## *Honey Candied Yams*

3 sm	yams	½ cup	water
1 TB	light margarine	¼ ts	nutmeg
¼ cup	honey	¼ ts	lemon flavor

### **Preparation**

Wash and peel yams. Cut in quarters and cut quarters into 1 piece. Rinse pieces. Place yams, honey, water, nutmeg, margarine, and flavor in a sauce pan and heat until boiling. Turn heat down to medium, cover and let simmer until all water boils out and the sauce is syrupy.

**Preparation time: 30 min.**

**Recipe makes 6 servings.**

**Each serving contains:**

85 Kcal	< 1 gram of fat	1 serving of vegetables
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*From the Eat for Life Program*

## *Spicy Cabbage*

1 md	cabbage	1 md	bell pepper
1 md	onion	½ ts	thyme
1 md	tomato		hot sauce to taste
	salt to taste		

### **Preparation**

Chop and mix cabbage, peppers, tomato and onion. Simmer mixture in ¼ cup of water over medium heat for 15 minutes, or until desired tenderness. Add seasonings to taste.

**Preparation time: 20 min.**

**Recipe makes 6 servings.**

**Each serving contains:**

75 Kcal	< 1 gram of fat	2 servings of vegetables
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*From the Kitchen of Jimmie L. Spencer  
Faith Temple Christian Church*

## Swiss Green Beans

1 lb	green beans	¼ cup	boiling water
2 TB	olive oil	½ ts	salt
1 clove	garlic (minced or pressed)	1 ts	dried basil leaves
⅓ cup	grated Parmesan cheese	2 TB	onion (chopped)
½ cup	diced red or green pepper		

### Preparation

Wash, trim, and cut beans into 2-inch pieces. Heat oil in a heavy saucepan, add garlic, onion, and peppers and sauté for 2 minutes. Add beans, water, salt, and basil and cook for 12-15 minutes or until tender. Stir in half the cheese. Spoon beans into serving dish and sprinkle with remaining cheese. Serve immediately.

**Preparation time: 10 min.**

**Recipe makes 6 servings.**

**Each serving contains:**

35 Kcal	1 gram of fat	1½ servings of vegetables
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*From the Kitchen of Tonya Wilson  
Turner Chapel A.M.E. Church*

## Succotash

10 oz	baby lima beans (frozen)	2 TB	margarine
10 oz	whole kernel corn (frozen)	10 oz	cut okra
16 oz	tomatoes (undrained)	½ cup	onions
	Tabasco sauce to taste		salt and pepper to taste

### Preparation

Combine lima beans, corn, tomato, onion, margarine, salt and pepper in a pan. Bring to a boil, reduce heat, and simmer for 20 minutes. Add okra and cook for 10 more minutes.

**Preparation time: 30 min.**

**Recipe makes 7 servings.**

**Each serving contains:**

100 Kcal	2 grams of fat	3 servings of vegetables
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*From the Kitchen of Miss Riley  
Workhouse of Faith Church*

## Oven Fried Okra

1 lb	fresh okra	1 ts	baking powder
1/4 cup	egg substitute	1/2 ts	salt
1/4 cup	non-fat buttermilk	2/3 cup	cornmeal
1/3 cup	all-purpose flour		nonfat cooking spray

### Preparation

Wash okra and drain. Remove tips and stem ends. Cut okra into 1/2 inch thick slices. In a bowl, combine egg substitute and buttermilk. Stir in okra and let stand for 10 minutes. Combine cornmeal, flour, baking powder, and salt in a zip top plastic bag. Drain okra using a slotted spoon. Add small portions of okra to plastic bag. Shake gently to coat with cornmeal mixture. Spray a large cooking sheet with cooking spray. Add okra in a single layer. Coat okra with cooking spray. Bake at 450° for 7 minutes. Stir well and coat again with cooking spray. Bake an additional 7 minutes at 450°. Next, raise heat and broil until browned, stirring occasionally.

### Preparation time: 30 min.

### Recipe makes 7 servings.

### Each serving contains:

110 Kcal	2 1/2 grams of fat	1 serving of vegetables
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*From the Eat for Life Program*

## Vegetable Medley

2 cups	bell peppers	3/4 cups	carrots (sliced)
3/4 cup	mushrooms	1 ts	basil
1 1/2 cups	broccoli crowns	1 ts	garlic

### Preparation

Combine broadly chopped vegetables with seasonings. Steam seasoned vegetables for 10 minutes or to desired tenderness. Be careful not to overcook.

### Preparation time: 15 min.

### Recipe makes 5 servings.

### Each serving contains:

30 Kcal	< 1 gram of fat	2 servings of vegetables
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*From the Kitchen of Mothers Ministry  
The Greater Solid Rock Baptist Church*

## *Light Cornbread Dressing*

### **Cornbread:**

2 cups	cornmeal
¾ cups	all purpose flour
¾ ts	baking soda
2 ts	sugar
2¼ cups	nonfat buttermilk
¾ cup	egg substitute
¼ cup	vegetable oil

### **Dressing:**

1 cup	celery (chopped)
½ cup	onion (chopped)
½ cup	egg substitute
2 ts	sage
2¼-½ ts	salt
⅛ ts	pepper
32 oz	chicken broth, fat free

### **Preparation**

Combine ingredients for cornbread. Mix well. Bake at 350° for 20-25 minutes or until done. Sauté vegetables using cooking spray until tender. In large mixing bowl add crumbled cooled cornbread. Stir in chicken broth (low sodium), egg substitute, sage, salt, and pepper. Mixture should be wet, spoon into 13 x 19 x 2-inch baking dish. Cover and chill 7 hours. Remove from refrigerator and let stand at room temperature 30 minutes. Bake at 400° for 40 minutes or until edges are lightly browned.

### **Preparation time: 1 hour**

### **Recipe makes 12 servings.**

### **Each serving contains:**

190 Kcal

3 grams of fat

4 serving of vegetables

*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

*From the Eat for Life Program*

## *Corn Kernel Cornbread*

1 can	corn	1 TB	baking powder
1 cup	cornmeal	½ ts	allspice
1 cup	all-purpose flour	2 TB	canola oil
1 cup	skim milk	¼ ts	salt

### **Preparation**

Mix all dry ingredients together. Add milk and mix well. Add corn to mixture and mix, adding oil at the end. Pour into a baking pan and bake for 20 minutes at 350°.

### **Preparation Time: 30 min.**

### **Recipe makes 12 servings.**

### **Each serving contains:**

90 Kcal	2 grams of fat	1 serving of vegetables
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*From the Kitchen of Clementine Wideman  
Turner Chapel A.M.E. Church*

## *Sister Wideman's Green Tomatoes*

4	green tomatoes	garlic powder to taste
½ TB	low fat margarine	salt and pepper to taste

### **Preparation**

Wash and slice green tomatoes (thinly). Season with salt, pepper, and garlic powder (as desired). Melt margarine in pan. Add tomato slices to pan. Steam in pan on medium heat for 3-5 minutes.

### **Preparation time: 10 min.**

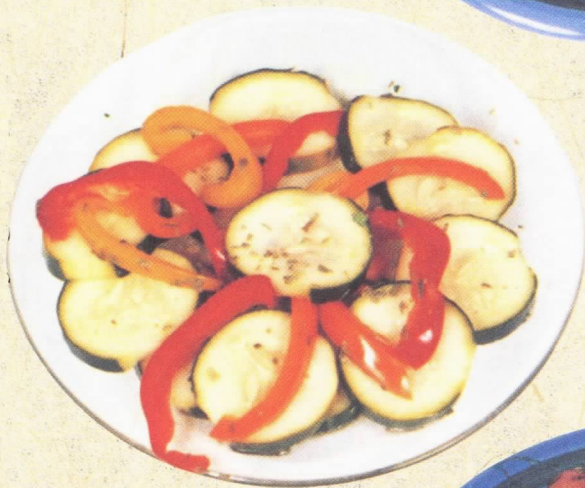
### **Recipe makes 6 servings.**

### **Each serving contains:**

10 Kcal	< 1 gram of fat	1 serving of vegetables
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# *Soups & Salads*

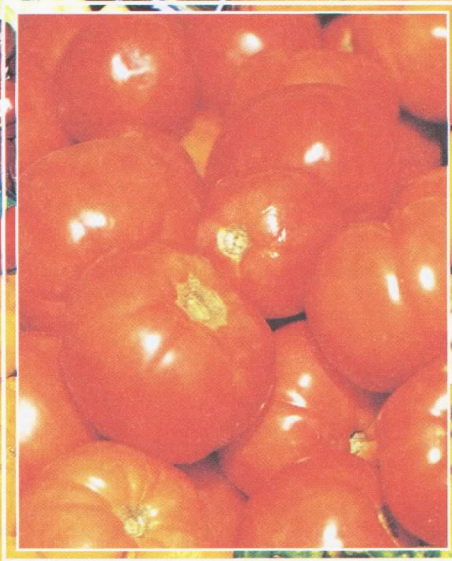
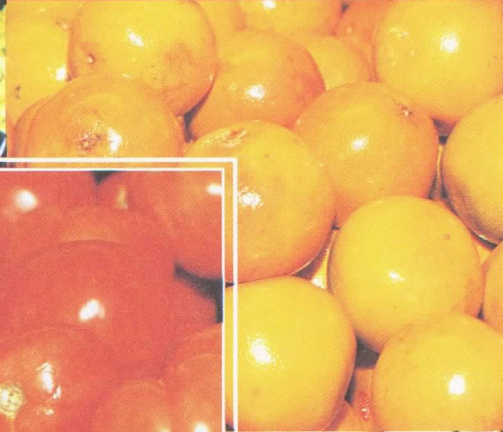
*Chicken Nicoise*



*Cucumber Salad*

*Warm Red Potato Salad  
with Dill*





*Rev. Thomas Ashford, Pastor, New Jerusalem Missionary Baptist Church*

If we eat well, our bodies will heal themselves because what we put inside our bodies affects our health. Putting junk into our bodies puts junk inside our ‘spiritual man’. We should feed on nutritious food and the Word of God. We need to go from junk to Jesus.

*“For I will restore health to you and heal you  
of your wounds, says the Lord”  
Jeremiah 30:10.*

*From the Kitchen of Welborn Westbrook  
Faith Temple Christian Church*

## *Chicken Nicoise*

- ½ lb green beans (trimmed and halved)
- 1 lb cooked chicken breasts (poach in chicken broth, cut in 1-inch cubes)
- ½ lb zucchini or yellow squash (trimmed cut lengthwise in thirds, then ¼-inch slices)
- ½ pt cherry tomatoes (10- 12) (stemmed and halved)
- ¼ cup black olives (pitted drained and well rinsed)
- 2 ts garlic powder
- salt and pepper to taste
- 2 cups low-fat vinaigrette dressing

### **Preparation**

**Preparation time: 20 min.**

Cook beans in boiling water 6 to 7 minutes. Drain and refresh in cold water. In a big bowl, combine chicken, green beans, squash, tomatoes, olives, and garlic powder. Pour vinaigrette over salad. Mix and serve immediate or refrigerate until ready to serve.

**Recipe makes 8 servings.**

**Each serving contains:**

90 Kcal

< 2 grams of fat

1½ servings of vegetables

*From the Kitchen of Wanda Brown  
Faith Temple Christian Church*

## *Trim Turkey Soup*

1	meaty turkey carcass	6 cups	water
6 stalks	celery (diced or sliced)	2 md	onions (sliced)
1/8 ts	ground nutmeg	1	bay leaf
3 md	carrots (diced or sliced)	1 TB	sage
	salt and pepper (optional)	1 TB	onion powder

### **Preparation**

Combine turkey carcass, water, bay leaf, nutmeg, salt and pepper in sauce pan. Heat to boiling; reduce heat. Simmer covered about 2 hours. Strain broth; cool to room temperature. Refrigerate broth until fat hardens. Remove and discard fat. Separate meat from bones; reserve meat. Discard bones and skin. Stir meat and vegetables into broth. Simmer covered 25 to 30 minutes or until vegetables are tender.

### **Preparation time: 3 hours**

**Recipe makes 6 servings.**

**Each serving contains:**

50 Kcal                      < 1 gram of fat                      2 servings of vegetables

*From the Eat for Life Program*

## *Warm Red Potato Salad with Dill*

8-10	red potatoes (small)	1/2 ts	vinegar
2 TB	olive oil	1/2 ts	mustard
1 TB	dried or fresh dill	1/2 ts	pepper
1/2 ts	salt		

### **Preparation**

Quarter potatoes and boil 10 minutes or until tender and drain. Add oil and mustard. Add vinegar, salt, pepper, and dill to taste. Add any other desired spices, e.g. chives, garlic, etc.

### **Preparation time: 15 min.**

**Recipe makes 4 Servings.**

**Each serving contains:**

150 Kcal                      3 grams of fat                      2 servings of vegetables



*From the Kitchen of Virginia Harris  
Little Miller Grove Baptist Church*

## *Baked Chicken and Spinach Salad Toss*

6	skinless chicken breast	1 ts	red pepper
1 lb	spinach (cleaned and cut)	½ cup	lemon juice
1 each	red and green bell pepper	1 sm	purple onion
1½ cup	ranch dressing, fat free	2 TB	margarine, low fat
½ head	cauliflower	½ ts	ground garlic

### **Preparation**

In a glass baking dish arrange chicken. Dice all vegetables and layer over chicken. Melt margarine and pour over vegetables. Add lemon juice mixed with ranch dressing and pour over vegetables. Bake at 350° for 1½ hours.

### **Preparation time: 2 hours**

### **Recipe makes 6 servings.**

### **Each serving contains:**

350 Kcal	6 grams of fat	1 serving of vegetables
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*From Word of Praise Missionary Baptist Church*

## *Cucumber Salad*

2 md	cucumbers (thinly sliced)	1 md	onion (sliced)
½ ts	dried whole dillweed	½ ts	pepper
¼ cup	sugar	⅓ cup	vinegar

### **Preparation**

Combine cucumbers and onion in shallow dish. Combine remaining ingredients and pour over cucumbers. Cover and refrigerate at least 1 hour before serving.

### **Preparation time: 70 min.**

### **Recipe makes 8 servings.**

### **Each serving contains:**

40 Kcal	< 1 grams of fat	1 serving of vegetables
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*From the Kitchen of Charlotte R. Ponder  
Faith Temple Christian Church*

## *Spinach - Apple Salad*

6 cups	raw fresh spinach	3 TB	cider vinegar
½ cup	red delicious apple	1 ts	dijon mustard
¼ cup	golden raisins	1 ts	vegetable oil
2 TB	slivered almonds (toasted)	¼ ts	garlic powder
¼ cup	apple juice (unsweetened)	¼ ts	pepper

### **Preparation**

Chop spinach and apples. Combine spinach, apple, raisins, and almonds in a large bowl. Toss gently. Combine apple juice and remaining ingredients in a small jar; cover tightly and shake. Pour over spinach mixture and toss gently.

**Preparation time: 10 min.**

**Recipe makes 6 servings.**

**Each serving contains:**

60 Kcal 2 grams of fat ⅓ serving of fruit 1 serving of vegetables

*From the Eat For Life Program*

## *Cauliflower and Bean Soup*

1 head	cauliflower, finely cut	1 md	onion (chopped)
2-14 oz.	canellini beans	2 ts	oil
5 cups	vegetable broth, low sodium	2 ts	fennel seeds
1 clove	garlic, crushed		

### **Preparation**

Heat oil and add garlic, onions and fennel seeds. Cook gently until onions are translucent. Add the cauliflower, half the beans and all the broth. Bring to a boil, reduce heat and simmer for 15 minutes. Pour the soup into a blender and blend until smooth. Stir in the remaining beans, reheat and serve.

**Preparation time: 15 min.**

**Recipe makes 14 servings.**

**Each serving contains:**

190 Kcal < 3 grams of fat 2 serving of vegetables

## *Southwest Salad and Corn Chips*

20 oz.	black beans	½ cup	red onion
1 can	corn	1 TB	cilantro
1 clove	garlic (chopped)	1 TB	olive oil
1 lg	green bell pepper	1 TB	toasted cumin seeds
1 lg	red bell pepper	1 TB	lime juice
	salt and pepper to taste	1 TB	parsley

### **Preparation**

Saute onions and garlic in olive oil. Add beans and ½ cup water and cook until tender. Add remaining ingredients, toss and refrigerate for 2 hours. Serve over corn chips.

### **Preparation time: 1-2 hours**

### **Recipe makes 12 servings.**

### **Each serving contains:**

110 Kcal	2 grams of fat	¾ serving of vegetables
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*From the Kitchen of Lay Women's Ministry  
The Greater Solid Rock Baptist Church*

## *Layered Green Salad*

1 head	iceberg and romaine lettuce	1 sm	onion (diced)
	or mixed with spinach	1 cup	green pepper
1 lg	cucumber (peeled, sliced)		
	fat-free or low fat ranch salad dressing		

### **Preparation**

Wash and cut lettuce and drain. Layer on bottom in oblong casserole dish. Add cucumbers as next layer, then onions and peppers diced. Serve with low fat ranch salad dressing.

### **Preparation time: 15 min.**

### **Optional:**

Add radishes, broccoli, cauliflower or other favorite vegetables or grapes for a more exciting taste.

### **Recipe makes 7 servings.**

### **Each serving contains:**

80 Kcal	< 1 gram of fat	2 servings of vegetables
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*From the Kitchen of Cecelia Harvey  
Faith Temple Christian Church*

## *Spicy Chicken Salad*

½ ts	garlic powder	½ ts	onion powder
⅓ cup	white wine vinegar	¼ ts	dry mustard
1 TB	fresh parsley (chopped)	1 TB	dijon mustard
¼ ts	ground red pepper	¼ ts	paprika
⅛ ts	ground white pepper	2 ts	vegetable oil
1 ts	fresh basil (chopped)	¼ ts	salt
4	chicken breast halves	¼ ts	garlic
1 cup	carrot (shredded)	¼ ts	black pepper
3½ cups	lettuce (shredded)	½ TB	red pepper
1½ cups	red cabbage (shredded)	1 TB	pepper sauce
½ cup	green onions (sliced)		

### **Preparation**

Combine first six ingredients in a small bowl, blend well. Rub spice mixture over both sides of each chicken breast (skinned boned).

Place chicken in 11 x 7 x 2-inch baking dish with thickest portions toward outside of dish. Cover with wax paper and chill 1 hour.

Microwave chicken, covered, at high 7 to 10 minutes or until chicken is tender; rotating a half turn after 6 minutes. Let cool and slice into ¼ inch wide strips. Combine lettuce, cabbage, carrot, and green onions and toss well. Combine vinegar, parsley, mustard, oil, basil, salt, black pepper, and pepper sauce in a small bowl and stir well with a wire whisk. Add vinegar mixture to lettuce mixture and toss well. Divide lettuce mixture evenly among six individual serving plates. Arrange chicken strips evenly over each serving.

### **Preparation time: 90 min.**

### **Recipe makes 6 servings.**

140 Kcal

4 grams of fat

### **Each serving contains:**

2 servings of vegetables

# *Desserts*



*My Mother's Sweet Potato Pie*  
*Fruit Kabobs*  
*Raisin Apple Bread*



*Warm Peach Dessert*



*Angel Food Cake  
with Mixed Berries*



*Delicious Fruit Salad*



*Sunny Fruit Fiesta*

*Rev. Thomas Smith, Little Miller Grove Baptist Church.*

Don't wait until your ship comes in, swim out to meet it. God gives us the strength to help ourselves. For it is God we are reminded,

*"Who forgives all your iniquities; Who heals all your diseases".*

*Psalm 103:3*

*From the Kitchen of Richelle Redd  
Little Miller Grove Baptist Church*

## *Delicious Fruit Salad*

1 lb	black grapes	6 md	red apples
1 pt	strawberries	16 oz	fruit cocktail
6 md	oranges	1 cup	coconut (shredded)

### **Preparation**

Wash all fruits well in large glass bowl. Slice grapes and remove seeds. Slice strawberries and remove stems. Peel orange, slice and remove seeds and membranes and cut into bit size pieces. Peel apples, remove core, and cut into small pieces. Add fruit cocktail. Stir until all fruit is mixed. Level the top and sprinkle coconut. Let chill. Serve.

### **Preparation time: 45 min.**

### **Recipe makes 5 servings.**

### **Each serving contains:**

100 Kcal	2 grams of fat	2 servings of fruit
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*From the Kitchen of Wanda Omigie  
God's Tabernacle of Praise Baptist Church*

## *Sweet Potato Delight*

4 md	sweet potatoes	1 TB	margarine
1 cup	pineapple chunks		cinnamon or
2 TB	brown sugar		nutmeg to taste

### **Preparation**

### **Preparation time: 1 hour**

Place peeled and cut up sweet potatoes in a greased dish or pan. Add pineapple chunks and sprinkle with brown sugar. Dot with butter or margarine and sprinkle with cinnamon or nutmeg. Cover with foil and bake at 350° for 1 hour or until tender.

### **Recipe makes 8 servings.**

### **Each serving contains:**

140 Kcal	1 gram of fat	1½ servings of fruit & vegetables
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*From the Eat for Life Program*

## *Angel Food Cake with Mixed Berries*

1	angel food cake	1 pt	blueberries
2 pts	strawberries	1 pkg	strawberry glaze
1 pt	blackberries	1	lemon (sliced)

### **Preparation**

Bake or buy angel food cake. Cut tops off one pt of strawberries. Discard tops. Combine  $\frac{1}{2}$  pt of blackberries,  $\frac{1}{2}$  pt of blueberries, and strawberry glaze. Mix well so that berries are thoroughly coated with glaze. To serve, spoon  $\frac{1}{2}$ - $\frac{3}{4}$  cup of glazed berry mixture over each slice of cake. Garnish each slice with a slice of lemon and a few unglazed berries.

**Preparation time: 10 min.**

**Recipe makes 10 servings.**

**Each serving contains:**

300 Kcal	< 1 gram of fat	1 $\frac{1}{2}$ servings of fruit
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*From the Kitchen of Hattie G. Saffo  
Turner Chapel A.M.E. Church*

## *Raisin Apple Bread Pudding*

6 cups	white bread crumbs	2 ts.	vanilla extract
1 cup	apple sauce	$\frac{1}{2}$ cup	sugar
$\frac{1}{2}$ cup	raisins	$\frac{1}{4}$ ts	salt
$\frac{1}{2}$ stick	margarine, low fat	6 lg	egg whites
2 cups	skim / low fat milk or water		sprinkle of nutmeg

### **Preparation**

Blend milk with slightly beaten eggs. Add sugar, salt, margarine, and vanilla together. Add raisin and apple sauce to bread crumbs. Mix well. Pour into buttered baking dish. Sprinkle with nutmeg. Bake at 350° for 45 minutes to 1 hour or until a knife inserted in the center comes out clean. Serve plain or with low fat ice cream

**Preparation time: 1 hour**

**Recipe makes 12 servings.**

**Each serving contains:**

240 Kcal	3 grams of fat	$\frac{1}{4}$ serving of fruit
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*From the Eat for Life Program*

## *Warm Peach Dessert*

6 peaches  
6 scoops vanilla ice cream  
low fat or frozen yogurt  
1 cup peach marmalade  
1 sprig fresh spearmint

### **Preparation**

Cut  $\frac{1}{4}$  inch off bottom of peaches across so each will stand up on a plate. Remove stems and discard. Cut off top of peach. Hollow out core of each peach, removing pit. Blanche peaches for 30 seconds in boiling water. Warm marmalade in separate sauce pan. Place each hot peach on a separate dessert plate. Stuff each peach with a scoop of yogurt or ice cream. Top each with a sprig of spearmint. Drizzle  $\frac{1}{4}$  cup warmed marmalade on each plate. Serve peaches warm.

**Preparation time: 15 min.**

**Recipe makes 6 servings.**

**Each serving contains:**

190 Kcal                      < 2 gram of fat                      1 serving of fruit

*From the Kitchen of Dorothy Lankford  
Lindsay Street Baptist Church*

## *Island Delight Dessert*

3 md bananas  
1 pkg vanilla pudding, low fat  
2 cans pineapple chunks in juice  
1 can mandarin orange  
1 can maraschino cherries  
1 cup walnuts (optional)

### **Preparation**

Slice bananas, drain pineapple chunks and save pineapple juice, and cut cherries in half. Mix 1 package vanilla pudding with 1 cup pineapple juice. Add other ingredients.

**Preparation time: 30 min.**

**Recipe makes 12 servings.**

**Each serving contains:**

130 Kcal                      2 grams of fat                      1 serving of fruit

*From the Kitchen of Reva March  
The Greater Solid Rock Baptist Church*

## Millionaire Pie

1	graham cracker pie crust	4 oz	cool whip (lite)
1 can	crushed pineapple (drained)	½ cup	lemon juice
1 can	low fat evaporated skim milk	1 cup	pecan (chopped)

### Preparation

Combine milk, lemon juice and pineapple. Fold in cool whip and chopped pecans. Chill for 2 hours.

**Preparation time: 30 min.**

**Recipe makes 8 servings.**

**Each serving contains:**

250 Kcal	12 grams of fat	1 serving of fruit
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*From the Kitchen of Willis Holt*

## Sunny Fruit Fiesta

1	cantaloupe melon (halved and seeded)	1 TB	orange extract
½	honeydew melon (seeded)	¼ cup	fresh lime juice
1 cup	black / red seedless grapes	1 cup	fresh strawberries
¼ cup	sugar (superfine granulated)	½ TB	lime peel (grated)
		2 ts	fresh lemon juice

### Preparation

Using a melon baller, scoop flesh from cantaloupe and honeydew into balls; set aside. In a large glass or ceramic bowl, combine the sugar, lime juice, lemon juice, orange extract and lime peel. Stir well to dissolve sugar. Add the cantaloupe and honeydew balls, strawberries (sliced), and grapes. Top gently to combine. Cover the bowl with plastic wrap and refrigerate for at least 1 hour to blend flavors, stirring once or twice. Spoon the fruit mixture into serving bowls or hollowed out melon halves, dividing evenly. Serve immediately.

**Preparation time: 20 min.**

**Recipe makes 8 servings.**

**Each serving contains:**

120 Kcal	< 1 gram of fat	3 servings of fruit
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*From the Kitchen of Bernice Mills-Benson  
Workhouse of Faith Church*

## *Chocolate Banana Brownies*

1-½ cups	all-purpose flour	1 cup	granulated sugar
6 TB	cocoa powder	2 large	egg whites
¾ cup	water	1 ts.	vanilla extract
2 very	ripe bananas	½ ts.	salt
			non-stick cooking spray

### **Preparation**

Pre-heat oven to 350 degrees. Spray 8” round or square cake pan with non-stick cooking spray. Blend cocoa, ¼ cup water, and bananas until smooth. Add sugar, egg whites, vanilla extract, and salt. Blend again until smooth. Add flour and remaining ½ cup water, a little at a time, blending til smooth. Pour mixture into pan. Bake 20-25 minutes. Allow brownies to cool then cut into squares and serve.

### **Preparation time: 35 min.**

### **Recipe makes 7 servings.**

### **Each serving contains:**

210 Kcal	< 1 gram of fat	½ serving of fruit
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*From the Kitchen of Bernice Mills-Benson  
Workhouse of Faith Church*

## *Fruit Kabobs*

2 lg	red delicious apples	1 cup	fresh cherries
2 lg	peaches	2 TB	honey
2 cups	water	½ ts	cinnamon

### **Preparation**

### **Preparation time: 15 min.**

Cut apples and peaches into 1½ inch wedges. Soak fruit in water and lemon juice mixture for 5 minutes. Thread fruit onto skewers, alternating apples, peaches and cherries. Combine honey and cinnamon in saucepan. Cook over medium flame. until mixture boils. Turn off flame. Preheat grill. Grill on medium settings 8 to 10 minutes., Baste with marinade; turn frequently. (Soak skewers in water or over night to keep from burning, i.e. wooden skewers).

### **Recipe makes 6 servings.**

### **Each serving contains:**

105 Kcal	1 gram fat	1 serving of fruit
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*From the Kitchen of Youth Ministry  
The Greater Solid Rock Baptist Church*

## *My Mother's Sweet Potato Pie*

2 cups	sweet potato	1 ts	vanilla
½ cup	evaporated milk	1 ts	lemon extract
½ cup	low fat margarine	2 lg	eggs
1 cup	sugar	½ ts	cinnamon
1	pastry pie shell	½ ts	nutmeg
		½ ts	apple pie spice

### **Preparation**

Combine sweet potatoes, sugar, butter, eggs and spices in large mixing bowl; beat until light and fluffy. Add milk and flavorings. Beat just until blended well. Pour into pastry shell. Bake at 400° for 10 minutes. Reduce heat to 350°. Bake for 45-50 minutes until set.

### **Preparation time: 1 hour**

### **Recipe makes 12 servings.**

### **Each serving contains:**

210 Kcal                      7 grams of fat                      ⅓ serving of vegetables

*From the Kitchen of Barbara Rogers  
New Jerusalem Church*

## *Barbara's Blueberry Best*

4 oz	cream cheese, low fat	1 lg	egg
2 oz	whipped cream, low fat	1 cup	sugar
1 pkg	blueberry muffin mix	16 oz	blueberries
1 stick	margarine low fat	1 cup	water
⅓ cup	pecans (chopped)		

### **Preparation**

Combine muffin mix, pecans, butter, egg, and water. Bake in oven at 350° until brown, let cool. Combine cream cheese and sugar. Spread evenly over the baked blueberry bread. Drain blueberries, place on top of cream cheese and sugar and place whipped cream on top of the blueberries then let chill for 1 hour.

### **Preparation time: 2 hours**

### **Recipe makes 12 servings.**

### **Each serving contains:**

200 Kcal                      5 grams of fat                      ½ serving of vegetables

## *Glossary of Cooking Terms*

- Bake** - To cook food with dry heat.
- Baste** - To moisten foods during cooking with pan drippings or special sauce to add flavor and prevent drying.
- Beat** - To make mixture smooth by adding air with a brisk whipping or stirring motion using spoon or electric mixer.
- Binder** - A mixture containing an agent to hold sauces and soups together.
- Blend** - To thoroughly mix two or more ingredients until smooth and uniform.
- Boil** - To cook in liquid at boiling temperature (212° F) where bubbles rise to the surface and break.
- Braise** - To cook slowly with a small amount of liquid in tightly covered pan on top of range or in oven.
- Broil** - To cook under direct heat, usually in broiler or over coals.
- Candied** - To cook in sugar or syrup when applied to sweet potatoes and carrots. For fruit or fruit peel, to cook in heavy syrup until transparent and well coated.
- Chill** - To place in refrigerator to reduce temperature.
- Chop** - To cut in pieces about the size of peas with knife, chopper, or blender.
- Cool** - To remove from heat and let stand at room temperature.
- Cream** - To beat with a spoon or electric mixer until mixture is soft and smooth.
- Devein** - To remove the inner vein from shrimp.
- Dice** - To cut food in small cubes of uniform size and shape.
- Grate** - To rub on a grater that separates the food into fine pieces.
- Julienne** - To cut into thin strips.
- Marinate** - To allow food to stand in a liquid to tenderize, preserve, and add flavor.
- Mince** - To cut or finely chop food into very small pieces.
- Poach** - To cook gently in hot water.
- Roast** - To cook uncovered in an oven or over coals.
- Sauté** - To brown or cook in a small amount of hot oil.



# Eat For Life

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