



Heart-Healthy Home Cooking *African American Style*



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





ACKNOWLEDGEMENTS:

Special thanks to Goulda A. Downer, Ph.D., R.D., for sharing her collection of African American recipes, and the General Clinical Research Center in the Irving Center for Clinical Research, Columbia University, New York, for testing the recipes.



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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





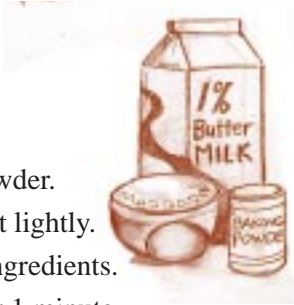
Breads, Vegetables, and Side Dishes

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



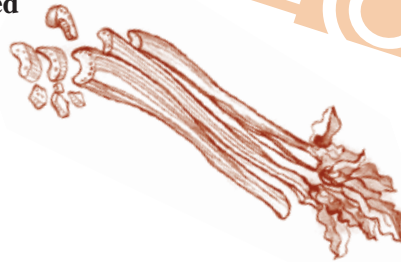


Breads, Vegetables, and Side Dishes

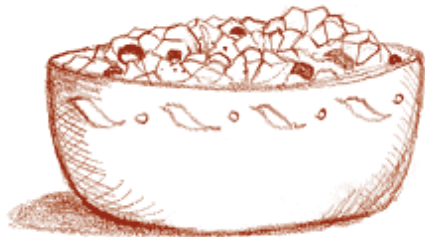
SAVORY POTATO SALAD

- 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

- | | |
|----------------|--|
| 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)

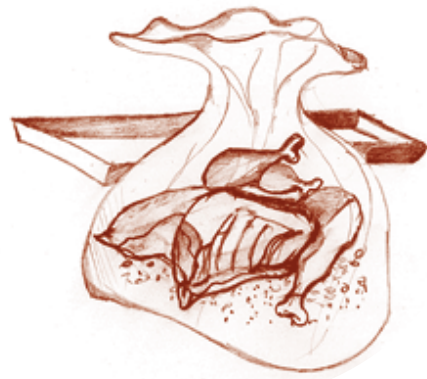
For less fat, bake chicken
in the oven instead of
frying.

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.



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.



Makes 6 servings	
Serving size: 1 cut piece	
Calories	183
Fat	2 g
Saturated fat	less than 1 g
Cholesterol	80 mg
Sodium	325 mg



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.



Makes 6 servings
Serving size: 1 chop
Calories 170
Fat 8 g
Saturated fat 3 g
Cholesterol 61 mg
Sodium 135 mg



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.



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)

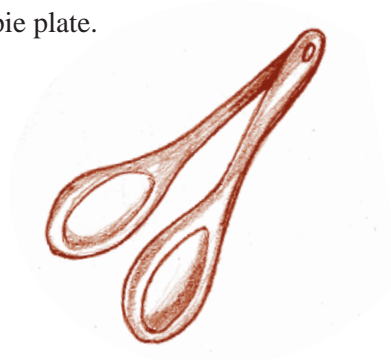
This heart-healthy pie crust is made with vegetable oil and skim milk.



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 (can use juice reserved from canned peaches)
2 16-oz cans	peaches, sliced, packed in juice, drained (or 1-3/4 lbs) fresh
1 Tbsp	margarine, tub 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
Topping:	
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.



Makes 8 servings	
Serving size: 1 square	
Calories	271
Fat	4 g
Saturated fat	less than 1 g
Cholesterol	less than 1 mg
Sodium	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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U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES

Public Health Service
National Institutes of Health
National Heart, Lung, and Blood Institute

NIH Publication No. 97-3792
September 1997