HELLO NEIGHBOR!

A compilation of healthy recipes from friends and neighbors in the African American and Hispanic Community in Western New York

This recipe guide is adapted from the original guide. A few recipes from the Central New York community have been added with others modified based on local flavor.

Compiled and printed in 2006
Updated 2012

Cornell University Cooperative Extension of Onondaga County

COALITION OF COMMUNITY PARTNERS

Our mission is to implement various strategies to reduce obesity, diabetes, hypertension, and kidney disease among African Americans, Native Americans, Latinos, and Asian Americans in Onondaga County
CCP Members of the *Coalition of Community Partners*

Jubilee Homes of Syracuse/Urban Delights
NYS DOH
National Kidney Foundation of Central NY, Inc.
Cornell Cooperative Extension of Onondaga County
Syracuse Community Health Center
Interdenominational Ministerial Alliance
Dunbar Association
Huntington Family Center
Elmwood Presbyterian Church
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Center for New Americans
American Cancer Society
S.A.L.U.D. Inc.
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The Spanish Action League of Onondaga County LALIGA
Family Ties Network Inc.
Onondaga Community College
Spanish Action League
Syracuse University – School of Human Services & Health Providers
Nora McDonald, RN
Genesis Health Program

*To participate in the CCCP please feel free to the National Kidney Foundation of Central New York*

315 476 – 0311
Many of our recipes in this cookbook were donated by families in the African-American and Hispanic communities of Buffalo, New York, and several recipes were originally printed in *BRAG’s Soul Food Cookbook*, a community cookbook project by the Buffalo Rights Action Group and Church Women United of Buffalo Council of Churches in 1972. We are grateful for their permission to modify and update these wonderful recipes and include them in *Hello Neighbor*.

Red Beans and Rice, Baked Pork Chops and Hot ‘N Spicy Seasoning were adapted from *Down Home Healthy*, Leah Chase and Johnny Rivers, National Cancer Institute, U.S. Department of Health and Human Services Public Health Service, National Institute of Health.

“Recipe Makeover” was adapted from information courtesy of the American Cancer Society and *Diabetes In The News*.

“Cooking Terms” was adapted with permission from *Diabetes In The News*.

Oven Fried Okra was adapted with permission from *Southern But Lite*, Jen Bays Avis and Cathy F. Ward, Avis and Ward Nutrition Associates.

There is no such thing as a book of entirely new and original recipes and no originality is claimed for the recipes in this book.
INDEX

Substitutions.........................................................................................4-5
Vegetable Beef Soup Makeover...............................................................6-7
Baked Pork Chops...................................................................................8
Hot 'N Spicy Seasoning........................................................................9
Soul Stew...............................................................................................10
Chili Con Carne ....................................................................................11
Ollie’s Chicken & Dumplings.................................................................12
Oven Fried Chicken ...............................................................................13
Spicy Oven-Fried Catfish.........................................................................14
Black-Eyed Peas & Ham........................................................................15
Red Beans and Rice ..............................................................................16
Broccoli and Black Bean Quesadillas ................................................17
Collard Greens with Black-Eyed Peas and Tomatoes ..............................18
Southern Cole Slaw ...............................................................................19
Oven-Fried Okra ..................................................................................20
Candied Sweet Potatoes........................................................................21
Potato Salad ..........................................................................................22
Corn, Tomato, and Cucumber Salad ....................................................23
Colorful Apple Salad ...........................................................................24
Baked Macaroni and Cheese .................................................................25
Cornbread (Traditional) .......................................................................26
Baked Apples .......................................................................................27
Peach Cobbler........................................................................................28-29
Baked Rice Pudding .............................................................................30
Sweet Potato Pie ..................................................................................31-32
Cooking Terms ......................................................................................33
Kitchen Measurements .........................................................................34
**Substitutions**

The Key to Cooking Healthy Meals Is To Use:

<table>
<thead>
<tr>
<th>Lean meats such as round, sirloin, loin, lean and extra lean ground beef, poultry with skin removed, fish, bean and grain dishes</th>
<th><strong>Instead of</strong></th>
<th>High-fat meat or regular ground beef</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lean ham or smoked turkey neck</td>
<td><strong>Instead of</strong></td>
<td>Ham hocks, fatback or pork neck bones</td>
</tr>
<tr>
<td>Small amount of vegetable oil or soft “tub” margarine made with liquid vegetable oil</td>
<td><strong>Instead of</strong></td>
<td>Lard, butter, bacon grease, or other fats that harden at room temperature</td>
</tr>
<tr>
<td>Turkey bacon, lean ham, Canadian bacon (omit if low sodium diet)</td>
<td><strong>Instead of</strong></td>
<td>Pork bacon</td>
</tr>
<tr>
<td>Ground turkey (at least 93% lean)</td>
<td><strong>Instead of</strong></td>
<td>Ground beef or pork, pork sausage</td>
</tr>
<tr>
<td>Low fat (1%) or non-fat/skim milk</td>
<td><strong>Instead of</strong></td>
<td>Whole milk</td>
</tr>
<tr>
<td>Low fat cheeses or part skim cheeses</td>
<td><strong>Instead of</strong></td>
<td>Whole milk cheese</td>
</tr>
<tr>
<td>Evaporated skim milk</td>
<td><strong>Instead of</strong></td>
<td>Cream or evaporated whole milk</td>
</tr>
<tr>
<td>Low fat mayonnaise or mustard</td>
<td><strong>Instead of</strong></td>
<td>Regular mayonnaise on sandwiches</td>
</tr>
<tr>
<td>Non-fat or low fat dressing, yogurt or low fat mayonnaise</td>
<td><strong>Instead of</strong></td>
<td>Regular mayonnaise in salads</td>
</tr>
<tr>
<td>Item</td>
<td>Instead of</td>
<td></td>
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<tr>
<td>-------------------------------------------</td>
<td>----------------------------------------------------</td>
<td></td>
</tr>
<tr>
<td>Colorful fruits and vegetables</td>
<td>Avocado, olives, crouton as salad garnishes</td>
<td></td>
</tr>
<tr>
<td>Low sodium bouillons and broths</td>
<td>Regular bouillons, broths</td>
<td></td>
</tr>
<tr>
<td>2 egg whites or ¼ cup of egg substitute</td>
<td>1 whole egg</td>
<td></td>
</tr>
<tr>
<td>3 ripe, very well mashed bananas</td>
<td>½ cup butter or oil when making quick bread and muffins</td>
<td></td>
</tr>
<tr>
<td>3 tablespoons unsweetened baking cocoa</td>
<td>1 ounce unsweetened baking chocolate. If fat is needed, add 1 tablespoon or less of vegetable oil.</td>
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</tr>
</tbody>
</table>
VEGETABLE BEEF SOUP MAKEOVER

You can see below how we changed the recipe for Vegetable Beef Soup to lower the fat and salt, and increase the fiber.

In Ingredients

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hot roast</td>
<td>Trimmed of fat and cubed, browned in a hot, ungreased pan.</td>
</tr>
<tr>
<td>1 2 Pounds beef stewing meat</td>
<td>Browned in vegetable oil.</td>
</tr>
<tr>
<td>1 clove garlic</td>
<td></td>
</tr>
<tr>
<td>1 medium onion</td>
<td></td>
</tr>
<tr>
<td>3 stalks celery</td>
<td></td>
</tr>
<tr>
<td>2_TABLESPOONS salt</td>
<td>1 teaspoon</td>
</tr>
<tr>
<td>1/4 cup parsley</td>
<td>Fresh</td>
</tr>
<tr>
<td>4 2 potatoes</td>
<td></td>
</tr>
<tr>
<td>1/2 teaspoon pepper</td>
<td></td>
</tr>
<tr>
<td>1 can tomatoes</td>
<td></td>
</tr>
<tr>
<td>2 quarts water</td>
<td></td>
</tr>
<tr>
<td>3 or 4 carrots</td>
<td></td>
</tr>
<tr>
<td>1/2 1/4 cup barley or rice</td>
<td></td>
</tr>
<tr>
<td>2 bay leaves</td>
<td></td>
</tr>
<tr>
<td>1 teaspoon basil</td>
<td></td>
</tr>
</tbody>
</table>

Instructions

1. Drain fat from browned meat and place cubes in soup pan.
2. Mash garlic and mix with salt and pepper. Add this to meat.
3. Cover with water (about 8 cups) and add tomatoes, barley, basil and bay leaf.
4. Chop onions, parsley, celery, carrots and potatoes. Add to rest.

We reduced the fat by eliminating the vegetable oil in the recipe.
Use a non-stick pan or vegetable oil spray instead.
We cut back on fatty meats by replacing regular beef with lean round roast, and cut the amount called for in half. We added more vegetables instead.
We increased fiber by adding more barley, carrots, and potatoes.
We lowered the amount of salt by reducing the original 2 tablespoons to 1 teaspoon, and added bay leaves and basil for a flavor boost.

(cont.)
10 Servings

Nutrition facts – amount per serving:

<table>
<thead>
<tr>
<th>Old Fashioned Vegetable Beef Soup</th>
<th>Vegetable Beef Soup Makeover</th>
</tr>
</thead>
<tbody>
<tr>
<td>220 Calories</td>
<td>146 Calories</td>
</tr>
<tr>
<td>8 grams Fat</td>
<td>2 grams Fat</td>
</tr>
<tr>
<td>1526 milligrams Sodium</td>
<td>348 milligrams Sodium</td>
</tr>
</tbody>
</table>

See? You don’t have to give up your favorite recipes. By making a few simple changes, you can cut down on salt, fat and calories, increase fiber, and still have a great meal.
BAKED PORK CHOPS

Ingredients
6 lean Center-cut pork chops (½ inch thick)
1 Egg white
1 cup Evaporated skim milk
¾ cup Corn flake crumbs
¼ cup Fine dry bread crumbs
2 tablespoons Hot ‘N Spicy Seasoning
¼ teaspoon Salt (optional)
Non-stick vegetable oil cooking spray

Instructions
1. Trim all fat from chops.
2. Beat egg white with evaporated skim milk. Place chops in milk mixture; let stand for 5 minutes, turning chops once.
4. Spray a 13 x 9 inch baking pan with non-stick spray coating. Place chops in pan; bake at 375° oven for 20 minutes. Turn chops; bake 15 minutes longer or till no pink remains.

Note: If desired, substitute skinless, boneless chicken, turkey pieces or fish for pork chops and bake for 20 minutes.

6 servings

Nutrition Facts – amount per serving:
Calories: 264
Exchanges:
Carbohydrates: 18 g 1 starch
Protein: 25 g 3 lean meat
Fat: 10 g
Cholesterol: 61 mg
Sodium: 340 mg
HOT 'N SPICY SEASONING

**Ingredients**

- ¼ cup Paprika
- 2 tablespoons Dried oregano (crushed)
- 2 teaspoons Chili powder
- 1 teaspoon Garlic powder
- 1 teaspoon Black pepper
- ½ teaspoon Red (cayenne) pepper
- ½ teaspoon Dry mustard

**Instructions**

Mix together all ingredients. Store in airtight container.

Makes about ½ cup
SOUL STEW

Ingredients
1 pound Lean round roast (all fat trimmed)
10 ounce Package frozen corn
10 ounce Package frozen okra
10 ounce Package frozen peas
16 ounce can Tomatoes
6 ounce can Tomato paste
2 cups Potatoes, diced
½ Onion, chopped
1 cup Carrots, diced
1 cup Celery, chopped
1 teaspoon Oregano
½ teaspoon Salt (optional)

Instructions
2. In large pot, combine meat with water to cover. Cover for about 1½ hours. Skim off and discard any fat from the meat broth.
3. Add vegetables, tomato paste and seasoning and enough water to make saucy consistency.
4. Cook for about 1½ hours more or to desired tenderness.

Note: Add more water during cooking, as needed.

10 servings

Nutrition facts – amount per serving (using optional salt):
Calories: 164
Exchanges:
Carbohydrates: 23 g  1 starch
Protein: 14 g  2 vegetable
Fat: 2 g  1 lean meat
Cholesterol: 25 mg
Sodium: 259 mg
CHILI CON CARNE

**Ingredients**

1 pound
Ground turkey (at least 93% lean)*

Or
Ground Beef may be substituted (at least 90% lean)

1 tablespoon
Oil

1
Large onion, sliced

1
Green pepper, chopped

3 cloves
Garlic, minced

3 ribs
Celery, chopped

1 teaspoon
Ground cumin

2 tablespoons
Chili powder

1 teaspoon
Black pepper

¼ teaspoon
Cayenne pepper (optional) or to taste

1 (28 oz.) can
Tomatoes, broken up

2 (16 oz.) cans
Kidney beans (or 3½ cups cooked beans)

**Instructions**

1. Cook ground turkey in hot non-stick skillet, stirring to break up large lumps. Drain and discard any fat; place browned turkey in large pot.

2. Heat oil in skillet. Add onions, green peppers, garlic and celery. Cook, stirring often, until onions are soft and golden.

3. Add the cumin, chili powder, black pepper, cayenne pepper and cook for 1 minute.

4. Add vegetables to large pot along with tomatoes. Cook 1 hour, stirring often.

5. Add kidney beans and cook 1 hour longer.

**7 servings**

*Nutrition facts – amount per serving (using ground turkey):*

Calories: 272
Exchanges:

Carbohydrates: 30 g
2 starch

Protein: 21 g
2 lean meat

Fat: 8 g

Cholesterol: 49 mg

Sodium: 284 mg
OLLIE’S CHICKEN & DUMPLINGS

Ingredients
2½ - 3 pounds  Stewing chicken or fryer, cut up
3 packets  Low sodium chicken bouillon
¼ teaspoon  Black pepper

Instructions
1. Wash chicken, place in large pot, cover with water, add bouillon, pepper and salt (if using).
2. Bring to a good rolling boil, then reduce heat and cook until chicken is tender.
3. Remove from heat and refrigerate several hours or overnight to allow all fat to rise to the top.
4. Remove all fat from broth, and remove the skin from the chicken. Discard fat and skin.
5. Set chicken aside in a dish until dumplings are made and partially done.

Dumplings

Ingredients
2 cups  Flour
1  Egg (beaten)
¾ cup  Chicken stock (cold)
½ teaspoon  Salt

Instructions
1. Place flour in a bowl, add beaten egg to ¾ cup stock and mix with flour and salt; stir to form dough.
2. Place remaining stock in a large pot and heat to boiling while preparing dumplings.
3. Turn dough out on a floured board, knead and roll out very thin, cut into strips and drop into boiling chicken stock.
4. Cook until almost done, add chicken.
5. Continue to cook until all ingredients are done.
OVEN FRIED CHICKEN

Ingredients

½ cup  Evaporated skim milk
1/3 cup  All purpose flour
⅛ teaspoon  Ground thyme
⅛ teaspoon  Rosemary leaves, crushed
⅛ teaspoon  Ground marjoram
¼ teaspoon  Garlic powder
1 teaspoon  Paprika
1½ cups  Corn flake crumbs
2 tablespoons  Parmesan cheese
1 (2½-3 pounds)  Chicken, cut into serving pieces and skinned

Instructions

1. Preheat oven to 375°.
2. In a medium bowl, combine milk, flour, thyme, rosemary, marjoram, garlic powder, paprika, corn flake crumbs and cheese.
3. Dip chicken in milk then roll in crumb mixture to coat.
4. Place on rack in shallow baking pan.
5. Bake for 55-60 minutes or until golden brown.

NOTE: Boneless chicken and chicken breast will require a shorter cooking time.

10 servings

Nutrition facts – amount per serving (using optional salt):

Calories: 194  Exchanges:
Carbohydrates: 16 g  1 starch
Protein: 20 g  1½ lean meat
Fat: 5 g
Cholesterol: 55 mg
Sodium: 98 mg
SPICY OVEN-FRIED CATFISH

Ingredients
4 Catfish fillets (about 7 ounces each)
¼ cup Yellow cornmeal
¼ cup Dry breadcrumbs
½ teaspoon Salt (optional)
½ teaspoon Paprika
½ teaspoon Garlic powder
½ teaspoon Cayenne powder
½ teaspoon Ground thyme
½ cup Skim milk
2 tablespoons Reduced fat margarine, melted (5 g fat per tablespoon)
Non-stick vegetable cooking spray

Instructions
1. Move oven rack to position slightly above middle of oven. Heat oven to 450°.
2. Combine cornmeal, breadcrumbs, salt, paprika, garlic powder, cayenne pepper and thyme.
3. Dip fish into milk; coat with cornmeal mixture.
4. Place in 13 x 9 x 2 inch rectangular pan coated with vegetable cooking spray. Pour margarine over fish.
5. Bake uncovered until fish flakes very easily with fork, about 15 to 20 minutes.

4 servings

Nutrition facts – amount per serving
Calories: 150 Exchanges:
Carbohydrates: 7 g ½ starch
Protein: 19 g 2½ lean meat
Fat: 5 g
Cholesterol: 57 mg
Sodium: 190 mg
BLACK-EYED PEAS & HAM

**Ingredients**

- **6 ounces** Lean ham, diced
- **2 cups** Dried black-eyed peas
- **¼ teaspoon** Salt (optional)
- **1 pod** Crushed hot red pepper or ⅛ teaspoon dried red pepper flakes
- **1 medium** Onion, chopped
- **1** Bay leaf
- **1 stalk** Celery, chopped
- **1 clove** Garlic, chopped
- **10 ounces** Okra, frozen

**Instructions**

1. Cover peas with water and soak overnight.
2. Drain peas and cover with fresh water.
3. Add remaining ingredients except okra; simmer 45 minutes or until peas are tender.
4. Place okra on top of peas. Do not stir. Cook 10 to 12 minutes longer over low heat.

**NOTE:** This dish is fast and delicious when prepared in a pressure cooker. Just combine soaked black-eyed peas, ham, vegetables (except okra) and seasoning in a pressure cooker. Add water to cover and cook at 15 pounds pressure for 10 minutes. Reduce pressure, add okra, and cook normally until okra is done.

**8 servings**

**Nutrition facts — amount per serving (using optional salt):**

- Calories: 192
- Carbohydrates: 31 g  
  - 2 starch
- Protein: 15 g  
  - 1 lean meat
- Fat: 2 g
- Cholesterol: 10 mg
- Sodium: 397 mg
RED BEANS AND RICE

Ingredients
1 pound Dry red beans
2 quarts Water
4 Bay leaves
1½ cups Chopped onion
1 cup Chopped celery
1 cup Chopped green pepper
3 tablespoons Finely chopped garlic
3 tablespoons Finely chopped fresh parsley
2 teaspoons Dried thyme, crushed
1 teaspoon Black pepper
1 teaspoon Salt (optional)

Instructions
1. Pick through beans to remove bad beans, rinse thoroughly.
2. Place beans in a large pot, cover with water and bring to a boil. Boil for 2-3 minutes, then cover pot and remove from heat. Let beans stand in hot water for 1 hour.
3. Drain beans, rinse and return to pot. Add bay leaves and enough fresh water to cover beans. Bring to boiling, then reduce heat and cook over low heat for 45 minutes.
4. Add onion, celery, green pepper, garlic, parsley, thyme and pepper. Continue to cook, uncovered, stirring occasionally, until beans and vegetables are very tender (about 45 minutes).
5. Remove about 1 cup of beans from pot, mash well and return to pot to thicken mixture. Stir well, continue cooking and stirring, uncovered until thick and creamy. Stir in salt, if desired.

8 servings

Nutrition facts – amount per serving (using optional salt):
Calories: 217
Carbohydrates: 40 g (for beans only–add 15 g carbohydrate for each 1/3 cup cooked rice
Protein: 14 g
Fat: 1 g
Cholesterol: 0 mg
Sodium: 288 mg

Exchanges:
2 starch
2 vegetable
½ lean meat
BROCCOLI AND BLACK BEAN QUESADILLAS

Ingredients
1 cup cooked black beans
4 oz. sharp cheddar cheese, shredded
1 cup cooked broccoli, chopped
1/3 cup salsa
1 Tbsp. vegetable oil or pan spray
4 8 inch whole wheat flour tortillas

Instructions
1. In a large mixing bowl, mash beans.
2. Add salsa, cheese and finely chopped broccoli to beans, and mix well.
3. To fill quesadillas: Lay tortilla flat on plate. Using ¼ of bean mixture, spread on half of tortilla, folding other half over mixture.
4. Heat oil or vegetable oil spray in frying pan or griddle on medium heat.
5. Place folded tortilla in pan and cook 3-4 minutes until lightly browned, then flip and cook second side.
6. Remove from pan and cut in half.
7. Repeat with remaining tortillas.

Note:

8 servings

Nutrition facts - amount per ½ quesadilla serving

Calories: 180
Carbohydrates: 20 g
Protein: 8 g
Fat: 8 g
Cholesterol: 15 mg
Sodium: 270 mg
COLLARD GREENS WITH BLACK-EYED PEAS AND TOMATOES

Ingredients

<table>
<thead>
<tr>
<th>Amount</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>2-3 cups</td>
<td>Cooked brown or white rice</td>
</tr>
<tr>
<td>1</td>
<td>Large onion, chopped</td>
</tr>
<tr>
<td>1</td>
<td>Large green or red bell pepper, diced</td>
</tr>
<tr>
<td>1</td>
<td>Large bunch collard greens</td>
</tr>
<tr>
<td>3-4</td>
<td>Garlic gloves, finely chopped</td>
</tr>
<tr>
<td>3 tablespoons</td>
<td>Oil</td>
</tr>
<tr>
<td>1- 28 ounce</td>
<td>Can diced or chopped tomatoes</td>
</tr>
<tr>
<td>1 14-16 ounce</td>
<td>Can black-eyed peas, drained and rinsed</td>
</tr>
<tr>
<td>2-3 tablespoons</td>
<td>Maple syrup (or brown sugar)</td>
</tr>
<tr>
<td>1-2 tablespoons</td>
<td>Cider vinegar</td>
</tr>
<tr>
<td>1 tablespoon</td>
<td>Hot chilies or hot sauce to taste</td>
</tr>
</tbody>
</table>

Season to taste – no salt needed!

Instructions

1. Wash collard greens, remove the stems and slice leaves into strips.
2. Heat oil in a large pot over medium heat, add garlic, onions and bell pepper. Cook for 1-2 minutes.
3. Stir in collards to coat with oil and cook for about 10 minutes, stirring regularly. (Add more water if collards start to stick to the pot.)
4. Stir in tomatoes, cover and cook for another 10 minutes.
5. Add the black-eyed peas, maple syrup, vinegar and seasonings (black pepper, thyme, paprika, garlic powder, hot chilies or hot sauce, etc.).
6. Stir well, cover and cook until collards are tender, approximately 30-60 minutes.
7. Serve the collard greens and beans on a bed or rice. (Brown rice provides more fiber and nutrients than white.)

6 servings

Nutrition facts – amount per serving

Calories: 315
Carbohydrates: 53 g
Protein: 9 g
Fat: 9 g
Cholesterol: 0 mg
Sodium: 424 mg
SOUTHERN COLE SLAW

Ingredients
3 cups Cabbage, shredded
1 medium Green pepper, cut into thin strips
1 Carrot, shredded
1 small Onion, grated or chopped fine
½ cup Evaporated skim milk
2 tablespoons Sugar or sugar substitute (3 packets of “Equal”)
1 teaspoon Mustard powder
¼ teaspoon Black pepper
¼ cup Vinegar

Instructions
1. Place cabbage, green pepper and carrot in large bowl. Toss to combine.
2. Mix together onion, evaporated skim milk, sugar or sugar substitute, mustard powder, black pepper and vinegar. Mixture will become thick.
3. Pour dressing over cabbage mixture and mix well. Chill until serving time.

8 servings

Nutrition facts – amount per serving (using sugar):
Calories: 69
Carbohydrates: 6 g
Protein: 2 g
Fat: 4 g
Cholesterol: 0 mg
Sodium: 30 mg
OVEN FRIED OKRA

Ingredients
1 ¼ cups Cornmeal
1 ¾ pounds Fresh okra
Vegetable oil cooking spray
Buttermilk

Instructions
1. Wash okra and drain well.
2. Prepare okra by slicing off and discarding tip and stem ends, then slicing pods into ½ inch rounds.
3. Place okra slices in a bowl and pour enough buttermilk over the slices to moisten well. Let soak 5-10 minutes.
4. Drain okra slices and roll in cornmeal to coat.
5. Spray a cookie sheet or shallow baking pan with non-stick vegetable oil cooking spray, and place okra in a single layer.
6. Bake in pre-heated 450° oven until crisp, about 30-40 minutes, stirring occasionally during baking.

9 servings

Nutrition facts – amount per serving:
Calories: 99
Carbohydrates: 20 g
Protein: 4 g
Fat: 1 g
Cholesterol: 1 mg
Sodium: 66 mg
CANDIED SWEET POTATOES

Ingredients

3-4 Large sweet potatoes
1 cup Apple cider
¼ cup Granulated sugar or brown sugar
Dash Cinnamon
1 teaspoon Vanilla extract
2-3 tablespoons Cornstarch
¼ cup Apple cider

Instructions

1. Wash and boil the sweet potatoes until soft when tested with fork.
2. Peel and slice potatoes, then place in casserole dish.
3. Bring to boil the apple cider, granulated sugar or brown sugar, dash of cinnamon and vanilla.
4. Mix the cornstarch with ¼ cup of apple cider and stir into hot apple cider mixture.
5. Pour hot apple cider mixture swiftly over potatoes.
6. Bake for 30 minutes in a 350° oven.

8 servings

Nutrition facts – amount per serving:

Calories: 140
Carbohydrates: 33 g
Protein: 1 g
Fat: 0 g
Cholesterol: 0 mg
Sodium: 8 mg
POTATO SALAD

Ingredients

5 large White potatoes
1 small Onion, chopped
½ large Green pepper, chopped
4 small Sweet pickles, chopped
4 Hard boiled eggs, chopped (whites only)
1 cup Celery
1 teaspoon Mustard
¾ cup Reduced fat mayonnaise
1 tablespoon Vinegar
1 teaspoon Sugar
½ teaspoon Salt (optional)

Instructions

1. Wash potatoes and boil in jackets until done.
2. Cool, peel and dice potatoes.
3. Combine potatoes with onion, green pepper, pickles, egg white and celery.
4. Stir mustard, mayonnaise, vinegar

8 servings

Nutrition facts – amount per serving:

Calories: 122 Exchanges:
Carbohydrates: 21 g 1 starch
Protein: 4 g 1 vegetable
Fat: 3 g 1 fat
Cholesterol: 0 mg
Sodium: 293 mg
CORN, TOMATO, AND CUCUMBER SALAD

Ingredients
4 ears corn, fresh and uncooked
2 large ripe tomatoes
2 medium cucumbers
1 medium red onion, diced
½ cup lime juice (or white vinegar)
½ tsp sugar
2 Tbsp olive oil
1 tsp salt
¼ tsp black pepper
6 Tbsp parsley (or cilantro), chopped

Instructions
1. Cut kernels from corn and place in medium bowl.
2. Seed and dice the tomatoes and cucumbers and add to the bowl.
3. In a smaller bowl, whisk together lime juice, sugar, oil, salt, and pepper. Stir in red onion and set aside.
4. Toss corn, tomatoes, and cucumbers with dressing.
5. Season with additional salt and pepper, if desired. Add chopped parsley or cilantro just before serving.

8 servings

Nutrition facts – amount per serving:
Calories: 122 Exchanges:
Carbohydrates: 21 g 1 starch
Protein: 4 g 1 vegetable
Fat: 3 g 1 fat
Cholesterol: 0 mg
Sodium: 293 mg
COLORFUL APPLE SALAD

Ingredients
3 red-skinned apples
3 yellow or green skinned apples
½ cup raisins
½ cup dried cranberries
1 cup nonfat vanilla yogurt
1 tsp ground cinnamon

Instructions
1. Wash and core apples. Cut into bite-size pieces.
2. In a large bowl, combine apples, raisins, and cranberries.
3. In a small bowl, combine yogurt and cinnamon.
4. Pour yogurt mixture over apples and stir to coat.
5. Serve immediately, or chill for up to 4 hours before serving.

8 servings

Nutrition facts – amount per ½ cup serving:
Calories: 170
Carbohydrates: 35 g
Protein: 2 g
Fat: 0 g
Cholesterol: 0 mg
Sodium: 20 mg
BAKED MACARONI AND CHEESE

Ingredients

- 8 ounces Elbow macaroni, uncooked
- 1 cup Reduced fat, sharp cheddar cheese, grated or cut into small pieces. (No more than 6 grams of fat per ounce)
- 2 cups Evaporated skim milk
- 1 dash Pepper
- 2 tablespoons Four
- 1/3 cup Seasoned bread crumbs (optional)
- Non-stick vegetable oil cooking spray

Instructions

1. Boil macaroni until nearly tender.
2. Combine flour and milk; cook over low heat until thickened. Add pepper.
3. Stir in cheese until melted.
4. Add cooked macaroni and stir until well coated with sauce.
5. Spray baking dish with cooking spray and spoon macaroni evenly into dish. Top with bread crumbs if desired.
6. Bake at 350° for about 40 minutes.

6 servings

Nutrition facts – amount per serving (using cheese with 2.5 g fat per ounce and optional bread crumbs):

- Calories: 279
- Carbohydrates: 45 g
- Protein: 18 g
- Fat: 2 g
- Cholesterol: 10 mg
- Sodium: 273 mg

Exchanges:

- 2 starch
- 1 milk
- ½ lean meat
## CORNBREAD (Traditional)

### Ingredients

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Ingredient</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 cup</td>
<td>Flour</td>
</tr>
<tr>
<td>1 cup</td>
<td>Yellow cornmeal</td>
</tr>
<tr>
<td>1 tablespoon</td>
<td>Baking powder</td>
</tr>
<tr>
<td>2 tablespoons</td>
<td>Sugar</td>
</tr>
<tr>
<td>½ teaspoon</td>
<td>Salt</td>
</tr>
<tr>
<td>1 cup</td>
<td>Buttermilk</td>
</tr>
<tr>
<td>1</td>
<td>Egg, beaten</td>
</tr>
<tr>
<td>2 tablespoons</td>
<td>Canola oil</td>
</tr>
<tr>
<td></td>
<td>Non-stick vegetable oil cooking spray</td>
</tr>
</tbody>
</table>

### Instructions

1. Preheat oven to 425°.
2. Combine dry ingredients.
3. In separate bowl combine milk, beaten egg and oil, then add to dry ingredients. Stir lightly to combine.
4. Spray an 8 x 8 baking pan with non-stick vegetable oil spray and pour in batter.
5. Bake for about 20-25 minutes or until wooden toothpick inserted in center comes out clean.

### 8 servings

**Nutrition facts – amount per serving:**

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount</th>
<th>Exchange</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>190</td>
<td></td>
</tr>
<tr>
<td>Carbohydrates</td>
<td>30 g</td>
<td>2 starch</td>
</tr>
<tr>
<td>Protein</td>
<td>5 g</td>
<td>1 fat</td>
</tr>
<tr>
<td>Fat</td>
<td>5 g</td>
<td></td>
</tr>
<tr>
<td>Cholesterol</td>
<td>28 mg</td>
<td></td>
</tr>
<tr>
<td>Sodium</td>
<td>295 mg</td>
<td></td>
</tr>
</tbody>
</table>
BAKED APPLES

Ingredients
4……………Apples (medium)
4 teaspoons…………Brown or white sugar or equivalent sugar substitute
2 teaspoons…………Ground cinnamon
½ cup……………Water

Instructions
1. Wash and core apples, being careful not to pierce the bottom of the apple. Place in a baking dish.
2. Mix sugar or sugar substitute and cinnamon. Divide evenly into centers of apples. Make several slits on top edge of each apple.
3. Pour ½ cup of water around bottom of apples in baking dish.
4. Bake at 375° for about 1 hour or until very soft. Spoon pan juice over apples occasionally while baking.
5. Serve warm or cold.

4 servings

Nutrition facts – amount per serving (using sugar):
Calories: 97…………….Exchanges:
Carbohydrates: 25 g…………….1½ fruit
Fat: 0 g
Cholesterol: 0 mg
Sodium: 1 mg
PEACH COBBLER

Ingredients

Fruit layer
2 (16 ounce) cans Unsweetened peaches
⅛ teaspoon Nutmeg
¼ teaspoon Cinnamon
2 tablespoons Flour
4 tablespoons Sugar
1 tablespoon Lemon juice

Crust
1 cup Sifted flour
1½ teaspoons Baking powder
¼ teaspoon Salt
1½ teaspoons Cold tub margarine
1/3 cup Skim milk
1½ tablespoons Vegetable oil

Instructions

Fruit layer
1. Preheat oven to 425°.
2. Drain peaches but SAVE THE JUICE.
3. In medium sauce pan combine sugar, flour, nutmeg and cinnamon. Slowly stir in peach juice and lemon juice. Cook over medium heat, stirring constantly until thickened.
4. Add peaches, stir gently until heated through. Cover and set aside while making crust.

(pie crust instructions on next page)
Crust
1. Mix together flour, salt and baking powder. Add margarine and blend with fork until mixture looks like coarse crumbs. Add skim milk and oil.
2. Stir just until combined and mixture gathers together into a ball.
3. Turn out dough onto floured board and pat into 8” circle.
4. Cut dough into 6 strips.
5. Pour hot fruit mixture into 8 inch pie plate.
6. Place strips of dough over fruit, either straight or in a woven design. **Have fun with it!!**

8 servings

**Nutrition facts – amount per serving:**

- Calories: 183
- Carbohydrates: 33 g
- Protein: 3 g
- Fat: 5 g
- Cholesterol: 0 mg
- Sodium: 340 mg
BAKED RICE PUDDING

Ingredients
2/3 cup  Rice, uncooked
11/3 cup  Water
1  Egg
2  Egg whites
1/2 cup  Sugar
1/2 cup  Raisins
2 cups  Evaporated skim milk
1/2 teaspoon  Vanilla
1/4 teaspoon  Cinnamon
1/4 teaspoon  Nutmeg

Instructions
1. Cook rice with water until done.
2. Beat egg and egg whites together.
3. Mix eggs with cooked rice and remaining ingredients.
4. Put into ungreased 1 1/2 quart baking dish.
5. Bake at 325° for 50-60 minutes.

9 servings

Nutrition facts – amount per serving:
Calories: 182  Exchanges:
Carbohydrates: 37 g  1 starch
Protein: 7 g  1 fruit
Fat: 1 g  1/2 milk
Cholesterol: 26 mg
Sodium: 88 mg
SWEET POTATO PIE

Ingredients

3 cups Baked, warm, mashed sweet potatoes
6 tablespoons Egg substitute (like Egg Beaters) or beaten whites from 3 eggs
2 packets Sugar substitute (Sweet & Low or Sweet One)
2 tablespoons Granulated sugar
½ teaspoon Salt
½ teaspoon Ground nutmeg
1 teaspoon Ground cinnamon
½ cup Canned evaporated skim milk
1 Unbaked pie crust (see next recipe)

Instructions

1. Bake sweet potatoes in jackets at 400° until tender, about 45 minutes.
2. Peel them while they are still hot, and mash. Reduce oven to 350°.
3. Beat egg substitute, sugar and sugar substitute, and spices into mashed potatoes, stirring constantly.
4. Pour in the evaporated skim milk and mix until well blended.
5. Pour the sweet potato filling into the unbaked pie shell. Bake in the preheated oven for 45- minutes to 1 hour or until thin knife inserted near center comes out clean.

(Pie crust recipe on next page)
SWEET POTATO PIE (cont.)

Pie Crust

Ingredients
1 cup All-purpose flour
½ teaspoon Salt
2 tablespoons plus 2 teaspoons Vegetable oil (Canola, etc.)
1½ - 2 tablespoons Cold water

Instructions
1. Combine flour and salt. Stir in oil until mixture looks like cornmeal.
2. Add water gradually until dough is moistened and just holds together.
3. Roll dough until thin between sheets of waxed paper, or use a lightly floured pastry cloth.
4. Press into a pie pan, prick crust with fork.

8 servings

Nutrition facts – amount per serving:
Calories: 250
Carbohydrates: 45 g
Protein: 6 g
Fat: 5 g
Cholesterol: 1 mg
Sodium: 388 mg
If you are a novice at reading recipes, you should learn some basic cooking and food preparation terms and their definitions. Here are some of the most commonly used terms.

**Pouch:** To cook slowly in hot liquid on stove top, over low heat.

**Bake:** To cook in a covered or uncovered pan in an oven with dry heat.

**Roast:** To cook in an uncovered pan (without liquid added) in an oven or over a fire with dry heat.

**Barbecue:** To cook over a fire or oven burner with high heat.

**Boil:** To cook in bubbling liquid on stove top.

**Steam:** To cook over boiling liquid (sometimes under pressure) on stove top.

**Broil:** To cook close to a source of intense heat (under or over).

**Simmer:** To cook slowly in gently bubbling liquid, just under the boiling point.

**Fry:** To cook quickly while immersed in hot fat, over high heat.

**Sauté:** To cook in a small amount of fat, over moderate heat.

**Stir-Fry:** To fry quickly in a lightly oiled pan (such as a wok) over high heat, while stirring occasionally.

**Beat:** To mix ingredients thoroughly, using a hand or electric mixer or spoon.

**Whip:** To beat air very rapidly into a food to add volume.

**Stir:** To mix or move ingredients using a spoon until blended (to prevent burning during cooking).
KITCHEN MEASUREMENTS

Teaspoons
10 drops = dash
½ tsp. = a few grains
1 tsp. = 6 dashes
1 tsp. = 5 milliliters
3 tsp. = 1 tbsp.
6 tsp. = 1 oz.

Liquid Measures
1⅓ ounce = 1 jigger
1 tbsp. = ½ liquid oz.
1 cup = 8 oz.
1 pint = 16 oz.
1 quart = 32 oz.
1 quart = 64 tbsp.

Tablespoons
1 tbsp. = ½ fluid oz.
1 tbsp. = 15 milliliters
2 tbsp. = 1 fluid oz.
4 tbsp. = ¼ cup or 2 oz.
16 tbsp. = 1 cup or 8 oz.

Margarine
1 lb. = 32 tbsp.
1 lb. = 2 cups
¼ lb. = 1 bar
1 bar = 4 oz. or ½ cup

Cheese
1 lb. American or cheddar = 4 cups grated
1 lb. cottage cheese = 2 cups

Cups
½ cup = 1 oz.
⅓ cup = 2 tbsp.
⅔ cup = 6 tbsp.
1/3 cup = 5 tbsp. + 1 tsp.
½ cup = 8 tbsp. or 4 oz.
½ cup = 1 tea cup
1 cup = ½ pint
1 cup = 240 milliliters
4 cups = 1 quart

Eggs
½ cup = 2 large
½ cup = 3 medium

Dry Volume
2 cups = 1 pint
2 pints = 1 quart
4 quarts = 1 gallon
2 gallons = 1 peck
4 pecks = 1 bushel

One-Pound Equivalents
2 cup margarine
4 cups all purpose flour
2 cups granulated sugar
3½ cups powdered sugar
2 2/3 cups brown sugar
2 cups milk

Weight
1 oz. = 28 grams
1 pound = 454 grams
Healthy Food Choice Workshops
Eat Better... Feel Better ...Do Better!

PROGRAMS AND RESOURCES FOR FAMILIES TO:
~ENCOURAGE HEALTHY FOOD & ACTIVITY CHOICES
~NUTURE AND BUILD SELF ESTEEM
~BUILD SKILLS THAT LAST A LIFETIME

CCE of Onondaga County Eat Smart! Programs for 2010

“Eat Smart” Kitchen Course
Adult participants learn how to:
♥ Eat less fast and convenience foods - and still save time and money
♥ Use local food programs and save $$
♥ Make tasty, low-cost meals in minutes that taste delicious and are good for you!
♥ Budget for food, shop and plan family meals
♥ Prepare - serve - and store food safely
♥ Learn tips for active lifestyles!
(Six weeks, 1.5- 2 hours/class-

“Eat Smart” Youth Programs
An “action-oriented” program series to assist youth Make healthy food, lifestyle and activity choices and informed consumer decisions. Family members are invited to celebrate the learning together!

(A series of six, 1 – 1½ hour sessions
For youth age 5 – 17. Mixed age groups (8-15)
Can be accommodated to help youth develop Team work and “mentoring” skills.)
For more information, contact Cheryl - 424-9485/x 237

Contact Kathy Dischner at 424-9485 (Ext. 239), Anita Bono (Ext. 238), or Cheryl Harper (Ext 237- Youth programs) to schedule a program at your community site or at our center. Our office is open 8:30 am – 4:30 pm, Monday-Friday. We offer programs with community agencies, as space/time is available.

Eat Smart New York Programs are funded through FNS/USDA and funds from local county support.
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