



DOWN HOME HEALTHY LIVING

**FAVORITE RECIPES OF CHEFS
NEAL LANGERMAN, CURTIS MOORE AND
L. MONIQUE PORCHE-SMITH**

WITH LIFESTYLE TIPS

**NATIONAL BLACK LEADERSHIP INITIATIVE ON CANCER II
A PROJECT OF THE NATIONAL CANCER INSTITUTE**

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A publication of the



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in partnership with the
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U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
Public Health Service • National Institutes of Health



Crawfish and Shrimp for Eggrolls

In June 2000, the federal government identified a national public health crisis from obesity, poor nutrition and physical inactivity. New national dietary guidelines were released to help get the country back in shape. According to then President Bill Clinton:

“The vast majority of Americans still don’t have healthy diets. We’re eating more fast food because of our hectic schedules and we’re less physically active because of our growing reliance on modern conveniences, from cars to computers to remote controls. As a result, more Americans are overweight or obese, including one in 10 children. An alarming trend, since obesity and poor nutrition contribute to four of the leading causes of death: heart disease, stroke, cancer and diabetes.”

He announced updated guidelines that encouraged low-fat, low-cholesterol diets including more fruits, vegetables and grains. And, for the first time, the guidelines recommend moderate daily exercise. The new federal dietary guidelines recommend:

- Choose a diet low in saturated fat and cholesterol. Opt for fish and lean poultry and cook with vegetable oils.
- Be physically active at least 30 minutes each day and aim for a healthy diet.
- Eat more fruits, vegetables and whole grains daily.
- Select and prepare foods with less salt. Flavor foods instead with spices and herbs. Be judicious with high-sodium items like soy sauce, ketchup, mustard, pickles and olives.
- Moderate your intake of foods and drinks that contain added sugar such as soft drinks, cakes and cookies, fruit drinks and candy.
- Drink alcoholic beverages in moderation; no more than two drinks a day for men, one for women.

The National Black Leadership Initiative on Cancer II: Network Project (NBLIC II) recognizes the validity of the federal government findings and recommendations, especially as they relate to colorectal cancer. To address this issue, NBLIC II has developed **Down Home Healthy Living (DHHL)**, an educational intervention aimed at decreasing colorectal cancer risk through diet, physical activity, and awareness of cancer early detection.

Helping African Americans change their diets was a special project of the NBLIC Philadelphia Coalition, developed to bring high quality produce to the community at a low cost. The objective is to increase the targeted population's daily consumption of fruits and vegetables to five or more a day. The first NBLIC 5-A-Day Produce Stand, which still serves a five-block area, opened in July 1998 in Southwest Philadelphia. Community coalition volunteers use point-of-purchase promotion tools during seminars and health fairs to promote the *Produce Palace*.

As an outgrowth of the NBLIC Philadelphia Coalition 5-A-Day Produce Stands, NBLIC II launched the **DHHL Best Practice** to assist African Americans around the country who are getting back to the basics of good health.

The program consists of three components delivered together (via videotape) or as individual modules (through slide presentations) designed to provide information and knowledge, while being entertaining. They are:

Get With It! Diet, Nutrition & Cooking Demonstrations

Get Down! Physical Activity with Audience Participation

Get Smart! Colorectal Cancer Awareness and Education with Screening Guidelines

PowerPoint or traditional slide method can deliver the presentation, which should be determined by the organizations' capabilities and resources. Each slide presentation is accompanied by a complete, easy-to-follow script.

For a copy of the *Dietary Guidelines for Americans*, contact the Consumer Information Center, Department 5 14-4, Pueblo, Colorado 81009

The key to cooking “Down Home Healthy” is to use:

Lean meats such as round, sirloin, chuck arm pot roast, loin, lean and extra lean ground beef	• <i>instead of</i> •	High fat meats
Poultry with skin removed		
Fish		
Bean and grain dishes		
Skinless chicken thighs	• <i>instead of</i> •	Neck bone
Turkey thighs	• <i>instead of</i> •	Ham hocks and fatback
Small amount of vegetable oils	• <i>instead of</i> •	Lard, butter, or other fats that are hard at room temperature
Turkey bacon, lean ham, Canadian bacon (omit if on a low sodium diet)	• <i>instead of</i> •	Pork bacon
Ground skinless turkey breast	• <i>instead of</i> •	Pork sausage
Ground boneless turkey breast	• <i>instead of</i> •	Ground beef and pork
Lowfat (1% - 2%) or nonfat /skim milk, soy or rice milk	• <i>instead of</i> •	Whole milk
Lowfat or part skim milk cheeses	• <i>instead of</i> •	Whole milk cheeses
Evaporated skim milk	• <i>instead of</i> •	Cream
Mustard	• <i>instead of</i> •	Regular mayonnaise in sandwiches
Nonfat or lowfat dressing, yogurt or mayonnaise	• <i>instead of</i> •	Regular mayonnaise in salads and sandwiches
Fruits & vegetables without added fat	• <i>instead of</i> •	Avocado, olives, etc., as salad garnishes
Low sodium bullion and broths	• <i>instead of</i> •	Regular bullion and broths

Now that the cupboard is stocked, let's look at the kitchen. Put away that deep fryer and replace it with a steamer. Get in the mood by thinking about:

Broiling, steaming, roasting/baking, microwaving, grilling, braising/stewing, boiling, simmering, stirfrying with a little bit of oil	• <i>instead of</i> •	Frying
(no more than 1-2 tablespoons oil for 4 servings)		Basting with fat
		Cooking in fatty sauces and gravies

- When sauteing onions for flavoring, stews, soups and sauces → use nonstick spray, water or stock.
- When making a salad dressing → use equal parts water and vinegar and half as much oil. To make up for less intense flavor, add more mustard and herbs.
- When making chocolate desserts → use 3 tablespoons of cocoa (if fat is needed to replace the fat in chocolate, add 1 tablespoon or less of vegetable oil) instead of 1 ounce of baking chocolate.
- When making cakes and soft-drop cookies → use no more than 2 tablespoons of fat for each cup of flour.
- When making muffins, quick breads, biscuits → use no more than 1-2 tablespoons of fat for each cup of flour.
- When making muffins or quick breads → use 3 ripe, very well mashed bananas instead of 1/2 cup butter or oil.
- When baking or cooking → use 3 egg whites and 1 yolk instead of 2 whole eggs; use 2 egg whites instead of 1 whole egg.
- When making pie crust → use only 1/2 cup margarine for every 2 cups of flour.
- When you need sour cream → blend 1 cup lowfat cottage cheese with 1 tablespoon skim milk and 2 tablespoons lemon juice, substitute plain or nonfat lowfat yogurt, or try some of the reduced fat sour cream substitutes.
- When a recipe calls for butter, lard or shortening → choose a margarine with liquid vegetable oil as the first ingredient listed on the label.
- To cut saturated fat → use regular soft margarine made with vegetable oil instead of butter or lard. In general, diet margarines should not be used in baking.

NEAL LANGERMANN



Executive Chef, Partner at Washington D.C.'s Georgia Brown's since April 1997 and a Chef for Capital Restaurant Concepts, Ltd., since 1995.

The year after Chef Langermann joined Georgia Brown's was the restaurant's first year on Phyllis Richman's elite "Top 50" list and it has been on the list every year since.

In 2000, Chef Langermann won a Catfish Institute award for "Innovative Use of Catfish," in such dishes as "Savannah Caesar Salad," which substitutes blackened catfish in place of the traditional anchovies in the dressing.

Chef Langermann, a Californian, living and working in a non-southern city, was honored as a featured Guest Chef at the Southern Foods Symposium in Oxford, Mississippi in October 2001.

Chef Langermann has been a featured chef at the James Beard House twice since 1997.

Chef Langermann makes annual trips to Charleston, South Carolina to keep abreast of trends in Low Country cuisine, and as a result, has cultivated a relationship with "Hop-pin' John" Martin Taylor, that has helped Chef Langermann make Georgia Brown's menu more authentically Low Country.

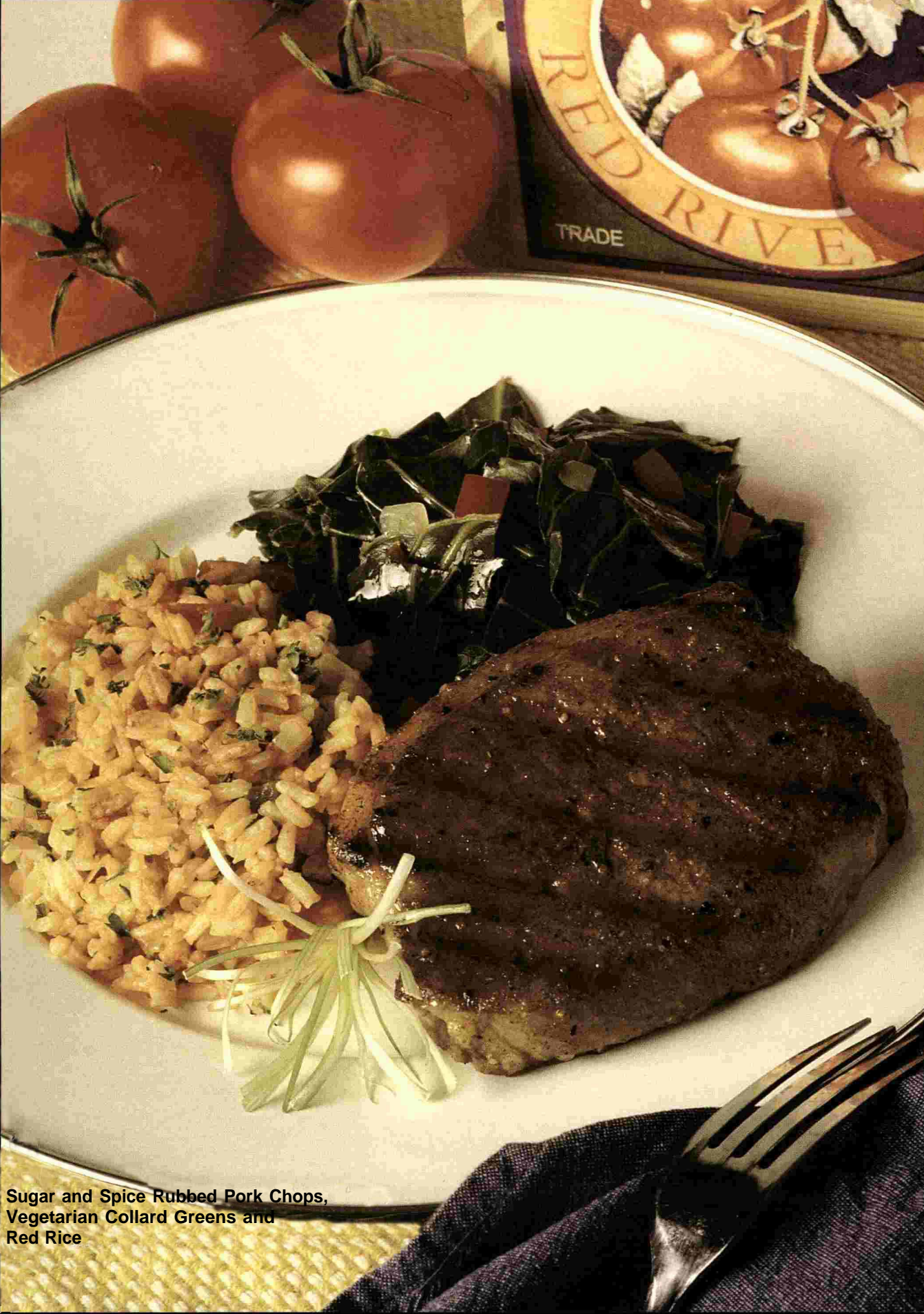
Chef Langermann has demonstrated an extraordinary commitment to the local community, participating in fundraisers for organizations such as the D.C. Rape Crisis Center, Washington Zoological Park's Zoofari, D.C. Food & Friends, St. Jude's Hospital, and Share Our Strength's Taste of the Nation, among others. His commitment is such that the President of the D.C. Food & Friends Network proclaimed Chef Langermann the "most generous chef" he knows during an interview on a local radio station.

The National Turkey Federation featured Chef Langermann's Deep Fried Turkey recipe, which he learned from Hop-pin' John, and asked him to be their "Web Chef" in August 2000.

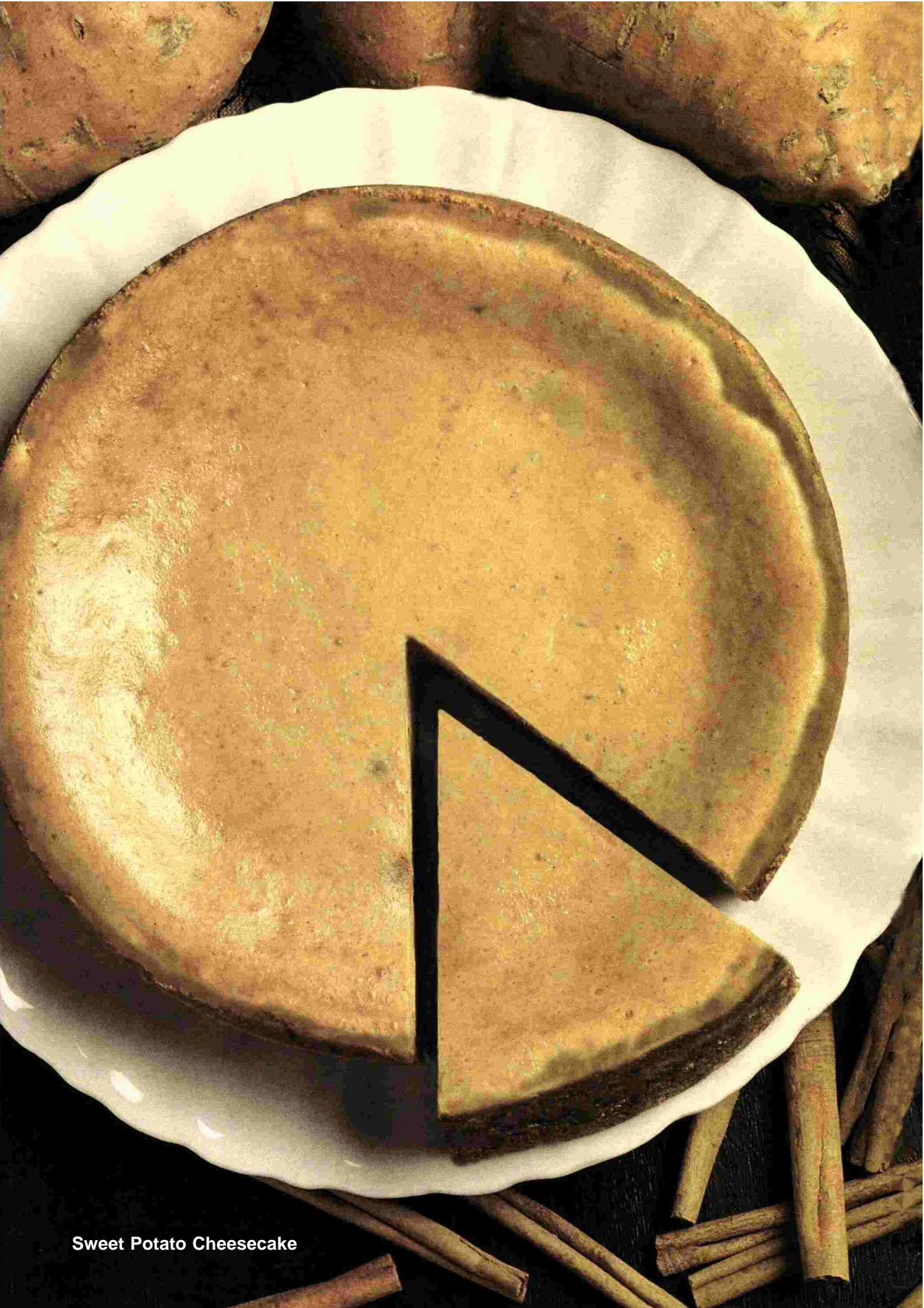
Chef Langermann has a long and colorful culinary history in Washington D.C., originally moving there to open the Red Sage, where he helped create a menu and specials that generated enormous word of mouth advertising from the time it opened. Chef Langermann also was instrumental in the creation of the sushi bar at Perry's in the stylish Adams Morgan district of D.C., which has since become Perry's most popular feature.

• MENU •

- SUGAR AND SPICE RUBBED PORK CHOPS
- VEGETARIAN COLLARD GREENS
- BLACKEYED PEA SUCCOTASH
- RED RICE
- ROASTED CORN
- SWEET POTATO CHEESECAKE
- WHOLE WHEAT CORN BREAD
- APPLE WEDGES



Sugar and Spice Rubbed Pork Chops,
Vegetarian Collard Greens and
Red Rice



Sweet Potato Cheesecake

• SUGAR AND SPICE RUBBED PORK CHOPS •

4 pork chops

Sugar and spice rub
(see recipe below)

Place pork chops on a platter, sprinkle with rub on both sides, allow to marinate from 30 minutes to 24 hours. Either grill or broil the chops until done. Enjoy with red rice and vegetarian collard greens.

Serves 4

Saturated Fat 7.16 g

Fiber 0 g

Calories 261

Cholesterol 72.4 mg

Carbohydrates 0 g

Fat 19.8 g

Sodium 46.2 mg

Protein 19.3

• SUGAR AND SPICE RUB •

1/2 C brown sugar

1 T ground cinnamon

2 T scheszwan peppercorns

5 star anise

1 1/2 T kosher salt

1 T black pepper, freshly ground

Grind Scheszwan peppercorns and star anise in a spice grinder or coffee mill. Combine all ingredients in a bowl, mixing well with fork to break up. Store in an airtight container.

Serves 16

Saturated Fat 0 g

Fiber 0 g

Calories 25

Cholesterol 0 mg

Carbohydrates 6.62 g

Fat 0 g

Sodium 602 mg

Protein 0 g

• VEGETARIAN COLLARD GREENS •

1 1/2 red bell peppers, diced

2 green bell peppers, diced

2 white onions, diced

4 lb collard greens,

cleaned and trimmed

1 gallon water or low-sodium broth

1 1/2 T kosher salt

2 T hot sauce or more, to taste

1 tsp liquid smoke or more, to taste

Spray a sauté pan with non-stick cooking spray and sauté peppers and onions. Once the vegetables are sautéed, transfer to large pot along with all other

Note: Abbreviations used throughout book include:

C = cup

T = tablespoon

tsp = teaspoon

g = grams

mg = milligrams

ingredients except salt. Bring to a boil and simmer for 1 1/2 hours or until tender. Add salt and cook about 15 more minutes. Remove from heat.

Serves 15-20
Saturated Fat .04 g
Total Fiber 2.4 g

Calories 37.8
Cholesterol 0 mg
Carbohydrates 8.7 g

Fat .25 g
Sodium 504 mg
Protein 1.7 g

• RED RICE •

1 C onions, diced
2/3 C green peppers, diced
1 T olive oil
1 lb long grain rice

2 T tomato paste
1/2 C diced tomatoes, no salt added
2 T kosher salt
4 C water or low-sodium broth

Sauté onion and peppers in olive oil. Add rice and coat with oil. Add remaining ingredients. Cover tightly and simmer for about 35 minutes or until liquid has evaporated. Serve warm.

Serves 10-12
Saturated Fat .253 g
Total Fiber 1.06 g

Calories 173
Cholesterol 0 mg
Carbohydrates 35.4 g

Total Fat 1.59 g
Sodium 1192 mg

• BLACKEYED PEAS •

1 lb black eyed peas, dried
1/2 C yellow onions, diced
1 tsp kosher salt

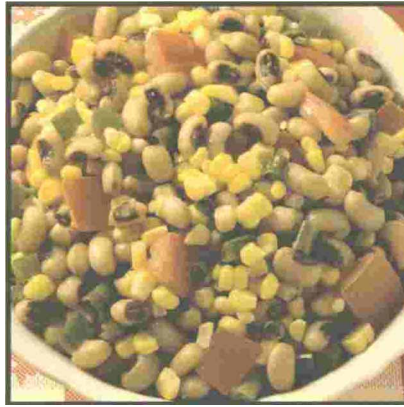
1/2 tsp black pepper, freshly ground
Liquid smoke, optional

Spray pan with non-stick cooking spray. Once pan is heated, saute onions. Transfer onions, peas, and enough water or low-sodium stock to a large pot and cover with enough liquid to cover peas. Bring to a boil. Reduce heat and simmer until tender, but not mushy. Remove from pot and place into serving dish and serve warm. In addition to using blackeyed peas in the succotash, Chef Monique Porche-Smith, who is also featured in this cookbook, makes egg rolls out of them and they are always a hit. Just take the cooled cooked black eyed peas and place a tablespoon into an egg roll wrapper, bake or fry until golden brown. Enjoy with a fresh made or store bought salsa.

Serves 6
Saturated Fat .11 g
Total Fiber 8.4 g

Calories 112
Cholesterol 0 mg
Carbohydrates 23.6 g

Total Fat .45 g
Sodium 360 mg
Protein 3.7 g



• BLACKEYED PEA SUCCOTASH •

2 T shallots, diced	1/4 C green onions, chopped
1 C black eyed peas, cooked firm	1/4 C tomatoes, diced
1 C roasted corn kernels	2 T butter, cubed

Spray pan with non-stick cooking spray. When the pan is heated, add shallots and sauté for 1-2 minutes. Add peas, corn, green onions and tomatoes. Stir to blend well. Once heated and mixed thoroughly, add butter and allow to melt. Serve warm.

Serves 4	Calories 132	Total Fat 6.42 g
Saturated Fat 3.7 g	Cholesterol 15.5 mg	Sodium 68.7 mg
Total Fiber 5 g	Carbohydrates 17.5 g	Protein 2.94 g

• ROASTED CORN •

1 ear fresh corn	Olive oil, as needed
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Place corn on a baking tray and drizzle lightly with olive oil. Bake at 350 degrees for 20 minutes. This roasted corn is also great in salads (see Chef Monique's Balsamic Spinach Slaw recipe).

Serves 1	Calories 71	Fat .57 g
Saturated Fat .09 g	Cholesterol 0 g	Sodium 3.1 mg
Total Fiber 3.2 g	Carbohydrates 17.2 g	Protein 2.4 g

VALUES FOR AS NEEDED OLIVE OIL not included

• WHOLE WHEAT CORN BREAD •

1 1/2 C whole grain corn meal	2 egg whites
1 C whole wheat flour	1 1/2 tsp salt
2 C skim milk	1/4 C applesauce
3 tsp baking powder	

Place all ingredients into a large bowl and mix well. Spray pan or muffin tin with non-stick cooking spray and bake in a pre-heated oven at 425 degrees for 20 -25 minutes.

Serves 8
Saturated Fat 2 g
Total Fiber 4.44 g

Calories 153
Cholesterol .55 mg
Carbohydrates 31.2 g

Total Fat 1.16 g
Sodium 15.8 mg
Protein 5.84 g

• SWEET POTATO CHEESECAKE •

3 C fat-free sweetened condensed milk	1 -oz. fat-free cream cheese, room temp.
1 tsp all-purpose flour	1 tsp ground cinnamon
1 T vanilla extract	1 1/2 T molasses
1/2 tsp fresh lemon juice	2 C yams (canned, baked or boiled)

crust:

1 3/4 C graham cracker crumbs	1/3 C natural apple sauce
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In a large bowl combine all the ingredients except yams and crust ingredients. Mix well, add yams and mix until well incorporated and smooth. Set aside. To make the crust, mix together the graham cracker crumbs and applesauce. Mold into the bottom and sides of a spring form pan. The mixture will be a bit sticky, but it will work. You may have to flour your hands. This crust leaves out all the butter and sugar of a traditional graham cracker crust without sacrificing taste. Pour batter into the crust and bake in a pre-heated 300 degree oven for 2 hours or "until set" in the center. Serve either at room temperature or chilled. A dollop of fat-free whipped cream or frozen yogurt makes this a great ending to any meal.

Serves 8
Saturated Fat .506 g
Total Fiber 2.05 g

Calories 332
Cholesterol <5 mg
Carbohydrates 64.8 g

Total Fat 2.12 g
Sodium 477.1 mg
Protein 12.75 g

• APPLE WEDGES •

5 Granny Smith Apples
1 Lemon

3 T Sugar and Spice Rub (see page 11)

Peel apples, cut in half and remove the cores. Cut each half into 6 wedges. Place apple wedges into bowl and cover with cold water. Cut lemon in half and squeeze onto apples. Remove from water and pat dry. Rub with the Sugar & Spice Rub. Grill to order.

Serves 4-6

Saturated Fat .078 g

Fiber 2.73 grams

Calories 102.6

Cholesterol 0 g

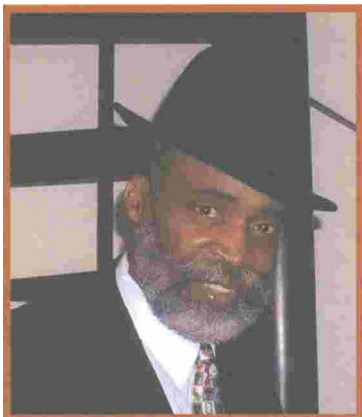
Carbohydrates 29.4 g

Fat .42 g

Sodium 770 mg

Protein .31 g

CURTIS MOORE, JR.



A native of Verrett, Louisiana, Curtis Moore, Jr. was born in a region of the country that possesses its own unique culture, especially with respect to food. This uniqueness was the catalyst that led him to the proprietorship of the “Praline Connection” empire with four locations in Louisiana. Not formally trained, Mr. Moore received his “chef training in still a very esteemed locale, his “mama’s kitchen.” However, it was not until 1989 that Praline Connection, Inc. was in operation. Leading up to 1989, Mr. Moore graduated from Southern University in Baton Rouge, was drafted into the Armed Forces and worked for Gulf Oil Company (BP Oil) where he moved up the ranks to Chief Operator. In his free

time he established a beauty salon in Violet, Louisiana and organized a charter Boy Scouts of America troop.

Since the opening of The Praline Connection with his partner, Cecil Kaigler, the restaurant has received consistent rave reviews. The Praline Connection serves “down-home” cajun-creole style soul food at affordable prices, from File’ Gumbo and Alligator Sausage as an appetizer, to entrees of Etouffee and Jambalaya, to Praline Bread Pudding for dessert. One can indulge in the offerings of the Praline Connection at the second location, a Gospel & Blues Hall or at their most recent location, a Candy and Gift Shop at the New Orleans International Airport.

• MENU •

- EGGPLANT CRABCAKES
- GARLICKY SAUTEED SPINACH
- SAFFRON-HERBED RED POTATOES
- VEGETARIAN PASTA
- STUFFED CATFISH FILLETS



Eggplant Crabcakes, Garlicky Sauteed Spinach, Saffron-Herbed Red Potatoes



Vegetarian Pasta

• EGGPLANT CRABCAKES •

2 eggplants, peeled and diced	1/2 C yellow peppers, finely chopped
1/2 C water	1 C crabmeat
5 garlic cloves, minced	1/4 C breadcrumbs
Dill, pinch	Salt & pepper to taste
1/2 C green peppers, finely chopped	Egg wash
1/2 C red peppers, finely chopped	Breadcrumbs, to coat

Boil eggplant in water until soft. Drain well and set aside. In a saucepan, add water, garlic, dill and peppers. Saute until tender, then add crabmeat. Add the precooked and drained eggplant to the saute pan. Then add the breadcrumbs and let the mixture cook until blended together. Allow mixture to cool in the refrigerator. Form small patties, then chill again. Dip the cakes into the eggwash, then coat with the breadcrumbs. Spray a skillet with non-stick cooking spray; “fry” each cake until golden brown on each side. Serve hot. This makes a great meal with saffron herbed potatoes and garlic sauteed spinach.

Yield: 12- 2” cakes

Serves 6	Calories 79	Total Fat 1 g
Saturated Fat 0 g	Cholesterol 51.3 mg	Sodium 24 mg
Total Fiber 2 g	Carbohydrates 9 g	Protein 6 g

• GARLICKY SAUTEED SPINACH •

2 lb spinach, washed, dried	4 cloves garlic, finely chopped
Non-stick cooking spray	Salt & pepper, to taste

Wash spinach in a cold water bath. Lift spinach out of the water and transfer to a large bowl, allowing the grit to fall to the bottom of the sink. Do not drain the spinach in a colander. Once spinach has been drained and dried, spray a large skillet with non-stick cooking spray. Heat skillet over medium-high heat. Add garlic. In batches, add spinach, stirring until it wilts. Season with salt and pepper to taste. Cook uncovered, just until the spinach is wilted and tender. Serve hot. This is served as a side dish with the eggplant crabcake from Chef Curtis.

Serves 6-8	Calories 1	Total Fat .462 g
Saturated Fat .08 g	Cholesterol 0 mg	Sodium 103 mg
Total Fiber 4.36	Carbohydrates 5.1 g	Protein 3.81 g

• SAFFRON-HERBED RED POTATOES •

8 baby red potatoes, washed, halved	1/4 tsp salt
1 C water	1 T unsalted butter
1 pinch saffron	2 T fresh herbs, your choice

Bring water to a boil, steep saffron in water, then add potatoes. Allow to boil until tender, but not mushy. Remove from saffron water. Melt butter in a sauté pan, add fresh herbs, then potatoes. Toss until well coated with herbs. Serve warm. We serve this with our eggplant crab cake and garlicky sauteed spinach.

Protein 3.27 g

• VEGETARIAN PASTA •

1 each, red, yellow and green pepper	1/2 C zucchini, diced
1/2 onion, diced	1 jar red sauce (I use organic Spicy Basil)
1 medium carrot, diced	1 lb whole wheat linguine noodles, cooked
1 C yellow squash, diced	salt and pepper, to taste

Heat a medium sauté pan over medium-high heat, spray with non-stick cooking spray. Add peppers and onions, and saute' until heated throughout, about 3 minutes. Place red sauce in a medium sauce pot and let simmer about 10 minutes. Add the onions, peppers and remaining vegetables, cooking until the vegetables are crisp, yet tender. Check flavoring occasionally for salt and pepper. **DO NOT OVERCOOK** the vegetables. Serve hot over whole wheat linguine noodles.

Protein 9 g

• STUFFED CATFISH FILLETS •

6 - 5 to 7 oz. catfish fillets
Salt and pepper to taste

1 recipe of eggplant crabcake mixture*
Red sauce, optional

Cut catfish in center to make a pocket. Stuff the pockets with the eggplant dressing mixture making a mound on top. Pre-heat oven to 350 degrees. Spray a sheet pan with non-stick cooking spray and place catfish fillets on top. Bake at 350 degrees for 25 minutes. Top with red sauce of your choice for a light, heart healthy dish. A side of fresh steamed broccoli goes great with this dish.

Serves 6

Saturated Fat 1.67

Total Fiber 0 mg

Calories 197

Cholesterol 98.7 mg

Carbohydrates 0 mg

Total Fat 7.25

Sodium 107 mg

Protein 30.8 g

*ADD VALUES FOR CRABCAKE MIXTURE FOR STUFFED FILLET VALUE

LESLIE MONIQUE PORCHE-SMITH



If you asked Chef Leslie Monique Porche-Smith what she wanted as a gift at the tender age of 10, she would have surprised you with a response unlike most girls that age. Not a doll, or a puppy, but a microwave oven... a real microwave oven!

"The enjoyment of preparing food and entertaining with food was a love of mine for a very long time," says Chef Monique. Contrary to this "calling," she set her "real microwave" aside and attended college in her home state of Louisiana, and delved into non-culinary endeavors such as sales/retail management, and was personal assistant to a multi-Grammy Award winning entertainer in Atlanta. Reflecting back on her non-culinary days, she says, "when I thought about the

unfulfilling work I was doing, I thought about that little girl with the microwave, all the entertaining I did in my home with my husband, and the 118 cookbooks I had collected before my culinary career was even a thought." This reflection led Chef Monique to enrollment at the Art Institute of Atlanta's Culinary Arts program, where she graduated with her Certified Culinarian degree in two years with honors and a host of accolades.

Chef Monique is now owner and chef of ChefCare, PCS (Personal Chef Service), privately preparing a plethora of delectable gourmet delights in the homes of high profile clients and everyday folks, who want a refrigerator full of preservative-free, custom made meals to nourish their families and free up their already hectic lives. Chef Monique now realizes the importance of listening to "callings" in life. She states, "it is amazing that when you finally follow your dream, blessings and opportunities find their way to your doorstep."

For *Down Home Healthy Living*, Chef Monique reflects back to her matriculation as a culinary student with the eye-catching Bayou Vegetable Napoleon. She offers healthy fare with the delectable flavors of Citrus-Honey Marinated Salmon. Her Balsamic Spinach Slaw earned her family an all expense paid excursion to the lush Napa Valley region of California, as the slaw was a topping on a Seafood Bayou Burger at the Sutter Homes Winery "Build A Better Burger" Contest where she was one of 10 chosen out of 1000 entries to compete for \$20,000. Chef Monique offers a fusion of her Louisiana roots coupled with her husband's favorite cuisine; Asian, with Shrimp and Crawfish Egg Rolls, and finally, a delicious twist on your typical Mexican fare, with a dessert enchilada.

• MENU •

- BAYOU VEGETABLE NAPOLEON
- CITRUS-HONEY MARINATED SALMON
- BALSAMIC SPINACH SLAW
- SHRIMP & CRAWFISH EGGROLLS
- SWEET POTATO, APPLE AND PEAR ENCHILADAS



Bayou Vegetable Napoleon



Shrimp and Crawfish Egg Rolls, Spinach Slaw and Citrus-Honey Marinated Salmon

• BAYOU VEGETABLE NAPOLEON •

4 Portabella mushrooms, whole	1 clove garlic, minced
4 eggplant slices, salted	1 bunch spinach, stems removed
1 zucchini, sliced	1 large tomato, sliced
1 red onion, sliced thickly	Creole seasoning, to taste
1 yellow squash	1/4 C Parmesan cheese, grated
1 red bell pepper, sliced	Olive oil, as needed

Brush the first six ingredients with olive oil and grill. Heat olive oil in a pan. Add garlic and spinach, sauteing until wilted. Add spices to taste. Layer the ingredients starting with the mushroom, eggplant slice, red bell pepper, wilted garlic spinach, red onion, squash, zucchini, tomato and lastly, top with Parmesan cheese. Place under the broiler until cheese is browned and bubbly. This makes a great casserole, by just increasing the ingredients and placing in a casserole dish. A great vegetarian dish.

Serves 8-10
Saturated Fat 1 grams
Total Fiber 7 grams

Calories 137
Cholesterol 5 mg
Carbohydrates 22 g

Total Fat 3 g
Sodium 142 mg
Protein 12 g

• CITRUS HONEY MARINATED SALMON •

4 - 8-oz salmon fillets	Zest & juice of 1 orange
1/8 tsp salt & black pepper	Zest & juice of 1 lemon
2 T olive oil	2 T honey
1 T garlic powder	2 T brown sugar
2 T fresh garlic, minced	Dill, pinch
1/4 C pineapple juice	

Season fillets with salt and pepper. Set aside. Combine the remaining ingredients in an airtight sealed container. Add salmon fillets. Marinate until ready to use, (approximately 4 or more hours). Grill or broil the salmon until firm but still slightly pink in the center. In a small saucepan, bring the remaining marinade to a boil and reduce to a syrupy glaze. Drizzle onto grilled salmon fillets. This dish is great when garnished with lemon and orange zest along with chopped chives. Salmon is best eaten immediately after preparation because it continues to cook, even off the heat source.

Serves 8 - 4 oz. servings
Saturated Fat 11 g
Total Fiber .151 g

Calories 207
Cholesterol 59 mg
Carbohydrates 12.5 g

Total Fat 7.33 g
Sodium 111 mg
Protein 22.9 g

FOUR 8 oz. SERVINGS WOULD DOUBLE ALL VALUES

• BALSAMIC SPINACH SLAW •

- | | |
|--|---|
| 2 T balsamic vinegar | 1 C roasted corn (see Chef Neal's recipe) |
| 1 T olive oil | 1/2 C tomatoes, diced |
| 1/2 tsp. honey | 1/2 C pecan halves, toasted (optional) |
| 2 C spinach washed, dried,
and chopped | Salt & pepper to taste |
| 1 C granny smith apples, peeled
and julienned | |

Whisk vinegar, oil and honey together and set aside. Toss all other ingredients and drizzle with dressing. Serve immediately. If making this dish ahead of time - add spinach last, since it wilts so quickly. This is also great as a large salad, just increase the ingredient amounts and leave spinach in large pieces.

Serves 4
Saturated Fat 1 g
Total Fiber 4 grams

Calories 192
Cholesterol 0 mg
Carbohydrates 18 g

Total Fat 14 g
Sodium 20 mg
Protein 3 g



• SHRIMP & CRAWFISH EGG ROLLS •

- | | |
|--|---|
| 1 C onions, finely chopped | 2 cloves garlic, minced |
| 1/2 C bell peppers, finely chopped,
any color | 1 lb shrimp, peeled & deveined |
| 1/2 C celery, finely chopped | 1/2 lb crawfish tail meat, product of USA |
| 1 tsp Creole seasoning | 1 T tabasco, soy sauce, Worcestershire
sauce |
| 1/4 tsp cayenne pepper | 1/4 C green onions, chopped |
| 1/2 tsp black pepper, freshly
ground | 1 T olive oil |
| | Egg roll wrappers |

Heat olive oil in a large saute pan; add first six ingredients. Saute until vegetables are wilted, about 3 minutes. Add the garlic and cook for an additional 1-minute. Add the chopped shrimp and crawfish tails. Allow the shrimp and crawfish to cook and blend with tabasco, soy and Worcestershire sauces. Once the mixture is cooked, remove from heat and stir in green onions. Allow mixture to cool. Follow directions on the egg roll wrappers for filling. Once the wrappers have been filled, heat oil for frying to about 360 degrees. Fry eggrolls until golden brown. Drain on absorbent towels and serve. The eggrolls can also be baked for a healthier alternative. If your oil for frying is hot enough, the eggrolls will not absorb the oil. These eggrolls are great when served along side an Asian dipping sauce of your choice, either duck sauce, sweet and sour, plum or hoisin.

Serves 10 - 3 T filling/eggroll
Saturated Fat .2 g
Total Fiber .5 g

Calories 79
Cholesterol 100 mg
Carbohydrates 2.87 g

Total Fat 1.08 g
Sodium 188 mg
Protein 13.9

COOKING METHOD will determine final calorie/fat count. Baking would be less.

• SWEET POTATO, APPLE AND PEAR ENCHILADA •

1 C sweet potato, peeled & chopped
1 C granny smith apple, peeled, cored
1 C Bosc pear, peeled, cored, chopped
1/2 C apple cider or juice
1/4 teaspoon cinnamon & nutmeg
1 bay leaf

1 T sugar
2 T unsalted butter
4 flour tortillas
Cinnamon, for dusting
Powdered sugar, for dusting

Preheat oven to 350 degrees. In a saucepan, bring the sweet potatoes and 1 cup of water to a boil. Lower the heat, cover and simmer for 5 minutes. Stir in apples, pears, apple juice / cider, cinnamon, nutmeg, sugar and butter. Cover and simmer for 10 minutes. Allow to cook until juice is reduced. Remove from pot and let cool. Place equal amounts of the mixture on each tortilla and roll like an enchilada. Seal and brush the outside with an eggwash. Spray a baking sheet with non-stick cooking spray. Place the enchiladas and dust with cinnamon. Bake until crispy, remove from oven and serve warm or room temperature with a dusting of powdered sugar. A light fruity dessert or a great breakfast/brunch item.

Serves 4
Saturated Fat 3.77 g
Total Fiber 5.68 g

Calories 2.4
Cholesterol 15.5 mg
Carbohydrates 43 g

Total Fat 7.25
Sodium 10.2 mg
Protein 3.21 g

GETTING PHYSICAL

Regular exercise can help you reduce your risk of developing some cancers, like colorectal, as well as coronary heart disease. Exercise helps take off extra pounds, helps to control blood pressure, lessens a diabetic's need for insulin, and boosts the level of "good" HDL-cholesterol. Some studies also show that being inactive may increase the risk of heart attack and the development of certain cancers.

• A SAMPLE WALKING PROGRAM •

(Consult your physician before starting any exercise program)

	WARM UP	TARGET ZONE EXERCISING	COOL DOWN	TOTAL TIME
WEEK 1				
Session A	Walk Slowly	Then walk briskly	Then walk slowly	
	5 min.	5 min.	5 min.	15 min.
Session B	Repeat above pattern			
Session C	Repeat above pattern			

Continue with at least three exercise sessions during each week of the program.

WEEK 2	Walk slowly	Walk briskly	Walk slowly	
	5 min.	7 min.	5 min.	17 min.

WEEK 3	Walk slowly	Walk briskly	Walk slowly	
	5 min.	9 min.	5 min.	19 min.

WEEK 4	Walk slowly	Walk briskly	Walk slowly	
	5 min.	11 min.	5 min.	21 min.

WEEK 5	Walk slowly	Walk briskly	Walk slowly	
	5 min.	13 min.	5 min.	23 min.

WEEK 6	Walk slowly	Walk briskly	Walk slowly	
	5 min.	15 min.	5 min.	25 min.

WEEK 7	Walk slowly	Walk briskly	Walk slowly	
	5 min.	18 min.	5 min.	28 min.

WEEK 8	Walk slowly 5 min.	Walk briskly 20 min.	Walk slowly 5 min. 30 min.
WEEK 9	Walk slowly 5 min.	Walk briskly 23 min.	Walk slowly 5 min. 33 min.
WEEK 10	Walk slowly 5 min.	Walk briskly 26 min.	Walk slowly 5 min. 36 min.
WEEK 11	Walk slowly 5 min.	Walk briskly 28 min.	Walk slowly 5 min. 38 min.
WEEK 12	Walk slowly 5 min.	Walk briskly 30 min.	Walk slowly 5 min. 40 min.

Exercise has many other benefits. It strengthens the lungs, tones the muscles, keeps the joints in good condition and helps many people cope better with stress.

While many physical activities are fun, only regular, brisk exercise will improve heart health. This is called “aerobic” exercise and includes jogging, swimming, jumping rope and cross-country skiing. Walking, biking and dancing can also strengthen your heart if you do them fast enough and long enough. Choose an activity that you think you will enjoy and that will fit most easily into your schedule.

Most people do not need to see a doctor before they start a gradual, sensible exercise program. Some people, however, should get medical advice. For example, if you have heart trouble or have had a heart attack, if you are over 50 years old and are not used to energetic activity, or if you have a family history of developing heart disease at a young age, check with your doctor before you start.

Once you get started, keep these guidelines in mind:

Go slow. Before each exercise session, allow a 5-minute period of stretching and slow exercise to give your body a chance to “warm up.” At the end of your workout, take another 5 minutes to “cool down” with a slower, less energetic exercise pace.

Listen to your body. A certain amount of stiffness is normal at first. If you hurt a joint or pull a muscle or tendon, stop exercising for

several days to avoid more serious injury. Most minor muscle and joint problems can be relieved by rest and over-the-counter painkillers.

Pay attention to warning signs. While exercise can strengthen your heart, some types of activity may worsen existing heart problems. Warning signals include sudden dizziness, cold sweats, paleness, fainting, or pain or pressure in your upper body just after exercising. If you notice any of these signs, stop exercising immediately and call your doctor.

Keep at it. Unless you have to stop exercising for a health reason, stay with your exercise program. If you feel like giving up because you think you're not going as fast or as far as you "should," set smaller, short-term goals for yourself, as well as grander ones. If you find yourself becoming bored, try exercising with a friend or switch to another activity. The health rewards of regular, brisk exercise are well worth the effort.

• EATING FOR HEALTH •

The health of your heart has a lot to do with the food you eat. Changing your eating habits according to the "Dietary Guidelines for Americans" lessens your risk of heart disease in three ways:

- It helps reduce high blood cholesterol levels.
- It helps control blood pressure.
- It helps take off extra pounds.

As a bonus, the kinds of eating habits that are good for your heart may also help prevent certain types of cancer and a number of other health problems.

DIETARY GUIDELINES FOR AMERICANS

- Eat a variety of foods.
- Maintain a healthy weight.
- Choose a diet low in fat, saturated fat and cholesterol.
- Choose a diet with plenty of vegetables, fruits and grain products.
- Use sugar only in moderation.
- Use salt and sodium only in moderation.

Use these guidelines together as you choose a healthful and enjoyable diet.

The National Black Leadership Initiative on Cancer II: Network Project (NBLIC II), a Special Populations Network of the National Cancer Institute's Center to Reduce Cancer Health Disparities produced this booklet in conjunction with the "Down Home Healthy Living" video and Colorectal Cancer Education and Awareness Best Practice. The recipes have been contributed by the chefs who participated in the video.

Art direction, book design, and photography styling by Marva J. Martin of Just Marvalous Visual Concepts, Atlanta, Georgia.

Food photography and photography of Chef Monique by Caroline Joe, Atlanta, Georgia.

Photography Assistance by Jessica Jones.

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Special thanks to:

Leah Chase, Chef & Proprietor - Dooky Chase Restaurant,
New Orleans, Louisiana

Kenny Chenier & Ronald Jones - Maximum Entertainment,
New Orleans, Louisiana

Suzette Cullins, MD - Medical Oncologist/Hematologist,
New Orleans, Louisiana

Neal Langermann, Executive Chef/Partner - Georgia Brown's Restaurant,
Washington, DC

Curtis Lovejoy, 2000 Para Olympic Games Fencing and Swimming Gold Medalist,
Atlanta, Georgia

Curtis Moore, Chef/Proprietor - The Praline Connection Gospel & Blues Hall,
New Orleans, Louisiana

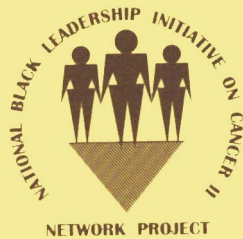
L. Monique Porche-Smith, CC, Chef/Owner-ChefCare Personal Chef Service,
Atlanta, Georgia

Monica Lamis, Monica Lamis Wellness Foundation, Inc., WNBA Player,
Houston Comets

Donna Richardson, Entrepreneur and Fitness Expert for "NBC's Later Today and
Weekend Today Shows"

The NBLIC II New Orleans Coalition

The NBLIC II Southern Regional Office



A publication of the
**NATIONAL BLACK LEADERSHIP
INITIATIVE ON CANCER II**
in partnership with the
**NATIONAL CANCER INSTITUTE
U.S. DEPARTMENT OF HEALTH
AND HUMAN SERVICES**
Public Health Service
National Institutes of Health

