

Soulful Recipes

BUILDING HEALTHY TRADITIONS



Building Healthy Traditions



Family, faith, food, music, art, and dance bind together, forming the soul of the African American. We must also weave good health into our fabric of life. The *Network for a Healthy California—African American Campaign* invites you to take steps to learn about your personal health recommendations and enjoy this cookbook.

Soulful Recipes is full of delicious recipes and tips to help you make eating healthy and being active a part of your family habits. Some recipes are healthy twists on family favorites and some are new foods to try.

You can be a Champion for Change in your family by making new traditions that improve the health of your family. Not sure where to start? Go for the vegetables first. Fill about $\frac{1}{2}$ of your plate with salad and vegetables and then add other foods. Simple changes to the amounts and types of foods you eat can build good, life-long habits for your family.

African Americans suffer from obesity, type 2 diabetes, hypertension, heart disease, and certain types of cancer more than other groups. You can help to prevent and manage these health problems by eating fruits and vegetables and being active. Start your day off right with a healthy breakfast, and pack healthy snacks and lunches to keep you going during the day. If you eat out, choose menu options that are full of fruits and vegetables or ask for fruit instead of dessert. Back at home, make eating dinner together a priority to stay connected. Studies have shown that families that eat together have better nutrition for the whole family.

For more information on the *Network for a Healthy California*, call 1-888-328-3483 or visit us at www.CaChampionsForChange.net.



Veggie Scramble Wraps

Great for breakfast on the go. Make it your way by using your favorite mix of vegetables.



INGREDIENTS

nonstick cooking spray	1 cup egg substitute
1 cup chopped fresh or frozen vegetables (bell peppers, onions, broccoli, and mushrooms)	2 (6-inch) flour tortillas
	¼ cup grated lowfat Cheddar cheese

PREPARATION

1. Spray a medium skillet with nonstick cooking spray and heat over medium heat.
2. Cook vegetables until tender, about 5 minutes.
3. Add egg substitute and stir until thoroughly cooked, about 5 minutes.
4. Warm the tortillas in the microwave for 5 to 10 seconds.
5. Place half of the egg mixture in each tortilla and sprinkle with cheese.
6. Wrap the tortilla around the egg mixture and enjoy.



Makes 2 servings. 1 wrap per serving.
Prep time: 5 minutes **Cook time:** 10 minutes

Nutrition information per serving: Calories 191, Carbohydrate 19 g, Dietary Fiber 4 g, Protein 21 g, Total Fat 4 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 3 mg, Sodium 537 mg



Roasted Vegetable Medley

Bring harmony to your taste buds with this fresh vegetable dish. Add a Southern flair by serving over grits!



INGREDIENTS

nonstick cooking spray	2 cloves garlic, chopped
1 cup chopped baby carrots	4 teaspoons dried basil
1 cup chopped eggplant	1 cup chopped mushrooms
1 cup chopped asparagus	1 small zucchini, chopped
1 teaspoon vegetable oil	

PREPARATION

1. Place an oven rack on the bottom of the oven. Preheat oven to 450°F.
2. Spray a roasting pan with nonstick cooking spray.
3. Add carrots, eggplant, and asparagus to the pan. Drizzle with vegetable oil and toss until vegetables are lightly coated.
4. Bake for 20 minutes.
5. Spray a large pan with nonstick cooking spray and heat over medium heat.
6. Sauté garlic and basil for about 2 minutes.
7. Add mushrooms and zucchini and sauté until vegetables are tender, about 5 minutes.
8. Add roasted vegetables to the pan and sauté 5 minutes more. Serve immediately.

Makes 4 servings. 1 cup per serving.

Prep time: 15 minutes **Cook time:** 35 minutes

Nutrition information per serving: Calories 50, Carbohydrate 8 g,
Dietary Fiber 3 g, Protein 2 g, Total Fat 2 g, Saturated Fat 0 g,
Trans Fat 0 g, Cholesterol 0 mg, Sodium 26 mg



BBQ Turkey in Pepper Shells

These peppers will fire up your taste buds.



INGREDIENTS

- | | |
|--|---|
| ¾ pound lean ground turkey | 1½ cups low-sodium canned black beans, drained and rinsed |
| 1 large onion, peeled and chopped | ½ cup prepared barbecue sauce |
| 1 medium green bell pepper, seeded and chopped | 1 teaspoon garlic powder |
| 1 (14½-ounce) can no salt added diced tomatoes | 1 teaspoon liquid smoke |
| | 3 bell peppers (any color) |

PREPARATION

1. Brown ground turkey in a medium skillet over medium-high heat until no longer pink; drain excess fat.
2. Add onion and cook until tender, about 5 minutes.
3. Add all remaining ingredients except the whole bell peppers; simmer for 10 minutes over medium heat.
4. Meanwhile, cut the whole bell peppers in half lengthwise and remove the seeds. Place in a microwave safe dish with a small amount of water.
5. Cover and microwave bell peppers on high until crisp-tender, about 5 minutes.
6. Remove peppers from dish and place on a large plate. Spoon turkey mixture into bell pepper shells and serve.



Makes 6 servings. 1 stuffed bell pepper shell half per serving.

Prep time: 10 minutes **Cook time:** 25 minutes

Nutrition information per serving: Calories 209, Carbohydrate 28 g, Dietary Fiber 7 g, Protein 17 g, Total Fat 4 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 38 mg, Sodium 404 mg