HEALTHIER TRADITIONS COOKBOOK

Soul Food
17 Southern American Classics

Red Beans & Rice

TRANSAMERICA CENTER FOR HEALTH STUDIES®
Association of Black Women Physicians
Transamerica Center for Health Studies (TCHS) is proud to partner with our sponsor, the Association of Black Women Physicians, for the Healthier Traditions Cookbook: Soul Food, in order to promote healthy eating and wellness through healthier twists on Soul Food classics.

Special Thanks TO COLLABORATORS AND CONTRIBUTORS

Nutritionist | Christina Badaracco, MPH
Christina Badaracco seeks to improve access to healthy and sustainable food and educate Americans about the connections between food and health. She is a dietetic intern at Massachusetts General Hospital. Christina recently graduated with her Master of Public Health from the University of California, Berkeley, and previously earned a degree in Ecology and Evolutionary Biology from Princeton University. She has done clinical nutrition research at the National Institutes of Health, menu planning and nutrition education at the Oakland Unified School District, and communications at the Environmental Protection Agency. She has also enjoyed contributing to children’s gardens, farmers’ markets, and a number of organic farms.

Producer | Meeno Peluce
Meeno Peluce began his adventure in Amsterdam, Kathmandu, and southern India. After living on the road with his nomadic parents in his early years, he came to Hollywood for a period as a successful actor. As an adult, he’s gravitated to the other side of the lens and has been a professional photographer and filmmaker for the past 25 years. Meeno’s wife, Ilse, is his production designer and all-around aesthetic partner in crime. Their children are their full time muses, and they do shoots all around the world disguised as family adventures, always returning to their urban homestead in the hills above East LA that they call Skyfarm. He has shot album covers for top artists and done advertising campaigns for major products.

Dietitian | Suzanne Hollander, MS, RD, CSP
Suzanne Hollander is a Los Angeles-based Registered Dietitian Nutritionist working in both clinical and private practice. As a clinical dietitian at UCLA, Suzanne works with multidisciplinary medical teams focused on the treatment of pediatric and adult clients with complex nutritional needs. Suzanne is a Board Certified Specialist in Pediatric Nutrition. In private practice, Suzanne enjoys working with children, families, and adults who are seeking motivation and education that will solidify sustainable, healthy lifestyle change. Suzanne attended the University of Virginia as an undergraduate and completed her Master of Science in Clinical Nutrition and dietetic internship at New York University.

Association of Black Women Physicians
Let's get cooking!
INGREDIENTS

1 cup whole wheat flour
1 cup cornmeal
1 tablespoon sugar
1 ⅛ teaspoons baking powder
1 teaspoon baking soda
¼ teaspoon salt
1 cup buttermilk
¼ cup unsalted butter, melted
2 eggs, beaten
2 jalapeño peppers, ribs and seeds removed, minced
1 tablespoon safflower* oil (or another high-heat cooking oil)

*Safflower oil is a type of vegetable oil made from the seeds of the safflower plant and can be found in grocery stores.

DIRECTIONS

1. Preheat oven to 400 degrees.
2. Combine all dry ingredients in medium bowl. Stir in buttermilk, butter, and eggs until just combined. Mix in jalapeños.
3. In 10-inch ovenproof skillet, heat oil over medium-high heat and spread to coat entire skillet. Pour batter into pan, then remove from stove and place in oven. Bake 15-20 minutes, until toothpick inserted into the center comes out clean/dry.

NUTRITION FACTS

167 calories, 8g fat, 3.6g saturated fat, 345mg sodium, 21g carbohydrate, 2.4g fiber, 2.7g sugar, 4.7g protein
This recipe uses fresh herbs to give it delicious flavor while reducing the need for added salt. Reducing sodium may improve heart health!

**INGREDIENTS**

1. cornbread loaf (see previous recipe), cut into 1-inch cubes
2. tablespoons olive oil
2. large onions, diced
4. celery ribs, diced
1. medium red bell pepper, diced
2. tablespoons chopped fresh sage
2. tablespoons chopped fresh thyme
2. tablespoons chopped fresh parsley
¼ teaspoon salt
½ teaspoon black pepper
2. cups low-sodium chicken broth
1. large egg

**NUTRITION FACTS**

175 calories, 9g fat, 3.4g saturated fat, 363mg sodium, 19g carbohydrate, 2.6g fiber, 3.5g sugar, 4.9g protein

**DIRECTIONS**

1. Preheat oven to 350 degrees. Spread cornbread cubes in single layer on large baking sheet. Bake until dry and lightly browned, ~20 minutes. Let cool.

2. In heavy skillet, heat 2 tablespoons oil over medium-high heat. Add onion, celery, and bell pepper. Sauté until onion is golden, 10 to 12 minutes. Place vegetables in large bowl. Add cornbread, herbs, salt, and pepper. Mix gently. In separate bowl, whisk 2 cups of broth and egg. Add broth mixture to cornbread and toss.

3. Transfer mixture to 13x9x2-inch (or similar) glass baking dish. Bake dressing uncovered until crisp on top, 45 minutes to 1 hour. Let stand 15 minutes before serving.
Fried Cabbage

30 minutes  Serves 6

This side dish cooks up quickly, perfect for a healthy weeknight side dish.

INGREDIENTS

2 tablespoons olive oil
1 medium onion, chopped
1 medium head green cabbage, shredded
1/2 teaspoon salt
1 teaspoon black pepper
1 teaspoon smoked paprika

DIRECTIONS

In a large pot, heat oil over medium heat. Add onion and cook until translucent, about 5-10 minutes. Add cabbage, salt, pepper, and smoked paprika. Stir frequently, until tender, about 5 minutes.

Cabbage is rich in fiber and potassium, two nutrients that promote heart health.

NUTRITION FACTS

76 calories, 4.6g fat, 0.5g saturated fat, 215mg sodium, 8.4g carbohydrate, 3.3g fiber, 5g sugar, 1.7g protein
Collard Greens

1 hour  Serves 8

INGREDIENTS

- 2 tablespoons olive oil
- 2 medium onions, finely chopped
- ½ teaspoon salt
- ½ teaspoon pepper
- 1 teaspoon smoked paprika
- 4 garlic cloves, minced
- 3 pounds collard greens, rinsed thoroughly, thick stems removed, coarsely chopped or torn
- 2 cups low-sodium chicken broth
- 1 tablespoon Tabasco sauce (optional)

DIRECTIONS

1. In large pot, heat oil over medium heat. Add onion, salt, pepper, and paprika. Stir frequently until onion is translucent, about 10 minutes longer. Add garlic, stir and cook for another 1-2 minutes. Do not let the garlic burn.

2. Add greens and sauté until they begin to wilt, 5-10 minutes. Stir in broth and bring to a boil. Reduce heat, cover and let simmer, removing lid occasionally to stir. Cook until greens are very tender, about 30 minutes. Remove lid and simmer about 10 minutes longer to reduce liquid.

3. Season with Tabasco.

Acclaimed poet Langston Hughes wrote about collard greens in his poem, Cultural Exchange:

“In the pot behind the paper doors on the old iron stove what’s cooking? What’s smelling, Leontyne? Lieder, lovely Lieder And a leaf of collard green. Lovely Lieder, Leontyne.”

NUTRITION FACTS

- 99 calories, 4.2g fat, 0.3g saturated fat, 215mg sodium, 12g carbohydrate, 6.5g fiber, 2.4g sugar, 5g protein
Oven "Fried" Okra

DIRECTIONS

1. Preheat oven to 350 degrees. Line two baking sheets with parchment paper.

2. In medium bowl, combine cornmeal, salt, pepper, garlic powder, and cayenne pepper (optional). In separate small bowl, beat the eggs with 2 tablespoons of water.

3. Coat okra pieces in egg and drench in cornmeal mixture. Spread on baking sheets in single layer and spray lightly with cooking spray.

4. Bake until crisp, 30-40 minutes, tossing once or twice during baking.

INGREDIENTS

- 1½ cup whole grain cornmeal
- 1 teaspoon salt
- ¼ teaspoon black pepper
- ½ teaspoon garlic powder
- ¼ teaspoon cayenne pepper (optional)
- 2 eggs
- 2 pounds (about 4 cups) fresh okra, ends trimmed, cut in ¼-inch pieces
- Cooking spray

NUTRITION FACTS

- 117 calories, 2g fat, 0.5g saturated fat, 320 mg sodium, 21g carbohydrate, 3.3g fiber, 0.8g sugar, 4.4g protein
Dirty Rice

INGREDIENTS

1½ cups uncooked brown rice
3¼ cups low-sodium beef broth
1 bay leaf
2 tablespoons safflower* oil (or another high-heat cooking oil)
1 pound mild turkey or chicken sausage, bulk or links with casings removed
¾ pound chicken livers, finely chopped
1 large onion, diced
3 celery ribs, diced
1 green bell pepper, chopped
2 cloves garlic, minced
½ teaspoon salt
½ teaspoon black pepper
½ teaspoon dried oregano
½ teaspoon dried thyme
¼ teaspoon cayenne pepper
4 green onions, thinly sliced

*Nutrition facts: 281 calories, 12g fat, 2.6g saturated fat, 620mg sodium, 20g carbohydrate, 1.8g fiber, 1.8g sugar, 23g protein

DIRECTIONS

1. In medium saucepan, add rice and beef broth and bring to a boil over high heat. Once boiling, stir and reduce heat to low and add bay leaf. Cover and simmer ~45 minutes, until rice is tender and most of liquid absorbed. Remove bay leaf. While rice cooks, move on to step 2.

2. In large heavy pot, heat oil over medium-high heat. Add sausage, chicken livers, onion, celery, and green pepper. Cook, stirring frequently, about 10 minutes or until vegetables are soft and meat is browning. Add garlic, salt, pepper, oregano, thyme, and cayenne pepper and stir frequently, about 2-3 minutes more. Mix in cooked rice. Serve with green onions sprinkled on top.

Chicken livers are a good source of iron, a mineral important for the health of blood cells and muscles. Flavorful spices, herbs, and fresh vegetables boost the flavor while minimizing total sodium in this recipe.

Chicken livers are a good source of iron, a mineral important for the health of blood cells and muscles. Flavorful spices, herbs, and fresh vegetables boost the flavor while minimizing total sodium in this recipe.
Red Beans and Rice are traditionally made on Mondays in Louisiana. Why? “Before washing machines, women in New Orleans would do laundry by hand — using a crank and wringer, sometimes boiling the clothes. And on laundry day, they needed to prepare a dinner that didn’t need a lot of TLC. Thus the tradition of making red beans on washday, Monday.”


Red beans have a lot of fiber, which promotes heart and gut health. We added even more fiber, vitamins, and minerals to this recipe by using whole grain brown rice in place of traditional white rice.
Red Beans & Rice

2¼ hours  Serves 12

DIRECTIONS

1. Rinse and sort beans. Place in large pot or bowl and cover beans completely with water. Soak 6 hours or overnight.

2. In large heavy pot, heat 1 tablespoon oil over medium heat. Add sausage and cook about 5 minutes, until it begins to brown. Add remaining 1 tablespoon of oil, onions, celery, bell pepper, salt and pepper, and cook about 10 minutes until onion is translucent. Add garlic and cook until fragrant, about 45 seconds longer.

3. Add beans to pot along with enough water to barely cover. Add bay leaves and basil. Bring to a boil, then reduce heat to simmer. Cover and cook 1 ½ to 2 hours, until beans are tender, removing lid to stir occasionally. Add more water, a splash at a time, if the beans need more time to cook.

4. In a separate pot, cook brown rice in water according to package instructions. While rice cooks, remove lid from beans and continue cooking to thicken the beans, about another 30 minutes.

5. Remove bay leaves from beans and mix with rice. Beans can be made ahead of time, cooled, stored in airtight container in refrigerator and reheated just before serving.

INGREDIENTS

- 1¼ pounds dried red beans
- 2 tablespoons olive oil
- ½ pound Andouille sausage, sliced into ½-inch disks and quartered
- 1 medium green bell pepper, chopped
- ½ teaspoon cayenne pepper to taste (optional)
- ¼ teaspoon black pepper
- ½ teaspoon salt
- 6 garlic cloves, minced
- 2 bay leaves
- 2 teaspoons dried basil leaves
- 2½ cups dried long grain brown rice

NUTRITION FACTS

360 calories, 6g fat, 1.2g saturated fat, 374mg sodium, 65g carbohydrate, 27g fiber, 3g sugar, 21g protein
Gumbo

1½ hours  Serves 8

DIRECTIONS

1. Season chicken with ¼ teaspoon salt and ½ teaspoon pepper. In large heavy pot, heat 1 tablespoon of oil over medium-high heat. Add chicken and cook until lightly browned on both sides, about 5 minutes per side. Remove chicken from pan and set aside.

2. In the same pot, add remaining 1 tablespoon of oil. Over medium-high heat, cook onion, bell pepper, and celery, stirring frequently. Cook about 5-10 minutes, until lightly browned. Sprinkle in flour and continue cooking, stirring constantly, until mixture is browned. Add garlic, Worcestershire sauce, remaining salt and pepper, cayenne, and paprika. Cook 1-2 minutes, until fragrant. Add sausage and cook, stirring frequently, until browned, about 5 minutes.

3. Stir in broth and tomatoes, scraping bottom of pan for any brown bits. Simmer over medium heat for about 25 minutes, until soup is thickened.

4. Add okra and cook until softens, about 5 minutes. Cut cooled chicken thighs and add to pot. Add shrimp and cook until they are cooked through, about 3-4 minutes. Remove from heat and top with chopped parsley.

INGREDIENTS

- ¼ pound boneless, skinless chicken thighs
- ½ teaspoon salt, divided
- 1 teaspoon black pepper, divided
- 2 tablespoons peanut, safflower* oil (or another high-heat cooking oil), divided
- 1 large onion, chopped
- 1 green bell pepper, seeded and diced
- 3 celery ribs, chopped
- ¼ cup whole wheat flour
- 6 cloves garlic, minced
- ¼ cup Worcestershire sauce
- ¼ teaspoon cayenne pepper (optional)
- 1 teaspoon smoked paprika
- ½ pound Andouille sausage cut into ¼-inch slices
- 4 cups low sodium beef broth
- 1 14 ounce can low sodium diced tomatoes
- 2 cups okra, chopped
- ½ pound medium shrimp, peeled and deveined
- ¼ cup fresh parsley, chopped

*Safflower oil is a type of vegetable oil made from the seeds of the safflower plant and can be found in grocery stores

NUTRITION FACTS

235 calories, 9g fat, 2.6g saturated fat, 624mg sodium, 13g carbohydrate, 3.5g fiber, 3.9g sugar, 25g protein
Gumbo represents Louisiana’s melting pot of cuisine and culture, especially African, French, and Native American. Variations of the dish represent the combination of food traditions passed down across generations, mirroring the blending of many flavors in each bite of gumbo.

Black-Eyed Peas

1½ hours (excluding soaking)

Serves 10

INGREDIENTS

1 pound dried black-eyed peas
2 tablespoons safflower* oil
(or another high-heat cooking oil)
1 medium onion, diced
4 garlic cloves, minced
1 teaspoon salt
1 teaspoon black pepper
1 teaspoon garlic powder
½ teaspoon smoked paprika
½ teaspoon cayenne pepper
(optional)
4 cups low-sodium chicken broth
2 cups water
2 bay leaves

*Safflower oil is a type of vegetable oil made from the seeds of the safflower plant and can be found in grocery stores

DIRECTIONS

1. Place peas in large pot and cover with water by 2-4 inches. Soak overnight.

2. In large pot, heat oil over medium-high heat. Add onion and stir frequently, until onion is translucent, about 8 minutes. Add garlic, salt, pepper, garlic powder, smoked paprika, and cayenne pepper. Cook another 2 minutes and add peas, broth, water, and bay leaves. Bring to a boil and reduce to a simmer, covered, about 45 minutes to 1 hour until the peas are soft.

3. Using the back of a spoon, smash some of the peas and stir mixture together to give it a creamier consistency. Taste and re-season. Remove bay leaves before serving.

NUTRITION FACTS

115 calories, 3.2g fat, 0.5g saturated fat, 214mg sodium, 16g carbohydrate, 2.9g fiber, 1.8g sugar, 5g protein

Black-eyed peas are a good source of folate, a vitamin important in making new cells. One cup provides more than half of daily folate needs!
Using brown rice in place of white rice increases fiber and vitamins.

INGREDIENTS

1 cup uncooked brown rice
2½ cups low-sodium chicken stock
1 tablespoon safflower* oil (or another high-heat cooking oil)
2 medium onions, chopped
1 medium bell pepper, chopped
2 celery ribs, diced
3 cloves garlic, minced
¼ teaspoon salt
½ teaspoon black pepper
1 teaspoon smoked paprika
1 teaspoon dried thyme
¼ teaspoon cayenne pepper
½ pound reduced sodium cooked ham, chopped
1 14.5 ounce can low-sodium diced tomatoes
1 pound shrimp, peeled and deveined
¼ cup flat leaf parsley, chopped

*Safflower oil is a type of vegetable oil made from the seeds of the safflower plant and can be found in grocery stores.

NUTRITION FACTS

239 calories, 5.3g fat, 1.2g saturated fat, 440mg sodium, 26g carbohydrate, 3.6g fiber, 3.8g sugar, 21g protein

DIRECTIONS

1. In large saucepan, heat rice and chicken stock over high heat. Once boiling, reduce heat to low, cover, and simmer for about 35 minutes—rice will not be cooked through and some broth will remain. (After the rice has been cooking for about 15 minutes, move on to step 2.)

2. In large heavy pot, heat oil over medium heat. Add onion, pepper, and celery and sauté, stirring frequently, until onion is translucent, about 10 minutes. Add garlic, salt, pepper, paprika, thyme, cayenne, and ham, and stir frequently for 2 minutes. Add tomatoes, shrimp, and rice with stock. Cover and cook 5-10 minutes more, until rice is soft and shrimp is cooked through. Garnish with parsley.
Neck Bones

Serves 6

4½ hours

INGREDIENTS

1  tablespoon safflower* oil
(or another high-heat cooking oil)
½  teaspoon salt
½  teaspoon black pepper
3  pounds pork neck bones, cut
into several pieces
2  medium onions, chopped
5  cloves garlic, smashed
1  teaspoon dried thyme leaves
1  tablespoon apple cider vinegar
(or white vinegar)
4  cups water

*Nutrition information provided for
1 serving (2 cups)

233 calories, 11g fat, 3.3g
saturated fat, 267mg sodium,
7g carbohydrate, 0.8g fiber,
3.9g sugar, 26g protein

Safflower oil is a type of vegetable oil
made from the seeds of the safflower
plant and can be found in grocery stores.

DIRECTIONS

1.  In large skillet, heat oil over medium-high heat.
    Season neck bones with salt and pepper and
    brown on both sides (3 – 4 minutes per side).
2.  Place onions and garlic in bottom of slow cooker.
    Place browned neck bones on top of onions.
    Sprinkle in thyme and add vinegar and water.
3.  Cook on high heat about 4 hours, until meat is
tender and falls off bones. Serve with onions.
Calories and fat are much lower in this catfish recipe than in the traditional battered and deep-fried version. A light dredging of spiced flour and pan-frying gives this catfish a crisp exterior.

**DIRECTIONS**

1. Combine flour, cornmeal, seafood seasoning, paprika and pepper in a flat dish (plate or small baking pan). Dredge fish in flour mixture.

2. In large skillet, heat oil over medium-high heat. Add floured fish to skillet and pan-fry until golden brown, about 5 minutes per side. Pan-fry in batches if needed, depending on the size of skillet and fillets. Transfer fish to towel-covered plate to remove excess oil.

**INGREDIENTS**

- ¼ cup whole wheat or spelt flour
- ¼ cup cornmeal
- 1 teaspoon seafood seasoning
- ¼ teaspoon smoked paprika
- ¼ teaspoon black pepper
- 4 catfish fillets, up to 6oz each, rinsed and patted dry
- 4 tablespoons peanut oil

**NUTRITION FACTS**

339 calories, 19g fat, 3.5g saturated fat, 176mg sodium, 12g carbohydrate, 2g fiber, 0g sugar, 30g protein
Skipping the batter-fried pork and choosing a lean chop makes for a lighter version of this Southern classic.

Choosing low-sodium broth or stock for cooking helps lower daily sodium intake, which can help prevent high blood pressure and promote heart health.
Smothered Pork Chops

INGREDIENTS

2 tablespoons safflower* oil (or another high-heat cooking oil)
1 teaspoon salt, divided
1 teaspoon black pepper, divided
½ teaspoon garlic powder
4 bone-in pork chops, approximately ¾-inch thick/6oz each
2 medium onions, sliced
2 tablespoons whole wheat or oat flour
2 cups low-sodium chicken broth

*Safflower oil is a type of vegetable oil made from the seeds of the safflower plant and can be found in grocery stores.

NUTRITION FACTS

375 calories, 19g fat, 3.8g saturated fat, 600mg sodium, 12g carbohydrate, 2g fiber, 6g sugar, 36g protein

DIRECTIONS

1. Preheat oven to 325 degrees.
2. Season pork chops with ½ teaspoon salt, ½ teaspoon pepper, and garlic powder. In large oven-proof skillet, heat oil over medium-high heat. Pan-fry chops in batches, 3-5 minutes per side or until golden brown. Remove pork chops from pan and drain excess oil on towel-covered plate.
3. Reduce skillet heat to medium-low. Add onions, ½ teaspoon salt and ½ teaspoon pepper, and stir often until onions are soft, about 15 minutes. Onions should caramelize but not brown. Add flour to the onions and stir constantly, about 2-3 minutes. Slowly add chicken broth while stirring and scraping the pan. Turn heat to high, bring to a boil, and then reduce heat and simmer about 5 minutes, until slightly thickened.
4. Return pork chops to skillet and ladle onion gravy over chops. Cover with lid and transfer to oven. Bake 1 ½ hours, until very tender and meat falls off the bone.
5. Set pork chops aside on plate. Place skillet on stove over medium-high heat. Stir frequently while simmering to allow gravy to reduce, about 10-15 minutes. Return pork to skillet and ladle with gravy.
INGREDIENTS

4 tablespoons unsalted butter, melted and cooled
½ cup orange juice (not from concentrate)
3 tablespoons maple syrup
1 tablespoon ground cinnamon
½ teaspoon ground nutmeg
4 large sweet potatoes (about 2 pounds), cleaned, sliced into ½-inch disks

NUTRITION FACTS

173 calories, 6g fat, 3.6g saturated fat, 66mg sodium, 29g carbohydrate, 4g fiber, 10g sugar, 2g protein

DIRECTIONS

1. Preheat oven to 350 degrees. In large bowl, whisk together butter, orange juice, maple syrup, cinnamon, and nutmeg. Toss sweet potatoes with mixture and spread into 9x13-inch lightly buttered casserole dish.

2. Cover dish with foil and bake for 30 minutes. Remove foil and bake another 15-20 minutes.

Candied Sweet Potatoes

Leaving the skins on the sweet potatoes increases gut-healthy fiber.

Sweet potatoes and yams are not the same thing! The sweet potato is in the Morning Glory family while yams are related to lilies and grasses. Sweet potatoes are what we typically find in grocery stores. Yams are imported and native to Africa and Asia.
Sweet Potato Pecan Pie

1½ cups pecan halves
2 large sweet potatoes (about 1 lb.), peeled and cubed
4 tablespoons unsalted butter
¼ cup packed brown sugar
2 tablespoons molasses
4 large eggs
½ cup milk
1 teaspoon vanilla extract
½ teaspoon salt
1 teaspoon cinnamon
1 teaspoon orange zest
1 prepared or homemade pie crust

FOR HOMEMADE CRUST
1 cup whole wheat flour
½ teaspoon salt
½ cup cold butter
2-3 tablespoons ice water

INGREDIENTS

1. To make crust, sift together flour and salt and then cut in butter with a fork or fingers until forming pieces the size of peas. Add ice water, one tablespoon at a time, until the dough forms a ball. Refrigerate for 30 minutes, until firm. Preheat oven to 425 degrees. Roll out crust on a floured surface and transfer to a 9-inch pie plate.

2. To ‘blind-bake’, prick crust with fork several times to prevent bubbles from forming and bake for about 10 minutes, until crust begins to turn golden. Remove from oven and let cool.

3. To make pie, heat oven to 350 degrees. Spread pecans on rimmed baking sheet and toast in oven for about 6 minutes. Toss pecans about every 2 minutes to keep from burning. Set aside once toasted.

4. Place sweet potatoes in medium saucepot with about 2 cups water. Bring to a boil over high heat, and then cover with lid and reduce heat to simmer. Cook until potatoes are soft, about 15-20 minutes. Drain excess water and mash sweet potatoes over low heat. Add butter, brown sugar, and molasses to sweet potatoes. Remove from heat. In separate bowl, beat eggs, milk, vanilla, salt, cinnamon and orange zest together. Slowly stir in sweet potato mixture.

5. Pour sweet potato filling into pie crust. Arrange pecans over filling. Place pie dish on large, rimmed baking sheet. Bake at 350 degrees until filling is set, about 20 minutes, watching to prevent pecans from burning. Remove pie from oven and cool before serving.

DIRECTIONS

This recipe lets the delicious sweet potato flavor shine, reducing the need for added sweeteners.

Using whole grain flour in the homemade pie crust adds a deeper flavor, in addition to fiber and vitamins.

NUTRITION FACTS

305 calories, 22g fat, 7g saturated fat, 208mg sodium, 24g carbohydrate, 4.1g fiber, 9g sugar, 6g protein
Banana Pudding

INGREDIENTS

- ½ cup sugar
- 3 tablespoons cornstarch
- ¼ teaspoon salt
- 2 cups 2% low-fat milk
- 4 eggs
- 2 teaspoons vanilla extract
- 4 ripe medium bananas, thinly sliced
- about 30 vanilla wafers

NUTRITION FACTS

- 257 calories, 7g fat, 2.7g saturated fat,
- 204mg sodium, 44g carbohydrate,
- 1.6g fiber, 29g sugar, 6g protein

DIRECTIONS

1. In a large saucepan, whisk together the sugar, cornstarch, and salt. Whisk in milk. Heat over medium-high heat, whisking continuously, until it bubbles. Remove from heat.

2. In a medium bowl, beat the eggs. Temper the eggs by pouring about ½ cup of the warm mixture slowly into the eggs, whisking vigorously. Pour egg mixture back into the saucepan and continue cooking over medium-high heat, whisking constantly until it thickens and begins to bubble and is near pudding consistency.

3. Transfer mixture to a bowl and add in vanilla, continuing to whisk until mixture is complete.

4. Spread a thin layer of the pudding into a 1½ quart casserole dish. Arrange half of the vanilla wafers on top of pudding and then layer half of the banana slices over the wafers. Layer half of the remaining pudding on top of the bananas, then remaining vanilla wafers, then remaining banana slices, and finally top with the remaining pudding.

Sources are inconclusive about how banana pudding came to be associated with Southern cuisine. It could be due to the increase in banana imports through the port of New Orleans in the 19th century. Banana pudding recipes first used sliced sponge cake with sliced bananas. In the 1920s, cooks started swapping out the traditional sponge cake for a more convenient base: vanilla wafers.

Source: Moss. R. How Banana Pudding Became a Southern Icon. Serious Eats.

Bananas are high in potassium, an electrolyte that is especially important for healthy muscles and blood pressure.

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22
DIRECTIONS

1. Preheat oven to 425 degrees

2. In 8x8 inch glass baking dish, combine peaches, sugar, lemon juice and cornstarch. Bake in oven for 10 minutes.

3. While peaches bake, in large mixing bowl, combine both flours, sugar, baking powder and salt. Cut small chunks of butter into flour mixture. Blend butter by hand and flour until the mixture resembles coarse crumbs. Stir in milk until just combined.

4. Remove peaches from oven and drop rounded spoonfuls of topping over them. Bake until topping is golden, about 20-25 minutes.

INGREDIENTS

FOR FRUIT

6  large peaches, pitted, peeled and sliced into thin wedges
2  tablespoons sugar
1  tablespoon fresh lemon juice
1  tablespoon cornstarch

FOR TOPPING

½  cup all-purpose flour
½  cup whole wheat flour
¼  cup sugar
1  teaspoon baking powder
½  teaspoon salt
6  tablespoons cold unsalted butter
¼  cup warm 2% low-fat milk

NUTRITION FACTS

201 calories, 9.3g fat, 5.6g saturated fat, 198mg sodium, 28g carbohydrate, 3g fiber, 15g sugar, 3g protein

Making this recipe outside of peach season? Look for frozen peaches at the grocery store—they will still be packed with flavor and have no added sugar (unlike the canned variety).

This recipe uses half whole wheat flour to provide more fiber and vitamins than just refined white flour.
HEALTHIER TRADITIONS
COOKBOOK

Soul Food

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