

AAHP COOKBOOK

HEALTHY RECIPES FOR HEALTHY LIVING
FROM THE
AFRICAN AMERICAN HEALTH PROGRAM

The African American Health Program
1401 Rockville Pike
Rockville, MD 20852
www.aahpmontgomerycounty.org
f t i @aahpmoco
(240) 777-1833
rsvp@aahpmontgomerycounty.org

Inside

HEALTHY & DELICIOUS RECIPES

3

BREAKFAST

6

SNACKS

7

SALADS

12

VEGGIES

19

MEAT AND FISH

21

STEWES AND STIR-FRIES

24

SOUPS

27

SWEETS

33

FOODS FOR
SPECIAL
OCCASIONS





VANILLA OVERNIGHT OATS BREAKFAST

INSTRUCTIONS

INGREDIENTS

- Old fashioned oats
- Greek yogurt
- Milk
- Chia Seeds
- Vanilla Extract

TOPPINGS SUGGESTIONS: fruit (fresh or frozen), nuts, seeds, honey, peanut butter, coconut chips, cocoa nibs

1. All you need to do is place the ingredients in a jar, mix really well, refrigerate for at least 4 hours and BAM!
2. Be sure to use the right kind of oats. Rolled oats are what you're after when it comes to overnight oats. Steel-cut oats are best when cooked.
3. Be sure to add the chia seeds with the oats and allow them time to absorb the liquid goodness, too. As for the other toppings, many are better off being added later—such as fruit and nuts.
4. Be sure to add enough liquid. Whether you drink dairy milk, non-dairy milk, or something entirely different, the ratio should be somewhere around 2:1. In other words, for every 1 cup oats, you should add 2 cups liquid. If you decide to add yogurt, you can reduce the total amount of liquid by one quarter to one half.

Always mix well before eating.

Source: The Forked Spoon



BREAKFAST

TURKEY BACON AND SPINACH QUICHE WITH SWEET POTATO CRUST

INSTRUCTIONS

INGREDIENTS

- 1 sweet potato (washed)
- 1 tsp canola oil
- 1 medium yellow onion (finely diced)
- 6 slices uncured, nitrate-free turkey bacon (thinly sliced)
- 1 10-oz packaged, frozen, chopped spinach (thawed)
- $\frac{3}{4}$ tsp dried dill
- $\frac{1}{4}$ tsp salt
- $\frac{1}{4}$ tsp ground black pepper
- 2 large eggs
- 4 large egg whites
- $1\frac{1}{4}$ cup skim milk
- $1\frac{1}{2}$ Tbsp fat-free feta cheese

Source: American Heart Association

1. Preheat oven to 400°F.
2. Place a box grater into a medium bowl. Grate the sweet potato until there are 2 cups of grated sweet potato. Coat a 9-inch pie plate with cooking spray. Gently press the sweet potato into the bottom of the pie plate and up the sides; the sweet potatoes will be loose but will hold together once cooked. Place in the oven and bake until sweet potato crust is cooked, about 20 minutes. Remove from oven and decrease oven temperature to 350°F.
3. Meanwhile, in a medium pan, warm oil over medium-high heat. Finely dice the onion and add to the pan. Cook until almost translucent, about 6 to 8 minutes.
4. Add turkey bacon, continuing to stir and cook until onions and bacon begin to brown, about 3 to 4 minutes. Stir in spinach, dill, salt, and pepper; cook until water from the spinach is released, about 1 to 2 minutes. Remove from heat. Use a spatula to transfer mixture from pan into the sweet potato pie shell.
5. In a bowl, add eggs, egg whites, and milk. Using a fork, whisk to combine. Pour eggs over vegetable mixture in the pie shell. Dot the feta cheese over the top of quiche.
6. Cook quiche in oven until eggs in the center are set, about 35 to 40 minutes. Remove from oven and let cool just a few minutes before slicing.



SAVORY OATMEAL

INSTRUCTIONS

INGREDIENTS

- 1 cup rolled oats
- 1 tomato
- ½ onion
- 2 tbs pesto
- 1 tbs olive oil
- 2 eggs
- 1 tsp minced garlic

In a medium pot, boil two cups of water. While waiting for the water to boil, chop the tomato and dice the onion. Once the water is boiling, add in the oats. Just before the oats have absorbed all of the water, after about eight minutes, stir in the pesto and turn off the heat. Let the oats sit for a couple of minutes to absorb the pesto. While the oats are resting, heat the olive oil and garlic in a pan over medium heat. When the garlic is browned, add in the onions and sauté until slightly soft. Add the tomatoes to the pan and let simmer on low heat for about 10 minutes, or until tomatoes are soft and some juices have been released. In another pan, fry the eggs. Once the tomatoes are done, combine the oats and tomatoes in bowls and top each portion with a fried egg.

Source: Boston Magazine



ENERGIZING QUINOA AND SEED FLATBREAD

INSTRUCTIONS

INGREDIENTS

- 1 cup rolled oats
- ½ cup quinoa flour
- ¼ cup raw sunflower seeds
- 1.5 tbsp chia seeds
- 1 tsp dried oregano
- ¼ tsp dried thyme
- ¼ tsp baking powder
- ½ tsp garlic powder
- ¼ tsp sea salt
- 1 cup unsweetened, unflavored non-dairy milk
- 1 tbsp coconut oil, melted

For the seed topping:

- 1 tbsp raw pepita seeds
- 1 tbsp raw sunflower seeds
- 1 tsp chia seeds

1. Preheat oven to 350 F. Lightly grease a 9-inch square pan and line with parchment paper.
2. Beat butter and sugar in large bowl with electric mixer on medium speed 5 minutes or until light and fluffy. Beat in eggs, one at a time.
3. Start making the flatbread. First, make the oats into flour by blending oats in a blender until flour forms (about 10 seconds).
4. Start making the flatbread. First, make the oats into flour by blending oats in a blender until flour forms (about 10 seconds).
5. Pour the batter into the prepared pan and smooth it out evenly with a spatula, then sprinkle the batter evenly with the seed topping.
6. Bake for 25-30 minutes, uncovered, until the flatbread is firm to touch.
7. Let the flatbread cool in the pan for 15-20 minutes. Lift it out of the pan and cut as desired.

Source: www.wholelivinglauren.com

CHARRED AND RAW CORN WITH CHILE AND CHEESE



INGREDIENTS

- 4 ears of corn, husked
- 1 large shallot, thinly sliced into rings
- ½ red chile (such as Holland or Fresno), with seeds, thinly sliced into rings
- ¼ cup fresh lime juice
- Kosher salt and freshly ground black pepper
- 4 tbsp. vegetable oil, divided
- 2 oz. fresh Cotija cheese or queso fresco, crumbled
- ¼ cup cilantro leaves with tender stems

INSTRUCTIONS

1. Prepare grill for medium heat. Cut kernels from 1 corn cob and toss with shallot, chile, and lime juice. In a large bowl; season with salt and pepper and set aside.
2. Brush remaining 3 ears of corn with 2 Tbsp. oil and grill, turning occasionally, until very tender and charred in spots, 10–12 minutes.
3. Let cool. Cut kernels from cobs and add to reserved corn mixture along with cheese, cilantro, and remaining 2 Tbsp. oil. Toss to combine; season with salt and pepper.

Source: www.wholelivinglauren.com



STRAWBERRY SALSA

INSTRUCTIONS

INGREDIENTS

- juice and zest from 1 medium lime
- 1½ tsp honey or maple syrup
- pinch of fine sea salt
- 1 pint of strawberries, hulled and diced
- 1 jalapeño pepper, seeded and chopped (use a smaller jalapeño for less heat, or leave in some seeds for more heat)
- ½ small red onion, chopped
- ½ cup chopped fresh cilantro
- freshly ground black pepper, to taste
- chips for serving

In a large bowl, whisk together the lime juice and zest, honey and salt. Stir in the strawberries, jalapeño, onion and cilantro. Add pepper, to taste, and mix well. Adjust the seasonings if need be (you might like a little more lime for acidity, honey for sweetness, or salt if it's just not quite right yet).

If your strawberries are nice and juicy, you can serve immediately, with chips. Store leftovers in an airtight container in the fridge for up to 3 days.

Source: www.cookieandkate.com



GRAPEFRUIT & FENNEL SALAD WITH MINT VINAIGRETTE

INSTRUCTIONS

INGREDIENTS

- 1 medium red grapefruit
- 1 medium fennel bulb, halved and thinly sliced
- 1/4 cup thinly sliced red onion
- 3 tablespoons fresh mint leaves
- 2 tablespoons sherry vinegar
- 1-1/2 teaspoons honey
- 1/8 teaspoon salt
- 1/8 teaspoon coarsely ground pepper
- 2 tablespoons olive oil

1. Cut a thin slice from the top and bottom of the grapefruit; stand grapefruit upright on a cutting board. With a knife, cut off peel and outer membrane from grapefruit. Cut along the membrane of each segment to remove fruit. Arrange fennel, grapefruit and onion on a serving platter.
2. Place mint, vinegar, honey, salt and pepper in a small food processor; cover and process until mint is finely chopped. While processing, gradually add oil in a steady stream. Drizzle over salad.

Source: www.tasteofhome.com



SALADS

BLACK-EYED PEAS SALAD

INSTRUCTIONS

INGREDIENTS

- 1 orange
- 1 lemon
- 1 lime
- 1 teaspoon minced garlic
- ¼ cup small diced onion
- ½ -1 teaspoon cumin
- ¼ cup olive oil
- 1 tablespoon honey
- 2-3 tablespoons fresh herbs (cilantro or parsley)
- Salt and pepper to taste
- 3-4 cups cooked black-eyed peas
- 1 cup cooked corn
- ½ cup chopped red onion
- 1-2 cup cherry tomatoes, sliced
- 1-2 cup cucumber, diced
- ½ bell pepper, diced
- 1 avocado, peeled and chopped

1. Squeeze out juice from orange, lemon and lime into a non-reactive pan. Add cumin, honey, garlic, onion, oil and herbs. Whisk everything together then lightly salt and pepper to taste.
2. Place cooked beans and corn in a large bowl and add diced cucumber, bell pepper, and cherry tomatoes.
3. Dice avocados and drizzle with lemon (to prevent discoloration), then add with other vegetables.
4. Pour the dressing/marinade mix over the salad, stirring to coat.
5. Refrigerate at least two hours before serving. Stir often.

Source: www.africanbites.com

WATERMELON SALAD WITH FETA



INSTRUCTIONS

INGREDIENTS

For the Dressing:

- 2 tablespoons extra-virgin olive oil
- 3 tablespoons lime juice
- ½ garlic clove, minced
- ¼ teaspoon sea salt

For the salad:

- 5 cups cubed watermelon
- 1 heaping cup diced English cucumber
- ¼ cup thinly sliced red onions
- ⅓ cup crumbled feta cheese
- 1 avocado, cubed
- ⅓ cup torn mint or basil leaves
- ½ jalapeño or serrano pepper, thinly sliced
- optional Sea salt

1. Make the dressing: In a small bowl, whisk together the olive oil, lime juice, garlic and salt.
2. Arrange the watermelon, cucumber, and red onions on a large plate or platter. Drizzle with half the dressing. Top with the feta, avocado, mint, and serrano pepper, if using, and drizzle with remaining dressing. Season to taste and serve.

Source: www.loveandlemons.com

LEMON-PEPPER CABBAGE

INSTRUCTIONS

INGREDIENTS

- 1 medium head of cabbage, sliced into wedges. (Leave some of the "core" on each wedge to hold it together a bit)
- ½ tbsp avocado oil, melted unrefined coconut oil, or extra-virgin olive oil
- 1 lemon, sliced into wedges
- A pinch of sea salt & fresh ground pepper

1. Preheat oven to 450 degrees f.
2. Lightly brush outside of cabbage wedges with oil, entirely coating.
3. Place carefully on a flat baking sheet. Leave space in between wedges so they can crisp.
4. Sprinkle with sea salt and pepper.
5. Roast 15 minutes, then flip wedges, roast another 10 minutes or so, until outside pieces are crispy, and center is tender.
6. Serve with a fresh lemon wedge.

Source: www.cleanfoodcrush.com



SOUTHERN VEGAN COLLARD GREENS

INSTRUCTIONS

INGREDIENTS

- 2 tablespoons grapeseed or canola oil
- 3 cloves garlic, minced
- 2 juicy ripe tomatoes, diced or ½ 15-oz can of diced tomatoes
- 1 large bunch of collard greens, stems removed, and leaves very thinly sliced (removing the stems is optional)
- sea salt
- 2 tablespoons tamari (or normal soy sauce)
- 1 teaspoon smoked paprika + more to taste

1. Warm oil on medium heat in a large heavy-bottomed pot.
2. Add the garlic, and sauté on medium-low until it begins to turn golden.
3. Stir in the tomatoes, and cook until soft, about 3 minutes.
4. Add the chopped collard greens and a sprinkle of sea salt, and stir well. Reduce the heat to low, and cover the greens. Cook until tender, about 30 minutes, or longer depending on your preference
5. Turn off the flame, then stir in the soy sauce and smoked paprika. Season to taste with more soy sauce if necessary.

Source: www.sweetpotatosoul.com



CRUNCHY POPCORN CAULIFLOWER

INSTRUCTIONS

INGREDIENTS

- 3 ounces pretzel sticks or pecans (about 22), broken into pieces
- 1/3 cup pecans
- 2 large egg whites
- 2 tablespoons water
- 1 teaspoon Dijon mustard
- 1 teaspoon garlic powder
- 4 cups 1-inch cauliflower florets
- 1/4 teaspoon kosher salt
- Canola or avocado oil cooking spray

1. Preheat oven to 450°F. Thoroughly coat a wire rack with cooking spray and set on a foil-lined baking sheet.
2. Combine pretzels and pecans in a food processor; pulse until the pecans and pretzels are evenly chopped. Transfer to a shallow dish.
3. Whisk egg whites, water, mustard and garlic powder in a second shallow dish. Add cauliflower in batches and turn to coat, then dredge in the pecan mixture, turning to coat evenly. Shake off excess. (Discard any remaining egg and pecan mixture.) Place the cauliflower on the prepared rack and thoroughly coat with cooking spray.
4. Bake until the cauliflower is tender and the crust is golden, 20 to 25 minutes.
5. Sprinkle with salt. Serve with dipping sauce if desired.

Source: www.eatingwell.com



STUFFED PEPPERS WITH LENTILS

INSTRUCTIONS

INGREDIENTS

- 6 cubanelle peppers or 3 green peppers
- 1 tablespoon vegetable oil
- 1 chopped onion
- 3 celery stalks, minced
- 3 small tomatoes, diced
- 1 jalapeno pepper, minced
- teaspoon minced garlic
- 1 teaspoon cumin
- 1 teaspoon chili powder (mild heat)
- 1 cup black beans cooked or canned
- ¾ cup basmati rice
- 2 cups vegetable broth
- salt and pepper to taste
- 2 cups tomato sauce

1. Preheat oven to 375°F (190°C)
2. Cut the top of the peppers, remove the core and seeds. Chop the pepper tops. Set aside.
3. In a large skillet or saucepan cook onion in oil over medium-high heat. Add the chopped celery and chopped pepper tops. Sauté a few minutes on high heat.
4. Add diced tomatoes, minced jalapeño pepper, chopped garlic, cumin, chili powder, salt and pepper and sauté for 5 minutes.
5. Add black beans, basmati rice and vegetable broth. Cover and simmer 15 minutes over low heat.
6. In a baking dish pour tomato sauce.
7. Stuff the peppers with the mixture and place on top of the sauce.
8. Bake 30 minutes or until they are beginning to brown.

Source: The Buddhist Chef

VEGETARIAN LENTIL AND MUSHROOM MEATBALLS



INSTRUCTIONS

INGREDIENTS

- 1 cup dried brown lentils, picked over and rinsed
- 1 bay leaf
- 2 cups vegetable broth (or water)
- 8 ounces cremini mushrooms (or white mushrooms), sliced
- ½ cup old-fashioned oats
- ½ cup flat-leaf parsley leaves
- 1 teaspoon dried oregano
- ½ teaspoon red pepper flakes
- ½ teaspoon dried thyme
- ½ teaspoon dried tarragon
- 2 tablespoons olive oil
- 1 medium white onion, chopped
- 3 to 4 garlic cloves, minced
- ¼ cup red wine
- 1 tablespoon tamari soy sauce (optional)
- 2 eggs
- sea salt and pepper to taste

1. Preheat oven to 400 degrees F and line a baking sheet with parchment paper. Combine lentils, bay leaf, and vegetable broth/water in a medium saucepan. Bring to a boil, then reduce heat to low and simmer for 10 minutes. Remove from heat, drain and let cool for a few minutes. Discard the bay leaf.
2. In a food processor, combine the mushrooms, oats, lentils, parsley and spices (oregano, red pepper flakes, thyme and tarragon). Pulse or blend until the mixture is pretty well pulverized but not mushy.
3. In a large skillet over medium heat, warm the olive oil, then add the chopped onion and a pinch of salt. Cook, stirring often, until onions are translucent and turning golden at the edges, about 5 minutes. Add the garlic and cook, stirring, for about 30 seconds. Stir in lentil-mushroom mixture and cook until browned, about 5 minutes, stirring constantly.
4. Add red wine and soy sauce to skillet. Continue to cook, stirring constantly, until liquid has been absorbed. Remove from heat and, if you're using a pan that retains heat like cast iron, transfer the mixture to a heat-safe bowl. Season with salt and pepper to taste. Allow the mixture to cool until it is comfortable to handle.
5. In a small bowl, whisk together two eggs, then thoroughly mix the eggs into the lentil and mushroom mixture. Use your hands to scoop up one small handful of the mixture at a time, shaping it into a golf-ball sized ball (about 1 ½-inch diameter). Place each "meatball" onto the baking sheet, leaving an inch of space around each one (you should end up with 15 or more meatballs). Bake for 35 minutes, or until golden brown. Tastes better hours later.

Source: www.cookieandkate.com



VEGGIES

GRILLED PORTOBELLO MUSHROOM STEAKS

INSTRUCTIONS

INGREDIENTS

- 4 large portobello mushrooms, stems removed and dry brushed clean (*see notes)

For the marinade:

- 3 tablespoons balsamic vinegar
- 3 tablespoons gluten-free tamari (sub soy sauce)
- 2 tablespoons grapeseed oil or preferred oil
- 1 tablespoon vegan worcestershire sauce (sub vegan steak sauce)
- 1-2 teaspoons liquid smoke (sub with 1 teaspoon smoked paprika)
- 1 large garlic clove, minced or crushed
- ½ teaspoon granulated onion salt and fresh cracked pepper to taste

1. In a large and shallow baking dish, whisk all the marinade ingredients together. Taste and add more seasoning if desired (*note: the flavors will be concentrated).
2. Add the mushrooms to the dish and liberally brush the marinade on all sides. You can also spoon it on. Let it sit for 10-20 minutes, flipping and brushing again midway through the marinating time.
3. Heat a grill, grill pan OR skillet over medium-high heat. When fully heated, brush with oil and place the mushrooms on top (they should sizzle when they hit the pan). Don't move them once they are in the pan, just gently press down with a spatula or tongs. Give them a minimum of 4-5 minutes so they sear. Flip over and sear the other side, adding more oil if needed (you can also brush on more marinade). Grill until browned and tender about 4-5 minutes. Enjoy!

Source: Vegan Huggs



VEGGIES

CARAMELIZED CABBAGE

INSTRUCTIONS

INGREDIENTS

- ⅓ cup double-concentrated tomato paste
- 3 garlic cloves, finely grated
- 1½ tsp. ground coriander
- 1½ tsp. ground cumin
- 1 tsp. crushed red pepper flakes
- 1 medium head of green or savoy cabbage (about 2 lb. total)
- ½ cup extra-virgin olive oil, divided
- Kosher salt
- 3 Tbsp. chopped dill, parsley, or cilantro
- Full-fat Greek yogurt or sour cream (for serving)

Source: *Bon Appetit*

1. Preheat oven to 350°. Mix tomato paste, garlic, coriander, cumin, and red pepper flakes in a small bowl.
2. ACut cabbage in half through core. Cut each half through core into 4 wedges
3. Heat ¼ cup oil in a large cast-iron skillet over medium-high. Working in batches if needed, add cabbage to pan cut side down and season with salt. Cook, turning occasionally, until lightly charred, about 4 minutes per side. Transfer cabbage to a plate.
4. Pour remaining ¼ cup oil into skillet. Add spiced tomato paste and cook over medium heat, stirring frequently, until tomato paste begins to split and slightly darken, 2–3 minutes. Pour in enough water to come halfway up sides of pan (about 1 ½ cups), season with salt, and bring to a simmer. Nestle cabbage wedges back into skillet (they should have shrunk while browning; a bit of overlap is okay). Transfer cabbage to oven and bake, uncovered and turning wedges halfway through, until very tender, liquid is mostly evaporated, and cabbage is caramelized around the edges, 40–50 minutes.
5. Scatter dill over cabbage. Serve with yogurt alongside.

SCRUMPTIOUS MEATLOAF

INSTRUCTIONS

INGREDIENTS

- 1 pound extra lean ground beef
- ½ cup tomato paste
- 4 cups onion, chopped
- 4 cups green pepper
- 4 cups red pepper
- 1 cup fresh tomatoes, blanched, chopped
- 2 teaspoons mustard, low sodium
- 4 teaspoons ground black pepper
- 2 teaspoons hot pepper, chopped
- 2 cloves garlic, chopped
- 2 scallions, chopped
- 2 teaspoons ground ginger
- 8 teaspoons ground nutmeg
- 1 teaspoon orange rind, grated
- 2 teaspoons thyme, crushed
- 4 cups bread crumbs, finely grated

1. Preheat oven to 350 °F.
2. Mix all ingredients together.
3. Place in 1-pound loaf pan (preferably with drip rack) and bake, covered, for 50 minutes.
4. Uncover pan and continue baking for 12 minutes.

Source: US Department of Health and Human Services

LEMONY SALMON & LETTUCE WRAPS



INSTRUCTIONS

INGREDIENTS

- 1 can cannellini beans, rinsed and drained
- 1 can wild red salmon, drained, skin and bones removed if you like
- ½ lemon, zested and juiced
- 1 spring onion, finely chopped
- 1 tbsp Greek yogurt
- 1 tbsp dill, chopped
- 8 large romaine lettuce leaves

1. Mix together all the ingredients except the lettuce in a bowl.
Trim the chunky part of the stalk at the base of each lettuce leaf so they are easier to roll up, then place the leaves in pairs on top of each other, head to toe. Spoon on the salmon mixture, then roll up and keep in place with strips of
2. baking parchment, which make the wraps easier to hold and eat. Pack into a container to keep the wraps from getting crushed and, if possible, chill to keep the lettuce crisp.

Source: www.bbcgoodfood.com



LOW-CALORIE, ALMOST FAT-FREE VEGETABLE CHILI

INSTRUCTIONS

INGREDIENTS

- ½ medium onion, chopped
- 2-3 cloves garlic, minced
- 2 tbsp. water
- 1 large carrot, sliced thin
- 1 green bell pepper, chopped small
- 1 red bell pepper, chopped small
- 2 tbsp. soy sauce
- ½ cup corn kernels
- 1 15-oz. can kidney beans
- 1 28-oz. can diced tomatoes (do not drain)
- 1 12-oz. can tomato juice or V8
- 1 jalapeno or other small spicy pepper, minced
- 1 tbsp. chili powder
- ½ tsp. oregano
- ½ tsp. seasoned salt
- ½ tsp. cayenne pepper
- Optional: green onions for garnish

1. In a large non-stick pot, heat the garlic and onions for 3-4 minutes. Add the water and carrots and heat, stirring for an additional 3-4 minutes. Add green bell pepper, red bell pepper and soy sauce, stirring to combine well. Heat for just another minute or two.
2. Reduce heat to medium-low and add all the remaining ingredients, except for the green onions.
3. Cover and allow to slowly simmer for at least 25 minutes and up to 40 minutes.
4. Adjust the seasonings to taste. Garnish with some green onions or even a bit of cheese or sour cream if you're not eating vegan.

Source: www.thespruce.com



ONE PAN MEXICAN QUINOA

INSTRUCTIONS

INGREDIENTS

- quinoa
- black beans
- frozen corn
- 1 red onion
- garlic
- 2 bell peppers
- paprika powder
- cumin
- fresh lime juice
- chopped parsley
- vegetable broth
- canned diced tomatoes
- salt and pepper
- red pepper flakes (optional)

1. Heat some oil in a large pot or pan and sauté the onion for 2-3 minutes or until it becomes translucent. Then add the garlic and the bell pepper and cook for another 2 minutes.
2. Add the rest of the ingredients except for the lime juice, the green onions, and the parsley.
3. Cover with a lid and cook for 20 minutes on medium heat. Stir once in a while to make sure your Mexican quinoa is not burning or sticking to the bottom of the pan.

Source: www.veganheaven.com

LIMA BEANS WITH WILD MUSHROOMS AND CHARDS

INSTRUCTIONS

INGREDIENTS

- 1 pound dried lima beans
- 3 1½-ounce packages assorted dried wild mushrooms
- 2 tablespoons extra-virgin olive oil
- 1 large onion, chopped
- 4 garlic cloves, chopped
- ¼ teaspoon dried crushed red pepper
- ¼ teaspoon dried thyme
- 6 cups (lightly packed) sliced stemmed Swiss chard

1. Place lima beans in large bowl with enough water to cover by 5 inches. Soak overnight.
2. Bring 2 cups of water and dried mushrooms to boil in small saucepan. Using slotted spoon, transfer mushrooms to medium bowl; reserve liquid in saucepan.
3. Heat oil in heavy large pot over medium heat. Add onion and garlic; sauté until onion is tender, 10 minutes. Drain beans; add to pot. Pour in mushroom liquid, leaving sediment behind. Add 6 cups water. Bring to simmer; skim foam from top. Stir in red pepper and thyme. Simmer partially covered until beans are tender, 45 minutes. Season with salt. Chop mushrooms; add to pot. Simmer uncovered over medium heat until beans and mushrooms are very tender, stirring occasionally and adding water to thin as needed, about 15 minutes longer.
4. Add chard to beans. Cover pot; cook until chard is tender, stirring often, about 8 minutes. Season with salt and pepper.

Source: www.epicurious.com



SOUPS

CREAMY ROASTED CAULIFLOWER SOUP

INSTRUCTIONS

INGREDIENTS

- 1 large head cauliflower (about 2 pounds), cut into bite-size florets
- 3 tablespoons extra-virgin olive oil,
- Fine sea salt
- 1 medium red onion, chopped
- 2 cloves garlic, pressed or minced
- 4 cups (32 ounces) vegetable broth
- 2 tablespoons unsalted butter
- 1 tablespoon fresh lemon juice, or more if needed
- Scant ¼ teaspoon ground nutmeg

For garnish: 2 tablespoons finely chopped fresh flat-leaf parsley, chives and/or green onions

Source: Cookie and Kate

1. Preheat the oven to 425 degrees F. On the baking sheet, toss the cauliflower with 2 tablespoons of the olive oil until lightly and evenly coated in oil. Arrange the cauliflower in a single layer and sprinkle lightly with salt. Bake until the cauliflower is tender and caramelized on the edges, 25 to 35 minutes, tossing halfway.
2. Once the cauliflower is almost done, in a Dutch oven or soup pot, warm the remaining 1 tablespoon olive oil over medium heat until shimmering. Add the onion and ¼ teaspoon salt. Cook, stirring occasionally, until the onion is softened and turning translucent, 5 to 7 minutes.
3. Add the garlic and cook, stirring constantly, until fragrant, about 30 seconds, then add the broth.
4. Reserve 4 of the prettiest roasted cauliflower florets for garnish. Then transfer the remaining cauliflower to the pot. Increase the heat to medium-high and bring the mixture to a simmer, then reduce the heat as necessary to simmer. Cook, stirring occasionally, for 20 minutes.
5. Once the soup is done cooking, remove the pot from the heat and let it cool for a few minutes. Then, carefully transfer the hot soup to a blender.
6. Add the butter and blend until smooth. Add the lemon juice and nutmeg and blend again. Add additional salt, to taste (I usually add another ¼ to ¾ teaspoon, depending on the broth). This soup tastes amazing once it's properly salted! You can also add a little more lemon juice, if it needs more zing. Blend again.
7. Top individual bowls of soup with 1 roasted cauliflower floret and a sprinkle of chopped parsley, green onion and/or chives. This soup keeps well in the refrigerator, covered, for about four days, or for several months in the freezer.

CREAMY ASPARAGUS AND PEA SOUP

INSTRUCTIONS

INGREDIENTS

- 2 Tbsp olive or avocado oil
- 12 ounces asparagus (trimmed/1 large bundle yields ~12 ounces)
- 10 ounces fresh or frozen peas (2 cups yield ~10 ounces)
- 4 cloves garlic (minced)
- 1 medium shallot (thinly sliced) Salt + Pepper
- 1 ½ cups almond milk
- 1 ½ cups vegetable broth
- 1-2 Tbsp nutritional yeast,
- ½ medium lemon (optional)

1. Preheat oven to 400 degrees F and spread asparagus on a bare baking sheet. Drizzle with oil of choice and season lightly with salt and pepper. Toss to coat. Roast for 15 minutes, then set aside. If making croutons, reduce heat to 325 degrees F at this time.
2. Heat a large saucepan or pot medium heat. Once hot, add 2 Tbsp. oil, shallot and garlic. Season lightly with salt and pepper and stir to coat. Cook for 2-3 minutes or until fragrant and translucent. Reduce heat if garlic begins browning
3. Add peas, vegetable broth and almond milk and season with salt and pepper once more. Transfer soup to blender along with asparagus. Blend soup until creamy and smooth. Transfer back to pot and bring to medium heat and simmer. Add nutritional yeast and whisk. Continue cooking until warmed through and simmering, then reduce heat to low.
4. Taste and adjust seasonings as needed, adding more salt and pepper if desired. Remove from heat and add lemon juice.

Source: www.minimalistbaker.com



VEGAN TOMATO BISQUE

INSTRUCTIONS

INGREDIENTS

- 3 tablespoons extra-virgin olive oil
- 1 small yellow onion, diced
- 2 cloves garlic
- ½ teaspoon sea salt
- ⅛ teaspoon fresh ground pepper
- ¼ cup tomato paste
- 2 28 oz. cans of diced tomatoes
- 5 large basil leaves, fresh
- 2 cups chicken broth
- ½ cup nonfat Greek yogurt

1. Place 3 tablespoons of olive oil in a large pot over medium/high heat.
2. Dice 1 small yellow onion and add it to the pot along with 2 full cloves of garlic. Sauté for about 5 minutes or until the onions are translucent.
3. Place contents of the pot into a blender. Then, add salt, pepper, tomato paste, diced tomatoes, basil leaves, and chicken broth. Process on high for 2-3 minutes, or until desired consistency.
4. Transfer the contents of the blender back into the pot and let simmer for about 10 minutes.
5. Remove from heat and add ½ cup of Greek yogurt. Stir.
6. Serve with additional Greek yogurt on top, fresh basil, and homemade bacon bits.

Source: www.fitfoodiefinds.com

BAKED HONEY APPLE ROSES

INSTRUCTIONS

INGREDIENTS

- 2 apples
- 1 tablespoons honey
- ¼ teaspoon cinnamon
- 8 mint leaves (optional, for garnish)
- 2 apples
- 1 tablespoons honey
- ¼ teaspoon cinnamon
- 8 mint leaves (optional, for garnish)

1. Preheat oven to 400°F. Wash, dry, peel, core apples and cut them in half. Uniformly slice apples into thin strips.
2. Transfer sliced apples to baking sheet lined with parchment paper or silicon baking liner.
3. Microwave honey in a small dish for 20 seconds. Add cinnamon and mix until combined.
4. Using a pastry brush (or back of spoon), coat sliced apples in honey cinnamon mixture.
5. Bake in oven for 20 minutes at 400°F and then cool completely on baking sheet.
6. Once completely cool, use your fingers and gently squeeze sliced apples to create a long strip. Ensure that apple slices are evenly distributed. Gently roll apple slice strip into a tight spiral.
7. Once all apple roses have been formed, transfer to a serving dish, and garnish with mint.

Source: www.feedthemwisely.com



PEANUT BUTTER AND BANANAS QUESADILLA

INSTRUCTIONS

INGREDIENTS

- 1 8-inch whole wheat tortilla
- 2 Tbsp natural peanut butter
- ½ medium banana
- 1 Tbsp semi-sweet chocolate chips

1. Spread the peanut butter over the surface of the tortilla.
2. Slice the banana very thinly and then arrange the slices over half of the tortilla. Sprinkle the chocolate chips over the banana slices and then fold the tortilla in half.
3. Cook the quesadilla in a skillet over medium-low heat until golden brown and crispy on both sides.

Source: www.budgetbytes.com



VEGAN CHOCOLATE PUDDING

INSTRUCTIONS

INGREDIENTS

- 1 can of black beans
- ½ cup maple syrup
- ¼ cup cocoa
- ¼ teaspoon vanilla extract
- ¼ teaspoon salt

1. Blend all ingredients together until smooth using hand blender, blender or food processor.
2. If the texture is not as smooth as it should be, add a bit of water while blending.

Source: The Buddhist Chef



CHOCOLATE PEANUT BUTTER ENERGY BALLS

INSTRUCTIONS

INGREDIENTS

- ¼ cups Medjool dates, pitted (about 10 dates)
- ¼ cup peanut butter — plus 2 tablespoons
- ¾ cup rolled oats
- 3 tablespoons mini chocolate chips
- 1 tablespoon chia seeds. (You can also use ground flaxseeds, hempseed, or an additional tablespoon of oats.)
- ⅛ teaspoon kosher salt
- 3 tablespoons cocoa powder

1. If your dates are dry, put them in a small bowl and cover with boiling water. Let sit 10 minutes to rehydrate, then drain and pat dry
2. Place the dates in the bowl of a food processor fitted with a steel blade. Pulse several times until the dates break into small bits and form a ball that sticks to the side of the bowl. Add the oats, peanut butter, chocolate chips, chia seeds, and salt. Pulse until the mixture is broken down and in small pieces but not completely smooth. Add the cocoa powder and pulse to combine. At this point, the dough will look like crumbs, but when you scoop some into your hand and press to roll it into a ball, it should hold together easily. If it seems too dry and isn't holding together, add a little peanut butter; if it's too sticky, add a few more oats. (The amount you need may vary based upon the brand of peanut butter you use and the moisture of the dates.)
3. Roll the dough into balls of your desired size. Enjoy immediately (the balls will be soft but delicious) or pop in the refrigerator for 10 or so minutes to allow the balls to set.

Source: The Forked Spoon

CREAMY VEGAN BUTTERNUT SQUASH PUDDING



INSTRUCTIONS

INGREDIENTS

- 1 large butternut squash, 5 to 6 cups peeled, seeded, and cubed
- Extra-virgin olive oil, for drizzling
- ½ cup coconut cream
- ¼ cup maple syrup
- 1 tablespoon coconut oil
- 1 teaspoon vanilla
- 1 teaspoon cinnamon
- ¼ teaspoon nutmeg
- ¼ teaspoon ginger
- ⅛ teaspoon sea salt
- 2 to 6 tablespoons almond milk, if necessary, to blend
- Optional toppings: coconut cream, chocolate shavings, toasted pecans

1. Preheat the oven to 425°F and line a large baking sheet with parchment.
2. Arrange the squash cubes on the baking sheet and toss with just a little bit of olive oil. Roast for 30 to 35 minutes or until tender. (Note: the squash does not need to be golden brown, just very soft).
3. Transfer the squash to a blender and add the coconut cream, maple syrup, coconut oil, vanilla, cinnamon, nutmeg, ginger, and salt. Blend until smooth, adding almond milk, if necessary, to reach a blendable consistency. Taste and adjust the sweetness and spices to your liking.
4. Transfer to ramekins or bowls and chill 4 hours or overnight. Serve with desired toppings.

Source: loveandlemons.com

VEGAN GLUTEN-FREE POPCORN BALLS



INGREDIENTS

Base Ingredients:

- 5 cups of popcorn, popped
- 1 Tbsp coconut oil
- 1 cup mini vegan marshmallows
- 1 tsp sea salt
- ½ tsp vanilla

Topping Option: Bobbing for Apples

- ½ cup dried apple slices, chopped
- 1 tsp cinnamon
- 1 Tbsp brown sugar

Topping Option: Spooky Spice

- 2 tsp cayenne
- 1 tsp paprika
- 1 tsp sea salt

Topping Option: Pumpkin Spice

- 2 tsp cayenne
- 1 tsp paprika
- 1 tsp sea salt

INSTRUCTIONS

1. Prep all ingredients for the toppings of your choice.
2. Pop popcorn, add toppings, stir, then cover to keep warm.
3. In a medium saucepan, over medium-low heat, melt coconut oil. If making Chocolate Peanut Butter Cup variety, melt peanut butter instead of coconut oil.
4. Remove from heat. Add marshmallow, sea salt, and vanilla, stirring until combined. Remove from heat (this can take up to five minutes, stick with it).
5. Pour sticky mix over popcorn, grease hand lightly with coconut oil and mix with hands
6. Mold popcorn into balls. You may need to allow them to cool slightly first.
7. Place on parchment paper lined baking sheet to cool.

Source: myvega.com



VALENTINE'S DAY FRUIT SALAD

INSTRUCTIONS

INGREDIENTS

- 1 cup red grapes
- $\frac{3}{4}$ cup pomegranate seeds
- $\frac{1}{2}$ cup raspberries
- 2 Tbsp orange juice
- 1 Tbsp honey
- 6 strawberries

1. Wash and slice the grapes lengthways. Place in a bowl with the pomegranate seeds and raspberries
2. In a small bowl, whisk together the orange juice and honey until combined.
3. Pour the juice and honey mixture over the bowl of fruit, then mix it all together with a large spoon until the fruit is coated in the dressing.
4. Hull the strawberries by cutting a V into the top to remove the leaves. Cut each strawberry in half so that they form hearts.
5. Place the fruit salad into a serving bowl then top with the strawberry hearts to decorate.

Source: eatsamazing.co.uk



CHRISTMAS BERRY CHEESECAKE

INSTRUCTIONS

INGREDIENTS

Cake Filling:

- 750g cream cheese, at room temperature
- 2 tbs yogurt or sour cream
- ¼ cup (60ml) coconut cream
- ½ cup (175g) rice malt syrup
- 1 egg
- 1 tsp vanilla powder
- 1 cup frozen raspberries
- Extra raspberries and mint leaves, to decorate

Cake Base:

- 1 cup (150g) shelled pistachios or hazelnuts
- 1 cup (70g) shredded or 1 cup (90g) desiccated coconut
- 1 cup (100g) almond meal, or other nut meal
- 120g unsalted butter, softened

1. Preheat the oven to 160°C. Line the base and sides of a 23cm springform pan with baking paper.
2. For the cheesecake base, whiz the nuts in a food processor until semi-fine. Add the coconut, almond meal and butter and rub with your fingertips to make a dough. Add more butter if required. Press into the pan, covering the base and sides to an even thickness (about 5 mm). Bake for 5-8 minutes until starting to turn golden. Remove from the oven and allow to cool completely in the pan.
3. Meanwhile, place raspberries in a blender and slowly drizzle in enough water to make a puree. Transfer to a small saucepan and stir over medium heat until raspberries thicken to a syrup like consistency. Allow to cool.
4. Combine the cream cheese, yogurt, coconut cream, syrup, egg and vanilla powder in a large bowl using a wooden spoon. Don't over-mix, and try to keep the aeration to a minimum while stirring (too much air will make the filling puff up and then collapse during cooking).
5. Spoon half the mixture into the cold base and smooth surface. Dot teaspoons of raspberry sauce over cheesecake surface. Using a skewer, swirl raspberry over cheesecake surface. Pour remaining cream cheese mixture over and smooth surface. Return to the oven for 20-30 minutes until the mixture pulls away from the base a little and the centre is custard-like (don't overcook).
6. Place in the fridge for at least 2 hours to firm before serving. Decorate with extra raspberries and mint leaves. Be sure to allow the cheesecake to cool for several hours before serving; otherwise, it can taste too eggy.

Source: delicious.com.au



African American Health Program

The African American Health Program is funded and administered by the Montgomery County Department of Health and Human Services and implemented by McFarland & Associates, Inc. This material may be reproduced.

Meeting Accessibility Policy: Montgomery County will provide sign language interpreters and other auxiliary aids or services upon request--with as much advance notice as possible, preferably within at least three (3) business days before the event. Contact Ms. Arlee Wallace, Program Manager for the African American Health Program at 240-777-1451 or send a request to arlee.wallace@montgomerycountymd.gov. Taking these steps will help us have sufficient time to best meet your needs.



