A Taste of 5 a Day

Black Churches United for Better Health

Cookbook

fruits & vegetables

5 a Day–for Better Health!

A Taste of 5 a Day

A Collection of

Official 5 a Day for Better Health Recipes

by

Church members participating in the

Black Churches United for Better Health Project

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University of North Carolina at Chapel Hill
School of Public Health

Duke Comprehensive Career Center

North Carolina State University
Cooperative Extension Service

North Carolina Department of Agriculture

Sarah W. Stedman Center for Nutritional Studies

Heavenly Father,

We thank You for wellness in our lives which comes through proper nutrition and your good grace. Thank you again for the 5 a Day program which has taught us the importance of good health through proper diet and the consumption of fruits and vegetables. Continue to bless us, dear Lord, with good health and bless the staff of the 5 a Day project. In Christ, our Lord's name, we pray.
Amen

by Rev. Johnson, Pleasant Hill Baptist Church

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Lord,

Accept our thanks for this cookbook and let it be a blessing to our souls. Amen

by Rev. Sidbury, St. Phillip AME Church

DEDICATION

Historically, black churches have played a unique role in the African American community. Not only are they a religious institution, but they have been central to many cultural and social activities as well. This cookbook is dedicated to the many families in our community who recognize that our bodies are holy temples. We pray that as we nourish our minds, souls, and bodies, these recipes will help us further "UP WHERE WE BELONG" in Christ.

Acknowledgements

First and foremost, we would like to give honor and glory to a loving God who created the fruits and vegetables of the Earth.

This cookbook also would not be possible without the church members who shared their recipes and worked to adapt them to meet the 5 a Day recipe guidelines. The Cookbook Chairpersons from each church had a critical role in organizing the collection, modification and tasting of these recipes.

A special thanks to all of the church members, pastors, cookbook chairpersons, and local health department and Cooperative Extension staff, for their commitment to the "Black Churches United for Better Health" project and cookbook. Churches whose members were selected to create and submit 5 a Day recipes for this cookbook are indicated with an asterisk (*).

Bertie County

Mt. Olive Missionary Baptist Church, Lewiston
Pastor: Rev. William Davis, Jr.

Sandy Point Missionary Baptist Church, Windsor
Pastor: Dr. J. W. Law

St. Elmo Missionary Baptist Church, Windsor
Pastor: Rev. Larry Walston, Interim Pastor

Weeping Mary Baptist Church, Lewiston
Pastor: Rev. Johnnie Cofield

Zion Hill Baptist Church, Colerain
Pastor: Rev. Nathaniel Thompson

Bertie County Health Department

Columbus County

*Ironhill Highway Pentecostal Church of Christ, Whiteville
Pastor: Elder Willie Powers
Cookbook Chairperson: Christa Parrott

*Little Wheel of Hope Missionary Baptist Church, Lake Waccamaw
Pastor: Rev. Buck Brown
Cookbook Chairperson: Mary Sue Smith

*Mt. Hebron AME Zion Church, Hallsboro
Pastor: Rev. Haywood Oliver
Cookbook Chairperson: Esther Hall

*Mt. Pilgrim Missionary Baptist Church, Whiteville
Pastor: Rev. James Scott
Cookbook Chairperson: Dianne Moody

*New Light Missionary Baptist Church, Hallsboro
Pastor: Rev. H. Earl Godfrey
Cookbook Chairperson: Louise M. Spears

Columbus County Cooperative Extension Service:
Betty Thompson, MEd
Columbus County Health Department: Jackie Waters, MS, RD, LDN

Duplin County

*First Baptist Church Chinquapin, Chinquapin
Pastor: Rev. Darrell K. Ferguson
Cookbook Chairperson: Rose Pickett

*Friendship Missionary Baptist Church, Rose Hill
Pastor: Rev. Ezekiel Sutton
Cookbook Chairperson: Christine Turner

*New Christian Chapel Baptist Church, Rose Hill
Pastor: Rev. Reginald A. Wells
Cookbook Chairperson: Sarah Murphy

*St. James AME Zion Church, Magnolia
Pastor: Rev. Charlie McDowell
Cookbook Chairperson: Carolyn P. Robinson

*St. Phillip AME Church, Rose Hill
Pastor: Rev. Harold Sidbury
Cookbook Chairpersons: Edell Spearman & Ernestine Mainor

Duplin County Cooperative Extension Service: Jo Ann Williams, MEd
Duplin County Health Department: Deborah Read

Halifax County

*First Baptist Church Halifax, Halifax
Pastor: Rev. Nelson Johnson
Cookbook Chairperson: Frankie Young

*London Baptist Church, Roanoke Rapids
Pastor: Rev. Edward Fleming, Sr.
Cookbook Chairperson: Eliza Ann Bowser

*Pleasant Hill Baptist Church, Scotland Neck
Pastor: Rev. Johnny J. Johnson
Cookbook Chairperson: Rosa L. Smith

*Shiloh Missionary Baptist Church, Scotland Neck
Pastor: Rev. Hoyt Cooper
Cookbook Chairperson: Peggy Brown

*Simmons Grove Missionary Baptist Church, Roanoke Rapids
Pastor: Rev. George Battle
Cookbook Chairperson: Ida Powell

Halifax County Cooperative Extension Service: Rose Massey,
Family and Consumer Educator
Halifax County Health Department: Shirley Nwangwa, Health Educator
and Mindy Andrus, RD, LDN

Hertford County

Calvary Missionary Baptist Church, Ahoskie
Pastor: Rev. Michael Porter

City of Praise, Ahoskie
Pastor: Rev. Walter Boston, Jr.

First Baptist Church, Winton
Pastor: Rev. Michael Perry

Soul Saving Station, Ahoskie
Pastor. Valeriano Melendez

New Bethany Baptist Church, Ahoskie
Pastor: Rev. William C. Clark

Hertford County Health Department

Lenoir County

Holly Hill Missionary Baptist Church, Kinston
Pastor: Rev. Jesse Garrett

Mt. Zion Seventh Day Adventist Church, LaGrange
Pastor: Pastor Harold J. Anderson

Math-Esther Freewill Baptist Church, Kinston
Pastor: Eldress Anna Belle Carr

St. Augustus AME Zion Church, Kinston
Pastor: Rev. Melvin Tate

St. James AME Church, Kinston
Pastor: Rev. Fitz Maurice Gabriel

Lenoir County Health Department

Martin County

Bethlehem AME Zion Church, Williamston
Pastor: Rev. Benjamin Thornton

Cedar Hill Baptist Church, Williamston
Pastor: Rev. F. C. Mitchell

Mt. Shiloh Missionary Baptist Church, Williamston

Mt. Zion Holiness Church, Williamston
Pastor: Rev. Charles W. Dingle

St. Mark Baptist Church, Oak City
Pastor: Rev. Raymond Privott

Martin County Health Department

Northampton County

*Bethlehem Baptist Church, Seaboard
Pastor: Rev. Edward Fleming, Sr.
Cookbook Chairperson: Virginia Lassiter

*First Baptist Severn, Severn
Pastor: Rev. Elisha Barnes
Cookbook Chairperson: Carol Blount

*Macedonia AME Church, Severn
Pastor: Pastor Hilda Jeffers
Cookbook Chairperson: Doretha Lassiter

*New Community Church of God, Rich Square
Pastor: Bishop Stephen Willis
Cookbook Chairperson: Gwendolyn Flythe

*Roanoke Salem Baptist Church, Garysburg
Pastor: Rev. Robert E. Sessoms
Cookbook Chairpersons: Constance Buffaloe

Northampton County Cooperative Extension Service:
Cynthia Brown, MEd, CECS
Northampton County Health Department: Hallie Peace, Health Educator

Sampson County

First Baptist Church, Clinton
Pastor: Rev. Marvin T. Clowney

Mt. Zion AME Zion Church, Delway
Pastor: Rev. Andrew Dixon Brown

Pilgrim Rest Baptist Church, Harrells
Pastor: Rev. Willie Randolph

St. Stephen AME Zion Church, Garland
Pastor: Rev. J.W. Freeman

Wilson Chapel Missionary Baptist Church, Turkey
Pastor: Rev. Isaac Johnson

Sampson County Health Department

Pasquotank County

*Freewill Independent Church, Elizabeth City
Pastor: Pastor Stephen Vaughn, Jr.
Cookbook Chairperson: Ann Taylor

*Galilee Missionary Baptist Church, Elizabeth City
Cookbook Chairperson: Hilda Gibson

*Mt. Carmel Missionary Baptist Church, Elizabeth City
Pastor: Rev. Linwood Boone
Cookbook Chairperson: Kathy Wilson

*New Calvary Baptist Church, Elizabeth City
Pastor: Rev. Joseph Gregory
Cookbook Chairperson: Doris Baker

Pasquotank County Cooperative Extension Service: Ellen Childress, CHE
Pasquotank County Health Department: Brenda Moore, RD

We are especially grateful to our Editor-in-Chief, Kimberly Hoben, MPH, RD, LDN, Sarah W. Stedman Center for Nutritional Studies at Duke University Medical Center for her leadership and direction in making this cookbook a reality.

We also thank the following individuals for assisting toward the production of this cookbook: Wendy Demark-Wahnfried PhD, RD, LDN (co-editor); Brenda Beatty MPH, RD, LDN (director); Karen Bennett, MS, RD, LDN; Allyson Ingram MPH, RD (field coordinator); Bethany Jackson PhD, RD; Jeff Jennings; Jacquelyn W. McClelland, PhD; Wayne Miller; Laurie Meares, MPH, RD, LDN (recipe analysis); Toni Schmidt (typist and reviewer); Francie Whitford (layout and design) and UNC Nutrition Students Lisa Ward, Mary Bea Bolton, Marilyn Sparling, and Nutrition 230 Class members.

We are blessed to have Robert Hall, artist and church member of Mt. Zion AME Zion Church, Sampson County, whose original artwork has inspired us to move "Up Where We Belong."

And lastly, we want to recognize those agencies and organizations, whose collaborations made this project possible: North Carolina Department of Agriculture; Duke Comprehensive Cancer Center and The Sarah W. Stedman Center for Nutritional Studies at Duke University; North Carolina Department of Health and Human Services, Division of Community Health; North Carolina Cooperative Extension Service; and the University of North Carolina School of Public Health, Department of Nutrition; the Mark Duke Biddle Foundation, Food Lion, Inc., and the National Cancer Institute (CA-59746).

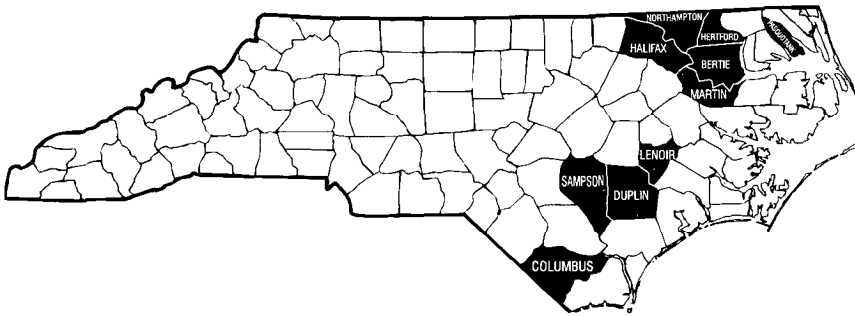
[Thessalonians 1:2-3]
We always give thanks to God for all of you and mention you in our prayers, constantly remembering before our God and Father your work of faith, and labor of love, and steadfastness of hope in our Lord Jesus Christ.

Submitted by: Rev. Brown, Little Wheel of Hope Missionary Baptist Church

History off the Black Churches United for Better Health Project

Past studies strongly suggest that the more fruits and vegetables we eat, the lower our risk of cancer. The National Cancer Institute funded nine projects throughout the United States to promote eating at least five servings of fruits and vegetables per day. The "Black Churches United for Better Health Project" in North Carolina was awarded this grant. It is unique since it focuses on the strong institution of the black church to promote the 5 a Day message.

Forty-nine black churches in ten North Carolina counties have joined hands with a number of agencies in the state to increase fruit and vegetable consumption among their congregants. The church members participating in the project reside in the counties shown below (Bertie, Columbus, Duplin, Halifax, Hertford, Lenoir, Martin, Northampton, Pasquotank and Sampson):



From December 1994 to the present, churches in five of these selected counties have been participating in a variety of activities to promote the 5 a Day message. Church members within these counties were asked to share their favorite 5 a Day recipes for this cookbook.

Dear Lord, our God, the Giver of every good and perfect gift. We thank you Lord for life, health, and strength. We are grateful, Lord, for our bodies that You took the time to shape in Your own image and likeness, and for the breath of life that you blew into our nostrils.

Now Lord, we thank you for the knowledge of how to preserve and maintain these bodies by eating a wholesome and proper diet. Thank you Lord for these recipes which have been shared from the very souls and hearts of the donors. Bless these efforts Lord, as we endeavor to present our bodies a living sacrifice, holy, acceptable unto God, which is our reasonable service. In the name of Jesus, we pray. Amen

by Rev. Sessoms, Roanoke Salem Baptist Church

What is 5 a Day for Better Health?

Five a Day for Better Health is a national campaign encouraging Americans to eat 5 fruit and vegetable servings a day to help prevent cancer. Fruits and vegetables contain vitamins, minerals, fiber, and other food related substances known to help prevent cancer.

What are 5 a Day Recipes?

The National Cancer Institute produced guidelines for recipes that promote the 5 a day message. Recipes that meet all of the guidelines to increase fruits and vegetables, while being low in fat and sodium are **Official 5 a Day Recipes.** Recipes in this cookbook have been analyzed and judged to meet the official 5 a day recipe guidelines. The 5 a Day for Better Health logo appears throughout the cookbook to remind you that these recipes are healthy ones that may help prevent certain types of cancers.

The Official 5 a Day Recipe Guidelines are as follows:

1. Recipes in this cookbook **contain at least a serving of fruit or vegetable** per helping. A serving of a fruit or vegetable is defined as:

   1 medium piece of fruit
   ½ cup cooked or raw fruit or vegetable
   ¾ cup (6 ounces) 100% fruit juice
   1 cup leafy greens
   ¼ cup dried fruit

2. Each recipe is **low in fat.** Every recipe has less than 30% of calories from fat (or less than 3 grams total fat per every 100 grams recipe weight). A diet low in fat is also associated with preventing some types of cancers. Saturated fat, a type of fat that raises blood cholesterol levels has also been reduced to less than 10% of calories from fat (or less than 1 gram saturated fat per 100 grams recipe weight).

3. Recipes use **added sugar in moderation.**

4. Recipes are **low in sodium.** Each helping contains less than 480 mg of sodium per helping.

I Corinthians 6:19
What know ye not that your body is the temple of the Holy Ghost, which is in you, which ye have of God, and ye are not your own?

Servants of God would be ever mindful of the fact that our bodies are the temple of God. Therefore, we should take care of His temple, by eating right and exercising daily. Let's start with 5 servings of fruits and vegetables a day.

by Rev. Scott, Mt. Pilgrim Missionary Baptist Church

Appetizers, Soups, & Breads

Thank God for the blessing as we receive these fruits and vegetables for the upkeep of our body.

We give God thanks. Amen.

by Rev McDowell, St. James AME Zion Church

fruits & vegetables
5 a Day–for Better Health!

Peace and Grace be unto you from God, Our Father; God The Son: God, The Holy Spirit. It is recorded in Proverbs 12:18 that “There is that speaketh like the piercings of a sword; but the tongue of the wise is health.”

As one body in Christ. it should be important to improve ourselves as followers of Christ. We must keep in mind to do our best for God, for He gave His best in the form of His only Son. To do our best we must be spiritually fit to handle what comes our way, and mentally capable of choosing the best to accomplish the goal of training and drawing those outside. the body of Christ. However, to reach completion of the ministry to the total person, the physical body must be healthy. The writer of the Third Epistle of John records in the first chapter and second verse: “Beloved, I wish above all things that those mayest prosper and be in health, even as thy soul prospereth.” It is with this in mind that we should pledge to achieve good health. Brothers and sisters. let us try hard to inprove our eating habits, that we can become better fit Christians mentally, spiritually, and physically. May God bless and keep you.

Yours in Christ,
Rev. Ferguson, First Baptist Church, Chinquapin

Fruit Appetizer

Mt. Pilgrim Missionary Baptist Church
From the kitchen of **Mary Faison**

"This dish is quick and easy to make."

1 box (3 ounces) strawberry gelatin
1 can fruit cocktail (16 ounces), packed in own juice
1 cup bananas, sliced
1 cup fresh strawberries, sliced
1 cup pineapple chunks in own juice

Mix gelatin in medium bowl according to directions on package. Open can of fruit cocktail and drain. Add all fruit cocktail, bananas, strawberries, and pineapple to gelatin, and place in refrigerator. Let chill for at least 45 minutes. Serve on lettuce or just dish it up. Yields 8 helpings (½ cup each).

Calories 112, Fat 0 g, % Calories from Fat 3, % Calories from Saturated Fat 1, Sodium 29 mg

Nutty Stuffed Celery

Mt. Pilgrim Missionary Baptist Church
From the kitchen of **Henerietta Solomon**

"Simple, low-fat, no sugar added - easy to prepare."

3 large stalks celery
¼ cup lean ham, chopped
½ tablespoon lemon juice
9 finely chopped pecan halves
1 tablespoon non-fat sour cream

Wash and trim celery into 6 inch sticks. Finely chop ham in a food processor. Combine with other remaining ingredients, mixing until smooth. Spread mixture on each piece of celery. Chill and serve. Yields 6 helpings (1 stuffed stalk).

Calories 24, Fat 1 g, % Calories from Fat 48, % Calories from Saturated Fat 7, Sodium 98 mg

Banana Bread

Freewill Independent Church
From the kitchen of **Mary Johnson**

2 cups ripe bananas, mashed (2 large bananas)
½ cup brown sugar
1 teaspoon butter
1 cup wheat flour
½ teaspoon oil
2 tablespoons raisins, unsweetened
1 cup self-rising flour
5 cups fresh fruit, sliced

Preheat oven to 350°. Combine in a large bowl bananas, brown sugar, butter, wheat flour, oil, raisins, and self-rising flour. Bake for 35-45 minutes in a small loaf pan. Serve with fresh fruit. Yields 10 helpings (1 slice - 1/10 of loaf).

Calories 196, Fat 2 g, % Calories from Fat 9, % Calories from Saturated Fat 3, Sodium 174 mg

"C and C" Corn Muffin

Simmons Grove *Missionary Baptist Church*
From the kitchen of **Cecil and Carrie Davis**

1 box corn muffin mix
⅓ cup skim milk
1 egg
1½ cups whole - sweet yellow corn
½ cup onions, chopped
1 cup green pepper, chopped
½ cup carrots, shredded
¼ teaspoon oil
1 cup broccoli, chopped

Make corn muffin mix according to package directions, with skim milk. Saute vegetables in ¼ teaspoon oil until onions are slightly transparent. Add vegetables to muffin batter and bake according to directions on package. Yields 9 helpings (1 muffin).

Calories 184, Fat 3.6 g, % Calories from Fat 18, % Calories from Saturated Fat 7, % Sodium 230mg.

Maple Ginger Bread

Mt. Hebron AME Zion Church
From the kitchen of **Ola Pierce**

1 cup maple syrup
1 cup plain low-fat yogurt
2 egg whites
2 cups sifted all purpose flour
1 teaspoon baking soda
1½ teaspoon ginger
½ teaspoon salt
4 tablespoons vegetable oil
4 cups fruit cocktail in natural juice

Preheat oven to 350°. Blend syrup with yogurt and egg whites. Sift dry ingredients into syrup mixture. Add oil and beat thoroughly. Grease an 8 x 12 inch baking pan with cooking spray. Line pan with brown paper to prevent sticking. Pour mixture into baking pan. Bake for 30 minutes. Serve with fruit cocktail. Yields 8 helpings (⅛ loaf and ½ cup fruit cocktail).

Calories 375, Fat 8 g, % Calories from Fat 19, % Calories from Saturated Fat 3, Sodium 347 mg

Sweet Potato Biscuits

London Baptist Church
From the kitchen of **Eliza Ann Bowser**

½ cup sweet potatoes, cooked and mashed
2 tablespoons sugar
2 cups self-rising flour
¼ cup solid shortening
3 tablespoons skim milk
¼ cup applesauce
10 cups fresh fruit, sliced

Preheat oven to 375º. Mix potatoes, sugar, flour, shortening, milk, and applesauce together. Knead well. Roll out on floured surface and cut into biscuits. Bake until done or about 1.5 minutes. Serve with ½ cup sliced fresh fruit. Yields 20 helpings (1 biscuit each).

Calories 107, Fat 3 g, % Calories from Fat 24, % Calories from Saturated Fat 6, Sodium 168 mg

Refrigerator Potato Rolls

Macedonia AME Church
From the kitchen of **Jean Hardy**

1 package active dry yeast
1½ cups warm water
1 cup mashed potatoes made with skim milk
⅔ cup sugar
⅔ cup shortening
2 egg whites or egg substitute
½ teaspoon salt
7 cups all purpose flour
fresh vegetable (½ cup per person)

Dissolve yeast in warm water in a large bowl. Stir in potatoes, sugar, shortening, eggs, salt, and 3 cups of flour. Beat until smooth. Mix in enough remaining flour to make dough easy to handle. Turn dough onto lightly floured surface. Knead until smooth and elastic, about 5 minutes. Place in greased bowl. Turn greased side up. Cover bowl tightly. Refrigerate at least 8 hours, but not longer than 5 days. After you refrigerate dough roll it out on a lightly floured surface. Shape into dinner rolls. Let dough rise again for about 2 hours. Then bake at 400° for 10 -15 minutes or until golden brown. Serve with your favorite meal that includes a serving of vegetables. Yields 48 helpings (1 roll each).

Calories 108, Fat 3 g, % Calories from Fat 27, % Calories from Saturated Fat 6, Sodium 41 mg

Hearty Soup

Shiloh Missionary Baptist Church
From the kitchen of **Cora Swain**
"This recipe was passed to me from my sister's kitchen."

1 pound ground turkey, uncooked
1½ teaspoons garlic salt
¼ teaspoon garlic powder
¼ teaspoon pepper
2 stalks celery, chopped
1 can kidney beans (16 ounces)
½ head medium cabbage, chopped
1 can tomatoes, low sodium, chopped (28 ounces)
4 cubes low sodium beef bouillon cubes
28 ounces water

Brown ground turkey in large Dutch oven. Drain fat. Add all other ingredients and bring to a boil. Reduce heat and simmer for 1 hour. Yields 8 helpings (1 cup each).

Calories 196, Fat 7 g, % Calories from Fat 30, % Calories from Saturated Fat 9, Sodium 443 mg

Patricia's Vegetable Soup

Friendship Missionary Baptist Church
From the kitchen of **Patricia Gladden**

1 medium cabbage, chopped
5 medium carrots, sliced
1 large onion, sliced
1 large green onion, sliced
1 cup okra, chopped
1 can whole tomatoes (14 ounces)
½ cup water
1 beef bouillon cube

Place all ingredients into a large pot. Cook for 15-20 minutes or until vegetables are tender. Then serve. Yields 6 helpings (1 cup each).

Calories 101, Fat 1 g, % Calories from Fat 7, % Calories from Saturated Fat 1, Sodium 161 mg

Rose Pickett's Vegetable Soup

First Baptist Church - Chinquapin
From the kitchen of **Rose Pickett**

1 smoked turkey leg, skin removed before cooking
4 cups water
1 can whole tomatoes, low sodium (16 ounces)
1 can corn, low sodium, drained (16 ounces)
1 can green peas, low sodium, drained (16 ounces)
1 can green beans, low sodium, drained (16 ounces)
1 bunch fresh broccoli
½ head small fresh cauliflower
4 tablespoons instant potato flakes

Boil turkey leg in water until it falls off the bone. Add tomatoes and cook for 10 minutes. Add corn, peas, and green beans. Heat thoroughly. Add broccoli and cauliflower, cook for 25 minutes or until vegetables are crisp yet tender. Add potato flakes until thickened to desired consistency. Yields 6 helpings (1 cup each).

Calories 251, Fat 4 g, % Calories from Fat 14, % Calories from Saturated Fat 4, Sodium 334 mg

Vegetable Chicken Soup

First *Baptist Church* of *Halifax*
From the kitchen of **Frankie Young**

This is "easy to make and can be used for more than one meal. It freezes well."

2 quarts water
2 large skinless chicken breasts, whole
2 cans tomatoes, or fresh tomatoes, peeled and sliced
2 cups cabbage, shredded
2 medium onions, sliced
2 cups celery, chopped
1 cup sliced carrots
½ cup sliced okra
2 cups butter beans or small lima beans, frozen, no salt added
2 cups whole kernel corn, drained
2 cups cubed white potatoes
2 tablespoons sugar
Unsalted herb seasoning mix to taste
Pepper, to taste

In a large pot combine water, chicken, tomatoes, cabbage, onions, celery, carrots and okra. Bring to a boil and reduce heat. Cook for 1 hour on medium heat. Add beans, corn, and potatoes and cook for an additional 1 hour. Season to taste with herb seasoning mix, pepper, and sugar. Yields 10-12 helpings (1½ cup each). Freezes well.

Calories 145, Fat 1 g, % Calories from Fat 8, % Calories from Saturated Fat 2, Sodium 271 mg

Willie Rose Pickett's Mixed Bean Soup

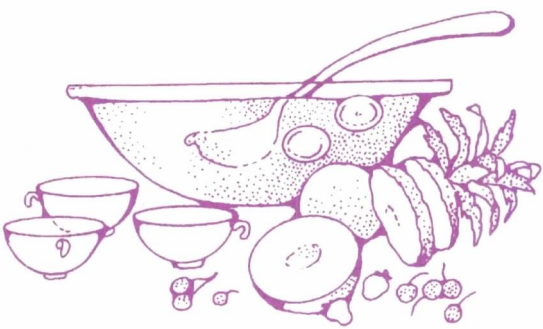
First Baptist Church - Chinquapin
From the kitchen of **Willie Rose Pickett**

2 ounces dry pinto beans
½ cup dry great northern beans
½ cup dry green lima or butter beans
½ cup dry field peas
1 clove garlic, minced
1 small onion, chopped
2 stalks celery, chopped
1 teaspoon salt
1 teaspoon pepper
1 smoked turkey leg
6 cups water

Wash and soak all beans overnight. Combine beans, garlic, onion, celery, salt, pepper, and turkey leg in a pot. Cook on low-medium heat for approximately 2 hours or until beans are soft. Add more water as needed. Yields 12 helpings (1 cup each).

Calories 119, Fat 2 g, % Calories from Fat 13, % Calories from Saturated Fat 4, Sodium 217 mg

Fruit Drinks/ Beverages



Lord,
Bless us as we eat Your fruit, such as You blessd the children of Israel giving them a land flowing with milk and honey, full of grapes, melons, figs and so many other healthy fruits.

Amen.

by Pastor Powers,
Ironhill Highway Pentecostal
Church of Christ

Abide in the vine, the vine in you, and you shall not die, but live.

Jesus Christ says that I am the true vine and ye are the branches. The fruit of the vine was a very good parable he used to compare with His own body. So the fruit of the vine and the tree will produce a healthy body, and with a healthy body we are able to work for Him more consistently.

by Pastor Powers, Ironhill Highway Pentecostal Church of Christ

Citrus Cooler

St. Phillip AME Church
From the kitchen of **Sonya Mainor**

3 cups 100% orange juice, unsweetened
2 tablespoons honey
½ cup egg substitute (pasteurized)

In blender, add orange juice, egg substitute, and honey. Blend about 30 seconds. Serve immediately. Yields 4 helpings (¾ cup each).

Calories 129, Fat 0 g, % Calories from Fat 1, % Calories from Saturated Fat 0, Sodium 43 mg

Five-N-One 100% Fruit Juice

New Light Missionary Baptist Church
From the kitchen of **Haywood McKay, Jr.**

This makes "a good nutritious juice that contains at least five fruits namely, pineapple, grape, orange, apple, passion, etc."

46 ounces 100% pure unsweetened pineapple juice
46 ounces 100% Juicy Juice Fruit Juice, grape
12 ounces 100% pure unsweetened orange juice from carton
12 ounces 100% Juicy Juice Fruit Juice, tropical
12 ounces 100% Welch's grape juice, unsweetened

Combine juices in a gallon container in the following order: pineapple juice, Juicy Juice Fruit Juice (grape), orange juice, Juicy Juice Fruit Juice (tropical), and grape juice. Shake well and chill before drinking. Yields 16 helpings (8 ounces each). Reduce recipe by one half yields 8 helpings, or reduce recipe by one fourth yields 4 helpings.

Calories 145, Fat 0 g, % Calories from Fat 1, % Calories from Saturated Fat 0, Sodium 5 mg

Fruit Drink

New Community Church of God
From the kitchen of **Sarah Jones**

2 small apples, diced
2 cups strawberries, unsweetened
2 cups grapes
2 liters ginger ale
⅓ cup drink mix, any flavor
2 cups pineapple chunks, in own juice

Rinse the apples, strawberries, and grapes. Dice the apples and strawberries, and blend with grapes in a fruit bowl. Add ginger ale, drink mix, and pineapple chunks in the fruit bowl. Stir all ingredients together. Place in refrigerator to chill. Yields 10 helpings (1 cup each).

Calories 169, Fat 1 g, % Calories from Fat 3, % Calories from Saturated Fat 0, Sodium 26 mg

Fruit Punch I

Mt. Pilgrim Missionary Baptist Church
From the kitchen of **Susan Pygatt**

¾ cup 100% lemonade frozen concentrate
¾ cup 100% orange juice frozen concentrate
¾ cup 100% pineapple juice frozen concentrate
½ cup lemon juice
2½ cups cranberry juice
6¾ cups ice water

Combine juices in a 6 quart mixing bowl. Pour in ice water and stir. Yields 12 helpings (1 cup each).

Calories 128, Fat 0 g, % Calories from Fat 1, % Calories from Saturated Fat 0, Sodium 7 mg

Fruit Punch II

First Baptist Church of Halifax
From the kitchen of **Frankie Young**

This recipe "increases your intake of fruit."

1 large can 100% pineapple juice, 46 ounces
1 small can 100% grapefruit juice, 6 ounces
1 large can 100% grape juice, 46 ounces
¼ cup lemon juice
½ cup sugar
2 quarts ginger ale

Mix pineapple juice, grapefruit juice, grape juice, lemon juice, and sugar together. Freeze until slushy, about 2½ hours. Add ginger ale just before serving. Yields 15 helpings (8 ounces each).

Calories 196, Fat 0 g, % Calories from Fat 1, % Calories from Saturated Fat 0, Sodium 19 mg

Pineapple Juice Punch

Simmons Grove Missionary Baptist Church
From the kitchen of **Lorrie Askew-Fleming**

"The taste for something different to drink during the holidays" inspired this recipe.

46 ounces 100% pineapple juice, unsweetened
1 gallon cranberry juice
2 liters diet ginger ale

Option 1. Use a large punch bowl or container. Pour in all beverages and stir well. Serve on ice.

Option 2. Chill or freeze can of pineapple juice. Mix cranberry juice and ginger ale together. Use frozen pineapple as a large ice cube. Yields 15 servings (16 ounces each).

Calories 209, Fat 0 g, % Calories from Fat 2, % Calories from Saturated Fat 0, Sodium 20 mg

Sparkling Fruit Punch

Mt. Pilgrim Missionary Baptist Church
From the kitchen of **Mary Faison**

This drink is "low in calories and high in vitamins and minerals."

5¾ cups 100% pineapple juice (46 ounces)
1½ cups 100% orange juice (12 ounces)
5¾ cups 100% tropical punch juice (46 ounces)
2¾ cups 100% cherry juice (23 ounces)
1 cup pineapple juice when serving (8 ounces)

Combine all juices together, saving pineapple juice to add just before serving. Mix thoroughly. Pour into a gallon size container and place in freezer until slightly frozen. Add one extra cup of pineapple juice before serving. Yields 10 helpings (12 ounces each).

Calories 228, Fat 0 g, % Calories from Fat 1, % Calories from Saturated Fat 0, Sodium 9 mg

Tangy Apple-Orange Delight

Ironhill Highway Pentecostal Church of Christ
From the kitchen of **Gwendolyn Smith**

"A delightful summertime drink."

4 cups 100% apple juice
4 cups 100% orange juice
4 cups 100% pineapple juice
4¼ cups lemon-lime carbonated beverage

In a 4 quart nonmetal container, combine juices. Stir until well-blended. Cover; freeze approximately 2½ hours or until slushy. Spoon slush mixture into punch bowl. Stir in carbonated beverage. Garnish as desired. *Note:* A clean 5 quart ice cream bucket can be used as a container. Yields 16 helpings (¾ cup each).

Calories 118, Fat 0 g, % Calories from Fat 1, % Calories from Saturated Fat 0, Sodium 10 mg

Hot Spiced Cider

St. Phillip AME Church
From the kitchen of **Carolyn Mainor**

1 quart 100% apple cider
1 quart apple juice, unsweetened
1 can (6 ounces) frozen orange juice concentrate
½ cup brown sugar
½ teaspoon cinnamon
½ teaspoon ground cloves
¼ teaspoon ginger, ground
2 cups water

Combine all ingredients in a large sauce pan. Bring to a boil. Simmer 10 minutes. Serve hot. Yields 10 helpings (8½ ounces each).

Calories 177, Fat 0 g, % Calories from Fat 1, % Calories from Saturated Fat 0, Sodium 11 mg

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Daniel - But Daniel purposed in his heart that he would not defile himself with the portion of the king's meat, nor with the wine which he drank: therefore he requested of the prince of the Eunuch's, that he might not defile himself. Verse 12 - Prove thy servants, I beseech thee, ten days; and let them give us pulse to eat, and water to drink. Verse 15 - And at the end of ten days their countenances appeared fairer and fatter in flesh than all the children which did eat the portion of the king's meat. Verse 17 - As for these four children, God gave them knowledge and skill in all learning and wisdom: and Daniel had understanding in all visions and dreams.

by Rev. Sutton, Friendship Missionary Baptist Church

Father,

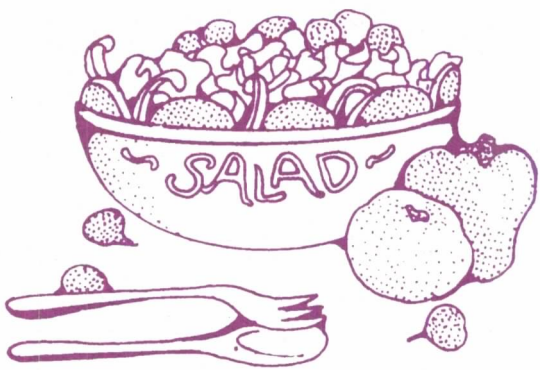
We thank Thee for all your blessings and the 5 a Day project. We thank Thee for the cooperation of the members participating in the 5 a Day program and we thank Thee for the information we have received from members who state they feel better and have lost weight due to the 5 a Day for Better Health Program. God bless the faculty and all that have had a part in this program to make it available for us.

Father,

Continue to bless us in our endeavor that we may be healthier and may be able to carry on the mandate that You have assigned to us as believers in Christ. This I ask in Jesus' name. Amen

by: Rev. Battle, Sr., Simmons Grove Missionary Baptist Church

Salads



Now, may the God of love who supplies all of our needs supply us with the food from His original garden that it will be a blessing unto our physical needs.

Amen.

by Pastor Cooper, Shiloh Missionary Baptist Church

We come thanking thee for this wonderful and fruitful table that has been prepared before us. You taught us in your word, Jeremiah 29:5, to “plant gardens and eat the fruit of them.” We have done what Thou commands; now we pray that Thou will bountifully bless our harvest so that it will be a nutritious blessing to our body. Most of all, Father, grace us with thine sweet Spirit so that we may be seasoned enough to be used in Thy kingdom.

In your Son’s name, Jesus Christ, we pray. Amen

by Pastor Godfrey, New Light Missionary Baptist Church

Bean Salad

Macedonia AME Church
From the kitchen of **Phyllis Branch**

1 can cut green beans, drained, low sodium
1 can cut yellow beans, drained
1 can kidney beans, drained
1 small onion, chopped
1 medium green pepper, chopped
¾ cup sugar
3 tablespoons vegetable oil
⅔ cup vinegar
⅛ teaspoon salt
⅛ teaspoon pepper

In a large bowl mix together green beans, yellow beans, kidney beans, onion, and green peppers. Set aside. In another bowl mix together sugar, oil, vinegar, salt, and pepper. Pour liquid mixture over bean mixture. Serve. Yields 6 helpings (1 cup each).

Calories 236, Fat 7 g, % Calories from Fat 27, % Calories from Saturated Fat 3, Sodium 359 mg

Vegetable Salad

Mt. Pilgrim Missionary Baptist Church
From the kitchen of **Mary Faison**

2 cups lettuce
1 cup tomatoes, cut into chunks
1 cup cucumbers, chopped
½ cup low-fat cheese, chopped
1 teaspoon imitation bacon bits
2 boiled egg whites
½ cup carrots, sliced
½ cup celery sticks

Tear lettuce apart and place in a large bowl. Add chunks of tomatoes, cucumbers, low-fat cheese, imitation bacon bits, boiled egg whites, carrots, and celery. Mix together and serve. Yields 5 helpings (1 cup each).

Calories 60, Fat 2 g, % Calories from Fat 34, % Calories from Saturated Fat 19, Sodium 108 mg

Broccoli Salad

London Baptist Church
From the kitchen of **Mozella Alston**

"I love broccoli, and this may be served with a main course. It may be eaten as a snack or as a lunch with your favorite crackers."

4 cups water
2 bags (16 ounces each) frozen broccoli flowerets
1 cup red or yellow apples, diced
1 cup raisins, golden or dark
½ cup low-fat grated cheese
⅓ cup low-fat salad dressing

In a 2 quart sauce pan, add 4 cups of water and bring to a boil. Add broccoli, and bring to a second boil. Let boil 3 to 4 minutes. Remove from heat, pour into colander and drain well. Cool for 15 to 20 minutes, then pour cooked flowerets into salad bowl. Add diced apples, raisins, cheese, and chill for 30 minutes. When ready to serve, add salad dressing. Toss and serve. Yields 12 helpings (½ cup each).

Calories 97, Fat 3 g, % Calories from Fat 26, % Calories from Saturated Fat 7, Sodium 95 mg

Cabbage-Carrot Raisin Salad

St. Phillip AME Church
From the kitchen of **Ernestine Mainor**

1 cup carrots, grated
1 cup green cabbage, shredded
¼ cup seedless raisins, unsweetened
¾ teaspoon salt
1 tablespoon lemon juice
1 tablespoon sugar
¼ cup non-fat mayonnaise type salad dressing

Lightly toss carrots, cabbage, raisins, salt, lemon juice and sugar until well combined. Refrigerate until well chilled, at least 1 hour. Just before serving, toss with dressing. Yields 4 helpings (½ cup each).

Calories 77, Fat 0 g, % Calories from Fat 2, % Calories from Saturated Fat 0, Sodium 369 mg

Cucumber Dill Salad

First Baptist Church of Severn
From the kitchen of **Carol Blount**

½ cup white vinegar
1 cup water
1 teaspoon sugar substitute (to taste)
⅛ teaspoon white pepper
1 pound cucumbers (approximately 4)
1 tablespoon chopped fresh dill (to taste)
2 kiwi fruits, peeled

In a small sauce pan combine vinegar, water, sugar, and white pepper. Bring to a boil, reduce heat and simmer 1 minute, stirring to dissolve sugar. Cut cucumbers into thin slices and place in a bowl. Pour vinegar mixture over cucumbers. Mix well. Add generous sprinkling of dill. Refrigerate at least 3 hours before serving. When ready to serve, cut kiwi fruit into wedges and stir gently into cucumber mixture. Drain cucumber mixture. Serve in glass bowl. Yields 6 helpings (½ cup each).

Calories 28, Fat 0 g, % Calories from Fat 7, % Calories from Saturated Fat 1, Sodium 3 mg

Cucumbers in Cream

St. Phillip AME Church
From the kitchen of **Mildred Cherry**

3 cucumbers, peeled, sliced
½ cup 1% fat cottage cheese
3 tablespoons cider vinegar
½ teaspoon seasoned salt
1 tablespoon fresh dill sliced

Slice cucumbers very thin. Process cottage cheese, vinegar, and salt in a blender at low speed until very creamy. Pour over cucumbers and sprinkle dill on top. Yields 4 helpings (½ cup each).

Calories 44, Fat 1 g, % Calories from Fat 10, % Calories from Saturated Fat 5, Sodium 409 mg

Lettuce - Spinach Salad

Little Wheel of Hope Missionary Baptist Church
From the kitchen of **Mary Smith**

1 cup shredded lettuce
½ cup chopped spinach
½ cup chopped tomato
⅓ cup red onion, sliced
2 hard boiled eggs, sliced
½ cup fat-free vinaigrette or other fat-free dressing

Wash lettuce and spinach. Let drain. Shred lettuce, chop spinach and tomato. Slice red onion and eggs. In a large bowl add all ingredients and toss lightly. Serve with fat-free dressing. Yields 4 helpings (½ cup each).

Calories 82, Fat 3 g, % Calories from Fat 30, % Calories from Saturated Fat 9, Sodium 340 mg

My Salad

Ironhill Highway Pentecostal Church of Christ
From the kitchen of **Christa Parrott**

3 cups broccoli, chopped
3 cups cauliflower, chopped
2 cups carrots, sliced
¼ cup low-fat salad dressing of any kind

Wash vegetables. Cut up all the vegetables, and add them all together in a bowl. Add dressing when served. Yields 4 helpings (2 cups each).

Calories 83, Fat 2 g, % Calories from Fat 16, % Calories from Saturated Fat 2, Sodium 202 mg

Texas Cole Slaw

Friendship Missionary Baptist Church
From the kitchen of **Carolyn Wallace**

1 head medium cabbage, shredded
1 onion, sliced
1 green pepper, sliced
½ cup sugar
4 teaspoons vegetable oil
1 cup vinegar
1 teaspoon dry mustard
⅛ teaspoon celery seed
1 teaspoon salt, or less as desired

Put cabbage in large bowl. Place onion and green pepper over top. Pour sugar over cabbage, onion, and pepper. In a sauce pan, bring oil, vinegar, mustard, celery seed, and salt to a boil. Pour over cabbage mixture. Cover, do not stir. Chill overnight or 24 hours. Stir and serve. Yields 6 helpings (½ cup each).

Calories 145, Fat 4 g, % Calories from Fat 22, % Calories from Saturated Fat 3, Sodium 415 mg

Oriental Salad

New Light Missionary Baptist Church
From the kitchen of **Nora J. Nichols**
"This is very good for anyone bothered with constipation."

3 medium apples, diced
1 tablespoon lemon juice
½ cup canned orange segments
1 cup diagonally cut celery
¼ cup chopped cashews or other nuts, unsalted
½ cup non-fat mayonnaise
½ cup fresh garden peas
3 cups raw spinach, chopped
2 cups bean sprouts

Cut and dice apples. Sprinkle with lemon juice. Drain oranges reserving 2 tablespoons of syrup. Add oranges, celery, and nuts to apples. Toss to mix. Blend reserved orange syrup with mayonnaise. Add to salad and toss until well coated. Add peas. Serve on fresh spinach leaves and garnish with sprouts. Yields 6 helpings (1½ cup each).

Calories 147, Fat 5 g, % Calories from Fat 29, % Calories from Saturated Fat 5, Sodium 309 mg

Sweet Potato Salad

Mt. Pilgrim Missionary Baptist Church
From the kitchen of **Susan Pygatt**

3 cups sweet potatoes, cooked and diced
1½ cups celery, diced
3 tablespoons reduced fat salad dressing
11 crisp lettuce leaves
1 teaspoon salt

Combine cooked sweet potatoes, celery and salt. Add salad dressing and toss. Serve in lettuce cups. Yields 11 helpings (½ cup each).

Calories 66, Fat 1 g, % Calories from Fat 16, % Calories from Saturated Fat 2, Sodium 263 mg

Texas Caviar

Roanoke Salem Baptist Church
From the kitchen of **Lola Ausby**

This recipe is "good, simple, healthy and not fattening (if you use fat-free dressing)."

2 cans black-eyed peas (15 ounces each)
1 can chick peas or white peas (16 ounces)
1 medium onion
1 green or red pepper
2 jalapeno peppers, no seeds
1 hunch of fresh parsley
2 tomatoes
1 cup fat-free Italian Dressing (8 ounces)

Drain black-eyed peas and chick peas or white peas. Chop onion, peppers, parsley and tomatoes. Mix all ingredients with salad dressing, marinate overnight. Drain excess dressing. Serve. Yields 14 helpings (¾ cup each).

Calories 134, Fat 1 g, % Calories from Fat 7, % Calories from Saturated Fat 1, Sodium 370 mg

Ambrosia

Simmons Grove Missionary Baptist Church
From the kitchen of **Loretta Jones**

16 ounces fruit cocktail, packed in own juice
1 cup mandarin oranges, canned
½ cup non-fat sour cream
¼ cup coconut flakes
¼ cup chopped pecans
1½ cup pineapple chunks, canned, no sugar added, packed in own juice

Mix all ingredients together. Refrigerate for 30 minutes. Serve. Yields 6 helpings (¾ cup each)

Calories 155, Fat 5 g, % Calories from Fat 27, % Calories from Saturated Fat 7, Sodium 32 mg

Apple Cabbage Slaw

New Light Missionary Baptist Church
From the kitchen of **Francella B. Thurman**

3 cups cabbage (½ medium head), shredded
1 cup red apple, chopped
½ cup raisins
½ cup celery, chopped
½ teaspoon black pepper
1 cup carrots, grated
¾ cup non-fat salad dressing
6 maraschino cherries, chopped

Combine all ingredients together in a large bowl. Mix. Let chill. Yields 6 helpings (1 cup each).

Calories 123, Fat 0 g, % Calories from Fat 3, % Calories from Saturated Fat 0, Sodium 446 mg

Apple Salad

St. Phillip AME Church
From the kitchen of **Kema Mainor Boney**

This recipe was inspired by "my love for and the abundance of apples."

4 medium tart apples
4 slices of pineapple, in own juice, drained
⅓ cup sugar
¼ teaspoon salt
2 teaspoons of reduced fat salad dressing
⅓ cup raisins
6 lettuce leaves

Core and cut apples into small chunks, also cut pineapple into small pieces and add. Mix sugar and salt and sprinkle evenly over fruit. Add raisins to fruit mixture. Toss lightly, cover and refrigerate. When ready to serve, add reduced fat salad dressing and mix thoroughly. Serve on lettuce leaves. Yields 6 helpings (½ cup each).

Calories 146, Fat 1 g, % Calories from Fat 5, % Calories from Saturated Fat 1, Sodium 111 mg

Congealed Salad

First Baptist Church of Halifax
From the kitchen of **Cora Johnson**

2 packages sugar-free cherry gelatin
2 cups hot water
20 ounces frozen strawberries, sweetened
1 small can crushed pineapple, packed in own juice (9 ounces)
2 small bananas, crushed
1 small container non-fat sour cream (8 ounces)

Combine all ingredients together, except sour cream. Place half of mixture in bowl and let harden in refrigerator. Once mixture has hardened, spread sour cream on top. Put remaining mixture on top of sour cream. Put back in refrigerator until congealed. Slice and serve as a dessert (or with chicken). Yields 6 helpings (1 cup each).

Calories 179, Fat 0 g, % Calories from Fat 1, % Calories from Saturated Fat .5, Sodium 116 mg

Peach Congealed Salad

Bethlehem Baptist Church
From the kitchen of **Katie Parker**

1 package sugar-free peach gelatin
1 cup boiling water
3 ounces of fat-free cream cheese, softened
1 tablespoon low-fat mayonnaise
2 cups canned sliced peaches, in own juice, drained and diced
1 cup canned crushed pineapple, in own juice, drained
1 six ounce package of miniature marshmallows

Dissolve gelatin in boiling water and let stand until cool. Mix cream cheese and mayonnaise until smooth. Drain peaches, cut drained peaches into small pieces. Add peaches, pineapple and marshmallows to mayonnaise and cream cheese mixture in bowl or mold. Add cool gelatin and refrigerate until firm. Three packages of sugar substitute may be used for flavor. Yields 4 helpings (1 cup each).

Calories 266, Fat 1 g, % Calories from Fat 5, % Calories from Saturated Fat 1, Sodium 233 mg

Eat More Fruit

Ironhill Highway Pentecostal Church of Christ
From the kitchen of **Rudolph Smith**

"A good snack."

2½ cups bananas, sliced (5 medium bananas)
24 pecan halves
12 ounces of pineapple chunks packed in own juice, drained
6 medium apples, diced
⅓ cup shredded coconut
1 cup raisins
1 cup fat-free mayonnaise

Mix all ingredients together in a large bowl. Chill and serve. Yields 12 helpings (1 cup each). *Special note:* Prepare the same day you are serving because it will turn.

Calories 180, Fat 3 g, % Calories from Fat 12, % Calories from Saturated Fat 4, Sodium 262 mg

Five Fruit Salad

Macedonia AME Church
From the kitchen of **Mary Lou Daye**

Honey-Lime Dressing:
2 tablespoon vegetable oil
¼ teaspoon grated lime peel
¼ teaspoon seasoned salt
¼ teaspoon paprika
3 tablespoons lime juice
3 tablespoons honey
½ teaspoon prepared mustard

Salad:
1 can sliced pineapple, packed in own juice, drained (8½ ounces)
8 lettuce leaves
1 banana
lemon juice (just enough to coat the bananas)
1 orange peeled and sectioned
1 cup seedless green grapes
1 cup melon, pieces

Prepare honey-lime dressing. Shake all ingredients in tightly covered jar. Refrigerate. Bring dressing to room temperature before serving. Shake.

Prepare salad. Place pineapple in lettuce cups, slice banana. Dip slices into lemon juice to prevent darkening. Mix banana, orange, and grapes. Arrange on pineapple. Drizzle dressing over salad. Yields 8 helpings (1 cup each).

Calories 117, Fat 4 g, % Calories from Fat 29, % Calories from Saturated Fat 4, Sodium 9 mg

Fresh Fruit Salad

St. Phillip AME Church
From the kitchen of **Sandra Barnes**

1 package (6 ounces) lime or lemon flavored gelatin
½ cup lemon or lime juice
1 cup orange segments, drained
4 small bananas, thinly sliced
2 teaspoons lemon juice or lime juice
1 tablespoon honey
6 tablespoons non-fat salad dressing
6 leaves greens

Dissolve gelatin in 2 cups boiling water. Add 1½ cups cold water and lemon juice. Chill until slightly thickened. Fold in fruits, and mix well. Pour into 6 cup mold and chill until firm. Unmold and garnish with greens. This recipe is also good with topping made with creamy non-fat dressing flavored with honey and lemon juice. Yields 6 helpings (1 cup each).

Calories 160, Fat 0 g, % Calories from Fat 2, % Calories from Saturated Fat 1, Sodium 253 mg

Fruit Salad

St. Phillip A ME Church
From the kitchen of **Mayshelle Newkirk**

1 large box strawberry gelatin
1 small apple, cut into chunks, in own juice, drained
1 can pineapple chunks, in own juice, drained (2 cups)
2 medium bananas, sliced
1 can peaches diced, in own juice, drained (2 cups)
3 cups lite whipped cream topping

Prepare gelatin according to directions. Let cool in refrigerator approximately 15 minutes. Add fruit and let gelatin congeal. Top with lite whipped cream topping. Yields 10 helpings (½ cup each).

Calories 155, Fat 3 g, % Calories from Fat 16, % Calories from Saturated Fat 13, Sodium 39 mg

Golden Creamy Waldorf Salad

Galilee Missionary Baptist Church
From the kitchen of **Hilda Gibson**

1 package regular lemon gelatin (6 ounces)
¼ tablespoon lite salt
3 tablespoon lemon juice (divided 2 tablespoons and 1 tablespoon)
1 cup golden apples, sliced, unpeeled
2 cups golden apples, diced, unpeeled
1 cup non-fat mayonnaise
2 cups lite whipped cream topping
1 cup raisins
salad greens or lettuce, finely chopped (about 10 leaves)

In a bowl, dissolve gelatin and salt in 2/3 cup hot water. Stir in 2 tablespoons lemon juice. Chill until thickened (just a few minutes). Arrange sliced apples, skin down, around the bottom of an 8-cup mold. Sprinkle sliced and diced apples with the rest of lemon juice. Blend mayonnaise into thickened gelatin, fold in whipped cream. Fold in diced apples, spoon over apple slices in the mold. Chill until firm. Unmold on platter, garnish with raisins and finely chopped greens for color. Yields 10 helpings (½ cup each).

Calories 127, Fat 2 g, % Calories from Fat 14, % Calories from Saturated Fat 11, Sodium 350 mg

Party Fruit Salad

St. Phillip AME Church
From the kitchen of **Denise McAllister**

¾ cup fresh dark sweet cherries, pitted
½ cup banana chunks
1½ cups cantaloupe or honeydew melon, cubed
⅓ cup non-fat salad dressing
1 bunch watercress

Combine cherries, banana, and melon. Add salad dressing and mix gently, just enough to combine the fruits. Chill. Serve on a bed of watercress. Yields 6 helpings (½ cup each).

Calories 56, Fat 0 g, % Calories from Fat 6, % Calories from Saturated Fat 1, Sodium 188 mg

Patty's Fruit Salad

Pleasant Hill Baptist Church
From the kitchen of **Patty Casper**

1 small package (1 ounce) instant sugar-free vanilla pudding, prepared with skim milk
1 can (16 ounces) fruit cocktail, packed in own juice
1 can (16 ounces) pineapple tidbits, packed in own juice
1 can (16 ounces) peaches, packed in own juice
1 can (8 ounces) mandarin oranges
1 can (8 ounces) pears, sliced, packed in own juice

Prepare pudding according to package directions using skim milk. Drain pineapple tidbits, peaches, mandarin oranges, and pears. Mix pudding and fruit cocktail. Add pineapple, peaches, mandarin oranges, and pears. Refrigerate. Yields 8 helpings (½ cup each).

Calories 150, Fat 0 g, % Calories from Fat 2, % Calories from Saturated Fat 1, Sodium 184 mg

Quick Fruit Salad

First Baptist Church of Halifax
From the kitchen of **Gwendolyn Bynum**

This recipe is "quick and nutritious."

2 cans (8¼ ounces) mandarin oranges (16 ounces)
2 cans (8¼ ounces) pineapple tidbits, packed in own juice (16 ounces)
24 miniature marshmallows
⅓ cup shredded coconut
8 ounces non-fat sour cream
16 leaves of lettuce

Drain fruit and mix together oranges, pineapple, marshmallows, coconut and sour cream. Chill for 30 minutes. Serve on lettuce. Yields 6 helpings (1 cup each).

Calories 158, Fat 2 g, % Calories from Fat 12, % Calories from Saturated Fat 10, Sodium 57 mg

Yogurt Fruit Salad

St. Phillip AME Church
From the kitchen of **Kema Mainor Boney**

"This is a refreshing salad for summertime."

3 tablespoons honey
1 tablespoon lemon juice
3 medium oranges, peeled and sectioned
1 medium apple, unpeeled, cored, and sliced
2 bananas, sliced
⅓ cup nuts
1 carton plain low-fat yogurt (8 ounces)

Combine honey and lemon juice in large bowl. Add oranges, apple, bananas, and nuts. Toss gently to coat. Chill thoroughly. Fold in yogurt, just before serving. Toss gently. Yields 6 helpings (½ cup each).

Calories 180, Fat 5 g, % Calories from Fat 27, % Calories from Saturated Fat 4, Sodium 28 mg

Strawberry Salad

St. James AME Zion Church
From the kitchen of **Ethel Southerland**

1 cup graham cracker crumbs
4 teaspoons lite margarine
1 large box sugar-free strawberry gelatin
1 large box sugar-free instant vanilla pudding, made with skim milk
1 cup lite whipped cream topping
2 tablespoons sugar
2 tablespoons toasted coconut
4 cups sliced fresh strawberries

Preheat oven to 350°. In a large bowl mix margarine, sugar, and graham cracker crumbs. Press mixture into bottom of a 9 x 13" baking pan and bake for 10 minutes. Allow to cool. Mix gelatin according to package directions. Add strawberries. Mix together. Pour gelatin mixture into crust. Allow to set in refrigerator for 1 hour. Prepare pudding according to package directions. Spread on top of gelatin, and top with lite whipped cream topping. Sprinkle with coconut. Refrigerate for an additional 1 to 2 hours before serving. Yields 8 helpings (¾ cup each).

Calories 150, Fat 4 g, % Calories from Fat 23, % Calories from Saturated Fat 10, Sodium 290 mg

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Genesis 1:28-31
And God blessed them, and told them, multiply and fill the Earth and subdue it. You are master of the fish and the birds and all the animals. And look I have given you the seed bearing plants throughout all the Earth and all the fruit trees for your food, and I have given all the plants and animals and birds for their food. Then God looked over all that He had made and it was excellent in every way.

by: Rev. Vaughn, Freewill Independent Church

Fruit & Vegetable Side Dishes

The earth is full of the goodness of the Lord.
Psalm 33:5

fruits & vegetables
5 a Day–for Better Health!

We know that it is Your will that we should prosper and be in good health, even as our soul prospereth. Grant us the will and the ability to pursue daily better eating habits so we can dwell safely within Your courts for those three score and ten years You promised us. Help us to lay aside those foods that are high in saturated fats, as well as those high in sodium content. Dear Father, although they are good to our taste buds, they are dangerous to our health. Help us in this matter and we shall give Your name the glory, the honor and the praise, in Jesus' name we pray. Amen

by Rev. Boone, Mt. Carmel Missionary Baptist Church

Baked Apples

Mt. Pilgrim Missionary Baptist Church
From the kitchen of **Susan Pygatt**

5 medium apples, cored
½ cup raisins
4 teaspoons brown sugar
1 teaspoon oil

Preheat oven to 350°. Wash and core apples. Mix raisins and brown sugar in a small bowl. Fill the apples with this mixture. Place in baking pan, rub oil over apples. Pour enough water into pan to just cover the base of the dish. Bake for approximately 45 minutes or until apples are tender when pierced with a fork. Yields 5 helpings (1 apple each).

Calories 150, Fat 1 g, % Calories from Fat 9, % Calories from Saturated Fat 1, Sodium 3 mg

Stuffed Baked Apples

Mt. Hebron AME Zion Church
From the kitchen of **Dorothy Powell**

This is "not expensive and it's good."

8 medium sized apples, cored
½ cup raisins
½ teaspoon ground cinnamon
1½ cups water
2 teaspoons lemon juice

Peel top third of each apple; place in two 8 inch square baking dishes. Place 1 tablespoon raisins in each cavity. Sprinkle evenly with cinnamon. Combine water and lemon juice, pour over apples. Cover and bake at 375° for 4.5 minutes. Let chill before serving. Yields 8 helpings (1 cup each).

Calories 111, Fat 1 g, % Calories from Fat 4, % Calories from Saturated Fat 1, Sodium 2 mg

Red Cabbage and Apples

New Christian Chapel Baptist Church
From the kitchen of **Patricia Hatchel**

1 small head red cabbage, shredded
2 large apples, cored, thinly sliced
½ cup onions, sliced
½ cup 100% apple juice
¼ cup lemon juice
2 tablespoons raisins
2 tablespoons brown sugar
¾ teaspoon salt
2 tablespoons corn oil margarine

In a large pot on medium heat, combine all ingredients together and bring to a boil. Reduce heat and cook for 30 minutes. Yields 6 helpings (1 cup each).

Calories 142, Fat 4 g, % Calories from Fat 28, % Calories from Saturated Fat 5, Sodium 364 mg

Steamed Cabbage II

First Baptist Church - Chinquapin
From the kitchen of **Magalene Wade**

1 medium cabbage, cut into small pieces
¼ teaspoon salt
¼ cup water
¼ cup green pepper, chopped
⅛ teaspoon pepper

In a sauce pan, heat cabbage and green pepper in salted water. Cover and cook on medium heat for 10 minutes or until vegetables are crisp yet tender. Yields 4 helpings (½ cup each).

Calories 57, Fat 1 g, % Calories from Fat 10, % Calories from Saturated Fat 1, Sodium 185 mg

Steamed Cabbage I

New Light Missionary Baptist Church
From the kitchen of **Francella B. Thurman**

1 large cabbage (4 cups)
1 cup carrots
1 medium onion
1 medium bell pepper
1 teaspoon vegetable oil
1 slice bacon, fried
½ teaspoon salt

Fry bacon, then wash cabbage and shred. Grate carrots and chop onion. Wash bell pepper and slice in half. Pare the inside of pepper and slice. Mix all ingredients and cook slowly over medium heat until vegetables are tender yet crisp. Yields 7 helpings (1 cup each).

Calories 65, Fat 1 g, % Calories from Fat 14, % Calories from Saturated Fat 3, Sodium 214 mg

Stir-fried Cabbage

St. Phillip AME Church
From the kitchen of **Carolyn Mainor**

1 medium head of cabbage, shredded
1½ tablespoon vegetable oil
½ teaspoon crushed red pepper
2 teaspoon sugar
1 small onion

Wash cabbage and cut into wedges. Shred coarsely with knife. Discard core. Heat oil in a large skillet on medium heat. Add cabbage, red pepper and sugar. Stir fry for 3 minutes. Add onions and stir fry until vegetables are tender. Serve hot. Yields 6 helpings (1 cup each).

Calories 77, Fat 4 g, % Calories from Fat 45 (2.36 g/100 g), % Calories from Saturated Fat 7, Sodium 27 mg

Stir Fry Cabbage

Ironhill Highway Pentecostal Church of Christ
From the kitchen of **Christa Parrott**

4 cups cabbage, shredded
1 cup bell peppers, chopped
1 cup onion, chopped
1 tablespoon sesame oil or vegetable oil
1 tablespoon low sodium soy sauce

Wash cabbage, bell peppers, and onion. Cut up all the vegetables. Put vegetables in a fry-pan. Stir-fry in sesame oil for 1.5 to 20 minutes. Toss with low sodium soy sauce. Yields 6 helpings (½ cup each).

Calories 48, Fat 3 g, % Calories from Fat 46 (<3 gm/100 g), % Calories from Saturated Fat 7, Sodium 110 mg

Stir-fry Cabbage and Vegetables

Mt. Hebron AME Zion Church
From the kitchen of **Esther Hall**

"Tasty and quick to make - delicious."

2 teaspoons vegetable oil
3 cups chopped cabbage
1 cup celery, diced
1 medium onion, thinly sliced
1½ green pepper (optional), sliced
1 cup carrots, sliced
⅛ teaspoon black pepper
1 tablespoon low-sodium soy sauce

Heat oil in a large non-stick skillet. Add vegetables and cover tightly. Steam 5 minutes. Serve immediately. Sprinkle with pepper and soy sauce. Yields 6 helpings (1 cup each).

Calories 53, Fat 2 g, % Calories from Fat 30, % Calories from Saturated Fat 4, Sodium 134 mg

Steamed Turnips and Cabbage

Little Wheel of Hope Missionary Baptist Church
From the kitchen of **Annie Pierce**

1½ cups water
1 teaspoon vegetable oil
1 teaspoon Soul seasoning
4 cups diced turnips
4 cups shredded cabbage
¼ cup bell pepper, sliced
Dash of black pepper

Pour water into sauce pan. Add oil, seasoning and pepper, let it come to a boil. Place turnips into sauce pan and let cook for 10 minutes. Add cabbage and bell pepper cook for an additional 15 minutes. Yields 6 helpings (½ cup each).

Calories 36, Fat 1 g, % Calories from Fat 26, % Calories from Saturated Fat 4, Sodium 127

Spicy Pressure Cabbage and Carrots

London Baptist Church
From the kitchen of **Alice Lewter**
"Health concerns to maintain good blood pressure" inspired this recipe.

1 cabbage (3 pounds), shredded
2 cups baby carrots, sliced
1 tablespoon olive oil
1 teaspoon unsalted seasoning
1 teaspoon seasoned pepper
1 dash salt

Wash and shred cabbage. Wash and slice carrots. In a sauce pan, boil carrots for approximately 7 minutes, add shredded cabbage and all other ingredients. Cook 10 minutes. Serve. Yields 10 helpings (1 cup each).

Calories 56, Fat 2 g, % Calories from Fat 28, % Calories from Saturated Fat 4, Sodium 61 mg

Candied Yams

Mt. Hebron AME Zion Church
From the kitchen of **Blondell Junious**

"I like candied sweet potatoes and want to keep eating them without all the calories and fat."

3 pounds sweet potatoes, peeled
½ cup honey
¾ teaspoon ground ginger
1 teaspoon cinnamon
1 tablespoon fresh lemon juice or orange juice

Preheat oven to 375°. Peel sweet potatoes. Cut potatoes in ½ inch slices. Cook them in boiling water for 10 minutes. Drain, and let cool. On low heat, using a small sauce pan, combine honey, ginger and cinnamon. Simmer 1 minute, add lemon juice. Arrange the potato slices in one layer in a large baking dish. Drizzle the honey mixture evenly over the potatoes. Bake 30 minutes or until the potatoes are tender and glazed, spooning the sauce over them once or twice. Yields 8 helpings (½ cup each).

Calories 201, Fat 0 g, % Calories from Fat 1, % Calories from Saturated Fat 0, Sodium 1.5 mg

Candied Sweet Potatoes

Macedonia AME Church
From the kitchen of **Ella Mae Gatling**

2 pounds sweet potatoes (6 medium potatoes)
½ cup brown sugar
3 tablespoons margarine
3 tablespoons water

Prepare and cook (boil) sweet potatoes on stove top. Cut crosswise into ½ inch slices. Mix brown sugar, margarine, and water in an 8 inch skillet. Cook over medium heat, stirring constantly until smooth and bubbly. Add sweet potato slices, stir gently until glazed and heated thoroughly. Yields 4 helpings (1 cup each).

Calories 322, Fat 9 g, % Calories from Fat 24, % Calories from Saturated Fat 4, Sodium 139 mg

Sweet Potato Puff

Mt. Hebron AME Zion Church
From the kitchen of **Marva Beard**

Cooking spray
4 egg whites
¼ cup sugar
3 cups vacuumed packed yams
2 tablespoons all purpose flour
1 teaspoon vanilla
1 pinch salt (optional)
½ cup cornflakes, crushed

Preheat oven to 350°. Spray 1½ quart casserole dish with no stick spray. Mix together egg whites, sugar, yams, flour and vanilla with electric mixer until smooth. Transfer to casserole dish. Top with cornflake crumbs. Bake for 30 minutes. Yields 4 helpings (¾ cup each).

Calories 231, Fat 0 g, % Calories from Fat 2, % Calories from Saturated Fat 0, Sodium 304 mg

Sweet Potato and Apple Scallop

Ironhill Highway Pentecostal Church of Christ
From the kitchen of **Christa Parrott**
"A side dish of apples and potatoes..."

6 medium sweet potatoes, peeled and sliced
4 medium apples, peeled and sliced
½ cup brown sugar
½ cup granulated sugar
⅓ cup butter/margarine blend
½ cup water

Preheat oven to 350°. Cook (boil) potatoes in skins. Peel and slice. Put potatoes and apple slices in a 1½ quart casserole dish. Combine sugars, butter and water in a sauce pan. Heat to melt and mix well. Pour mixture over apples and potatoes. Bake for 45 minutes. Yields 10 helpings (1 cup each).

Calories 233, Fat 6 g, % Calories from Fat 24, % Calories from Saturated Fat 6, Sodium 78 mg

Collards Supreme

Simmons Grove Missionary Baptist Church
From the kitchen of **Mildred Dowtin**
"What inspired this recipe? Having a friend who is unable to tolerate fats."

1 medium collard
2 tablespoons toasted sesame oil
1 medium onion, chopped tine
2 stalks of celery, chopped fine
2 medium cloves of garlic, chopped fine
2 small bell peppers, chopped fine
4 small carrots, chopped
2 tablespoons hot sauce
1 bay leaf
1 cup ham broth

Wash, drain, twist, and break collard into small pieces. In a medium size pot use 2 tablespoons of toasted sesame oil. Add finely chopped onion, celery, garlic, and bell pepper. Saute until tender, stirring frequently. Add broth, hot sauce, bay leaf, collards, and carrots. Cover and cook until carrots are tender. Drain and serve. Yields 6 helpings (½ cup each).

Calories 81, Fat 5 g, % Calories from Fat 53 (3 gm fat/100 gm recipe), % Calories from Saturated Fat 8, Sodium 169 mg

Gloria's Mixed Greens

Mt. Hebron AME Zion Church
From the kitchen of **Gloria Askew**

½ pound smoked turkey wings
2 pounds turnip greens
2 pounds mustard greens
1 teaspoon salt (optional)
Pepper to taste
Lemon juice (optional)

Wash and place turkey wings into pot. Cover with water. Start cooking on medium heat. Wash greens and remove stems and roots. Put greens into pot with turkey wings. Cover. Cook over low heat approximately 2 hours or until tender. Season with salt and pepper or lemon juice to taste. Yields 10 helpings (1 cup each).

Calories 70, Fat 2 g, % Calories from Fat 28, % Calories from Saturated Fat 8, Sodium 290 mg

Country Style Mustard Greens

Mt. Pilgrim Missionary Baptist Church
From the kitchen of **Mary Faison**

4 cups mustard greens
1/8 teaspoon salt
¼ cup non-fat turkey broth
(If not using broth of some kind, use ½ teaspoon oil)

Look over and wash greens 3 TIMES. Place the greens in a 2 quart pot with salt and water or turkey broth. Cover the pot. Cook on medium heat for approximately 30 minutes. Do not overcook. Cool and serve. Yields 4 helpings (½ cup each).

Calories 4.5, Fat 1 g, % Calories from Fat 12, % Calories from Saturated Fat 3, Sodium 179 mg (with oil in place of broth; Calories 50, Fat 1 g, % Calories from Fat 21, % Calories from Saturated Fat 4, Sodium 179 mg)

Old Fashioned Collard Greens

St. James AME Zion Church
From the kitchen of **Lillie Sanders**

3 smoked turkey legs
8 cups water
1 large collard, cleaned and cut up

In a large pot, boil turkey legs in water on medium heat until tender. Add collard to pot and cook for 30 minutes. Remove from pot, drain, and chop. *Special note:* Use collard greens after they have been hit by frost to get more tender collards. Yields 10 helpings (1 cup each).

Calories 127, Fat 5 g, % Calories from Fat 35 (5 mg/300 mg), % Calories from Saturated Fat 10, Sodium 59 mg

Cheese Broccoli Italian Style

Friendship Missionary Baptist Church
From the kitchen of **Carolyn Wallace**

This recipe is "good and really spices up the taste of broccoli."

1 bunch fresh broccoli
1 tablespoon olive oil
1 small onion, sliced
1 clove garlic, sliced
⅛ teaspoon salt
1 cup grated Parmesan cheese, non-fat

Steam the fresh broccoli until tender. Remove from steamer and trim stems, leaving only flowerets. Put aside. In a large skillet, heat olive oil, onion, and garlic. Saute until garlic is brown and then remove. Place broccoli in the skillet sauteing lightly for 12 minutes. Remove and place in a flame resistant cooking dish. Sprinkle Parmesan cheese over the broccoli and place under broiler until cheese melts. Yields 6 helpings (½ cup each).

Calories 126, Fat 3 g, % Calories from Fat 20, % Calories from Saturated Fat 3, Sodium 342 mg

Fresh Broccoli with Sour Cream Dressing:

St. Phillip AME Church
From the kitchen of **Amanda Bryant**

"For healthier living, broccoli is a good source of potassium."

1 pound broccoli
¼ teaspoon salt
⅔ cup low-fat sour cream
2 teaspoons firmly packed brown sugar
2 tablespoons lemon juice
½ teaspoon prepared mustard

Wash broccoli and trim off end of stems, if any stems are more than 1 inch in diameter. Make lengthwise slices through them almost to the flowerets. Drop prepared broccoli into small amount of boiling, salted water. Cover and cook 10-15 minutes or until tender. In a separate bowl combine remaining ingredients for dressing and mix well. Carefully remove broccoli from boiling water, place in serving dish and cover with dressing. Yields 4 helpings (1 cup each).

Calories 107, Fat 3 g, % Calories from Fat 27, % Calories from Saturated Fat 15, Sodium 237 mg

Lemon Broccoli

Ironhill Highway Pentecostal Church of Christ
From the kitchen of **Betty Baldwin**
"It's all vegetable and low in calories and fat grams."

1 medium bunch broccoli, chopped
2 teaspoons margarine
1 medium onion, chopped
1½ cups celery, thinly sliced
3 cloves garlic, minced or crushed
1½ teaspoons fresh lemon juice
2 teaspoons lemon zest
½ teaspoon salt
¼ teaspoon freshly ground black pepper

In a vegetable steamer, steam broccoli until just tender when tested with a knife, approximately 5 minutes. In a large non-stick skillet, over medium-high heat, melt margarine. Add onions, celery, and garlic. Cook until onions begin to brown, approximately 3 minutes. Remove the skillet from heat. Add broccoli, lemon juice, lemon zest, salt and pepper to the skillet, and stir to combine. Serve warm or at room temperature. Yields 8 helpings (¾ cup each).

Calories 41, Fat 1 g, % Calories from Fat 28, % Calories from Saturated Fat 5, Sodium 199 mg

Creamy Carrots

Mt. Hebron AME Zion Church
From the kitchen of **Alma Powell**

8 medium carrots
3½ cups boiling water
½ teaspoon salt
3 tablespoons reduced calorie salad dressing
2 tablespoons evaporated skim milk

Wash and scrape carrots. Cut into quarters lengthwise. Bring 3½ cups water to a boil. Add salt and carrots. Boil approximately 15 minutes. Drain. Blend low-fat dressing and evaporated skim milk. Pour over carrots, mix lightly. Serve immediately. Yields 6 helpings (1 cup each).

Calories 68, Fat 2 g, % Calories from Fat 29, % Calories from Saturated Fat 4, Sodium 293 mg

Candied Just Right Turnips

New Light Missionary Baptist Church
From the kitchen of **Rosia McKoy**

6 medium turnips
¾ cup water
½ cup brown sugar
¼ teaspoon salt
1 tablespoon low-fat margarine

Preheat oven to 375°. In a casserole dish, place sliced turnips all around the dish, placing slices on top of one another. Pour water over the turnips. Slowly sprinkle the sugar, salt and margarine over the turnips. Cover with aluminum foil, and place in the oven. Cook the turnips approximately 1½ hours or until well done. After the turnips are almost cooked, remove the foil and let the turnips brown slowly. Yields 6 helpings (½ cup each).

Calories 96, Fat 1 g, % Calories from Fat 7, % Calories from Saturated Fat 1, Sodium 171 mg

Baked Beans

First Baptist Church - Chinquapin
From the kitchen of **Magalene Wade**

1 large can baked beans (28 ounces)
1 tablespoon pancake syrup
⅛ teaspoon nutmeg
⅛ teaspoon Cinnamon

Preheat oven to 325°. Mix together in a large bowl, baked beans, pancake syrup, nutmeg, and cinnamon. Pour into baking dish and bake for 30 minutes. Yields 6 helpings (½ cup each).

Calories 156, Fat 2 g, % Calories from Fat 11, % Calories from Saturated Fat 4, Sodium 448 mg

Broiled Tomatoes

St. Phillip AME Church
From the kitchen of **Margaret Henry**

3 medium size tomatoes, cored
¼ teaspoon salt
Dash of black pepper
¼ teaspoon dried oregano or basil, crushed
2 tablespoons low-calorie Italian or French salad dressing

Core tomatoes and cut in half crosswise. Make shallow criss-cross cuts on surface of tomatoes. Season cut surfaces with salt and pepper. Sprinkle with oregano or basil. Drizzle with salad dressing. Broil, cut side up, 3 inches from heat about 5 minutes or until heated thorough. Yields 3 helpings (2 halves each).

Calories 50, Fat 2 g, % Calories from Fat 2, % Calories from Saturated Fat 6, Sodium 300 mg

Cheese Tomato Flowers

Mt. Pilgrim Missionary Baptist Church
From the kitchen of **Ophelia Solomon**

This recipe is "simple, easy to prepare, low in fat and cholesterol, and contains various vegetables."

2 cups peas, cooked from frozen and drained
1 cup non-fat cheddar cheese, shredded
¼ cup walnuts, chopped
1 cup sweet pickles
¼ cup reduced calorie salad dressing
4 hollowed out tomatoes
4 cups lettuce leaves, chopped

Combine peas, cheddar cheese, walnuts, pickles, and salad dressing, mix well. Chill thoroughly. Heap filling into tomato cups and serve on crisp lettuce. Yields 8 helpings (½ stuffed tomato and ½ cup lettuce).

Calories 139, Fat 5 g, % Calories from Fat 31, % Calories From Saturated Fat 4, Sodium 388 mg

Tomatoes and Okra

Mt. Hebron AME Zion Church
From the kitchen of **Saundra Powell**

"Quick, easy, and tasty."

Cooking Spray
1 teaspoon vegetable oil
1 cup onion, chopped
1 cup green pepper, chopped
2 cups fresh tomatoes, peeled and quartered
2 cups fresh okra, sliced
¼ teaspoon salt
¼ teaspoon black pepper

Coat a large skillet with cooking spray. Add oil and saute onion and green pepper until tender. Add remaining ingredients. Cover. Cook 5 minutes, stirring occasionally. Yields 6 helpings (1 cup each).

Calories 48, Fat 1 g, % Calories from Fat 22, % Calories from Saturated Fat 3, Sodium 96 mg

Herbed Squash

St. Phillip AME Church
From the kitchen of **Edith Saunders**

2 pounds summer squash, sliced
2 cups water
½ teaspoon salt
½ teaspoon Tabasco sauce
2 tablespoons of margarine
3 tablespoons chopped chives, fresh

Combine squash, water, salt, Tabasco sauce and margarine in a sauce pan. Cover. Heat to simmer. Cook approximately 20 minutes. Sprinkle with chives during last 5 minutes of cooking. Yields 4 helpings (1½ cups each).

Calories 82, Fat 6 g, % Calories from Fat 66 (1.7 g/100 g), % Calories from Saturated Fat 12, Sodium 378 mg

Yellow Smash Casserole

Shiloh Missionary Baptist Church
From the kitchen of **Peggy Brown**

"This is one of my favorites and I would like to share it with everyone."

8 medium squash, sliced, diced
4 onions, chopped
1 tablespoon vegetable oil
Pepper to taste
2 teaspoons garlic salt
1 cup unsalted crackers, crumbled
1 cup skim milk
1 egg
½ cup mozzarella cheese

Preheat oven to 350º. Slice and dice squash into fourths, fry squash and onions in oil in a skillet over medium heat approximately 10 minutes or until tender. Put mixture in a mixing bowl. Pepper to taste, add garlic salt. Mix skim milk and egg in a bowl, beat well. Add to squash. Add cheese. Return to skillet. Cook over medium heat until all cheese is melted and mixed thoroughly. Stir to avoid sticking. Do not over-stir. Transfer to a casserole dish. Sprinkle with cracker crumbs and bake for 4.5 minutes. Yields 6 helpings (½ cup each).

Calories 154, Fat 5 g, % Calories from Fat 30, % Calories from Saturated Fat 9, Sodium 444 mg

Judah Vegetables

Freewill Independent Church
From the kitchen of **Ann Taylor**

3 carrots, cut diagonally
1 small head of cabbage, chopped
1 small onion, sliced
½ teaspoon hot sauce
1 box frozen broccoli (10 ounces)
¼ head of cauliflower or 1 box frozen cauliflower (10 ounces)
1 tablespoon olive oil
½ teaspoon black pepper (to taste)
1 bouillon cube, low sodium, diluted (optional)

Saute carrots with oil in a pan. Cook approximately 5 minutes. Add cabbage, onion, hot sauce, and bouillon (optional). Cook 4 minutes, then add broccoli and cauliflower. Steam 5 minutes. Yields 6 helpings (1 cup each).

Calories 88, Fat 3 g, % Calories from Fat 28, % Calories from Saturated Fat 4, Sodium 55 mg

Chinese Style Vegetables

Macedonia AME Church
From the kitchen of **Gwendolyn Mason**

1 small head green cabbage, shredded
1 tablespoon shortening
2 medium stalks celery, sliced
1 medium green pepper, sliced
1 large onion, chopped
½ teaspoon salt
⅛ teaspoon pepper

Prepare 3 cups finely shredded cabbage. Heat shortening in 10 inch skillet until melted. Stir in cabbage, celery, green pepper, and onion. Cover and cook over medium heat. Stirring several times until vegetables are tender, approximately 5 minutes. Sprinkle with salt and pepper. Yields 4 helpings (1 cup each).

Calories 96, Fat 4 g, % Calories from Fat 36 (4 g/250 g), % Calories from Saturated Fat 8, Sodium 342 mg

Spanish Rice

Bethlehem Baptist Church
From the kitchen of **Beatrice Holness**
"You have your vegetables and starch."

1 cup long grain rice, uncooked
2½ cups water
2 tablespoons vegetable oil
1 small onion, chopped
½ cup green pepper, chopped
1 cup celery, chopped
½ cup fresh mushrooms
4 tablespoons flour
1 cup tomato sauce
Dash of pepper
Dash of tarragon

Cook rice and water in a sauce pan. In another pan heat oil and saute onion, green pepper, celery, and mushrooms. When golden brown add flour, tomato sauce, pepper, tarragon, and rice. Cook covered for 25 minutes on medium heat. Do not remove cover or stir. Yields 4 helpings (¾ cup each).

Calories 276, Fat 7 g, % Calories from Fat 26, % Calories from Saturated Fat 4, Sodium 383 mg

Foye's Corn Pudding

Roanoke Salem Baptist Church
From the kitchen of Foye **Brown**

This "is a good tasty dish. It includes one of the vegetables."

3 egg substitutes (equivalent to 3 eggs)
1 cup skim milk
3 teaspoons all purpose flour
1 can cream style corn, no salt added
¼ cup sugar
⅛ teaspoon black pepper
2 teaspoons low-fat margarine
Cooking Spray

Preheat oven to 325°. Beat egg substitutes. In a large bowl mix egg substitutes, milk, flour, corn, sugar, and pepper. Cream soft margarine and add to mixture. Spray the bottom and sides of a 1½ quart casserole dish with cooking spray. Pour mixture into the casserole dish. Bake for 1 hour. Yields 3 helpings (½ cup each).

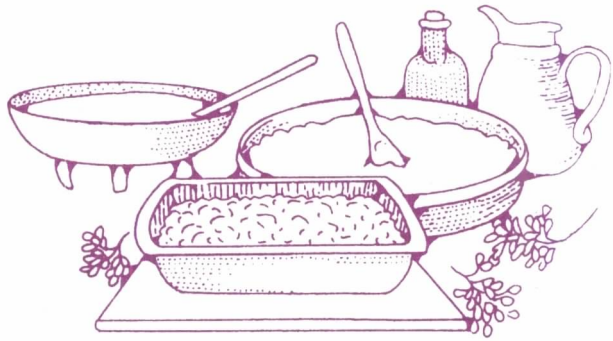
Calories 262, Fat 3 g, % Calories from Fat 10, % Calories from Saturated Fat 2, Sodium 156 mg

Dear Heavenly Father,

Truly we are grateful for the bounty we are about to receive. We ask that Your blessing be upon it that it might give us strength and be nutritious for our bodies. In Jesus' name, we pray. Amen

by: Rev. Oliver Mt. Hebron AME Zion Church

Vegetable Casseroles



We thank thee for blessings of life, health, and strength. We ask now that You would bless our coming and going. Touch now, our hearts that we would be more loving and caring. Bless our minds with knowledge, for wisdom is in the mouth of God.

Guide us in our mental, spiritual, and physical living that we might grow in grace and truth of the Word of God. These blessings we ask in your Son, Jesus' name. Amen.

by: Rev. Oliver, Mt. Hebron AME Zion Church

Father, in the name of Jesus, we thank you for the fruits and vegetables provided to us for food. You said in your word in Genesis 1:11-13 that on the third day of creation, you commanded the earth to bring forth the herb yielding seed, and fruit tree yielding fruit after its kind and saw that it was good. You said in Genesis 1:29 that these things are given to us for meat. You also said in Isaiah 55:2 to "eat ye that which is good." We thank You that these fruits and vegetables laid out before us this day will provide nourishment for our body and that it will be pleasing in Your sight. We present our bodies as a living sacrifice, holy, acceptable unto you, which is our reasonable service, according to Romans 12:1. Amen

by Rev. Sutton, Friendship Missionary Baptist Church

Apple Carrot Casserole

Simmons Grove Missionary Baptist Church
From the kitchen of **Louise Jones**

2 cups carrots, sliced and cooked
5 medium apples, peeled and sliced
3 tablespoons margarine
2 tablespoons flour
5 tablespoons sugar
¾ cup orange juice

Preheat oven to 300°. Place half of the carrots and apples in a 2 quart baking dish. In a separate bowl mix together flour and sugar. Sprinkle with half of the sugar and flour mixture. Dot with ½ of the margarine. Repeat steps. Pour orange juice over entire dish. Bake approximately 45 minutes or until tender. Yields 6 helpings (½ cup each).

Calories 199, Fat 6 g, % Calories from Fat 28, % Calories from Saturated Fat 5, Sodium 111 mg

Broccoli Casserole

New Community Church of God
From the kitchen of **Laura Fleetwood**
"This recipe was passed to me from a good friend."

1 can low-fat cream of mushroom soup
2 hard boiled eggs
¾ cup reduced fat sharp cheddar cheese, grated
½ cup non-fat mayonnaise
20 ounces frozen broccoli, chopped (2 boxes, 10 ounces each))
2 teaspoons bacon bits
Nonstick cooking spray

Preheat oven to 350°. In a large bowl mix cream of mushroom soup, eggs, cheese, and mayonnaise. Slowly add broccoli. Place the ingredients in a square 9" x 13" casserole dish sprayed with cooking spray. Let stand over night in the refrigerator; then top with flavored bacon bit crumbs. Bake 30 minutes or until bubbly. Yields 6 helpings (½ cup each).

Calories 107, Fat 3 g, % Calories from Fat 29, % Calories from Saturated Fat 14, Sodium 457 mg

Cabbage Casserole I

First Baptist Church - Chinquapin
From the kitchen of **Mary Jones**

1 tablespoon flour
½ cup reduced fat cheddar cheese
1 cup skim milk
1 small head cabbage, cut in to big pieces
½ teaspoon salt
½ cup croutons
½ cup water

Preheat oven to 325º. Steam cabbage in salted water for approximately 5 minutes. Drain and set aside. Heat milk over low-medium heat. Add cheese and flour slowly. Bring to a boil. Remove from heat. In a small casserole dish layer cabbage and cheese sauce. Sprinkle with croutons. Bake for 25 minutes. Yields 4 helpings (1 cup each).

Calories 128, Fat 4 g, % Calories from Fat 23, % Calories from Saturated Fat 12, Sodium 455 mg

Cabbage Casserole II

Roanoke Salem Baptist Church
From the kitchen of **Annie Debro**
"It is a delicious casserole and it contains a vegetable."

1 large head of cabbage, chopped
1 can reduced fat cheddar cheese soup
½ box corn muffin mix
2 cartons egg substitutes
¾ cup skim milk

Preheat oven to 375°. Wash, cut, and cook cabbage for 10 minutes. Drain thoroughly. In a deep casserole dish, mix cooked cabbage and cheddar cheese soup. Combine corn muffin mix with egg substitute and milk. Pour over cabbage and cheddar cheese soup. Do not stir. Bake for 25 minutes. Yields 8 helpings (1 cup each).

Calories 87, Fat 2 g, % Calories from Fat 24, % Calories from Saturated Fat 7, Sodium 245 mg

Corn Pudding

Freewill Independent Church
From the kitchen of **Brenda Williams**

2 cans (16 ounces) whole kernel corn, drained (32 ounces total))
2 cans (8 ounces) evaporated skim milk (16 ounces total)
2 eggs
½ cup sugar
1 tablespoon vanilla flavoring
Dash paprika

Preheat oven to 400°. Mix corn and milk in a bowl. Add eggs; stir. Add sugar; stir. Add vanilla. Pour into casserole dish to bake and sprinkle with paprika. Bake for 15 - 20 minutes. Yields 8 helpings (½ cup each).

Calories 176, Fat 2 g, % Calories from Fat 11, % Calories from Saturated Fat 3, Sodium 322 mg

Corn Souffle

London Baptist Church
From the kitchen of **Mozella Alston**

"My family loves corn. This is a quick and easy dish to prepare using inexpensive ingredients."

2 cans cream-style corn (4 cups)
3 eggs, beaten
45 low-salt saltine crackers, crumbled
½ cup skim milk
1 cup sugar (white or brown)
1 tablespoon low-fat margarine, stick

Preheat oven to 325°. Mix all ingredients together and then put into a casserole dish. Put thin pats of low-fat margarine on top of mixture. Bake in oven approximately 50 minutes. Do not overcook. Yields 8 helpings (½ cup each).

Calories 305, Fat 6 g, % Calories from Fat 17, % Calories from Saturated Fat 4, Sodium 368 mg

Eggplant Casserole

Mt. Hebron AME Zion Church
From the kitchen of **Lillie Jane Powell**

"It's good for *you and* not *too rich."*

2 cups eggplant, cubed
2 tablespoons onion, chopped
¼ cup water
4 egg whites
2 slices soft bread torn into small pieces
½ cup skim milk
⅛ teaspoon salt
Pepper to taste
1¼ non-fat cheddar cheese, shredded
Cooking spray

Preheat heat oven to 350°. Cook eggplant and onion in ¼ cup unsalted water until eggplant is tender, approximately 7 minutes. Drain. In mixing bowl combine all ingredients together except ¼ cup of cheese; mix well. Grease a 1 quart casserole dish with cooking spray. Pour mixture into dish. Bake uncovered for 25 minutes. Sprinkle with remaining cheese. Bake an additional 5 minutes. Yields 6 helpings (1 cup each).

Calories 133, Fat 1 g, % Calories from Fat 6, % Calories from Saturated Fat 2, Sodium 460 mg

Fat-Free Spinach Cheddar Squares

New Calvary Baptist Church
From the kitchen of **Serena Turner**

½ cup egg substitute
¾ cup skim milk
1 medium onion, diced
1 tablespoon fat-free grated cheese, Parmesan
¼ teaspoon garlic powder
1/8 teaspoon black pepper
¼ cup dry bread crumbs
1 cup fat-free cheddar cheese, shredded
2 boxes frozen spinach (10 ounces each)
¼ cup pimentos, diced (optional)

Preheat oven to 350º. In a medium bowl, combine egg substitute, skim milk, onion, Parmesan cheese, garlic powder, and black pepper. Set bowl aside. Sprinkle bread crumbs evenly onto bottom of a medium sized baking dish lightly sprayed with cooking spray. Top with ½ cup cheddar cheese and spinach. Pour egg substitute mixture evenly over spinach. Top with remaining cheddar cheese and pimentos. Bake for 35 to 40 minutes. Let stand 10 minutes. Cut into squares. Yields 6 helpings (½ cup each).

Calories 93, Fat 1 g, % Calories from Fat 8, % Calories from Saturated Fat 3, Sodium 434 mg

Green Rice

First Baptist Church of Severn
From the kitchen of **Elizabeth Vaughan**

2 cups white rice, cooked, no salt or fat added
1 large onion, chopped
½ stick low-fat margarine
1 package frozen broccoli, or 1 bunch fresh broccoli
1 can reduced fat cream of chicken soup
½ cup light grated cheese
Cooking Spray

Preheat oven to 350°. Prepare rice without added fat or salt. Saute onion in margarine. Add rice, broccoli, soup, and half of cheese. Spray casserole dish with cooking spray. Place mixture in a casserole dish. Sprinkle remaining cheese on top. Bake for 30 minutes. Yields 8 helpings (1 cup each).

Calories 144, Fat 5 g, % Calories from Fat 33, % Calories from Saturated Fat 9, Sodium 439 mg

Irish or White Potato Casserole

St. Phillip AME Church
From the kitchen of **Bernice Thompson**

3 medium potatoes
2 medium onions, sliced thin
2 medium tomatoes, sliced thin
4 ounces non-fat shredded cheese
⅓ cup skim milk
2½ tablespoons margarine
⅛ teaspoon of salt

Preheat oven to 350º. Boil potatoes just a little until they begin to soften. Slice the potatoes, onions, and tomatoes very thin. Layer in 1½ quart casserole dish: potatoes, onions, tomatoes, and cheese. Dot with margarine. Pour milk over casserole. Bake 1 hour. Yields 5 helpings (¾ cup each).

Calories 196, Fat 6 g, % Calories from Fat 29, % Calories from Saturated Fat 6, Sodium 242 mg

Potato-Squash Casserole

First Baptist Church of Severn
From the kitchen of **Carol Blount**

3 medium potatoes, sliced
3 medium yellow squash, sliced
2 small onions, sliced
6 teaspoons low-fat margarine
6 ounces fat-free cheese, grated
Black pepper - to taste

In a casserole dish alternate layers of potatoes, squash, onion, pepper, and margarine. Cover casserole with a top or foil. Bake at 350° until potatoes and squash are tender, approximately 1 hour. Remove from oven, take off foil and sprinkle cheese on top of casserole. Return to oven until cheese melts. Yields 6 helpings (½ cup each).

Calories 126, Fat 2 g, % Calories from Fat 16, % Calories from Saturated Fat 3, Sodium 274 mg

Squash Casserole

Simmons Grove Missionary Baptist Church
From the kitchen of **Dorothy Fleming**

4 cups yellow squash, sliced, cooked and drained
1 cup onion, sliced
¼ stick diet margarine
½ cup skim milk
2 cups seasoned stuffing mix
¾ cup reduced fat cheddar cheese, grated
½ teaspoon black pepper
½ teaspoon salt

Preheat oven to 375º. Saute onions in margarine until clear. Combine all ingredients in casserole dish. Bake for 40 minutes. Yields 8 helpings (½ cup each).

Calories 126, Fat 4 g, % Calories from Fat 26, % Calories from Saturated Fat 10, Sodium 432 mg

Mixed Vegetable Casserole

St. Phillip AME Church
From the kitchen of **Denise McAllister**

½ pound string beans, halved (1½ cups)
6 potatoes, peeled and cubed
6 carrots, peeled and halved
1½ cups mushrooms, sliced (¼ pound)
3 tablespoons margarine
½ tablespoon lemon juice
½ teaspoon salt
¼ teaspoon pepper

Put potatoes and carrots in a skillet on the stove top. Add enough hot water to barely cover vegetables. Cover casserole dish and simmer for 10 minutes. Then add beans, cover and simmer an additional 5 minutes longer. Add mushrooms, and simmer 10 more minutes. Finally, add margarine, lemon juice, salt and pepper. Toss lightly until margarine melts. Yields 6 helpings (½ cup each).

Calories 200, Fat 6 g, % Calories from Fat 27, % Calories from Saturated Fat 7, Sodium 281 mg

Veg-All Casserole

London Baptist Church
From the kitchen of **Eliza Ann Bowser**

1 pound chicken tenders, boneless and skinless
2 tablespoons margarine
1 cup broccoli, chopped
1 cup green beans
1 cup onions, chopped
1 cup mushrooms, sliced
1 cup red or green peppers, sliced
1 cup water chestnuts, sliced, drained and rinsed
6 cups rice, cooked

Put chicken in a sauce pan, cook on medium heat for 15 minutes. Add margarine, broccoli, green beans, onions, mushrooms, peppers, and water chestnuts. Cook for 10 minutes. Serve over cooked rice. Yields 12 helpings (½ cup each).

Calories 185, Fat 3 g, % Calories from Fat 16, % Calories from Saturated Fat 4, Sodium 48 mg

Vegetable Casserole

Little Wheel of Hope Missionary Baptist Church
From the kitchen of **Queen E. Webb**

This recipe was inspired by the "5 a Day for Better Health program, and the good it will do for your body."

24 ounces canned mixed vegetables, low sodium
1 cup chopped onions
1 cup celery, chopped
1 cup low-fat shredded cheese
¼ cup bell pepper, chopped
½ cup non-fat mayonnaise
24 Ritz low-sodium crackers, crumbled
1 tablespoon low-fat margarine, melted

Preheat oven to 350°. Mix vegetables, onions, celery, cheese, pepper, and mayonnaise together. Place in a large casserole dish. Sprinkle with crumbled Ritz crackers, and drizzle with margarine. Bake for 35 minutes. Yields 6 helpings (½ cup each).

Calories 171, Fat 6 g, % Calories from Fat 30, % Calories from Saturated Fat 10, Sodium 443 mg

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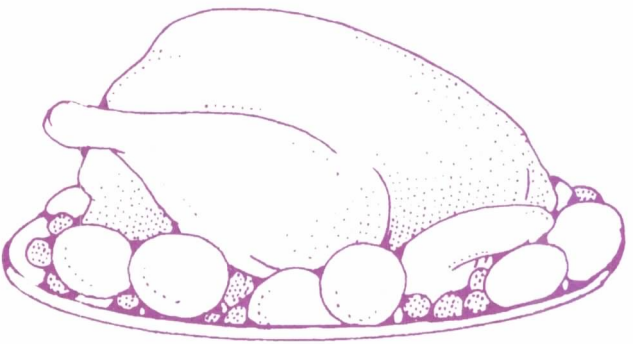
Fruits endure time and eternity.
On Earth-Time

Genesis 1:29
Behold, I have given you every herb-bearing seed which is upon the face of all the Earth, and every tree, in thee which is fruit of a tree yielding seed, to you it shall be for meat.

In Heaven-Eternity
Revelations 22:2
. . . on either side of the river is the tree of life which bears twelve manner of fruits, and yielded her fruit every month, and the leaves of the tree were for the healing of the nations.

by: Rev. Fleming Sr., London Baptist Church and Bethlehem Baptist Church

Main Dishes



We thank You for the food that has been planted and harvested for us. Thank you for giving the farmers the ability and knowledge to produce the food. Allow this food to be strength for our physical bodies as we continue to do your spiritual work. In the name of Jesus we pray.

Amen

by Rev. Wells, New Christian Chapel Baptist Church

So whether we eat or drink or whatever we do, do it all for the glory of God (I Corinthians 10:31).

Father God, as we partake of this meal and each meal, we ask you to help us make wise food choices; that in doing so, we would glorify you. We pray that you would strengthen us that we would use our body as an instrument of righteousness and not unrighteouness. We ask that you would bless this food for the nourishment of our physical bodies and we pray that in turn our bodies would be used to nourish your kingdom.

In Jesus' Name,
Amen

by Pastor Jeffers, Macedonia AME Church

Chicken Salad

First Baptist Church of Severn
From the kitchen of **Shirley Blunt**

½ cup non-fat mayonnaise
3 hard boiled eggs, grated
3 tablespoons onions, grated
2 tablespoons parsley, finely chopped
5 cups lettuce, shredded
4 cups chicken, boiled, skinless, cubed
1 cup fat-free cheese, grated
6 sweet gherkins, thinly sliced
16 pineapple rings, packed in own juice

In a small bowl, combine low-fat mayonnaise, eggs, onions, and parsley. Mix well. Cover and refrigerate several hours to let flavor blend. In a large serving bowl, toss together lettuce, chicken, cheese, and sweet pickles. Pour mayonnaise mixture over the lettuce mixture. Toss to coat all ingredients. Serve with pineapple rings. Yields 8 helpings (1 cup salad and 2 pineapple rings).

Calories 261, Fat 6 g, % Calories from Fat 22, % Calories from Saturated Fat 7, Sodium 477 mg

Chicken Stir-Fry

Bethlehem Baptist Church
From the kitchen of **Alean Jacobs**

"I attended some of the 5 a Day for Better Health workshops and was very much inspired to change my eating habits. This recipe interested me because my husband and I need a low sodium and low fat diet."

¼ cup orange juice
1½ tablespoons cornstarch
1 pound chicken breast, skinless and boneless, cut into strips
¾ cup reduced sodium chicken broth
1½ tablespoons reduced sodium soy sauce
2½ teaspoons vegetable oil
1 garlic clove, minced
1 tablespoon fresh ginger, minced or 1½ teaspoons ground ginger
1½ cups snow peas or green beans
1 large red bell pepper, cut into thin strips
¾ cup sliced green onion
1 cup frozen broccoli, thawed
1 medium carrot, thinly sliced
2 cups cooked white rice without added salt or fat

In a shallow glass bowl, combine orange juice and cornstarch. Mix well. Stir in chicken, cover and let chill for 2 hours. Drain chicken; discard juice mixture. In a small bowl combine broth and soy sauce. Set aside. In a wok or large nonstick skillet, heat oil over medium heat. Add garlic and ginger. Stir fry for 30 seconds; add chicken; stir fry for 3 minutes, Add vegetables; cook until crisp tender, about 5 minutes. Stir in broth mixture. Serve over rice. Yields 4 helpings (½ cup rice, ½ cup chicken). *Short cut:* use precut vegetables from the produce or salad bar section of the supermarket.

Calories 335, Fat 7 g, % Calories from Fat 17, % Calories from Saturated Fat 4, Sodium 381 mg

Chicken Casserole

London Baptist Church
From the kitchen of **Mary Ella Brown**
"It's very simple to prepare. Delicious and low in fat."

1½ pounds chicken (6-7 pieces), skinless
2 cups cooked instant rice, unsalted, no fat added
28 ounces of frozen chopped broccoli (4 cups)
⅔ cup lite cheese sauce
4 ounces mushrooms (1 can), drained
8 ounces plain non-fat yogurt

Preheat oven to 325º. Boil chicken until tender. Cool. De-bone the chicken. Prepare rice as directed on the package with no added salt or fat. Defrost broccoli. Microwave cheese sauce in jar for 1 minute. Mix together chicken, rice, broccoli, cheese sauce, mushrooms, and yogurt (optional to add onion). Place in a casserole dish and bake for 20 minutes. Yields 5 helpings (1 cup each).

Calories 415, Fat 11 g, % Calories from Fat 24, % Calories from Saturated Fat 11, Sodium 432 mg

Chicken and Vegetables

Mt. Pilgrim Missionary Baptist Church
From the kitchen of **Susan Pygatt**

6 teaspoons light margarine
3 tablespoons self-rising flour
¾ cup onion, chopped
½ teaspoon low-sodium salt
⅛ teaspoon black pepper
2 cups chicken broth, no added salt, from cooked chicken
1 cup low-fat milk (1 %)
2½ cups cubed cooked chicken, boneless and skinless
1½ cups cooked sweet peas, no added salt, drained
1½ cups cooked carrots, no added salt, drained

In a 10 inch skillet melt margarine. Blend in flour. Stirring, add onions, salt, and pepper. Add chicken broth and milk. Cook, stirring constantly, until thickened. Add chicken, peas, and carrots. Simmer until hot and bubbly. Yields 7 helpings (¾ cup each).

Calories 180, Fat 5 g, % Calories from Fat 25, % Calories from Saturated Fat 7, Sodium 251 mg

Chicken Stew

Mt. Pilgrim Missionary Baptist Church
From the kitchen of **Henerietta Solomon**

"A different way of preparing chicken stew. Adds flavor and vegetables. Fat and sodium are reduced."

1 stewing hen (5-6 pounds)
½ cup celery, chopped
1½ teaspoons lite salt
5¾ cups tomato juice, low-sodium
½ cup potatoes, diced
¼ cup onion, chopped
2 cups cream style corn, no salt added
8 teaspoons prepared mustard
1 tablespoon Worcestershire sauce

Place hen in large sauce pan and cover with water. Add celery and lite salt. Cover and cook over medium heat until hen is very tender, approximately 3-4 hours. Cool. Remove skin and bones from hen. Cut into bite size pieces and return to broth. Add remaining ingredients to broth. Bring to a boil; then reduce heat and simmer about 30 minutes or until potatoes and onion are tender. Yields 8 helpings (1 cup each)

Calories 278, Fat 7 g, % Calories from Fat 24, % Calories from Saturated Fat 7, Sodium 379 mg

Chicken with Orange-Lemon Sauce

New Calvary Baptist Church
From the kitchen of **Doris Baker**

"My family's and my love for chicken inspired this recipe."

4 chicken breasts, skinless, boneless, cut-up
¾ cup flour
Cooking Spray
2 teaspoons garlic, chopped
1 cup orange juice, unsweetened
2 teaspoons lemon juice
1 tablespoon honey
1½ teaspoons pepper
1 medium orange, sliced thin, with rind
1 cup white grapes
3 cups white rice, cooked without added salt or fat

Coat chicken with flour. Heat 12 inch skillet sprayed with cooking spray on medium-high heat. Cook garlic and chicken until brown, approximately 5 minutes. Pour off any excess oil. Add orange juice, lemon juice, honey, and sprinkle with pepper. Place orange pieces over top of chicken. Cover and let simmer on medium heat approximately 25 minutes or until chicken is done. Garnish with white grapes. Serve with white rice. Yields 4 helpings (1 breast, ¼ cup grapes, ¾ cup rice).

Calories 474, Fat 4 g, % Calories from Fat 8, % Calories from Saturated Fat 2, Sodium 65 mg

Delightful Chicken

London Baptist Church
From the kitchen **Shelley Thomas**
"I was tired of the same old meals and yet wanted something healthy and light."

2 boneless, skinless chicken breasts
¼ teaspoon seasoning salt (optional)
4 small red potatoes, quartered
4 small frozen cobs of corn
1 onion, sliced
½ green pepper, cut in strips
½ lemon
2 pinches sweet basil

Preheat oven to 350°. Sprinkle seasoning salt lightly over chicken and place in a baking dish. Quarter potatoes and place over chicken. Add corn on the cob. Slice onion and cut pepper in strips and add to dish. Squeeze lemon juice over the entire dish. Sprinkle with basil, and cover dish. Cook approximately 1 hour. Yields 2 helpings (1 breast and 1 cup vegetables each).

Calories 353, Fat 5 g, % Calories from Fat 12, % Calories from Saturated Fat 3, Sodium 380 mg

Dot's Chicken Stir-fry

Bethlehem Baptist Church
From the kitchen of **Dorothy Jordan**
This recipe was created "to have a meal low in fat."

4 cups cooked rice
1 tablespoon canola oil
1 pound boneless skinless chicken breasts, cut in strips
1 pound combined fresh broccoli, cauliflower, celery, carrots, pea pods, and bell peppers, chopped
1 cup sweet and sour sauce

Cook rice as directed on package: keep warm. Heat oil in large skillet or wok over medium-heat until hot. Add chicken, cook and stir. Add vegetables and sauce. Cook 8 to 10 minutes or until vegetables are crisp yet tender. Stir occasionally. Serve over rice. Yields 4 helpings (1 cup each).

Calories 471, Fat 7 g, % Calories from Fat 14, % Calories from Saturated Fat 3, Sodium 282 mg

Oriental Chicken Vegetable Stir Fry

Friendship Missionary Baptist Church
From the kitchen of **Christine Turner**

"It is low in fat and has vegetables in it."

Cooking Spray
1 pound chicken breast, boneless, skinless, cut into strips
1 can chicken broth
5 cups mixed vegetables (celery, broccoli, carrots, and green onions), chopped
2 tablespoons cornstarch
4 cups rice

Spray a non-stick pan with cooking spray. On medium-high heat stir-fry chicken in 2 batches until browned. Set chicken aside. Add ¾ cup broth and vegetables. Heat to a boil, cover and cook 5 minutes or until vegetables are tender and crisp. In a separate bowl mix cornstarch and remaining broth. Add to pan, cook until mixture boils and thickens, stirring constantly. Return chicken to pan. Heat and serve over rice. Yields 4 helpings (½ cup each).

Calories 407, Fat 4 g, % Calories from Fat 9, % Calories from Saturated Fat 3, Sodium 360 mg

Oven Fried Chicken

Freewill Independent Church
From the kitchen of **Ann Taylor**

"Serve this recipe with Judah Vegetables."

1 whole chicken, cut up
1 cup Bisquick, reduced fat
Basil, thyme, and oregano to taste
Dash paprika
Cooking Spray
Judah Vegetables (see recipe on page 65)

Preheat oven to 400º. Skin chicken. Pat dry, and cut into pieces. Roll chicken pieces in Bisquick. Sprinkle with herbs and paprika. Heat baking pan in oven with non-stick cooking spray for approximately 10 minutes. Place chicken on pan. Bake uncovered for 30 minutes on one side. Turn over and bake for an additional 30 minutes, or until golden brown. Serve with Juda Vegetables. Yields 8 helpings (4 ounces each).

Calories 169, Fat 5 g, % Calories from Fat 26, % Calories from Saturated Fat 8, Sodium 341 mg
Note: analysis does not include Judah Vegetables.

Low-Fat Chicken Salad

First Baptist Church of Halifax
From the kitchen of **Lucy Richardson**

I was inspired because "our church is involved in the 5 a Day for Better Health project."

2 chickens (2 pounds each)
½ cup celery, chopped
1 small onion, chopped
¼ cup cucumber pickles, diced
1 tablespoon green bell pepper, chopped
1 tablespoon salt-free seasoning
¾ cup non-fat mayonnaise
¼ cup crushed pineapple, packed in own juice
10 cups melon, fresh, chopped

Cut chicken up and remove skin. Cook covered in 2 quarts of water for 20 minutes. Take out of water and cool. Dice with scissors or meat cutter. Put in large mixing bowl and add celery, onion, cucumber pickles, green bell pepper, salt-free seasoning, mayonnaise, and pineapple. Mix well. Put in refrigerator and chill 2 hours before serving. Serve with ½ cup melon. Yields 10 helpings (½ cup salad and ½ cup melon)

Calories 214, Fat 6 g, % Calories from Fat 23, % Calories from Saturated Fat 6, Sodium 352 mg

Rosemary Chicken with Roasted Potatoes

London Baptist Church
From the kitchen of **Ruth Powers**

For Roasted Potatoes:
4 large potatoes, cleaned and halved
2 teaspoons olive oil
¼ cup water
garlic powder, to taste
black pepper, to taste
dried rosemary, to taste

Brush potatoes with olive oil. Sprinkle with garlic powder, rosemary, and black pepper. Arrange, cut side up, in a shallow roasting pan. Pour water in bottom of pan. Roast at 375º for 40-60 minutes or until tender. Yields 4 helpings (1 potato each) TO BE SERVED WITH ROSEMARY CHICKEN.

For Chicken:
2 whole chicken breasts, with bones, skinless
1 large yellow onion, sliced
3 cloves garlic, minced
¼ cup dried rosemary
½ cup water

Season chicken breast with rosemary and black pepper on both sides of the breast. Place sliced onion on top of chicken with garlic. Pour water into the pan and cover. Let cook 45 minutes. Let cool for 5 to 10 minutes before serving. Yields 4 helpings (½ breast each).

Calories 378, Fat 4 g, % Calories from Fat 10, % Calories from Saturated Fat 2, Sodium 51 mg (analysis is for a helping of potatoes and chicken)

Creamy Chicken and Vegetables

Shiloh Missionary Baptist Church
From the kitchen of **Peggy Brown**

This recipe is "fast and easy to make and you could have a healthy meal in a matter of minutes."

4 chicken breast halves, boneless, skinless (12 ounces)
⅛ teaspoon garlic powder
Cooking Spray
1 can reduced fat cream of mushroom soup (10-¾ ounces)
½ cup skim milk
1 tablespoon lemon juice
¼ teaspoon dried basil leaves, crushed
1 bag frozen vegetables combination (16 ounces)
4 cups cooked rice, unsalted, no fat added

Sprinkle chicken with garlic powder. Spray skillet with cooking spray and heat over medium- high heat for 1 minute. Cook chicken 10 minutes or until browned. Set chicken aside. Combine soup, milk, lemon juice, basil and vegetables in skillet. Heat to a boil. Return chicken to pan. Cover and cook over low heat approximately 10 minutes or until chicken is done. Serve with rice. Yields 4 helpings (½ breast, 1 cup rice, 1 cup vegetables).

Calories 426, Fat 5 g, % Calories from Fat 3, % Calories from Saturated Fat 11, Sodium 431 mg

Cornbread Casserole with Chicken

Pleasant Hill Baptist Church
From the kitchen of **Ada Powell**

1½ cups cooked chicken breast, cubed
1 can mixed vegetables, no salt added, drained (16 ounces)
½ tablespoon mustard
1 cup canned tomatoes, undrained, low sodium
1 box cornbread mix

Preheat oven to 350°. Mix chicken, vegetables, mustard, and tomatoes together and place in a 2 quart casserole dish. Prepare cornbread according to package directions. Pour cornbread mixture over chicken mixture. Bake for 20 minutes or until cornbread is golden brown. Yields 8 helpings (1 cup each).

Calories 244, Fat 6 g, % Calories from Fat 23, % Calories from Saturated Fat 9, Sodium 422 mg

Vinegar Chicken (Grandaddy's)

New Christian Chapel Baptist Church
From the kitchen of **Jackial Swinson**

1 whole chicken, skinned
¼ teaspoon salt
Pepper, to taste
1 tablespoon margarine
½ cup vinegar
¼ cup water
3 cups cooked greens
3 cups cooked rice

Salt and pepper the chicken. Melt margarine in a pan. Brown chicken on both sides. Pour in vinegar and water and cook on top of stove until tender, about 30 minutes. Yields 6 helpings (1 piece chicken, ½ cup greens, ½ cup rich each).

Calories 296, Fat 8 g, % Calories from Fat 23, % Calories from Saturated Fat 6, Sodium 262 mg

Skinless Turkey Breast

Mt. Pilgrim Missionary Baptist Church
From the kitchen of **Mary Faison**
This recipe was inspired by "the taste, and it's quick and easy."

3 cups turkey breasts, chopped
1 cup brown rice
1 can reduced fat cream of mushroom soup
1 cup canned low-sodium garden peas (8 ounces)
½ cup carrots, chopped
½ cup broccoli spears, frozen (4 ounces)
⅛ teaspoon salt substitute (optional)
⅛ teaspoon black pepper
⅛ teaspoon paprika

Preheat oven to 350º. Boil turkey breast until tender, chop in to chunks. Save the broth. Put meat in a 9 x 13" dish, add uncooked rice, cream of mushroom soup, garden peas, carrots, broccoli, broth, and water if desired. Sprinkle with salt substitute (optional), black pepper and paprika. Cover and bake for 4.5 minutes. Yields 4 helpings (1 cup each).

Calories 422, Fat 8 g, % Calories from Fat 18, % Calories from Saturated Fat 5, Sodium 441 mg

Turkey Green Grape Salad

First Baptist Church of Halifax
From the kitchen of **Gwendolyn Bynum**

2½ cups fresh turkey, diced
1 cup celery, thinly sliced
¼ cup low-fat mayonnaise
¼ cup plain non-fat yogurt
90 grapes (5½ cups)
Salt-free seasoning mix to taste
Pepper to taste
3 cups greens

Combine diced turkey, celery, mayonnaise, and yogurt. Season to taste with salt free seasoning mix and pepper. Toss lightly. Serve on greens. Trim with grapes. Yields 6 helpings (1 cup each).

Calories 188, Fat 6 g, % Calories from Fat 28, % Calories from Saturated Fat 6, Sodium 132 mg

Smoked Turkey and Greens with Cold Water Corn Bread

New Christian Chapel Baptist Church
From the kitchen of **Sarah Murphy**
"I tried it out and it was very good and low in calories."

For Turkey and Greens:
1 leg smoked turkey
1 wing smoked turkey
1½ pound turnips
1½ pound mustard greens
1½ pound kale, slick or curly

In a large stock pot boil turkey parts until tender. Remove turkey from juice. Cook greens in turkey juice until tender (about 1-2 hours).

For Cold Water Corn Bread:
1 cup plain cornmeal
¾ cup cold water
Cooking Spray

Mix cornmeal with cold water. In a cast iron skillet sprayed with cooking spray, pan fry the cornmeal mixture. Yields 6 servings (1 cup greens and 1/6 corn bread loaf,).

Serve turkey and greens with or over cornbread.

Calories 172, Fat 2 g, % Calories from Fat 9, % Calories from Saturated Fat 1, Sodium 125 mg

Deer Casserole

St. Phillip AME Church
From the kitchen of **Virginia Rae Vaughn**

12 ounces deer meat
Dash of meat tenderizer
3 small onions
1 cup water
3 cups white potatoes
⅛ teaspoon pepper
⅛ teaspoon garlic powder

Preheat oven to 350°. Place deer in a baking pan. Season with tenderizer, pepper, garlic, and onions. Pour in a cup of water. Place deer in oven. Keep basting with water. When deer is almost cooked, place sliced potatoes over the deer. Total cooking time 2-3 hours. Yields 8 helpings (½ cup each).

Calories 110, Fat 1 g, % Calories from Fat 9, % Calories from Saturated Fat 3, Sodium 67 mg

Baked Fish

Macedonia AME Church
From the kitchen of **Mary Ann Johnson**

1 pound fish fillets
½ teaspoon of salt
1/8 teaspoon of black pepper
2 teaspoons margarine
1 tablespoon lemon juice
1 teaspoon grated onion
rice
3 cups greens, cooked

Preheat oven to 350°. Sprinkle both sides of fish with salt and pepper. Mix margarine, lemon juice and onion. Dip fish into margarine mixture. Arrange in ungreased square pan. Pour remaining margarine mixture over fish. Cook uncovered until fish fillets flake easily with fork, approximately 15 to 25 minutes. Sprinkle with paprika if desired. Server this recipe with rice and ½ cup greens. Yields 6 helpings (4 ounces fish, ½ cup greens).

Calories 100, Fat 2 g, % Calories from Fat 18, % Calories from Saturated Fat 5, Sodium 201 mg
Note: analysis does not include rice.

Beef Stew

Mt. Hebron AME Zion Church
From the kitchen of **Esther Hall**

A recipe if you're "trying to get away from fried foods."

Cooking Spray
12 ounces lean boneless round steak
¾ cup chopped onions
1 cup green pepper, chopped
2 garlic cloves, minced
2 cups potatoes, diced
2 cups carrots, chopped
1 can (14 ounces) beef broth
¼ cup skim milk
1 teaspoon paprika
2 tablespoons cornstarch

Spray unheated skillet. Heat skillet over medium heat. Add beef, onions, green peppers, and garlic. Stir until brown. Stir in potatoes, carrots, and broth. Simmer 30 minutes. In a cup mix milk, paprika, and corn starch. Stir into beef stew mixture. Cook until bubbly. Yields 4 helpings (1 cup each).

Calories 259, Fat 3 g, % Calories from Fat 11, % Calories from Saturated Fat 4, Sodium 353 mg

Ribeye Stir Fry

New Christian Chapel Baptist Church
From the kitchen of **Helen C. Dobson**

This recipe was inspired "because it is one of my daughter's favorites, from a tasting at Sam's."

1 pound ribeye steak, trimmed
1 package (16 ounces) fresh mixed vegetables
2 teaspoons soy sauce
3 cups cooked rice, no salt or fat added

Preheat 12 inch skillet on high heat. Cut up steak and put in skillet to brown. Turn heat down to low and simmer for 10 minutes. Stir in vegetables and soy sauce. Steam until tender. Serve over rice. Yields 6 helpings (1½ cup each).

Calories 254, Fat 7 g, % Calories from Fat 23, % Calories from Saturated Fat 8, Sodium 326 mg

Hamburger and Macaroni Casserole

Simmons Grove Missionary Baptist Church
From the kitchen of **Louise Jones**

1 pound ground chuck hamburger meat
1 cup green pepper, chopped
1 cup onion, chopped
1 can tomato soup, low-sodium
14 ounces (1 can) tomatoes, reduced-sodium
4 cups cooked elbow macaroni, no salt added
½ teaspoon hot pepper sauce
Pepper to taste
½ cup reduced fat grated cheddar cheese
½ cup water

Preheat oven to 375º. Brown meat, drain off fat and rinse in warm water. Saute hamburger, green peppers, and onions. Stir in tomato soup, ½ cup water, tomatoes, and macaroni. Add seasonings and cheese, place in a casserole dish. Bake for 30 minutes. Yields 6 helpings (¾ cup each).

Calories 328, Fat 7 g, % Calories from Fat 20, % Calories from Saturated Fat 7, Sodium 289 mg

Lean Pork Chop Bake

New Christian Chapel Baptist Church
From the kitchen of **Sarah Murphy**

Having "leftover broccoli pieces" inspired this recipe. "It's a complete meal in one disk."

6 lean pork chops, center loin, trimmed
1 tablespoon vegetable oil
1 teaspoon lite soy sauce
2 cups carrots, chopped
1 cup celery, chopped
2 cups broccoli, chopped
2 chicken flavor bouillon cubes, low sodium
1 cup bread crumbs
1 cup water
3 cups cooked rice, no salt, no fat added

Preheat oven to 300°. Season and pan fry chops in vegetable oil and soy sauce. Arrange in baking dish carrots first, celery second, broccoli third, then pork chops. Dissolve bouillon cubes in water. Pour over ingredients in a 9" x 6" baking pan. Sprinkle bread crumbs over top. Bake for 30 minutes. Yields 6 servings (1 chop and ½ cup vegetables).

Calories 382, Fat 11 g, % Calories from Fat 26, % Calories from Saturated Fat 8, Sodium 266 mg

Pork Chop Casserole

First Baptist Church of Severn
From the kitchen of **Jackie Barnes**

2-2¼ medium pork chops (6 pork chops at 6 ounces each)
6 medium potatoes, sliced
1 large onion, sliced
1 can reduced fat cream of mushroom soup
Pepper to taste (optional)

Preheat oven to 400º. Season pork with pepper. Cook uncovered in oven until done. Chops will be brown. Slice potatoes and onions on top of pork chops. Add cream of mushroom soup. Cover and cook until potatoes are tender about 30 minutes. Yields 6 helpings (1 chop and ¾ potato with sauce)

Calories 441, Fat 14 g, % Calories from Fat 29, % Calories from Saturated Fat 10, Sodium 273 mg

Pork Chop Spanish Rice

Mt. Carmel Missionary Baptist Church
From the kitchen of **Jackie White**

6 lean center cut pork chops
3 teaspoons chili powder (divided 2 teaspoons and 1 teaspoon)
2 cups uncooked white rice
1 large onion, chopped
32 ounces peeled tomatoes, low sodium, diced
16 ounces green peas, no salt added
2 teaspoons black pepper

Wash, dry, and trim off fat from pork chops. Season chops with 2 teaspoons chili powder. Let sit in refrigerator for 30 minutes. Cook rice according to box directions without added fat or salt. Brown chops in non-stick frying pan on medium heat. Pour off fat, remove chops from pan and set aside. Combine together rice, chopped onion, tomatoes, and peas. Stir and crush tomatoes with a wooden spoon. Add 1 teaspoon chili powder and pepper. Stir well. Add pork chops, cover and simmer for 20 minutes. Yields 4 helpings (1 pork chop and 1½ cup rice).

Calories 746, Fat 10 g, % Calories from Fat 12, % Calories from Saturated Fat 4, Sodium 190 mg

Macaroni and Cheese

First Baptist Church of Halifax
From the kitchen of **Frankie Young**

"To keep cholesterol low use tomatoes instead of milk and eggs. Use fat-free cheese for fewer calories."

8 ounces elbow macaroni
14½ ounces tomatoes
2 cups non-fat cheddar cheese, shredded
1 tablespoon sugar
3 cups broccoli, steamed, fresh

Preheat oven to 350º. Cook macaroni according to directions on package. Drain and mix other ingredients. Pour in baking dish and cook for 30 minutes. Serve with steamed broccoli. Yields 6 helpings (1½ cup each).

Calories 258, Fat 1 g, % Calories from Fat 4, % Calories from Saturated Fat 1, Sodium 297 mg

Macaroni Pie

First Baptist Church of Severn
From the kitchen of **Carol Blount**

½ pound fat-free cheese, shredded
1 can reduced fat and sodium cream of mushroom soup
1 box macaroni, cooked, no salt added
1 medium onion, chopped
¼ cup pimentos
½ cup lite mayonnaise
1½ tablespoons low-fat margarine
20 ounces frozen broccoli, chopped, (2 boxes)
¼ cup cracker crumbs, low-fat, low-salt

Preheat oven to 350º. In a large bowl, mix cheese, cream of mushroom soup, macaroni, onion, pimentos, mayonnaise, margarine, and broccoli. Pour into a casserole dish. Sprinkle cracker crumbs on top. Bake for 30 minutes. Yields 6 helpings (1/6 of pie).

Calories 370, Fat 12 g, % Calories from Fat 29, % Calories from Saturated Fat 6, Sodium 487 mg

Spaghetti Salad

London Baptist Church
From the kitchen of **Mary Ella Brown**

3 quarts water
⅛ teaspoon salt
1 box spaghetti, 8 ounces
1 large tomato, cut into chunks
1 large cucumber
1 medium onion
¾ cup fat free Italian dressing

Bring 3 quarts of water and teaspoon salt to a rapid boil. Add spaghetti. Boil uncovered until tender. Drain, let cool. Combine in a mixing bowl, tomato, cucumber, and onion. Add spaghetti. Stir with a fork until combined. Add fat-free Italian dressing. Serve immediately. Yields 4 helpings (1½ cup each).

Calories 303, Fat 1 g, % Calories from Fat 4, % Calories from Saturated Fat 1, Sodium 458 mg

Spinach Omelet

Mt. Pilgrim Missionary Baptist Church
From the kitchen of **Billy J. Savage**

"Ingredients are easy to find for this recipe, and other vegetables can be added. It is also low in fat, cholesterol, and sodium."

1 teaspoon canola oil
2 tablespoons chicken broth, low sodium
2½ cups frozen chopped spinach
¼ teaspoon lite salt
½ teaspoon black pepper
1 clove minced garlic
4 tablespoons non-fat grated Parmesan cheese topping
5 cartons egg substitute
2 tablespoons water
1 teaspoon low-fat, unsalted margarine

Combine oil, broth and spinach, cook until spinach is thawed. Stir in half of salt and pepper. Add garlic. Simmer 20 minutes. Stir in Parmesan cheese. Simmer and set aside. Combine egg substitute and water, add remaining salt and pepper and beat lightly. Heat margarine in skillet until hot enough to sizzle a drop of water, then pour in egg mixture all at once. With a fork, lift cooked portions of egg mixture at the edges so uncooked portions flow underneath. Slide pan back and forth rapidly, to keep mixture in motion to avoid sticking. When mixture no longer flows freely and is set properly, it is moist and creamy on top. Flip onto plate or platter and spread spinach mixture over surface of omelet. Fold in half, cut and serve. Yields 4 helpings (¼ omelet each).

Calories 126, Fat 2, % Calories from Fat 13, % Calories from Saturated Fat 2, Sodium 424 mg

Spinach Lasagna with Vegetables

Mt. Hebron AME Zion Church
From the kitchen of **Diana Oliver**

"I wanted to try something different. One day I used spinach, instead of meat. The next time, I added peas."

1 box of lasagna noodles (9 noodles)
2 cups spinach (frozen or fresh), well drained and patted dry
½ cup peas (frozen or canned)
2 teaspoon sugar (granulated)
¼ cup celery, chopped
¼ cup onion, chopped
½ cup mozzarella cheese
½ cup low fat spaghetti sauce

Preheat oven to 350º. Cook lasagna noodles according to directions on box. Cook spinach, peas, celery and onions on stove top until vegetables are soft, add sugar. In a glass pan or casserole dish, layer lasagna noodles and spinach mixture. Top with mozzarella cheese and sauce. Continue the above until you reach your third layer. Spread sauce over top layer, and bake for 45 minutes. Yields 6 helpings (1 cup each).

Calories 184, Fat 3 g, % Calories from Fat 15, % Calories from Satiated Fat 6, Sodium 217 mg

Rice and Mushrooms

Freewill Independent Church
From the kitchen of **Ann Taylor**

4 slices turkey bacon
2 scallions, chopped
1 medium onion, sliced
½ cup total green, red, and yellow peppers
1 cup mushrooms, sliced
1 tablespoon margarine
2 cups cooked rice
1 tablespoon Old Bay seasoning
Paprika and thyme to taste

Cook bacon until crispy. In a pan, saute scallions, onion, peppers, and mushrooms in margarine. Add 1 cup rice, ½ tablespoon Old Bay seasoning, and paprika. Stir slowly until well mixed. Then add the other 1 cup rice and the rest of the Old Bay seasoning. Add more paprika and thyme to taste. Crumble bacon and stir gently until heated throughly. Yields 4 helpings (1 cup each).

Calories 186, Fat 6 g, % Calories from Fat 28, % Calories from Saturated Fat 7, Sodium 426 mg

Vegetable Pizza

Simmons Grove Missionary Baptist Church
From the kitchen of **Anna White**

½ cup lite mayonnaise
4 ounces non-fat cream cheese
4 ounces non-fat sour cream
½ package ranch salad dressing, dry mix
1 cup carrots, chopped
1 cup broccoli, chopped
1 cup cauliflower, chopped
1 cup cucumber, sliced
½ cup spring green onions
1 cup reduced fat shredded mozzarella cheese
½ cup mushrooms
1 loaf frozen bread dough (thawed) or one 14" pizza crust

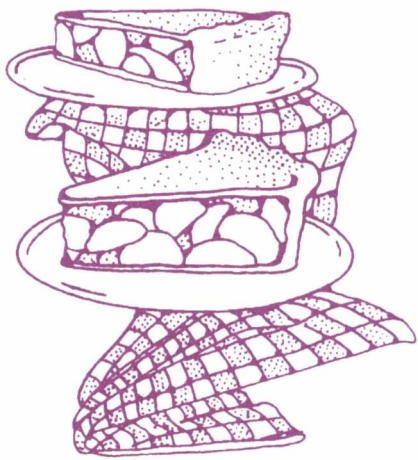
Preheat oven to 350º. Take thawed bread dough, spread on a 9 x 12 cookie sheet. Bake until brown. Mix together mayonnaise, cream cheese, sour cream, and ranch dressing. Spread over dough, then place on vegetables and sprinkle with cheese. Note: place green onions and cucumbers on pizza last. Keep in refrigerator until ready to cook. Bake for approximately 4 minutes or until cheese starts to turn brown. Yields 8 helpings (1/8 of pie).

Calories 230, Fat 8 g, % Calories from Fat 30, % Calories from Saturated Fat 9, Sodium 376 mg

Galatians 5:22
But the fruit of the Spirit is love, joy, peace, long suffering, gentleness, goodness, faith, meekness, temperance: against such there is no law.

by Rev. Gregory, New Calvary Baptist Church

Desserts



The Lord is my shephard, I shall not want.
(23 Psalm)

Favorite Scripture of Mrs. Rosa White,
93 years old,
Galilee Missionary Baptist Church

I greet you with Jesus' joy. It is indeed an exciting and challenging time to be alive. Let us be mindful throughout this year that God has called us to do a special work according to his plan for our lives. He has graciously granted us knowledge, skills, talents, finances and education to get the job done. But there is another resource many of us take for granted; our body, which, according to I Corinthians 6:19 is the "Temple of the Lord."

How exhilarating it is to know that God lives in us. How awesome to know that His temple, our body, has been fearfully and wonderfully made, and that we have been tenderly and lovingly woven together (Psalm 139:13-14), and that God, Himself, called His creation of us good (Genesis 1:31).

Just as we are to be good stewards of our talents, our finances and other resources, we must become good stewards of our bodies. As Christians, we should be setting the example of healthful living.

Let us commit to making wise and healthy choices about what we eat, get proper rest, and maintain a sensible exercise program. God bless you.

In the Mighty Name of Jesus,
Pastor Jeffers, Macedonia AME Church

Apple Crisp

Macedonia AME Church
From the kitchen of **Elizabeth Woodley**

4 cups sliced tart apples
⅔ cups packed brown sugar
½ cup all purpose flour
½ cup oats
¾ teaspoon ground cinnamon
¾ teaspoon ground nutmeg
⅓ cup low-fat margarine
Cooking Spray

Preheat oven to 375°. Arrange apples in a square pan sprayed with cooking spray. Mix remaining ingredients and sprinkle over apples. Bake until topping is golden brown and apples are tender, approximately 30 minutes. Yields 8 helpings (½ cup each).

Calories 192, Fat 4 g , % Calories from Fat 21, % Calories from Saturated Fat 4, Sodium 99 mg

Apple Fantasia

Little Wheel of Hope Missionary Baptist Church
From the kitchen of **Colene Stanley**

This is "a fast and healthy dessert."

4 medium apples, unpeeled
1 tablespoon honey
⅔ cup dates, chopped
1 tablespoon lemon juice
1 cup non-fat yogurt, plain
¼ cup chopped nuts
Mint sprigs (for garnish)

Core and dice apples and place in a medium bowl. Add honey, dates, and lemon juice. Toss well to distribute honey evenly. Mix in yogurt. Spoon into dessert dishes, and sprinkle with chopped nuts. Garnish with fresh mint sprigs. Yields 4 helpings (½ cup each).

Calories 263, Fat 5 g, % Calories from Fat 18, % Calories from Saturated Fat 2, Sodium 50 mg

Apple Strider

New Community Church of God
From the kitchen of **Sandra Reid**

4 cups fresh apples, sliced
½ cup 100% apple juice
1 cup yellow cake mix
½ stick lite margarine
2 teaspoon sugar

Preheat oven to 375°. Pour the apples and juice into a 9" x 13" casserole dish. Spread the cake mix over the apples evenly. Melt the margarine and spread it over the cake mix and apples. Bake until crispy and brown, approximately 30 minutes. Yields 6 helpings (1/6 of cake).

Calories 174, Fat 6 g, % Calories from Fat 30, % Calories from Saturated Fat 6, Sodium 227 mg

Light Apple Cobbler

New Light Missionary Baptist Church
From the kitchen of **Marietta Pierce**

Non-stick Cooking Spray
6 cups apples, peeled and chopped
½ cup brown sugar, packed
1 tablespoon cornstarch
1½ teaspoons cinnamon
¼ teaspoon nutmeg
1 cup flour
½ cup sugar
1 teaspoon baking powder
1 egg, beaten
½ teaspoon vanilla
2 tablespoons oil

Preheat oven to 350°, and spray a 9" baking dish with cooking spray. In a medium bowl, mix apples with brown sugar, cornstarch, cinnamon, and nutmeg. Place this mixture in baking dish. In another bowl combine flour, sugar, and baking powder. Add egg and vanilla stirring until well-distributed. Dribble in the oil and mix with a spoon until crumbly. Put this flour mixture on top of the apples and lightly press into the apples. Bake, uncovered for 40 minutes.
Yields 12 helpings (½ cup each).

Calories 166, Fat 3 g, % Calories from Fat 16, % Calories from Saturated Fat 3, Sodium 41 mg

Spiced Apples

New Light Missionary Baptist Church
From the kitchen of **Titia R. Boone**

"I really love apples and wanted to fix them a fast and different way."

6 whole medium tart apples, peeled and chopped
¼ cup sugar
¼ teaspoon cloves
¼ teaspoon cinnamon
¼ teaspoon nutmeg

Mix all ingredients together in small sauce pan. Cook on medium heat for 15 minutes or until done. Do not overcook. Let cool, and top with lite whipped cream or low-fat ice cream of your choice (optional). Yields 6 helpings (½ cup each).

Calories 66, Fat 0 g, % Calories from Fat 3, % Calories from Saturated Fat 1, Sodium 0 mg

Fresh Apple Cake

Galilee Missionary Baptist Church
From the kitchen of **Alice Ferebee**

2 tablespoons vegetable oil
1½ cups applesauce
3 cups flour
2 cups sugar
1 teaspoon salt
2 teaspoons cinnamon
2 eggs
2 egg whites
2 tablespoons vanilla flavoring
3½ cups apples, diced
1 cup black walnuts

Preheat oven to 325°. In a large bowl combine oil, applesauce, flour, sugar, salt, cinnamon, eggs, egg white, vanilla, apples, and nuts. Mix with a large spoon or with hands. *(Note:* Do not use an electric mixer.) Pour mixture into a tube pan. Bake for 1% hours. Yields 10 helpings (1/10 of cake).

Calories 458, Fat 12 g, % Calories from Fat 23, % Calories from Saturated Fat 3, Sodium 260 mg

Honey -N- Applesauce Cake

New Calvary Baptist Church
From the kitchen of **Catherine Turner**

"This recipe was inspired because of my love for applesauce cake, but my desire to fix it in a way that would be enjoyable as a favorite dessert without too much sugar."

1½ cups all purpose flour
1 cup wheat flour
1 cup brown sugar
1 teaspoon baking powder
1 teaspoon baking soda
¾ teaspoon cinnamon
½ teaspoon cloves
½ teaspoon allspice
4 egg whites
1½ cups unsweetened applesauce
½ cup vegetable oil
½ cup honey
1½ cups Apple Raisin Crisp Cereal, crushed
¾ cup raisins
¼ cup pecans

Preheat oven to 350°. In a large bowl, mix all dry ingredients together. In a small bowl separate egg whites from yolk. Beat egg whites until slightly foamy; set aside. Put applesauce in bowl with dry mixture. Add beaten egg whites, vegetable oil, and honey. Stir well. Add cereal, raisins, and pecans to the batter. *Note:* The cereal gives the cake a somewhat nutty texture instead of using nuts which might be greasy. Stir well. Pour mixture into a baking pan. Bake for approximately 40 minutes. Yields 8 helpings (1 slice each).

Calories 560, Fat 17 g, % Calories from Fat 27, % Calories from Saturated Fat 4, Sodium 326 mg

Banana Split Cake

St. James AME Zion Church
From the kitchen of **Janice Wilson**

2 small packages sugar-free instant vanilla pudding - prepared with skim milk
2 cups low-fat graham cracker crumbs
2 tablespoons margarine
6 medium bananas
3 cups pineapple tidbits packed in own juice, drained
8 ounces lite whipped cream topping
½ cup cherries
1 tablespoon pecans (optional)

Prepare pudding according to directions on package, using skim milk. Mix graham cracker crumbs with margarine. Press into bottom of a 9" x 13" pan. Add pudding on top of crust. Slice bananas on top of pudding. Add pineapple and cover with lite whipped cream topping. Add cherries and pecans on top. Yields 12 helpings (1 cup each).

Calories 264, Fat 7 g, % Calories from Fat 23, % Calories from Saturated Fat 10, Sodium 371 mg

Banana Layer Cake with Pineapple Topping

Little Wheel of Hope Missionary Baptist Church
From the kitchen of **Colene Stanley**

"A rich banana taste in the cake batter. It's delicious!"

Cake:
2½ cups sifted all purpose flour
¾ cup sugar
1½ teaspoons baking powder
½ teaspoon baking soda
¼ cup vegetable oil
1 egg yolk
2 cups bananas, mashed and ripe (4 medium bananas)
3 egg whiter
1 teaspoon vanilla
Cooking Spray

Topping:
2 cups, crushed pineapple packed in water, drained
¼ cup honey
1 cup plain non-fat yogurt

Preheat oven to 375°. Sift together flour, sugar, baking powder, and baking soda into a large bowl and set aside. Beat vegetable oil, egg yolk and 1 cup mashed banana together, for approximately 2 minutes at medium speed. Scrape the bowl down. Next add flour mixture to make batter. Add remaining banana and vanilla and beat one minute. In separate bowl, beat egg whites to form soft peaks and fold into batter. Bake in three 8 inch round layer pans coated with cooking spray and dusted with 1 tablespoon flour. Bake until cake springs back when lightly touched. Remove from oven and cool completely. To make topping combine pineapple and honey, then fold in yogurt. Stack the layers together with topping between and on top of them. Yields 8 helpings (1/8 of cake).

Calories 411, Fat 8 g, % Calories from Fat 18, % Calories from Saturated Fat 3, Sodium 216 mg

Instant Banana Pudding

Bethlehem Baptist Church
From the kitchen of **Virginia Lassiter**

"This recipe requires no cooking, only a blender, bowl and the refrigerator".

3 cups 1% low-fat milk
2 small packages instant vanilla pudding, sugar-free
2 cups lite whipped topping
36 vanilla wafers
8 medium bananas
1 container non-fat sour cream

Pour milk into a large bowl. Add sour cream, half of the cool whip and both packages of instant pudding. Blend all ingredients until thickened. Layer vanilla wafers, bananas, and pudding. This usually makes 2-3 layers depending on size of container. Top final layer with remainder of cool whip and crumble a few cookies on top of cool whip. Put in refrigerator to chill. This recipe is better if it sits overnight. Yields 8 helpings (1 cup each).

Calories 302, Fat 7 g, % Calories from Fat 19, % Calories from Saturated Fat 10, Sodium 431 mg

Blueberry Dessert

New Light Missionary Baptist Church
From the kitchen of **Nora J. Nichols**

1 large package (2.1 ounces) non-fat, no sugar vanilla pudding
3 cups skim milk
3 cups fresh or frozen blueberries
1 can (16 ounces) blueberry pie filling
8 graham crackers
1 large container lite whipped cream topping (2 cups)

Prepare pudding by package directions using skim milk. Mix together blueberries and pie filling. Place one layer of graham crackers in a 9 x 13 dish. Top crackers with vanilla pudding, then blueberry mixture. Continue to layer ingredients in this order, ending with blueberries. Top with lite whipped cream topping and chill in refrigerator. Yields 6 helpings (½ cup each).

Calories 255, Fat 4 g, % Calories from Fat 15, % Calories from Saturated Fat 10, Sodium 332 mg

Peach Cobbler

New Light Missionary Baptist Church
From the kitchen of **William Spears**

1 can sliced peaches, packed in juice (29 ounces)
1 cup self rising flour
½ cup sugar
1 cup skim milk
2 teaspoons vanilla flavoring
1 pinch nutmeg
1 pinch cinnamon
1 tablespoon margarine

Preheat oven to 350°. In a large bowl, mix flour, sugar, milk, nutmeg, vanilla flavoring, and cinnamon. Place margarine in 9" x 13" glass baking dish. Melt margarine in oven. Pour mixture into baking dish, drop peaches into mixture. Add liquid from peaches. Bake for 25 or 30 minutes. Yields 6 helpings (½ cup each).

Calories 210, Fat 2 g, % Calories from Fat 10, % Calories from Saturated Fat 3, Sodium 317 mg

Pineapple Graham Cracker Loaf

New Calvary Baptist Church
From the kitchen of **Doris Baker**

"Our love for sweets" inspired this recipe. "Something sweet, but it is low in calories and fat. It's good too."

Cooking Spray
2 cups graham cracker crumbs
1½ teaspoon baking powder
½ teaspoon baking soda
¼ cup brown sugar
¼ cup low-fat margarine, softened
½ cup crushed pineapple, packed in own juice, drained
¾ cup 100% pineapple juice, unsweetened
1 egg white slightly beaten
16 pineapple slices, canned in own juice
2 cups non-fat vanilla yogurt

Preheat oven to 350°. Spray bottom of small loaf pan with cooking spray. Mix graham cracker crumbs, baking powder, baking soda, and brown sugar. Stir well. Add softened margarine, and mix until crumbly. Stir in crushed pineapple, pineapple juice, and egg white. Stir until all ingredients are well mixed. Pour into loaf pan. Bake approximately 55 minutes or until toothpick, when inserted in the middle comes out clean. Serve with ¼ cup vanilla yogurt and 2 pineapple rings. Yields 8 helpings (1/8 loaf, 2 pineapple rings, ¼ cup yogurt).

Calories 262, Fat 5 g, % Calories from Fat 18, % Calories from Saturated Fat 4, Sodium 403 mg

Punch Bowl Cake

New Light Missionary Baptist Church
From the kitchen of **Margie Godfrey**

1 large box (6 ounces) instant vanilla pudding mix
3 cups skim milk
1 Angel food cake
1½ cups fresh or frozen, unsweetened blueberries
1½ cups crushed pineapple, in own juice, drained
2 cups banana, sliced
1½ cups fresh or frozen, unsweetened strawberries
1 large container lite whipped creamed topping (4 cups)
¼ cup flaked coconut to garnish

Prepare vanilla pudding using skim milk. In a large bowl crumble half of angel food cake. Add half of the prepared pudding and half of the blueberries. Continue to layer with remaining cake, pudding, blueberries, pineapple, bananas, and strawberries. Spread with the lite whipped cream topping on top and sprinkle with coconut. Chill for at least 1 hour before serving. Tastes better if chilled overnight. Yields 10 helpings (1/10 of cake).

Calories 415, Fat 6 g, % Calories from Fat 12, % Calories from Saturated Fat 9, Sodium 327 mg

Quick Low-fat Dessert

First Baptist Church of Halifax
From the kitchen of **Cora Johnson**

1 medium angel food cake
2 cups frozen sherbet
8 cups fresh strawberries

Slice cake in half horizontally. Spread sherbet on bottom half of cake. On top of sherbet add ½ of strawberries, sliced. Place top half of cake on top of sherbet. Cover cake with rest of strawberries. Yields 8 helpings (1/8 cake and ½ cup sherbet).

Calories 303, Fat 2 g, % Calories from Fat 6, % Calories from Saturated Fat 3, Sodium 411 mg

Strawberry Pie

Ironhill Highway Pentecostal Church of Christ
From the kitchen of **Leola Hawkins**

¾ cup sugar
1 cup water
1 tablespoon lemon juice
2 tablespoons cornstarch
4 cups strawberries, sliced
1 package sugar free strawberry flavored gelatin
1 whole 9 inch pie crust

In a sauce pan mix sugar, water, lemon juice and corn starch. Cook until thickened. Let cool. Add gelatin. Line a cooked pie shell with half of the strawberries, pour mixture over the berries. Top with remaining strawberries. Refrigerate until congealed. Yields 8 helpings (1/8 pie).

Calories 225, Fat 5 g, % Calories from Fat 22, % Calories from Saturated Fat 5, Sodium 132 mg

One Cup Cobbler

Mt. Carmel Missionary Baptist Church
From the kitchen of **Essie M. Hinton**

"You may use any fruit. - It's very good."

Cooking Spray
2 teaspoons margarine
1 cup self-rising flour
⅔ cup sugar
1 cup skim milk
2 cups cooked fruit with juice
1⅓ cups low-fat ice cream

Preheat oven to 350°. Spray a 6" x 6" x 2" pan with cooking spray generously and put in oven with 2 teaspoons margarine. In a bowl mix sugar, flour, and skim milk until smooth. Pour batter on top of heated margarine. Pour hot fruit on top of batter. Bake for 20 minutes or until dough is done. Serve with 1/3 cup low-fat ice cream. Yields 4 helpings (1 cup each). Recipe may be doubled.

Calories 400, Fat 6 g, % Calories from Fat 13, % Calories from Saturated Fat 6, Sodium 99 mg

Sweet Potato Pies

New Light Missionary Baptist Church
From the kitchen of **William L. Spears**

5 cups sweet potatoes
1 cup fat-free sour cream
1 cup sugar
4 egg whites
2 whole eggs
1 small package vanilla instant pudding
1 teaspoon vanilla flavor
1 teaspoon cinnamon
1 teaspoon allspice
2 frozen pie shells (9" unbaked)
1½ cups 100% orange juice

Preheat oven to 350°. Defrost pie shells. Wash potatoes, place in medium size pot with cold water. Boil about 30 minutes or until tender. Remove potatoes from boiling water, place in cold water in sink. When cool, peel potatoes and place in large bowl with sour cream and mash with a potato masher. Add sugar, egg whites, eggs, pudding mix, vanilla, cinnamon, and allspice. Mash. Add orange juice and stir with a large spoon. Put into two unbaked pie shells. Bake for 35 to 40 minutes. Yields 12 helpings (1/6 of pie).

Calories 362, Fat 8 g, % Calories from Fat 20, % Calories from Saturated Fat 5, Sodium 315 mg

John 3:2

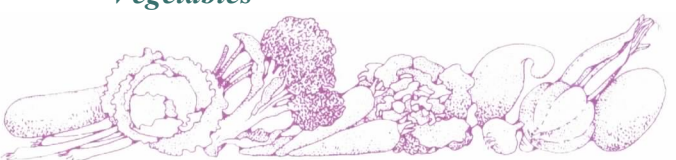
Beloved,

I pray that you may prosper in all things and be in health, just as your soul prospers.

by: Rev. Johnson, First Baptist Church of *Halifax*

Making Your Way To 5 a day

- ✓ *Guide To Modifying Recipes*
- ✓ *Choosing Fruits and Vegetables High in Vitamin A, Vitamin C, and Fiber*
- ✓ *Fresh Fruit and Vegetable Buying Guide*
- ✓ *Vegetable Cooking Chart*
- ✓ *Helpful Hints: Using and Storing Fresh Fruits*
- ✓ *Helpful Hints: Using and Storing Fresh Vegetables*



Matthew 15:11

Not that which goeth into the mouth that defileth the man; but that which cometh out of the mouth, this defileth the man.

by Rev. Johnson, First aptist Church of Halifax

fruits & vegetables

5 a Day–for Better Health!

Lord,
We thank you for the nutritional guidance given to us in the scripture - Genesis' 1:28, Genesis 2:8,9 and 16. Today, a vast majority of the guidelines advocated by nutritionists are consistent with the scripture laws which You created to keep man healthy. According to Your word, we understand that our - natural diet should consist of lots of fruits, grains and vegetables. Numbers 11:5 refers to "The cucumbers, and the melons, and the leeks, and the onions, and the garlic."

Lord,
Help, us to glean some practical truths by making wise choices in our daily eating habits. In Jesus' name we pray. Amen

by Rev. Willis, New Community Church of God

MAKING YOUR WAY TO 5 A DAY

A GUIDE TO MODIFYING RECIPES

Making your way to 5 a Day can begin with modifying some of your recipes. There are many ways to make healthy changes in your recipes, while keeping them tasty. This can be easy using the following steps.

Step #1
Increase fruit or vegetables in the recipe so each helping has one serving of fruit or vegetable.

Step #2
Reduce the fat in recipes so each helping is low in total fat and low in saturated fat.

Step #3
Add less salt and lower salt foods in recipes.

Step #4
Add less sugar in your recipes.

Take your recipe through the following four steps and you will be on your way towards making a 5 a Day recipe. The first time you may choose to use just one or two of the above steps. Then try your modified recipe and see how it tastes. The next time you fix it, modify it further, and continue until all four steps are used in a single recipe. This way you will be more likely to make changes that work best for you, while still having a great tasting recipe.

STEP #1:
ADDING FRUITS & VEGETABLES TO RECIPES

The first step towards making a 5 a Day recipe is to include enough fruit or vegetables in the recipe so each helping contains some fruit or vegetables.

To increase the fruits in a recipe:

For baked items:

1. Add 1/2 cup of extra bananas to **banana bread.**
2. Add 1/2 cup of blueberries, raspberries, or blackberries to **muffins.**
3. Add 1/2 cup of extra apples to an **apple crisp.**
4. Use stewed, pureed prunes or applesauce as a **substitute for oil or shortening** in baked goods.
5. Use fruit juice instead of water in baked items such as **fruit muffins.**
6. Add dried fruits to recipes.

Other ways to increase fruit in recipes:

1. Add 1/2 cup of fruit (bananas, strawberries, peaches) to 1 cup of yogurt. Mix in blender to make a **fruit smoothie.**
2. Add 3/4 cup of fruit juice (orange, grapefruit, grape) to 3/4 cup of seltzer water for a light and **fizzy drink.**
3. Add 1/2 cup of pineapple to **pizza.**
4. Add fruit to **cereal, french toast, and desserts like pies and cake.**
5. Add fruits to **pancake and waffle** recipes.
6. Use fruits, pureed in a blender for **spreads and toppings.**

To increase the vegetables in a recipe:

1. Use 1 cup of vegetables for **pizza toppings -** such as:

broccoli	mushrooms
spinach	onions
squash	tomatoes

2. Add extra vegetables to **casseroles, soups, or stews -** for example, add broccoli to chicken and rice casserole.
3. Add different vegetables to **sandwiches** - such as grated carrot, lettuce, tomato slices, cucumber, onions, green peppers, alfalfa sprouts.
4. Add 1/2 cup grated carrots to muffins.

Step #2: REDUCING THE FAT IN RECIPES

The next step in making a 5 a Day recipe is to reduce the fat. Each helping should be low in total fat and low in saturated fat.

To lower the fat in your recipes:

For baked items:

In baked goods, use reduced amounts of fat by going down one size in the measuring cup called for. Example, if recipe calls for 1 cup, use ¾ cup; if recipe calls for ¾ cup, use ⅔ cup, if recipe calls for ⅔ cup, use ½ cup; if recipe calls for ½ cup, use ¼ cup. Or in baking, substitute applesauce or pureed or stewed prunes for half the added fat called for in the recipe. For example, if recipe calls for 1 cup oil, use ½ cup applesauce and ½ cup oil.

Other ways to reduce the fat in recipes:

1. Reduce added fat in recipes using the following guide:

Guide For Reducing Added Fat in Recipes

If recipe calls for this much oil, margarine, butter, shortening	Use this amount or less (depending on the recipe and your taste)
2 cups	1⅓ cups
1½ cups	1 cup
1 cup	⅔ cup

¾ cup	**½ cup**
⅔ cup	**½ cup (or less)**
½ cup	**⅓ cup**
3 tablespoons	**2 tablespoons**
1 tablespoon	**2 teaspoons**

To lower the fat in your recipes (continued):

2. Substitute low-fat or non-fat varieties of products when possible.

Substitution List For Your Recipes

WHEN YOUR RECIPE CALLS FOR:	USE:
Butter, Crisco, Shortening, Lard	Margarine or Vegetable oil and reduce the amount used (see "Guide for Reducing Added Fat in Recipes")
1 cup whole milk	1 cup skim or 1% milk 1 cup nonfat powdered milk prepared 1 cup evaporated skim milk
1 cup mayonnaise or salad dressing	½ cup reduced fat mayonnaise or salad dressing 1 cup non-fat mayonnaise or salad dressing ½ cup plain low-fat or non-fat yogurt and ½ cup low-fat mayonnaise or salad dressing 1 cup low-fat cottage cheese, blended 1 cup fat free ranch dressing
1 cup sour cream	1 cup reduced fat or nonfat sour cream 1 cup lowfat or nonfat plain yogurt (add 1 tsp. cornstarch for heated dishes) 1 cup lowfat cottage cheese, blended

1 ounce cream cheese	1 ounce reduced fat or nonfat cream cheese 1 ounce lowfat or nonfat plain yogurt drained, (to drain, start with 2 ounce yogurt and let drain through cheesecloth overnight to make 1 ounce)
1 cup heavy cream/ whipping cream	1 cup evaporated skim milk, whipped 1 cup lite whipped cream topping
2 eggs	1 whole egg + 2 egg whites 4 egg whites ½ cup egg substitute
1 ounce cheese	1 ounce lowfat mozzarella cheese 1 ounce reduced fat or nonfat cheese 1 ounce part skim mozzarella or ricotta cheese ½ the amount of cheese called for in recipe
chocolate (1 square)	4 Tablespoons cocoa
1 piece fatback, neck bone, ham hocks, bacon	1 piece skinless chicken thigh 1 piece turkey thigh 1 ounce lean ham 1 piece turkey bacon 1 piece reduced fat bacon
4 ounces hamburger, ham, bologna, heavily marbled meats, organ meats	4 ounces lean ground turkey 4 ounces beef - loin, round, chuck 4 ounces pork - tenderloin, leg, shoulder
oil for deep fat frying	lowfat cooking spray to stir fry or saute
1 cup nuts	½ the amount or less, or leave out altogether 1 cup raw oatmeal in toppings
1 can cream soup	1 can reduced fat cream soup

3. Use lowfat cooking methods.

- Steam, boil, bake, or microwave vegetables.
- Season vegetables with lemon juice, nonfat salad dressings, herbs and spices or nonfat butter seasoning, rather than with sauces, butter, or margarine.
- Try lemon juice on salads or use limited amounts of oil-based salad dressing.
- Try whole-grain flours to enhance flavors of baked goods made with lower fat ingredients.
- Choose lean cuts of meats.
- Remove skin and trim fat from meat before cooking.
- Limit deep-fat or pan frying. Instead, try some other flavorful ways to cook, such as: stir frying (which requires only a few teaspoons of oil), baking and broiling, using some of the shake-and-bake products to give meats a crisp coating when cooked in the oven. Note: Don't coat or bread foods before deep fat frying, as this causes more fat to be absorbed.
- Roast, bake, broil, or simmer meat, poultry, or fish.
- Remove skin from poultry before cooking.
- Cook meat or poultry on a rack so the fat will drain off.
- Use a non-stick pan for cooking so added fat will be unnecessary.
- Chill meat or poultry broth until the fat becomes solid. Spoon off the fat before using the broth.
- For last minute gravies, add ice cube to drippings and stir. Then, remove the congealed fat before mixing with flour.
- Avoid fatty hamburger, hot dogs, luncheon meats, breaded and prefried fish and organ meat, such as liver, heart, giblets, spleen.
- Use a cooking oil spray, instead of butter to lightly coat pan when sauteing.
- Substitute dry beans and peas for meats in mixed dishes.

Step #3 REDUCING SODIUM IN RECIPES

The next step is to reduce the sodium in your recipes. Most people get a lot of their sodium from table salt, which is 40% sodium.

To reduce the salt in your recipes:
In most recipes salt is optional, so your recipe will turn out the same if you leave it out altogether or reduce the amount called for in the recipe. If you want to use some salt, add it to the food after you cook, but first taste the unsalted dish. You may use less this way, especially when you taste the foods first!

1. Reduce the amount of added salt in recipes to at most 1/5 teaspoon per helping of the recipe. For example, if a recipe makes 5 helpings, use 1 teaspoon salt for the entire recipe.

2. Even if the recipe does not say salt is optional, you can usually use half the amount the recipe calls for and still have the food taste good. For example, if the recipe says 1 teaspoon, use ½ teaspoon.

3. Reduce the amount of foods high in salt found in your recipe. Food labels lists the salt content of the food in milligrams (mg) of sodium. Below are some commonly used high salt foods used in recipes. Use less of these than the amount called for in the recipe, but enough to maintain the tasty flavor. Also, look for lower salt versions of these products in the supermarket.

Use less of these high salt foods:
barbecue sauce
bouillon cubes and broth
cheese
cornbread mixes and biscuit mixes
pickles

Use less of these high salt foods (continued):

processed foods (mixes, packages, etc.)
relish
salt
seasoning salts (garlic salt, celery salt, prepackaged seasonings)
smoked ham and bacon
some canned vegetables
some cereals
some frozen vegetables
soups
soy sauce

4. Substitute lower salt foods for higher salt foods in your recipe. The table below has some other suggestions for decreasing the sodium in your diet:

Instead of this....	**Use this....**
1 tablespoon of salt	½ tablespoon of salt or unsalted seasoning
1 tablespoon of instant bouillon	½ tablespoon of instant bouillon or 1 tablespoon of low sodium bouillon
1 cup chicken broth	1 cup low sodium chicken broth
soy sauce	low sodium soy sauce
canned vegetables	fresh vegetables or use low sodium or no salt added canned vegetables or low sodium frozen vegetables
canned legumes (beans) & peas	use dry beans and soak them in plain water or frozen peas and beans
canned, frozen, or dried beef	fresh beef, chicken, or turkey
instant oatmeal or grits	regular oatmeal or grits
cheese	low salt cheese
salted crackers	unsalted or reduced sodium crackers
soup	reduced sodium soups

Step #4 REDUCING SUGAR IN YOUR RECIPES

The final step is to reduce the amount of sugar in your recipe. Sugar adds sweetness to our favorite foods, but it replaces some of the vitamins or minerals that we need each day. It only adds "empty calories." Extra calories can cause weight gain. Eating sugar also can cause tooth decay and cavities.

To reduce the amount of sugar in your recipe:

1. First, use added sugar in moderation in recipes. Look for the added sugars in your recipe. Below is a table of commonly added sugars and a guide to reducing added sugars in your recipe.

Commonly Added Sources of Sugar

brown sugar (light or dark)

corn syrup (light or dark)

granulated (white) sugar

honey

maple syrup

molasses

powdered sugar

Reduce these sources of sugar in recipes by a little (example: reduce one-fourth or one-half of what recipe calls for. When you are accustomed to that taste, try reducing by another quarter.) Remember, however, that the texture of baked goods can be affected when you reduce the sugar (they become heavier). The guide on the following page can help you reduce the sugar without affecting the quality of your baked goods.

Guide to Reducing Added Sugar in Baked Goods

If a recipe calls for:	Use:
3 cups	2 cups and 2 tablespoons
2 ½ cups	1 ¾ cups
2 cups	1 ⅓ cups
1 ¾ cups	1 ¼ cups
1 ½ cups	1 cup
1 cup	⅔ cup
¾ cup	½ cup
½ cup	5 tablespoons
¼ cup	3 tablespoons

2. Use less often, ingredients that are high in sugar, or substitute a lower sugar ingredient for some of the high sugar ingredients. Use sugar substitutes like Equal, Nutra Sweet, Sweet-n-Low, but remem ber these products lose their sweetness when heated as in baking or cooking.

When a recipe calls for:	Use:
fruit canned in syrup	fruit canned in own juice, or canned in water
fruit drink, fruit beverage or punch	100% fruit juice
cola or soda	diet cola or diet soda
frozen fruit, sweetened	frozen fruit, unsweetened
marshmallows	half amount recipe called for in recipe
regular gelatin	sugar-free gelatin

regular pudding	sugar-free pudding
regular jelly and jam	sugar-free, low sugar or 100% fruit jams and jellies
canned pie filling	half pie filling and half fresh fruit reduced calorie pie filling

Now that you have gone through the four steps towards making a 5 a Day recipe, try preparing a recipe with some of the suggested changes. If you are not pleased with the way it turns out, try again and make some other choices. There are many different ways to modify recipes to make them healthy. Some of the changes will work better for you and your taste. Here's an example of a recipe before and after it was modified using these four steps. Compare the fat and sodium content of the recipe before and then after modification.

Original Favorite Potato Casserole
(Ingredients)

2 pounds frozen hash brown potatoes (0 g fat)
1/2 cup butter (92 g fat)
1 teaspoon salt
1/2 teaspoon pepper
2 tablespoons minced onion (0 g fat)
1 can cream of chicken soup (18 g fat)
1 pint sour cream (88 g fat)
2 cups cheddar cheese (75 g fat)
1/4 cup margarine (46 g fat)
2 cups corn flakes (0 g fat)
Yield: 10 helpings (1 cup each)
Calories per helping: 404
Fat, grams per helping: 37 g
Sodium per helping: 1283 mg

Modified Favorite Potato Casserole
(Ingredients)

2 pounds frozen hash brown potatoes (0 g fat)
Non-stick cooking spray (0 g fat)
1/4 teaspoon salt
1/2 teaspoon pepper
2 tablespoons minced onion (0 g fat)
1 can lowfat cream of chicken soup (5 g fat)
1 pint nonfat sour cream (0 g fat)
1 cup reduced fat cheddar cheese (0 g fat)
2 teaspoons margarine (0 g fat)
2 cups corn flakes (0 g fat)
Yield: 10 helpings (1 cup each)
Calories per helping: 159 calories
Fat, grams per helping: 3 g
Sodium per helping: 376 mg

FRUITS and VEGETABLES HIGH in VITAMIN A and VITAMIN C

Many of the fruits and vegetables listed below have been used in various recipes found in this cookbook. You may also like to try some of these fruits and vegetables in other recipes using the How to Guide for 5 a Day.

All fruits and vegetables have vitamins, minerals, fiber and other substances which are important to your health. Some fruits and vegetables are especially good sources of vitamin A, vitamin C and fiber. Most fruits and vegetables are good sources of fiber. Eating a variety of these everv day may help reduce your risk of heart disease and certain cancers. Vegetables in the cabbage or mustard family are called **cruciferous** because the flowers of these plants have 4 petals in the shape of a cross. They are an important source of nutrients and fiber which may help to lower your risk of cancer. Plan to eat cruciferous vegetables several times a week.

FRUITS

Vitamin A	**Vitamin C**
Apricots	Cantaloupe
Cantaloupe	Cranberry juice
Mango	Grapefruit/grapefruit juice
Peaches	Honeydew melon
	Kiwi
	Mango
	Orange/orange juice
	Pineapple/pineapple juice
	Strawberries
	Watermelon

VEGETABLES

Vitamin A	**Vitamin C**
Asparagus	Asparagus
Bok choy **(cruciferous)**	Bok choy **(cruciferous)**
Broccoli **(cruciferous)**	Broccoli **(cruciferous)**
Carrots	Brussels sprouts **(cruciferous)**
Greens **(cruciferous)***	Cabbage **(cruciferous)**
Pumpkin	Cauliflower **(cruciferous)**
Red peppers, sweet & hot	Greens **(cruciferous)***
Romaine lettuce	Green peppers
Spinach	Potatoes
Sweet potatoes	Red peppers, sweet & hot
Tomatoes/tomato juice	Spinach
Winter squash	Tomatoes/tomato juice

*Beet, mustard, Swiss chard, dandelion, collards, kale and turnip greens

FRESH FRUIT & VEGETABLE BUYING GUIDE

How many 5 a Day servings can I get from the fresh fruits and vegetables I buy?

Raw Food, (Amount as Purchased)	**Number of cups**	**Number of 5 a Day Servings**
FRUITS:		
Blueberries, (1 pint)	2 cups	4 servings
Blackberries/Raspberries, (1 pint)	2 cups	4 servings
Cantaloupe, (1 melon)	5 ½ cups	11 servings
Cherries, (22 pitted)	1 cup	2 servings
Cranberries, (1 pint)	2 cups	4 servings
Grapes, (16 each)	½ cup	1 serving
Pineapple, (1 whole)	3 cups	6 servings
VEGETABLES:		
Asparagus, (17 medium stalks)	2 cups	4 servings
Beans, green, (20 each)	1 cup	2 servings
Beets, (5 each)	3 cups	6 servings
Broccoli, (1 bunch)	7 cups	14 servings
Brussels sprouts, (1.5 each)	2 cups	4 servings
Cabbage, (1 medium head)	12 ½ cups	25 servings
Carrots, (3 medium)	2 cups	4 servings
Cauliflower, (1 medium head)	5 ½ cups	11 servings
Celery, (6 medium stalks)	2 cups	4 servings
Corn, (1 medium Cobb)	1 cup	2 servings
Cucumber, (1 medium)	1 cup	2 servings
Eggplant, (1 plant)	7 cups	14 servings
Greens, (1 pound)		
Collards, Kale, Mustard, Spinach, Turnip	9 cups	9 servings
Leeks, (1 medium)	1 cup	2 servings
Lettuce, (1 medium head)	9½ cups	9½ servings
Mushrooms, (10 each)	2½ cups	5 servings
Okra, (25 pods)	3 cups	6 servings
Onion, (1 medium)	1/2 cup	1 serving
Pepper, green/red, (2 medium)	1½ cups	3 servings
Potatoes, (1 medium)		
Sweet potatoes/Yams	½ cup	1 serving
White potatoes	1 cup	2 servings
Radish, (13 each)	½ cup	1 serving
Rutabaga, (1 medium)	1½ cups	3 servings
Summer squash, (1 medium)	1½ cups	3 servings
Tomatoes, (1 medium)	½ cup	1 serving
Turnip, (1 medium)	1 cup	2 cups
Zucchini squash, (1 medium)	1½ cups	3 cups

Vegetable Cooking Chart

REMEMBER: Some vitamins like vitamin C are destroyed by cooking vegetables too long. Here is a chart to help gauge cooking times when steaming or microwaving vegetables to avoid overcooking.

Using the Vegetable Chart:

1) The times are for one pound of vegetables.
2) The times are in minutes.
3) A range of time is given because cooking times vary due to the age and size of the vegetables. Vegetables are done when tender, but still crisp.
4) Steaming times begin when the water boils and creates steam.

	Cooking Time (in minutes):	
Vegetable (1 pound)	**Steam**	**Microwave**
Asparagus	8 to 10	4 to 6
Beans, green	5 to 15	6 to 12
Beans, lima	10 to 20	8 to 12
Beets (whole)	40 to 60	14 to 18
Broccoli (spears)	8 to 15	6 to 7
Broccoli (flowerets)	5 to 6	4 to 5
Brussels Sprouts	6 to 12	7 to 8
Cabbage (wedges)	6 to 9	10 to 12
Cabbage (shredded)	5 to 8	8 to 10
Carrots (whole)	10 to 15	8 to 10
Carrots (sliced/cut)	4 to 5	4 to 7
Cauliflower (whole)	15 to 20	6 to 7
Cauliflower (flowerets)	6 to 10	3 to 4
Corn (on cob)	6 to 10	3 to 4 each
Corn (cut)	4 to 6	2 per cup
Greens (kale/beet)	4 to 6	8 to 10
Mushrooms	4 to 5	3 to 4
Onions (whole)	20 to 25	6 to 10
Onions (pearl)	15 to 20	5 to 7
Peas, snow	2 to 3	2 to 3
Peppers, bell (sliced)	2 to 4	2 to 4
Potatoes (whole)	12 to 30	6 to 8
Potatoes (cut)	10 to 12	8 to 10
Spinach	5 to 6	3 to 4
Squash, summer (sliced)	5 to 10	3 to 6
Squash, winter (halves)	15 to 40	6 to 10
Tomatoes	2 to 3	3 to 4
Turnips/Rutabagas(whole)	20 to 25	9 to 12
Tumips/Rutabagas(cubed)	12 to 15	6 to 8
Zucchini	5 to 10	3 to 6

Source: Weber, Louis. *The Complete Step by Step Cooking Class Cookbook.* Publications International, LTD. Canada 1994.

Helpful Hints: Using and Storing Fresh Fruits

STORING FRUITS:
All fruits can be stored at room temperature until they ripen. When ripe, eat or refrigerate. Proper storage helps preserve a fruit's nutrients. Fruits will ripen faster inside a brown paper bag. Avoid storing fruits that have been cut, since air exposure can destroy nutrients. If you do need to store cut fruits, wrap tightly or put in a tightly sealed container.

- Always chill juices before adding to beverage recipes.

- One lemon yields about 1/4 cup juice; one orange yields about 1/3 cup juice. This is helpful in making fresh orange juice or lemonade!

- Lemon juice rubbed on fish before cooking will enhance the flavor and help maintain a good color.

- Thaw frozen orange juice right in the container. Remove the top metal lid. Place the opened container in the microwave and heat on high power 30 seconds for 6 ounces and 45 seconds for 12 ounces.

- Bananas that have darkened can be peeled and frozen in a plastic container until it is time to bake banana bread.

Helpful Hints: Using and Storing Fresh Vegetables

STORING VEGETABLES:
Fresh vegetables are available year round. Again, proper storage helps preserve a vegetable's nutrients. Avoid storing cut up vegetables.

Store most vegetables in the refrigerator, including:

Fresh green beans	Broccoli
Beets	Cabbage
Corn (with husks)	Cucumbers
Peppers	Greens
Summer squash	Turnips
Lettuce	

Store these vegetables in a cool, dark, dry place*:

Potatoes	Sweet potatoes
Winter squash	Onions with skins

*Package them so air can flow around the vegetables.

Vegetables in General

- Avoid soaking vegetables after slicing; you will lose some of their nutritional value.

- To dress up cooked vegetables, sprinkle them with toasted sesame seeds, toasted chopped nuts, or slightly crushed seasoned croutons.

- When you are grilling your main dish, try grilling your vegetables, too, for an easy no-mess side dish.

- Pour all leftover vegetables and water they are cooked in, into a freezer container. When full, add low sodium tomato juice, season ing, and have “vegetable soup” for lunch.

- Avoid overcooking and/or deep fat frying vegetables; this destroys some of the vitamins and minerals.

Cauliflower and Cabbage

- To cut down on odors when cooking cabbage and cauliflower, add a little vinegar to the cooking water.

- To keep cauliflower white while cooking, add a little milk to the water.

Greens

- Lettuce keeps better if you store it in the refrigerator without washing it first so that the leaves are dry. Wash the day you are going to use.

- A leaf of lettuce dropped into the pot absorbs the grease from the top of the soup. Remove the lettuce and throw it away.

- A cube of sugar added to water when cooking greens helps veg etables retain their fresh color. Avoid adding baking soda to vegetables because it destroys Vitamin C and some B vitamins.

Mushrooms

- Buy mushrooms before they “open”. When stems and caps are attached snugly, mushrooms are truly fresh.

Onions

- To avoid tears when cutting onions, try cutting them under running cold water or placing them in the freezer briefly before cutting.

- Onions added to roasts will help tenderize them naturally. They contain an acid that works well to break down meats.

Potatoes

- To bake potatoes quickly, steam them for 10-15 minutes. Pierce skin with a fork and then bake in a preheated oven.

- A little vinegar or lemon juice added to potatoes before draining will make them extra white when mashed.

- Instant potatoes are a good thickener for stews.

Tomatoes

- To ripen tomatoes, put them in a brown paper bag in a dark pantry and they will ripen overnight.

- Tomatoes added to roasts will help tenderize them naturally. They contain an acid that works well to break down meats.

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