



Healthy Soul Food Cooking¹

Jennifer Hillan²

Food is an important part of African-American culture. However, many traditional foods and cooking methods increase the risk for some diseases. This is bad news because African-Americans are at high risk for diseases such as cancer, heart disease, and diabetes. The good news is, eating healthy doesn't mean you have to give up all your favorite foods. Some simple changes can help reduce your risk for disease and still keep the flavor of the food you love!

Tips for Healthy Cooking

- ✓ Trim visible fat from meat before cooking.
- ✓ Remove skin from poultry before eating.
- ✓ Try broiling, steaming, baking, roasting, grilling, or microwaving instead of frying.
- ✓ Enjoy vegetables and fruits often. Try cooking vegetables without added fat, or use only a small amount of vegetable oil.
- ✓ Use lean cuts of meat such as round, sirloin, or loin.
- ✓ Try occasional meatless dishes such as beans and grains.

Seasoning

Hot 'n Spicy Seasoning

- ¼ cup paprika
- 2 tbsp dried oregano, crushed
- 2 tsp chili powder
- 1 tsp garlic powder
- 1 tsp black pepper
- ½ tsp red (cayenne) pepper
- ½ tsp dry mustard



Source: Down Home Healthy Cookin', National Cancer Institute, March 1995.

Pork Chops

Boneless Breaded Pork Chops (serves 8)

- 8 boneless pork chops
- 1 cup bread crumbs
- ¼ cup egg substitute
- ¼ cup fat-free milk
- 2 tsp garlic powder
- 1 ½ tsp salt substitute
- 1 tsp black pepper

Preheat oven to 350°. Rinse meat with cold water and set aside. Add seasoning to bread crumbs. Mix egg substitute and milk. Dip pork chops in egg-milk mixture. Roll meat in bread crumbs and place in pan coated with vegetable spray. Bake for 45 minutes until brown.



Source: Healthy Food, Healthy Soul, September 1998.

1. This document is FCS8665-Eng, one of a series of the Department of Family, Youth and Community Sciences, Florida Cooperative Extension Service, Institute of Food and Agricultural Sciences, University of Florida. Publication date: May 2001. Reviewed by Isabel Valentin-Oquendo, MS, RD, LD/N, assistant-in and curriculum coordinator, Department of Family, Youth, and Community Sciences. Please visit the EDIS Web site at <http://edis.ifas.ufl.edu>
2. Jennifer Hillan, MSH, RD, LD/N, coordinator, Educational/Training Programs, Department of Family, Youth and Community Sciences, Cooperative Extension Service, Institute of Food and Agricultural Sciences, University of Florida, Gainesville, 32611.

The Institute of Food and Agricultural Sciences is an equal opportunity/affirmative action employer authorized to provide research, educational information and other services only to individuals and institutions that function without regard to race, color, sex, age, handicap, or national origin. For information on obtaining other extension publications, contact your county Cooperative Extension Service office. Florida Cooperative Extension Service / Institute of Food and Agricultural Sciences / University of Florida / Christine Taylor Waddill, Dean

Easy and Healthy Substitutions

- ♥ **herbs and spices** instead of salt
- ♥ **turkey bacon** or **Canadian bacon** instead of regular bacon or sausage
- ♥ **fat-free** or **1% milk** instead of whole milk
- ♥ **mustard, plain yogurt, or low-fat dressing or mayonnaise** instead of regular dressing or mayonnaise
- ♥ **low-sodium bouillon** and **broths** instead of regular bouillon and broths
- ♥ **evaporated skim milk** instead of cream
- ♥ **low-fat** or **part-skim cheese** instead of regular cheese
- ♥ **2 eggs whites** or $\frac{1}{4}$ cup **egg substitute** instead of 1 whole egg
- ♥ **skinless smoked turkey** instead of ham hocks, neck bones, or fatback
- ♥ **plain yogurt** instead of sour cream
- ♥ **vegetable oil** or **tub margarine** instead of lard, fatback, or butter
- ♥ **applesauce** instead of oil in baked goods

Vegetables

Turnip and Mustard Greens (serves 12)

2 lbs. Turnip greens
 2 lbs. Mustard greens
 2 chicken bouillon cubes,
 low-sodium
 1 lbs. Smoked turkey,
 lean
 1 tbsp salt substitute
 1 tsp sugar
 1 medium onion,
 chopped
 1 tsp lemon pepper
 5 cups water

Rinse greens thoroughly. Pat dry. Remove greens from stems. Cut into small pieces. In large pot, bring water to a boil. Add greens, bouillon cubes, onions, smoked turkey and seasoning. Cover, cook for 1 hour or until tender. Taste and adjust seasoning before serving.

Source: Healthy Food, Healthy Soul, September 1998.

Vegetables

Sweet Potato Casserole (serves 8)

3 cups sweet potatoes,
 cooked and mashed.
 1/3 cup brown sugar,
 packed.
 1/3 cup fat-free milk
 2 tbsp margarine
 1 tsp vanilla extract
 2 egg whites
 1/3 cup brown sugar,
 packed.
 1 1/2 tbsp all purpose flour
 1 tbsp margarine
 1/3 cup pecans, chopped

Preheat oven to 350 F. Coat 8x8 baking dish with non-stick cooking spray. Combine first 6 ingredients and spoon into baking dish. Combine remaining ingredients and sprinkle over sweet potato mixture. Bake for 30 minutes. Note: 2 pounds of fresh sweet potatoes will yield about 3 cups.