Decrease your risk of heart disease, cancer and diabetes by the preparation of healthy “soul food” and other family favorites.
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LOW FAT COOKING TIPS

* Chill stock to make it easier to remove fat
* Always trim meats
* Use alternate cooking methods
  (broil, grill, steam, rather than fry)

Avoid using excess fat. Use non-stick skillets and non-stick vegetable sprays.

Wire grilling baskets: Great for grilling fish.

Broiler pan: Helps to remove fat.

Blender: Excellent to puree vegetables used to thicken soups.

Gravy Skimmer: Separates excess fat from gravy.
Cut back on margarine and oils in dishes by half or use butter substitutes.

Use low fat, white sauces rather than canned soups. Try low fat soup mixes in your favorite recipes.

Use defatted broths for gravies.

Cook pasta and rice without fat or salt.

Cook vegetables in fat-free broths or liquid smoke.

Use herbs and spices along with jalapeño peppers, picante sauce, vinegar and spicy mustards to replace the flavor of salt and fat.

Use applesauce rather than oil in baked desserts.
HOPPIN’ JOHN WITH BROWN RICE

(Makes 6 to 8 servings)

6 cups water
1 pound dried black-eyed peas
¼ cup canola, safflower or corn oil
1 large green bell pepper, chopped
1 large onion, chopped
½ cup celery, chopped
6 cloves garlic, minced
2 tsp. dried thyme leaves
1 can (6 ounces) tomato paste
2 tsp. chili powder
2 pounds brown rice (converted or parboiled brown rice)
4 ounces lean ham, chopped (optional)
¾ tsp. salt
1 tsp. pepper
1 Tbsp. Louisiana Hot Sauce

1. Soak black-eyed peas overnight.

2. Combine water and black-eyed peas in a large saucepan. Cook until almost tender, about one hour. Add 1 cup or more of water, if needed.

3. Cook brown rice, stir occasionally.


Nutritional Analysis (per serving):

Calories ....................................................179
Sodium .................................... 32 milligrams
Fat ..................................................... 2 grams
Cholesterol ................... less than 1 milligram
Saturated fat ...................... less than 1 gram

Diabetic Exchanges

Bread Exchange .................................2
Fat Exchange..........................................½
MIXED GREENS WITH SMOKED TURKEY
(Makes 4 servings)

¼ pound  collard greens
½ pound  each turnip and mustard greens
1 piece  (precooked) smoked turkey parts
2 cups  water (enough to cover smoked turkey)

1. Rinse one of the turkey pieces (drumstick or wing tip). Place turkey part in large saucepan, cover with water. Cook for 15 minutes.

2. While turkey is cooking, clean greens, break tips off all greens; break greens into small pieces. Add greens to cooked turkey in saucepan.

3. Simmer covered, over low heat for 15 minutes or until fork tender. Remove turkey, pull meat away from skin and serve with greens.

Nutritional Analysis Per Serving

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<th>Calories</th>
<th>Fat</th>
<th>Saturated fat</th>
<th>Sodium</th>
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<td>500 milligrams</td>
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Diabetic Exchanges

Vegetable .....................................................1
Meat-Medium Fat .................................2
RED BEANS AND RICE

(Makes 8 servings)

1 lb.  dry red beans
2 quarts  water
1 ¼ cups  chopped onion
1 cup  chopped celery
4  bay leaves
1 cup  chopped red & green pepper
1 Tbsp. chopped garlic or garlic powder to taste
2 Tbsp. chopped cilantro
2 tsp. dried thyme, crushed
¼ tsp. dried oregano leaves
1 tsp.  salt
¼ tsp.  black pepper
2 cups  brown rice (converted or parboiled)

1.  Soak beans overnight.

2.  In a 5-quart pot, combine beans, water, onion, celery and bay leaves. Bring to boiling; reduce heat. Cover and cook over low heat for about 1½ hours or until beans are tender.

3.  Add and green peppers, garlic, cilantro, thyme, oregano, salt and black pepper. Cook over low heat about 30 minutes. Remove bay leaves.

4.  Serve over hot, cooked brown rice.

Nutritional Analysis (per serving):

Calories ....................................................179
Sodium .................................. 285 milligrams
Protein …………………………….10 grams
Fat .................................................. 0.5 grams
Cholesterol ................... less than 1 milligram
Saturated fat ......................... less than 1 gram

Diabetic Exchanges

Bread Exchange .................................2
Fat Exchange ............................... ½
BLACK-EYED PEAS

(Makes 8 servings)

8 ounces dried black-eyed peas
2 quarts water
2 ham hocks fresh, lean (not smoked) or 6 ounces lean fresh pork (optional)
⅛ tsp. salt (optional)
⅛ tsp. black pepper (optional)

1. Soak black-eyed peas in 1 quart of water overnight. Use bottle water to soak peas if your water is “hard.” Drain peas the next day; discard water.

2. Put a quart of water into a 5-quart pot. Add peas.

3. Remove skin and any fat from ham hocks. Add them to the pot.

4. Bring the water to simmer over low heat. Cover and continue simmering for 1 3/4 hours or until ham hocks are fork-tender.

Nutritional Analysis (per serving):

Calories ....................................................155
Carbohydrates ................................. 16 grams
Protein ............................................. 12 grams
Fat ..................................................... 5 grams
Fiber .................................................. 4 grams
Cholesterol .............................. 28 milligrams
Sodium:
without added salt ...... 15 milligrams
with added salt .......... 54 milligrams

Diabetic Exchanges

Bread Exchange .................................1
Medium-Fat Meat Exchange...............1
CORNBREAD
(Makes 4 servings)

½ cup all-purpose flour
1 cup cornmeal
¾ tsp. baking soda
1 tsp. salt
2 Tbsp. sugar
1 ¼ cups low-fat buttermilk
1 egg
2 Tbsp. oil
Vegetable cooking spray

1. Preheat oven to 450 degrees F.

2. Combine cornmeal, flour, baking soda, salt, and sugar in bowl. Combine buttermilk, oil and egg. Add to dry ingredients, stirring just until moistened.

3. Prepare 10” cast-iron skillet with nonstick vegetable spray. Pour batter into skillet and bake 25-30 minutes or until golden brown. Let cool.

Nutritional Analysis per serving (2” sq. piece)

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Diabetic Exchanges

Bread/Starch..............................................1.5
CREAMY MACARONI & CHEESE

(Makes 4 servings)

8 ounces elbow macaroni
1 Tbsp. all-purpose flour
1 cup evaporated milk, divided
1 cup shredded, reduced-fat, sharp cheddar cheese
1 tsp. Dijon-style mustard
1/4 tsp. ground black pepper
1 1/2 cups low fat (1%) cottage cheese
3 Tbsp. Fat-free, grated Parmesan cheese for topping
1 tsp. Worcestershire sauce
Generous pinch cayenne pepper
Dash hot pepper sauce
Dash paprika
Nonstick cooking spray

1. Preheat oven to 375°F. With nonstick cooking spray, lightly coat an 8-inch-square baking dish (or any 2-quart baking dish). Set aside.

2. In large pot, over high heat, bring about 3 quarts water to a boil. Add macaroni; cook 8 to 10 minutes or until just tender. Drain; rinse with cold water; set aside.

3. Meanwhile, in a small bowl, whisk together flour and 2 tablespoons of the milk. In a large saucepan, over medium heat, heat remaining milk until steaming. Gradually whisk a little hot milk into bowl with milk-flour mixture, then whisk this mixture back into pan with hot milk. Stir over medium heat about 1 minute, or until mixture comes to a boil and thickens. Remove from heat. Stir in cheddar cheese, mustard, black pepper and cayenne pepper. Set aside.

4. In a food processor or blender, puree cottage cheese until very smooth. Stir into sauce. Stir in reserved macaroni. Spoon mixture into prepared baking dish.

5. Sprinkle fat-free Parmesan topping over top of macaroni and cheese. Bake 40 to 45 minutes, or until brown and bubbling.

Nutritional Analysis (per serving):

<table>
<thead>
<tr>
<th></th>
<th>Diabetic Exchanges</th>
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<tr>
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<td>Meat Exchange</td>
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<tr>
<td>Fat Exchange</td>
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TRADITIONAL MACARONI & CHEESE
(Makes 6 servings)

1 1/2 cups elbow macaroni
2 Tbsp. margarine
2 Tbsp. all-purpose flour
½ tsp. salt
2 cups 1% skim milk
8 ounces fat-free cheddar cheese (grated)

1. Cook macaroni noodles according to package directions. Drain and place into 2-quart casserole dish.

2. Melt margarine and stir in flour and salt to make a roux, stirring constantly for approximately 3 minutes. Gradually pour in milk and stir until mixture is thick.

3. Add grated fat-free cheese (reserve ¼ cup for top of casserole) and stir until melted.

4. Mix cheese sauce with macaroni. Sprinkle top of casserole with ¼ cup of grated cheese and bake for 35 minutes at 350°F.

Nutritional Analysis (per serving):

- Serving Size: ½ cup
- Calories: 146
- Sodium: 519 milligrams
- Fat: 3 grams
- Cholesterol: 1.44 milligrams
- Saturated fat: 1 gram
- Carbohydrate: 20 grams
- Dietary Fiber: 1 gram
- Sugars: 5 grams
- Protein: 10 grams

Diabetic Exchanges

- Bread/Starch Exchange: 1
- Fat Exchange: 1
- Meat Very Lean Exchange: 1.5
Macaroni and Salmon Salad

(Makes 12 (1-cup) servings)

½ cup reduced fat mayonnaise
¼ cup honey Dijon mustard
1-tablespoon fresh lime juice
¼ cup chopped, fresh dill weed
1 pound medium shell macaroni, cooked and drained
2 cups broccoli florets, cooked and drained
1 large red bell pepper
½ cup chopped red onion
¼ cup diced celery
½ cup chopped tomatoes
1 16-ounce canned salmon, drained

3. Mix mayonnaise, honey Dijon mustard, and lime juice.

4. Combine the macaroni, broccoli, red pepper, red onion, celery, and tomatoes in large salad bowl.

5. Add mayonnaise mixture and toss to blend.

6. Gently stir in salmon. Cover the salad and chill in refrigerator for at least 1 hour or more. Serve on lettuce leaves if desired.

Nutritional Analysis (per serving):

Calories ....................................................146
Sodium……………………………...330 mg
Protein…………………………………..11g
Fat………………………………………,,3g
Cholesterol .................................. …….17mg
Saturated fat ...................................... ..0.7mg
GARDEN POTATO SALAD

(Makes 10 servings)

3 pounds potatoes (6 large)
1 cup chopped celery
1 cup mixed green and red bell peppers
½ cup sliced scallions (green onions)
2 tbsp. chopped parsley
1 cup low fat mayonnaise
2 tsp. prepared mustard
½ tsp. celery seeds
½ tsp. dill weed
½ tsp. white pepper


2. Add celery, red and green peppers, green onions, celery seeds, dill weed and white pepper.

3. Combine prepared mustard and mayonnaise; pour mixture over vegetables and mix well. Chill before serving.

Nutritional Analysis per serving:

Calories ...........................................151
Carbohydrate .................. 30 grams
Protein ...................................... 6 grams
Fat .......................................... 0.5 gram
Saturated fat ................. 0.2 gram
Dietary Fiber ................. 3.1 grams
Cholesterol .................. 2.3 milligrams
Sodium ......................... 118 milligrams

Diabetic Exchanges

Bread/Starch Exchange .........................1
Fat Exchange ................................1
MIXED GREENS
(Makes 4 servings)

¼ pound collard greens
½ pound turnip greens
½ pound mustard greens
1 onion (medium) minced
1 tsp. salt (optional)
½ cup water

1. Break off tips from all greens; break greens into small pieces. Add water and greens to large saucepan.

2. Add minced onions. Sprinkle salt over greens, if desired. Cover and simmer over low heat for 15 minutes or until fork tender.

Nutritional Analysis (per serving):

Calories ......................................................34
Carbohydrate ..................................... 7 grams
Protein ............................................... 2 grams
Fat ..................................................... 0 grams
Fiber .................................................. 3 grams
Cholesterol ................................ 0 milligrams
Sodium:
without added salt ............. 28 milligrams
with added salt ............... 455 milligrams

Diabetic Exchanges

Vegetable Exchange .........................1
FRESH FRUIT AMBROSIA

(Makes 10 servings)

2 medium oranges
1 medium Red Delicious apple, cored and cubed
1 cup fresh pineapple chunks
½ cup seedless green grapes, halved
½ cup unsweetened orange juice
½ cup low fat vanilla yogurt
3 Tbsp. flaked coconut (Optional)

1. Peel oranges and slice crosswise; cut each half in half (or quarter them).

2. Combine oranges, apple, pineapple and grapes in a medium bowl; toss gently. Pour orange juice over fruit; toss gently. Cover and chill 2 to 3 hours.

3. To serve, add yogurt and toss gently. Spoon fruit mixture evenly into individual dessert bowls and sprinkle evenly with coconut.

Nutritional Analysis (per serving):

Calories ......................................................73
Sodium .................................... 18 milligrams
Fat ..................................................... 2 grams
Cholesterol ................... less than 1 milligram
Saturated fat ..................... less than 1 gram

Diabetic Exchanges

Fruit Exchange .............................................1
FRUIT AND YOGURT PIE
(Makes 8 servings)

8 ounces sugar-free, low-fat yogurt (pineapple, strawberry or orange)
8 ounces fat free whipped topping
1 cup chopped fruit (pineapple, strawberry or orange)
1 low fat, graham cracker crust

Optional:
½ cup non-fat dry milk (mix with yogurt and continue with recipe.

Tip: Make sure fruit is dry (wipe moisture with paper towel) before folding into yogurt and whipped topping.

1. Gently fold yogurt, fruit and whipped topping.
2. Pour the mixture into the pie shell.
3. Garnish with fruit and chill in the refrigerator for two or three hours.

Nutritional Analysis (per serving):

Calories ....................................................104
Carbohydrates ................................. 11 grams
Sugar ................................................. 6 grams
Fat ..................................................... 4 grams
Saturated Fat .................................. 3.5 grams
Calcium ................................... 44 milligrams
Sodium ............................................ 17 grams

Diabetic Exchanges

Other Carbohydrate .........................1.5
Fat..........................................................1
LEMON CREAM PIE

(Makes 8 servings)

1 (3 oz)  small box lemon Jell-O
¼ cup  boiling water
1 (8 oz)  sugar-free lemon yogurt
1 (8 oz)  fat free whipped topping
1  reduced fat graham cracker crust

Dissolve Jell-O in ¼ cup boiling water. With wire wisk, stir in yogurt. With rubber spatula, fold in whipped topping. Pour mixture into graham cracker crust. Refrigerate over night or at least 2 hours.

Nutritional Analysis (per serving):

Calories ...................................... 189
Carbohydrates .............................. 25g
Sugar ......................................... 14g
Fat ............................................. 8g
Saturated Fat .............................. 2.5g
Sodium ..................................... 198g

Diabetic Exchanges

Other Carbohydrate ...................... 2.5
Fat ........................................... 2
HEAVENLY SWEET POTATO PIE

(One 9-Inch Pie: 8 Servings)

4 medium sweet potatoes
½ cup granulated sugar
1 tsp. ground cinnamon
½ tsp. ground ginger
½ tsp. ground nutmeg
1 ½ cups evaporated skim milk (12-ounce can)
1 tsp. pure vanilla extract
1 tsp. grated orange zest
3 egg whites, lightly beaten
¼ cup brandy
1 9-inch, unbaked piecrust

1. **PREPARE POTATOES:** To Bake, prick potatoes in several places and bake in 425°F oven until soft; about 45 minutes. To Boil, place sweet potatoes and enough cold water to cover in large saucepan. Partially cover with lid; set over high heat and bring to boil. Reduce heat; simmer potatoes until fork-tender, about 45 minutes; drain potatoes.

2. If potatoes were boiled, heat oven to 425°F. When cool enough to handle, peel potatoes and remove blemishes. Mash potatoes in large bowl, using potato masher or fork. (To remove lumps or strings, use food mill or press potatoes through standard sieve back into bowl.)

3. In small bowl, combine sugar, cinnamon, ginger and nutmeg; mix well. Stir spice mixture into mashed sweet potatoes until blended. Add vanilla, milk and orange zest; fold in egg whites. Using electric mixer, beat until smooth; stir in brandy.

4. Pour filling into unbaked piecrust; bake 10 minutes. Reduce heat to 325°F; bake until knife inserted in filling comes out clean, about 45 additional minutes. Serve warm or chilled. Cover and refrigerate any leftovers.

**Nutritional Analysis Per Serving**

<table>
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<th>Nutrient</th>
<th>Amount</th>
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**Diabetic Exchanges**

Other Carbohydrate: 1.5
Fat: 1
LOW FAT WHIPPED TOPPING

In a large bowl mix:

3 Tbsp. \hspace{5pt} \text{granulated sugar}
1 ½ tsp. \hspace{5pt} \text{unflavored gelatin}

Add:

½ cup \hspace{5pt} \text{boiling water}

Stir until gelatin is dissolved

Stir in:

½ cup \hspace{5pt} \text{cold water}

Let stand until room temperature

Add:

¾ cup \hspace{5pt} \text{nonfat dry milk}
1 ½ tsp. \hspace{5pt} \text{lemon juice}
1 ½ tsp. \hspace{5pt} \text{vanilla}

Beat with electric mixer on high until soft peaks form (3 minutes).

Refrigerate.
MOCK SOUR CREAM

Mix:

16 ounces  low fat cottage cheese
2 Tbsp.  lemon juice
1/3 to 1/2 cup  skim milk

Blend in a blender until smooth and creamy, adding more milk as needed.

1/4 cup has 55 calories

VARIATIONS

Chili-Horseradish Dressing

Add:
2 Tbsp.  chili sauce and
1 Tbsp.  prepared horseradish

Herb Dressing

Add:
1/4 cup  chopped parsley
1/4 cup  chopped watercress
2 Tbsp.  chopped green onion
1 Tbsp.  mayonnaise
1 Tbsp.  Worcestershire sauce

Hot and Spicy Dressing

Add:
1 4 ounce-can green chilies, drained and chopped
1/3 cup  minced onion
1/4 cup  mild taco sauce
1 tsp.  Dijon mustard
hot-pepper sauce to taste
SPICE OF LIFE SEASONING

\[ \frac{1}{2} \text{ tsp.} \quad \text{cayenne pepper} \\
1 \text{ Tbsp.} \quad \text{garlic powder} \\
1 \text{ tsp.} \quad \text{ground basil} \\
1 \text{ tsp.} \quad \text{ground marjoram} \\
1 \text{ tsp.} \quad \text{ground thyme} \\
1 \text{ tsp.} \quad \text{ground parsley} \\
1 \text{ tsp.} \quad \text{ground savory} \\
1 \text{ tsp.} \quad \text{ground mace} \\
1 \text{ tsp.} \quad \text{ground onion powder} \\
1 \text{ tsp.} \quad \text{ground black pepper} \\
1 \text{ tsp.} \quad \text{ground sage} \]

Combine all ingredients; store in a tightly covered container. Substitute for salt in main dishes, salads, salad dressings, etc. Use to season meats and vegetables.

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NO-SALT SEASONING MIX

1 Tbsp. black pepper
1 Tbsp. paprika
1 Tbsp. garlic powder
1 Tbsp. onion powder
1 Tbsp. crushed dry parsley

Combine all ingredients; store in a tightly covered container. Substitute for salt in main dishes, salads, salad dressings, etc. Use to season meats and vegetables.
ZESTY HERB SEASONING

Sodium: 47 mg per teaspoon

Grated peel of 1 lemon
2 Tbsp.  ground cinnamon
1 Tbsp.  ground mace
1 Tbsp.  dried basil leaves, crushed
1 Tbsp.  dried thyme leaves, crushed
1 Tbsp.  dried rosemary leaves, crushed
2 tsp.  paprika
1 tsp.  salt and potassium chloride mixture
       (a purchased product with half the sodium of table salt)
1 tsp.  pepper
1 tsp.  ground cloves
½ tsp.  ground nutmeg
½ tsp.  allspice

Combine all ingredients. Refrigerate in covered container. Sprinkle as desired over meat, poultry or fish before broiling or baking.
HOLIDAY NOG
(Makes 2 ½ quarts)

2 cans  (12 ounces each) evaporated skim milk
3 cups  skim milk
1 1/2 cups  frozen egg substitute, thawed
12 packets  Equal Sweetener (1/2 cup)
2 cups  vanilla nonfat frozen yogurt, softened
2 Tbsp.  vanilla extract
Freshly grated nutmeg and cinnamon

1. Combine evaporated milk, skim milk, Equal Sweetener and egg substitute in a large pitcher, stirring well. Chill mixture thoroughly.

2. To serve, transfer chilled mixture to a large punch bowl. Stir in softened frozen yogurt and vanilla.

3. Sprinkle with freshly grated nutmeg and cinnamon as desired. Serve immediately.

Nutritional Analysis (per serving):

Serving ............................................... 1/2 cup
Calories ...................................................... 75
Sodium .................................... 83 milligrams
Fat ...................................................... 1 gram
Cholesterol ................................ 2 milligrams
Saturated fat ...................... less than 1 gram

Diabetic Exchanges

Milk Exchange ......................................... 1