



Heart-Healthy Home Cooking *African American Style*



NATIONAL INSTITUTES OF HEALTH
NATIONAL HEART, LUNG, AND BLOOD INSTITUTE
AND OFFICE OF RESEARCH ON MINORITY HEALTH





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INTRODUCTION

Good food is one of life's great joys. And good meals are a shared pleasure at the heart of African American family life and special celebrations. This recipe book brings together many African American favorite recipes, prepared in a heart-healthy way lower in fat, especially saturated fat, cholesterol, and sodium!

It shows how to prepare dishes in ways that help protect you and your family from heart disease and stroke. This is important because heart disease is the first and stroke is the third leading cause of death for African Americans. So, by making small changes in the way you and your family eat, you can help reduce your risk for heart disease and stroke.

So make a start today. Give those old favorites a new, tasty, heart-healthy makeover. And help keep the heart of your family strong!

The cookbook was developed by the National Heart, Lung, and Blood Institute and the Office of Research on Minority Health, both part of the National Institutes of Health in Bethesda, Maryland.

Abbreviations used throughout this book include:

tsp = teaspoon

Tbsp = tablespoon

oz = ounce

lb = pound

g = gram

mg = milligram



Breads, Vegetables, and Side Dishes





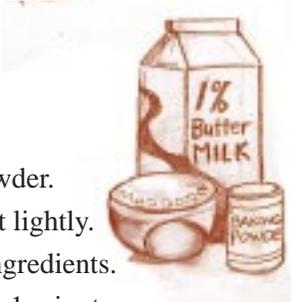
Breads, Vegetables, and Side Dishes

GOOD-FOR-YOU CORNBREAD

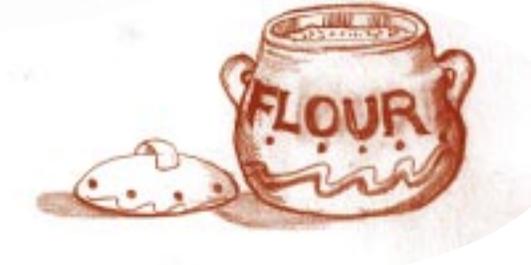
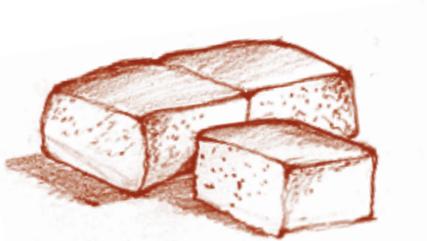
- 1 cup cornmeal
- 1 cup flour
- 1/4 cup white sugar
- 1 tsp baking powder
- 1 cup buttermilk, 1% fat
- 1 egg, whole
- 1/4 cup margarine, regular, tub
- 1 tsp vegetable oil (to grease baking pan)

Use 1% milk and a small amount of margarine to make this cornbread lower in saturated fat and cholesterol.

1. Preheat oven to 350° F.
2. Mix together cornmeal, flour, sugar, and baking powder.
3. In another bowl, combine buttermilk and egg. Beat lightly.
4. Slowly add buttermilk and egg mixture to the dry ingredients.
5. Add margarine and mix by hand or with a mixer for 1 minute.
6. Bake for 20 to 25 minutes in an 8 by 8-inch greased baking dish. Cool. Cut into 10 squares.



Makes 10 servings
Serving Size: 1 square
Calories 178
Fat 6 g
Saturated fat 1 g
Cholesterol 22 mg
Sodium 94 mg





Breads, Vegetables, and Side Dishes

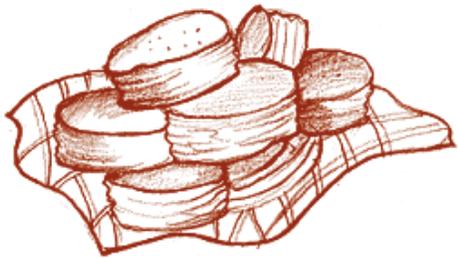
HOMESTYLE BISCUITS

- 2 cups flour
- 2 tsps baking powder
- 1/4 tsp baking soda
- 1/4 tsp salt
- 2 Tbsps sugar
- 2/3 cup buttermilk, 1% fat
- 3 Tbsps vegetable oil
- + 1 tsp



*It's easy to make
homestyle biscuits with
less fat.*

1. Preheat oven to 450° F.
2. In a medium bowl, combine flour, baking powder, baking soda, salt, and sugar.
3. In a small bowl, stir together buttermilk and oil. Pour over flour mixture; stir until well mixed.
4. On a lightly floured surface, knead dough gently for 10 to 12 strokes. Roll or pat dough to 3/4-inch thickness. Cut with a 2-inch biscuit or cookie cutter, dipping cutter in flour between cuts. Transfer biscuits to an ungreased baking sheet.
5. Bake for 12 minutes or until golden brown. Serve warm.



=====
Makes 15 servings
Serving Size: 1 (2-inch) biscuit
Calories 99
Fat 3 g
Saturated fat less than 1 g
Cholesterol less than 1 mg
Sodium 72 mg



Breads, Vegetables, and Side Dishes

DELICIOUS OVEN FRENCH FRIES

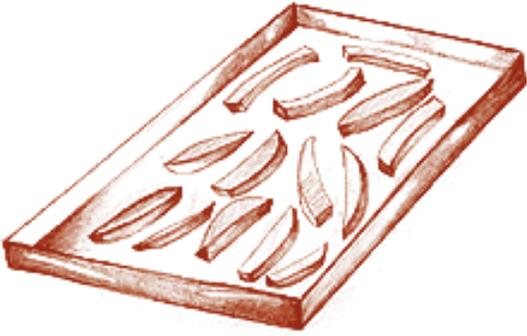
- 4** large potatoes (2 lbs)
- 8 cups** ice water
- 1 tsp** garlic powder
- 1 tsp** onion powder
- 1/4 tsp** salt
- 1 tsp** white pepper
- 1/4 tsp** allspice
- 1 tsp** hot pepper flakes
- 1 Tbsp** vegetable oil

Oven baking makes these french fries lower in fat and still crispy.

1. Scrub potatoes and cut into long 1/2-inch strips.
2. Place potato strips into ice water, cover, and chill for 1 hour or longer.
3. Remove potatoes and dry strips thoroughly.
4. Place garlic powder, onion powder, salt, white pepper, allspice, and pepper flakes in a plastic bag.
5. Toss potatoes in spice mixture.
6. Brush potatoes with oil.
7. Place potatoes in nonstick shallow baking pan.
8. Cover with aluminum foil and place in 475° F oven for 15 minutes. Remove foil and continue baking uncovered for an additional 15 to 20 minutes or until golden brown. Turn fries occasionally to brown on all sides.



Makes 5 servings
Serving size: 1 cup
Calories 238
Fat 4 g
Saturated fat 1 g
Cholesterol 0 mg
Sodium 163 mg



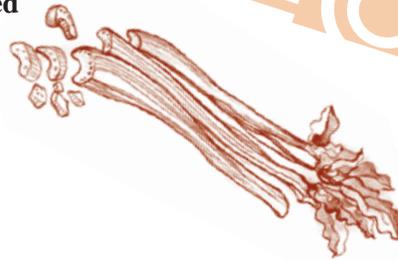


Breads, Vegetables, and Side Dishes

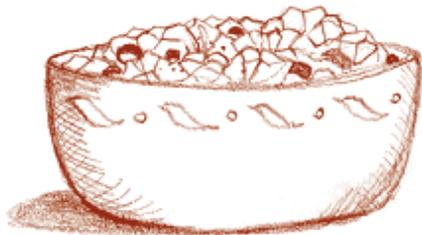
SAVORY POTATO SALAD

- 6 medium potatoes (about 2 lbs)
- 2 stalks celery, finely chopped
- 2 stalks scallion, finely chopped
- 1/4 cup red bell pepper, coarsely chopped
- 1/4 cup green bell pepper, coarsely chopped
- 1 Tbsp onion, finely chopped
- 1 egg, hard boiled, chopped
- 6 Tbsps mayonnaise, light
- 1 tsp mustard
- 1/2 tsp salt
- 1/4 tsp black pepper
- 1/4 tsp dill weed, dried

Add fresh vegetables and herbs to give a tasty flavor to this potato salad.



1. Wash potatoes, cut in half, and place them in cold water in a saucepan.
2. Cook covered over medium heat for 25 to 30 minutes or until tender.
3. Drain and dice potatoes when cool.
4. Add vegetables and egg to potatoes and toss.
5. Blend together mayonnaise, mustard, salt, pepper, and dill weed.
6. Pour dressing over potato mixture and stir gently to coat evenly.
7. Chill for at least 1 hour before serving.



Makes 10 servings
Serving size: 1/2 cup
Calories 98
Fat 2 g
Saturated fat less than 1 g
Cholesterol 21 mg
Sodium 212 mg



Breads, Vegetables, and Side Dishes

CANDIED YAMS

- 3 medium yams (1 1/2 cups)**
- 1/4 cup brown sugar, packed**
- 1 tsp flour, sifted**
- 1/4 tsp salt**
- 1/4 tsp ground cinnamon**
- 1/4 tsp ground nutmeg**
- 1/4 tsp orange peel**
- 1 tsp soft tub margarine**
- 1/2 cup orange juice**

A small amount of margarine and orange juice give these yams lots of flavor but little fat.

1. Cut yams in half and boil until tender but firm (about 20 minutes). When cool enough to handle, peel and slice into 1/4-inch thickness.
2. Combine sugar, flour, salt, cinnamon, nutmeg, and grated orange peel.
3. Place half of the sliced yams in a medium-sized casserole dish. Sprinkle with spiced sugar mixture.
4. Dot with half the amount of margarine.
5. Add a second layer of yams, using the rest of the ingredients in the same order as above. Add orange juice.
6. Bake uncovered in oven preheated to 350° F for 20 minutes.



Makes 6 servings
Serving size: 1/4 cup
Calories 110
Fat less than 1 g
Saturated fat less than 1 g
Cholesterol 0 mg
Sodium 115 mg





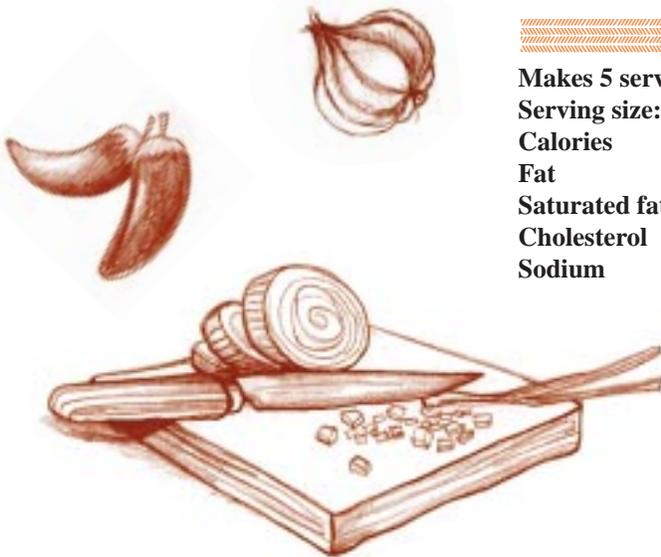
Breads, Vegetables, and Side Dishes

SMOTHERED GREENS

- | | |
|-----------------|--|
| 3 cups | water |
| 1/4 lb | smoked turkey breast, skinless |
| 1 Tbsp | hot pepper, freshly chopped |
| 1/4 tsp | cayenne pepper |
| 1/4 tsp | cloves, ground |
| 2 cloves | garlic, crushed |
| 1/2 tsp | thyme |
| 1 stalk | scallion, chopped |
| 1 tsp | ginger, ground |
| 1/4 cup | onion, chopped |
| 2 lbs | greens (mustard, turnip, collard, kale, or mixture) |

Use a small amount of skinless smoked turkey breast instead of fatback to lower the fat content but keep the taste.

1. Place all ingredients except greens into large saucepan and bring to a boil.
2. Prepare greens by washing thoroughly and removing stems.
3. Tear or slice leaves into bite-size pieces.
4. Add greens to turkey stock. Cook 20 to 30 minutes until tender.



Makes 5 servings
Serving size: 1 cup
Calories 80
Fat 2 g
Saturated fat less than 1 g
Cholesterol 16 mg
Sodium 378 mg



Breads, Vegetables, and Side Dishes

LIMAS AND SPINACH

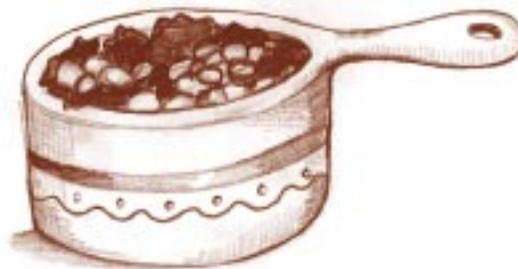
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|----------------|--|
| 2 cups | frozen lima beans |
| 1 Tbsp | vegetable oil |
| 1 cup | fennel, cut in strips (4 oz) |
| 1/2 cup | onion, chopped |
| 1/4 cup | low-sodium chicken broth |
| 4 cups | leaf spinach, washed thoroughly |
| 1 Tbsp | distilled vinegar |
| 1/8 tsp | black pepper |
| 1 Tbsp | raw chives |

Your family will love to eat more vegetables cooked this way.

1. Steam or boil lima beans in unsalted water approximately 10 minutes. Drain.
2. In a skillet, sauté onions and fennel in oil.
3. Add the beans and stock to the onions, cover, and cook for 2 minutes.
4. Stir in the spinach. Cover and cook until spinach has wilted, about 2 minutes.
5. Stir in the vinegar and pepper. Cover and let stand for 30 seconds.
6. Sprinkle with chives and serve.



Makes 7 servings
Serving size: 1/2 cup
Calories 93
Fat 2 g
Saturated fat less than 1 g
Cholesterol 0 mg
Sodium 84 mg





Breads, Vegetables, and Side Dishes

VEGETABLE STEW

- 3 cups water
- 1 cube vegetable bouillon, low sodium
- 2 cups white potatoes, cut in 2-inch strips
- 2 cups carrots, sliced
- 4 cups summer squash, cut in 1-inch squares
- 1 cup summer squash, cut in 4 chunks
- 1 15-oz can sweet corn, rinsed and drained (or 2 ears fresh corn, 1 1/2 cups)
- 1 tsp thyme
- 2 cloves garlic, minced
- 1 stalk scallion, chopped
- 1/2 small hot pepper, chopped
- 1 cup onion, coarsely chopped
- 1 cup tomatoes, diced

This stew is a great way to use summer vegetables in a new way.



(Add other favorite vegetables such as broccoli, cauliflower, etc.)

1. Heat water and bouillon in a large pot and bring to a boil.
2. Add potatoes and carrots to the broth and simmer for 5 minutes.
3. Add the remaining ingredients except for the tomatoes and continue cooking for 15 minutes over medium heat.
4. Remove 4 chunks of squash and purée in blender.
5. Return puréed mixture to pot and let cook for 10 minutes more.
6. Add tomatoes and cook for another 5 minutes.
7. Remove from flame and let sit for 10 minutes to allow stew to thicken.

~~~~~

**Makes 8 servings**  
**Serving size: 1 1/4 cups**  
**Calories 119**  
**Fat 1 g**  
**Saturated fat less than 1 g**  
**Cholesterol 0 mg**  
**Sodium 196 mg**





**Breads, Vegetables, and Side Dishes**

**CLASSIC MACARONI AND CHEESE**

- 2 cups** macaroni
- 1/2 cup** chopped onions
- 1/2 cup** evaporated skim milk
- 1 medium** egg, beaten
- 1/4 tsp** black pepper
- 1 1/4 cups** sharp cheddar cheese (4 oz), finely shredded, low fat
- nonstick cooking oil spray**

*Low fat cheese and skim milk help to make this favorite dish heart-healthy.*

1. Cook macaroni according to directions. (Do not add salt to the cooking water.) Drain and set aside.
2. Spray a casserole dish with nonstick cooking oil spray.
3. Preheat oven to 350° F.
4. Lightly spray saucepan with nonstick cooking oil spray.
5. Add onions to saucepan and sauté for about 3 minutes.
6. In another bowl, combine macaroni, onions, and the remaining ingredients and mix thoroughly.
7. Transfer mixture into casserole dish.
8. Bake for 25 minutes or until bubbly. Let stand for 10 minutes before serving.



**Makes 8 servings**  
**Serving size: 1/2 cup**  
**Calories 200**  
**Fat 4 g**  
**Saturated fat 2 g**  
**Cholesterol 34 mg**  
**Sodium 120 mg**





# Main Dishes





## Main Dishes

### JAMAICAN JERK CHICKEN

|            |                                             |
|------------|---------------------------------------------|
| 1/2 tsp    | cinnamon, ground                            |
| 1 1/2 tsps | allspice, ground                            |
| 1 1/2 tsps | black pepper, ground                        |
| 1 Tbsp     | hot pepper, chopped                         |
| 1 tsp      | hot pepper, crushed, dried                  |
| 2 tsps     | oregano, crushed                            |
| 2 tsps     | thyme, crushed                              |
| 1/2 tsp    | salt                                        |
| 6 cloves   | garlic, finely chopped                      |
| 1 cup      | onion, puréed or finely chopped             |
| 1/4 cup    | vinegar                                     |
| 3 Tbsps    | brown sugar                                 |
| 8 pieces   | chicken, skinless (4 breasts, 4 drumsticks) |

The spices and peppers in this recipe give the chicken a whole new taste.

1. Preheat oven to 350° F.
2. Combine all ingredients except chicken in large bowl. Rub seasoning over chicken.
3. Marinate in the refrigerator for 6 or more hours.
4. Evenly space chicken on nonstick or lightly greased baking pan.
5. Cover with aluminum foil and bake 40 minutes. Remove foil and continue baking for an additional 30 to 40 minutes or until the meat can be easily pulled away from the bone with a fork. The drumsticks may require less cooking time than the breasts.

Makes 6 servings

Serving size: 1/2 breast or 2 small drumsticks

|               |        |
|---------------|--------|
| Calories      | 199    |
| Fat           | 4 g    |
| Saturated fat | 1 g    |
| Cholesterol   | 81 mg  |
| Sodium        | 267 mg |





## Main Dishes

### FINGER-LICKING CURRIED CHICKEN

|           |                                       |
|-----------|---------------------------------------|
| 1 1/2 tsp | curry powder                          |
| 1 tsp     | thyme, crushed                        |
| 1 stalk   | scallion, chopped                     |
| 1 Tbsp    | hot pepper, chopped                   |
| 1 tsp     | black pepper, ground                  |
| 8 cloves  | garlic, crushed                       |
| 1 Tbsp    | ginger, grated                        |
| 3/4 tsp   | salt                                  |
| 8 pieces  | chicken, skinless (breast, drumstick) |
| 1 Tbsp    | olive oil                             |
| 1 cup     | water                                 |
| 1 medium  | white potato, diced                   |
| 1 large   | onion, chopped                        |

Take the skin off chicken  
to lower the amount of  
saturated fat.



1. Mix together curry powder, thyme, scallion, hot pepper, cayenne pepper, black pepper, garlic, ginger, onion, and salt.
2. Sprinkle seasoning mixture on chicken.
3. Marinate for at least 2 hours in the refrigerator.
4. Heat oil in skillet over medium flame.
5. Add chicken and sauté.
6. Add water and allow chicken to cook over medium flame for 30 minutes.
7. Add diced potatoes and cook for an additional 30 minutes.
8. Add onions and cook 15 minutes more or until meat is tender.



Makes 6 servings

Serving size: 1/2 breast or 2 small drumsticks

|               |        |
|---------------|--------|
| Calories      | 213    |
| Fat           | 6 g    |
| Saturated fat | 2 g    |
| Cholesterol   | 81 mg  |
| Sodium        | 363 mg |



## Main Dishes

### CRISPY OVEN-FRIED CHICKEN

|              |                                             |
|--------------|---------------------------------------------|
| 1/2 cup      | skim milk or buttermilk                     |
| 1 tsp        | poultry seasoning                           |
| 1 cup        | cornflakes, crumbled                        |
| 1 1/2 Tbsps  | onion powder                                |
| 1 1/2 Tbsps  | garlic powder                               |
| 2 tsp        | black pepper                                |
| 2 tsp        | dried hot pepper, crushed                   |
| 1 tsp        | ginger, ground                              |
| 8 pieces     | chicken, skinless (4 breasts, 4 drumsticks) |
| a few shakes | paprika                                     |
| 1 tsp        | vegetable oil (use to grease baking pan)    |

For less fat, bake chicken  
in the oven instead of  
frying.

1. Preheat oven to 350° F.
2. Add 1/2 teaspoon of poultry seasoning to milk.
3. Combine all other spices with cornflake crumbs and place in a plastic bag.
4. Wash chicken and pat dry. Dip chicken into milk, shake to remove excess, then quickly shake in bag with seasoning and crumbs.
5. Refrigerate for 1 hour.
6. Remove from refrigerator and sprinkle lightly with paprika for color.
7. Evenly space chicken on greased baking pan.
8. Cover with aluminum foil and bake 40 minutes. Remove foil and continue baking for an additional 30 to 40 minutes or until the meat can be easily pulled away from the bone with a fork. The drumsticks may require less baking time than the breasts. Crumbs will form a crispy “skin.” **(Do not turn chicken during baking.)**

Makes 6 servings

Serving size: 1/2 breast or 2 small drumsticks

|               |        |
|---------------|--------|
| Calories      | 256    |
| Fat           | 5 g    |
| Saturated fat | 1 g    |
| Cholesterol   | 82 mg  |
| Sodium        | 286 mg |





## Main Dishes

### CHICKEN GUMBO

|            |                                                               |
|------------|---------------------------------------------------------------|
| 1 tsp      | vegetable oil                                                 |
| 1/4 cup    | flour                                                         |
| 3 cups     | low-sodium chicken broth                                      |
| 1 1/2 lbs  | chicken breast, skinless and boneless, cut into 1-inch strips |
| 1 cup      | white potatoes (1/2 lb), cubed                                |
| 1 cup      | onions, chopped                                               |
| 1 cup      | carrots (1/2 lb), coarsely chopped                            |
| 1/4 cup    | celery, chopped                                               |
| 1/2 medium | carrot, grated                                                |
| 4 cloves   | garlic, finely minced                                         |
| 2 stalks   | scallion, chopped                                             |
| 1 whole    | bay leaf                                                      |
| 1/2 tsp    | thyme                                                         |
| 1/2 tsp    | black pepper, ground                                          |
| 2 tsps     | hot (or jalapeño) pepper                                      |
| 1 cup      | okra (1/2 lb), sliced into 1/2-inch pieces                    |

*This easy-to-make main dish helps to increase the amount of vegetables you eat and can be made all in one pot.*



1. Add oil to a large pot.
2. Heat pot over medium flame.
3. Stir in flour.
4. Cook, stirring constantly, until flour begins to turn golden brown.
5. Slowly stir in all the broth using a wire whisk and cook for 2 minutes. The mixture should not be lumpy.
6. Add all ingredients except okra. Bring to a boil, then reduce heat and let simmer for 20 to 30 minutes.
7. Add okra and let cook for 15 to 20 more minutes.
8. Remove bay leaf.
9. Serve hot in a bowl or over rice.



**Makes 8 servings**  
**Serving size: 3/4 cup**  
**Calories 165**  
**Fat 4 g**  
**Saturated fat 1 g**  
**Cholesterol 51 mg**  
**Sodium 81 mg**



## Main Dishes

### SPICY SOUTHERN BARBECUED CHICKEN

|           |                                         |
|-----------|-----------------------------------------|
| 5 Tbsps   | tomato paste (3 ozs)                    |
| 1 tsp     | ketchup                                 |
| 2 tsps    | honey                                   |
| 1 tsp     | molasses                                |
| 1 tsp     | Worcestershire sauce                    |
| 4 tsps    | vinegar, white                          |
| 3/4 tsp   | cayenne pepper                          |
| 1/8 tsp   | black pepper                            |
| 1/4 tsp   | onion powder                            |
| 2 cloves  | garlic, minced                          |
| 1/8 tsp   | ginger, grated                          |
| 1 1/2 lbs | chicken, skinless (breasts, drumsticks) |

Make barbeque sauce  
lower in sodium with lots  
of herbs and spices.

1. Combine all ingredients except chicken in a saucepan.
2. Simmer for 15 minutes.
3. Wash chicken and pat dry.
4. Place chicken on a large platter.
5. Brush chicken with 1/2 of sauce mixture.
6. Cover with plastic wrap and marinate in refrigerator for 1 hour.
7. Place chicken on a baking sheet lined with aluminum foil and broil for 10 minutes on each side to seal in juices.
8. Turn oven down to 350° F, and add the remaining sauce to the chicken.
9. Cover the chicken with aluminum foil and continue baking for 30 minutes.



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#### Makes 6 servings

Serving size: 1/2 breast or 2 small drumsticks

|               |               |
|---------------|---------------|
| Calories      | 176           |
| Fat           | 4 g           |
| Saturated fat | less than 1 g |
| Cholesterol   | 81 mg         |
| Sodium        | 199 mg        |





## Main Dishes

### MOUTH-WATERING OVEN-FRIED FISH

|         |                                              |
|---------|----------------------------------------------|
| 2 lbs   | fish fillets                                 |
| 1 Tbsp  | lemon juice, fresh                           |
| 1/4 cup | skim milk or 1% buttermilk                   |
| 2 drops | hot pepper sauce                             |
| 1 tsp   | garlic, fresh, minced                        |
| 1/4 tsp | white pepper, ground                         |
| 1/4 tsp | salt                                         |
| 1/4 tsp | onion powder                                 |
| 1/2 cup | cornflakes, crumbled or regular bread crumbs |
| 1 Tbsp  | vegetable oil (for greasing baking dish)     |
| 1       | lemon, fresh, cut in wedges                  |

*For variety, try this heart-healthy fish recipe with any kind of fish.*



1. Preheat oven to 475° F.
2. Wipe fillets with lemon juice and pat dry.
3. Combine milk, hot pepper sauce, and garlic.
4. Combine pepper, salt, and onion powder with cornflake crumbs and place on a plate.
5. Let fillets sit in milk briefly. Remove and coat fillets on both sides with seasoned crumbs. Let stand briefly until coating sticks to each side of fish.
6. Arrange on lightly oiled shallow baking dish.
7. Bake 20 minutes on middle rack without turning.
8. Cut into 6 pieces. Serve with fresh lemon.



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|                                  |                      |
|----------------------------------|----------------------|
| <b>Makes 6 servings</b>          |                      |
| <b>Serving size: 1 cut piece</b> |                      |
| <b>Calories</b>                  | <b>183</b>           |
| <b>Fat</b>                       | <b>2 g</b>           |
| <b>Saturated fat</b>             | <b>less than 1 g</b> |
| <b>Cholesterol</b>               | <b>80 mg</b>         |
| <b>Sodium</b>                    | <b>325 mg</b>        |



## Main Dishes

### SCRUMPTIOUS MEAT LOAF

|          |                                    |
|----------|------------------------------------|
| 1 lb     | ground beef, extra lean            |
| 1/2 cup  | tomato paste (4 ozs)               |
| 1/4 cup  | onion, chopped                     |
| 1/4 cup  | green peppers                      |
| 1/4 cup  | red peppers                        |
| 1 cup    | tomatoes, fresh, blanched, chopped |
| 1/2 tsp  | mustard, low sodium                |
| 1/4 tsp  | ground black pepper                |
| 1/2 tsp  | hot pepper, chopped                |
| 2 cloves | garlic, chopped                    |
| 2 stalks | scallion, chopped                  |
| 1/2 tsp  | ginger, ground                     |
| 1/8 tsp  | nutmeg, ground                     |
| 1 tsp    | orange rind, grated                |
| 1/2 tsp  | thyme, crushed                     |
| 1/4 cup  | bread crumbs, finely grated        |



Use extra lean ground beef to lower the fat content in this meat loaf.

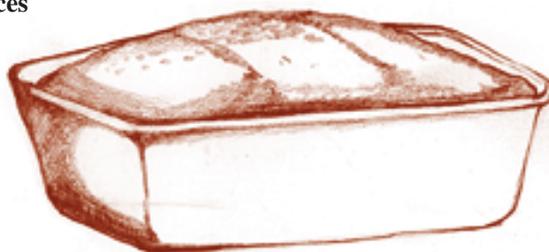


1. Mix all ingredients together.
2. Place in 1-pound loaf pan (preferably a pan with a drip rack) and bake covered at 350° F for 50 minutes.
3. Uncover pan and continue baking for 12 minutes.

Makes 6 servings

Serving size: 6 (1-1/4-inch) thick slices

|               |       |
|---------------|-------|
| Calories      | 193   |
| Fat           | 9 g   |
| Saturated fat | 3 g   |
| Cholesterol   | 45 mg |
| Sodium        | 91 mg |





## Main Dishes

### BAKED PORK CHOPS

|          |                                            |
|----------|--------------------------------------------|
| 6        | lean center-cut pork chops, 1/2-inch thick |
| 1 medium | onion, thinly sliced                       |
| 1/2 cup  | green pepper                               |
| 1/2 cup  | red pepper                                 |
| 1/8 tsp  | black pepper                               |
| 1/4 tsp  | salt                                       |

*Lean cuts of fresh pork  
can be included in your  
family's heart-healthy  
meals.*

1. Preheat oven to 375° F.
2. Trim fat from pork chops. Place chops in a 13 by 9-inch baking pan.
3. Spread onion and peppers on top of chops. Sprinkle with pepper and salt. Refrigerate for 1 hour.
4. Cover pan and bake 30 minutes. Uncover, turn chops, and continue baking for an additional 15 minutes or until no pink remains. Garnish with fresh parsley.



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|                             |               |
|-----------------------------|---------------|
| <b>Makes 6 servings</b>     |               |
| <b>Serving size: 1 chop</b> |               |
| <b>Calories</b>             | <b>170</b>    |
| <b>Fat</b>                  | <b>8 g</b>    |
| <b>Saturated fat</b>        | <b>3 g</b>    |
| <b>Cholesterol</b>          | <b>61 mg</b>  |
| <b>Sodium</b>               | <b>135 mg</b> |



# Beverage and Desserts





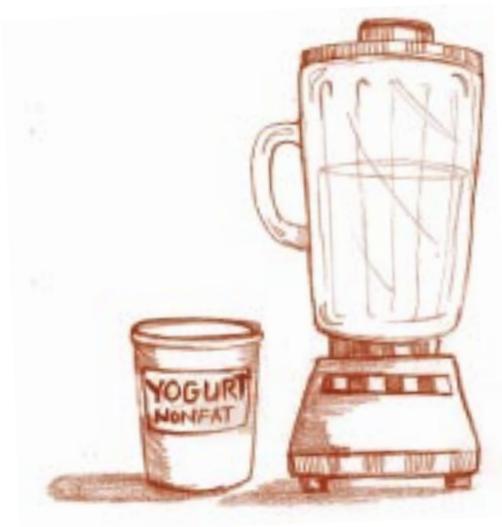
## Beverage and Desserts

### SUMMER BREEZES SMOOTHIE

|          |                                     |
|----------|-------------------------------------|
| 1 cup    | yogurt, plain nonfat                |
| 6 medium | strawberries                        |
| 1 cup    | pineapple, crushed, canned in juice |
| 1 medium | banana                              |
| 1 tsp    | vanilla extract                     |
| 4        | ice cubes                           |

*A perfect low fat thirst quencher.*

1. Place all ingredients in a blender and purée until smooth.
2. Serve in a frosted glass.



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**Makes 3 servings**  
**Serving size: 1 cup**  
**Calories** 121  
**Fat** less than 1 g  
**Saturated fat** less than 1 g  
**Cholesterol** 1 mg  
**Sodium** 64 mg





## Beverage and Desserts

### MOCK-SOUTHERN SWEET POTATO PIE

#### Crust:

|            |               |
|------------|---------------|
| 1 1/4 cups | flour         |
| 1/4 tsp    | sugar         |
| 1/3 cup    | skim milk     |
| 2 Tbsps    | vegetable oil |

#### Filling:

|         |                                    |
|---------|------------------------------------|
| 1/4 cup | white sugar                        |
| 1/4 cup | brown sugar                        |
| 1/2 tsp | salt                               |
| 1/4 tsp | nutmeg                             |
| 3 large | eggs, beaten                       |
| 1/4 cup | evaporated skim milk, canned       |
| 1 tsp   | vanilla extract                    |
| 3 cups  | sweet potatoes (cooked and mashed) |

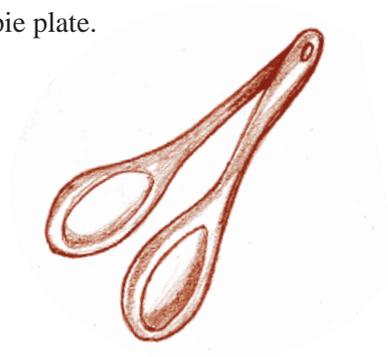
This heart-healthy pie crust is made with vegetable oil and skim milk.



1. Preheat oven to 350° F.

#### Crust:

2. Combine the flour and sugar in a bowl.
3. Add milk and oil to the flour mixture.
4. Stir with fork until well mixed and then form pastry into a smooth ball with your hands.
5. Roll the ball between two 12-inch squares of waxed paper using short, brisk strokes until pastry reaches edge of paper.
6. Peel off top paper and invert crust into pie plate.





## Beverage and Desserts

Filling:

7. Combine sugars, salt, spices, and eggs.
8. Add milk and vanilla. Stir.
9. Add sweet potatoes and mix well.
10. Pour mixture into pie shell.
11. Bake for 60 minutes or until crust is golden brown. Cool and cut into 16 slices.



---

|                       |               |
|-----------------------|---------------|
| Makes 16 servings     |               |
| Serving size: 1 slice |               |
| Calories              | 147           |
| Fat                   | 3 g           |
| Saturated fat         | less than 1 g |
| Cholesterol           | 40 mg         |
| Sodium                | 98 mg         |



## Beverage and Desserts

### 1-2-3 PEACH COBLER

|                 |                                                                                |
|-----------------|--------------------------------------------------------------------------------|
| 1/2 tsp         | cinnamon, ground                                                               |
| 1 Tbsp          | vanilla extract                                                                |
| 2 Tbsps         | cornstarch                                                                     |
| 1 cup           | peach nectar                                                                   |
| 1/4 cup         | pineapple juice or peach juice<br>(can use juice reserved from canned peaches) |
| 2 16-oz cans    | peaches, sliced, packed in juice,<br>drained (or 1-3/4 lbs) fresh              |
| 1 Tbsp          | margarine, tub<br>nonstick cooking oil spray (for baking dish)                 |
| 1 cup           | pancake mix, dry                                                               |
| 2/3 cup         | all-purpose flour                                                              |
| 1/2 cup         | sugar                                                                          |
| 2/3 cup         | evaporated skim milk                                                           |
| <b>Topping:</b> |                                                                                |
| 1/2 tsp         | nutmeg                                                                         |
| 1 Tbsp          | brown sugar                                                                    |

Cooking oil spray helps to  
coat the pan with little fat  
or calories.



1. Combine cinnamon, vanilla, cornstarch, peach nectar, and pineapple or peach juice in a saucepan over medium heat. Stir constantly until mixture thickens and bubbles.
2. Add sliced peaches to mixture.
3. Reduce heat and simmer for 5 to 10 minutes.
4. In another saucepan melt margarine and set aside.
5. Lightly spray an 8-inch square glass dish with cooking oil spray. Pour hot peach mixture into the dish.
6. In another bowl, combine pancake mix, flour, sugar, and melted margarine. Stir in milk.



## Beverage and Desserts

7. Quickly spoon this mixture over peach mixture.
8. Combine nutmeg and brown sugar. Sprinkle mixture on top of batter.
9. Bake at 400° F for 15 to 20 minutes or until golden brown.
10. Cool and cut into 8 squares.



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|                               |                |
|-------------------------------|----------------|
| <b>Makes 8 servings</b>       |                |
| <b>Serving size: 1 square</b> |                |
| <b>Calories</b>               | 271            |
| <b>Fat</b>                    | 4 g            |
| <b>Saturated fat</b>          | less than 1 g  |
| <b>Cholesterol</b>            | less than 1 mg |
| <b>Sodium</b>                 | 263 mg         |





Recipes were analyzed using the Minnesota Nutrition Data System software—Food Database version 12A; Nutrient Database version 27—developed by the Nutrition Coordinating Center, University of Minnesota, Minneapolis, Minnesota.

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