



DOWN HOME HEALTHY LIVING 2.0

FAVORITE RECIPES OF
COMMUNITY COALITIONS IMPLEMENTING THE
EDUCATIONAL PROGRAM TO INCREASE
COLORECTAL CANCER SCREENING (EPICS)
WITH LIFESTYLE TIPS

Acknowledgements



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SIDES:
Black-Eyed Pea Succotash
Rosemary & Honey Yams
Creole Tomato Okra Sauté

Physical Activity

For cancer prevention, adults should get at least 150 minutes of moderate intensity physical activity spread throughout the week. African American women recommended the following physical activities (and strategies) for meeting this guideline:

1. Walking:

- Pick the right walking shoes - visit a store that specializes in walking/running shoes to get the best fit.
- Choose a walking partner - walking with a partner may increase your motivation to be consistent
- Make the walk different and interesting - choose a different route or choose a moderate hill or incline.
- Don't make excuses - write down your fitness goals and stick to them
- Build up to 30 minutes for a total of 150 minutes, 5 days per week
- Self-monitoring: keep track of how far you walk
- Develop a walking plan with your walking partner or with someone who has done this before. You can also find a good walking plan that benefits you online.

2. Yoga:

- Yoga improves flexibility, strength, muscle tone, balance, joint health and has mental benefits like stress reduction and body awareness which can lead to greater self-confidence
- Set a goal of 30 minutes per day, which burns 250 calories
- To monitor progress, keep track of how often yoga is practiced
- Partner with a friend, co-worker or relative to make it fun

3. Strength Training:

- Excellent cross-training activity for walking and yoga
- One to two days per week targeting the major muscle groups of the upper and lower body.
- For the upper body, to include back, shoulders and chest, do a wall press for the chest and for the back and shoulders lift 2-5 lb. or 8-12 lb. dumbbells to chin and back down.
- For the lower body, stand with your back to a chair pushed up against a wall, holding the arms of the chair and lower your body to an almost sitting position, then stand straight up and repeat several times.

Sweet Potato Custard Cups

(Serves 6)

Ingredients

- 1 cup cooked sweet potatoes, mashed
- ½ cup ripe bananas, mashed
- 1 cup skim or almond milk
- 2 tbsp. brown sugar, packed
- 2 egg yolks, beaten
- ½ tsp. salt
- ¼ cup golden raisins, soaked in hot water to soften
- 1 tbsp. sugar
- 1 tsp. cinnamon
- 1 tsp. nutmeg
- 1 tsp. vanilla

Preparation

- Preheat oven to 330°.
- In a medium bowl, stir the sweet potatoes and bananas.
- Add milk and mix well.
- Add the brown sugar, egg yolks, and salt, mix well.
- Spray a casserole dish or individual ramekins with non-stick cooking spray.
- Place the sweet potato mixture in dish.
- Combine the raisins and remaining ingredients, sprinkle on top of the sweet potato mixture.
- Bake for 30 -45 minutes or until a knife inserted in the center comes out clean.

Per serving (1/6 recipe):

140 calories	28.4g carbohydrate	3.6g protein	1.8g total fat (0.7g sat. fat)
70mg cholesterol	2.4g dietary fiber	235mg sodium	

Cancer Prevention Guideline: Limit consumption of energy-dense foods.

Lifestyle Tip: Desserts are often calorie-dense (high in calorie, with little nutritional value). Select fruit/vegetable-based options and limit portion size.

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Overview

The National Black Leadership Initiative on Cancer (NBLIC) was established in 1986 in response to an emerging body of literature pointing out that African American mortality rates for every major type of cancer exceeded those for other racial and ethnic groups. The organization carries out its mission of education, research, and service through a national network of community coalitions that includes cancer survivors and advocates as well as health professionals.



The Down Home Healthy Living (DHHL) Cookbook with Lifestyle Tips was first published in 2002 by NBLIC. The original cookbook featured favorite recipes of three of the nation's top chefs, Neal Langerman, Curtis Moore and L. Monique Porche-Smith and included nutrition and physical activity guidance for cancer prevention. Through 33 NBLIC community coalitions and other stakeholders, the cookbook has reached more than 3,000 African Americans.

This new edition, Down Home Healthy Living 2.0 (DHHL 2.0), features favorite recipes of community coalitions, cancer prevention guidelines and lifestyle tips.

Community Coalitions

Community coalitions participating in the Educational Program to Increase Colorectal Cancer Screening (EPICS), a randomized controlled trial in African American communities, are included.

Recipes

Sixteen of the 20 coalitions implementing EPICS partnered with Master Chef L. Monique Porche-Smith (Chef Mo) and Research Nutritionist Kayellen Edmonds Umeakumme, RD to transform main dishes, snacks and desserts into healthier options.

Cancer Prevention Guidelines

Recipes are accompanied by science-based nutrition and physical activity cancer prevention recommendations from the American Cancer Society and the American Institute for Cancer Research. Guidelines are focused on excess body fat, consuming too many calories, and lack of physical activity, all of which can raise cancer risk.

Lifestyle Tips

The process of updating the dietary intake and physical activity advice from DHHL to DHHL 2.0 included examining scientific studies, reviewing consumer educational materials and soliciting input from experts in the field. This advice was then condensed and presented to 42 consumers in Miami, Philadelphia, Los Angeles and Chicago and framed into lifestyle tips for inclusion in this cookbook.

Getting Started

We asked African-American women to identify their top 10 strategies to reduce cancer risk, and here is what they told us:

- 1. What is “Down Home Healthy Living?”**
Selecting a nutritious diet and exercising regularly to lower your chances of getting cancer.
- 2. Why is a healthy lifestyle so important?**
You will live longer, reduce the need for medication and feel better. If you are at risk for cancers like colorectal and breast cancer, eating better and exercising lowers that risk.
- 3. How can you maintain a healthy weight?**
Limit portion sizes, select healthy foods, avoid fried, fatty foods and be physically active.
- 4. What advice do you have for eating less high fat foods?**
Check food labels, make a food plan and watch how much you eat by monitoring portion sizes.
- 5. What are the best ways to prepare healthy meals?**
Put away the deep fryer and bake, roast, broil, boil, steam, grill, stir-fry or sauté instead.
- 6. What are alternatives to salt?**
Try using lemon or lime, fresh and dried herbs, spices and other salt-free seasonings.
- 7. Why is physical activity important?**
It is good for your heart. Walking is best because it burns calories and can help you lose weight.
- 8. Which physical activities do you recommend?**
Easy exercises, like walking, dancing, yoga and lifting weights, are a few examples. Everyday activities, such as walking to the store, cleaning house (using the broom instead of the vacuum) and hanging out clothes, count too.
- 9. What are strategies to help you enjoy physical activity?**
Exercising with a partner, self-talk (motivation), setting a goal and monitoring progress and making it fun were the most common recommendations.
- 10. What are health benefits of eating fresh fruits and vegetables?**
Promotes good digestion, protects against cancer and strengthens your immune system.



The **West Central Georgia Cancer Coalition** was organized in 2000 to serve 13 counties in Georgia and two counties in Alabama to help reduce the burden of cancer through public and professional education and promoting access to screening, early detection and services through patient navigation. Our Peach Cobbler Cups & Sweet Potato Custard Cups represent two Georgia favorite desserts transformed as alternatives for Down Home Healthy Living.

Peach Cobbler Cups (Serves 8)

Ingredients

2 – 16 oz. bags of frozen peaches
1/3 cup butter
1/3 cup whole wheat flour
1 cup uncooked oats
½ cup brown sugar
½ tsp. salt
½ tsp. cinnamon
½ tsp. nutmeg
½ cup almonds, sliced and toasted

Preparation

- Preheat oven to 350°.
- Spray ramekins with non-stick spray; arrange peaches on the bottom.
- In a small bowl, combine flour, oats, brown sugar, salt, cinnamon, nutmeg, almonds.
- Mix together.
- Melt butter and add to the dry mixture.
- Mix until crumbly.
- Sprinkle mixture over peaches.
- Bake until brown and bubbly.

Per serving:			
336 calories	53g carbohydrate	5.2g protein	13g total fat (5.2g sat. fat)
20mg cholesterol	4.8g dietary fiber	157 mg sodium	



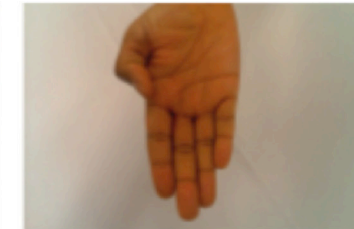
Peach Cobbler Cup

Portion Control: It's in Your Hands!

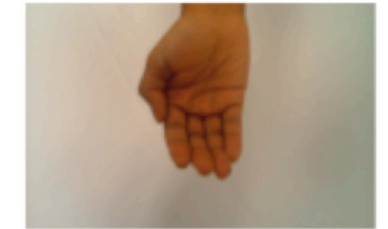
African-American women requested common-sense approaches to estimating portion sizes:



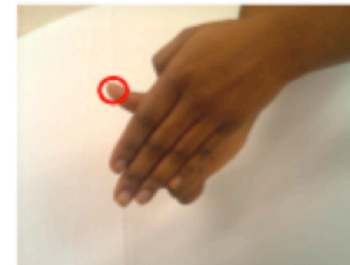
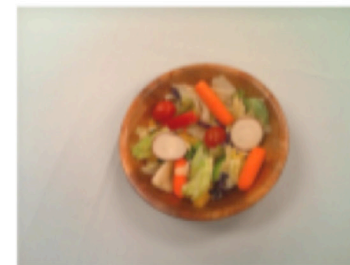
1 cup
Fresh Fruit, Vegetables, Salad, Cereal



3 ounces
Meat, Fish, Poultry



1 ounce
Nuts, Seeds, Raisins



1 teaspoon
Butter, Margarine, Oil



1 tablespoon
Salad Dressing, Mayonnaise



1/2 cup
Rice, Beans, Pasta, Potatoes



The **Philadelphia Chapter** of the **National Black Leadership Initiative on Cancer** was established in 1996 as the region's first non-profit coalition mobilized to address the city's disproportionate cancer burden. As the *City of Brotherly Love*, Philadelphia boasts of cheese steaks, and hoagies, usually on white bread. Our whole grain recipes, Polenta Basil Tomato Spinach Bake and Tex-Mex Quinoa are great alternatives to traditional refined grain options.

Tex-Mex Quinoa Salad (Serves 10)

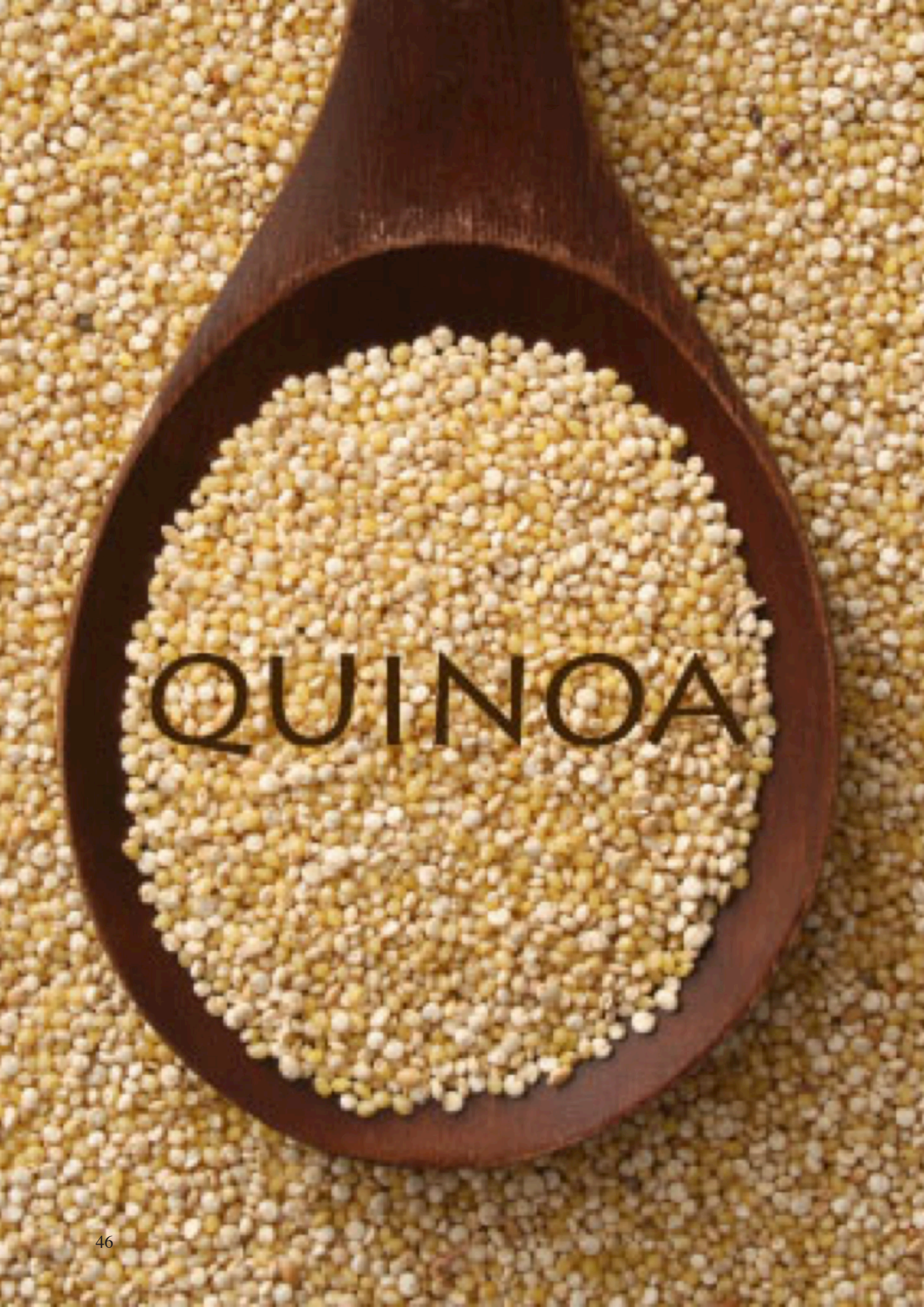
Ingredients

- 1 cup quinoa (pronounced KEEN-wah)
- 2 cups water
- 1 teaspoon kosher salt
- 1/4 cup fresh lime juice
- 2 tablespoons olive oil
- 1/8 teaspoon ground black pepper
- 1 -14 ounce can of diced tomatoes with green chili peppers, drained
- 1 -14 ounce can of garbanzo beans, drained and rinsed
- 1 bunch cilantro, chopped
- 2 avocados, cubed
- 1/4 cup crumbled cotija cheese

Preparation

- Bring quinoa, water, and salt to a boil in a saucepan.
- Reduce heat to medium-low, cover; simmer until the quinoa is tender, 20 to 25 minutes.
- Meanwhile, stir together lime juice, olive oil, pepper, diced tomatoes, and garbanzo beans.
- When the quinoa is done, stir it into the tomato mixture.
- Cool in refrigerator until cold, about 2 hours.
- Fluff with a spoon, and gently fold in the cilantro, avocados, and cheese.

Per 1/2 cup:			
210calories	23g carbohydrate	6g protein	11g total fat (2g sat. fat)
3mg cholesterol	5.9g dietary fiber	404mg sodium	



An original National Black Leadership Initiative on Cancer community coalition initiated in 1989, the **African American Health Coalition, Inc.** is dedicated to improving health and promoting wellness among Oregon's African American community through health education, advocacy and research (email: corlissm@aahc-portland.org). Like AAHC, Portland walks the walk concerning healthy living. Start the day with our Granola @ Home and Mini Egg Frittatas (Egg Cups).

Granola @ Home

(Serves 8)

Ingredients

- 2½ cups oats
- 1 cup sliced almonds
- ¾ cup shredded coconut
- ⅔ cup honey
- ¼ tsp. salt
- 1 tsp. vanilla
- ½ tsp. almond extract
- 1.5 cup dried fruit, roughly chopped

Preparation

- Toast first three ingredients at 350° until lightly browned - approx. 10 min.
- Remove from oven and decrease heat to 300°.
- Heat honey, salt, and vanilla and almond extracts on stove top in pot large enough to mix all ingredients.
- Once honey is liquefied add toasted ingredients. Mix in dried fruit.
- Place into 9 x 10 pan so that the mixture is about 1-2 up inches thick.
- Bake approx. 25 min at 300°.

Per bar:		
475 calories	83g carbohydrate 11g protein	12g total fat (4g sat. fat)
0mg cholesterol	114mg sodium	9g dietary fiber

Mini Egg Frittatas (Egg Cups)

(Serves 12)

Ingredients

1/2 red bell pepper, diced
 1/2 yellow bell pepper, diced
 1/2 zucchini, diced
 1 small onion, diced
 1/2 cup Parmesan cheese
 6-8 eggs, beaten together
 2 tbsp. chives
 Salt and pepper to taste

Preparation

- Preheat oven to 350°.
- In a 10-inch skillet, heat olive oil over medium high heat.
- Sauté peppers, zucchini and onion for about 5 minutes until they are slightly softened.
- Season with salt and pepper.
- Add sautéed vegetables to individual muffin tin with cupcake liners.
- In another bowl, whisk eggs and season with salt and pepper; add chopped chives.
- Fill the remaining area in the muffin tin with the egg preparation and stir the ingredients.
- Sprinkle the top with Parmesan cheese.
- Bake in the oven for 10-12 minutes until the eggs are completely set
- Serve warm or cold.

Per egg cup:			
60 calories	2.2g carbohydrate	4.8g protein	3.5g total fat (1.5g sat. fat)
108.6mg cholesterol	0g dietary fiber	87.9mg sodium	

Cancer Prevention Guideline: Avoid excess weight gain at all ages. For those who are overweight or obese, losing even a small amount of weight has health benefits and is a good place to start.

Lifestyle Tip: Experts agree that eating breakfast is an important strategy for losing and maintaining weight.

Polenta Basil Tomato Spinach Bake

(Serves 4)

Ingredients

One bunch of Fresh Basil
 2-3 tomatoes
 2 onions sliced in circles
 ½-1 pound of baby spinach
 Pre-package polenta (1-2Lbs)
 1-2 cups of chicken broth (from store)
 1 tablespoon of dried basil (optional)

Preparation

- Wash spinach and basil and set aside.
- Cut tomatoes, polenta and onions in circles.
- Layer into a casserole dish first with 1/3 of the basil; the next layer is onions, then polenta, tomato, and spinach.
- Repeat the layering process until you reach the top of the casserole dish.
- Add 1-2 cups of chicken broth and one tablespoon of dried basil, if desired.
- Cover and bake at 400° for 40 minutes.
- Be sure to baste with the chicken broth once or twice before it taking out of the oven.
- Serve while hot.

Per ½ cup:			
352 calories	83g carbohydrate	11g protein	0.6g total fat (0.1 g sat. fat)
0mg cholesterol	12.2g dietary fiber	114mg sodium	

Cancer Prevention Guideline: Choose whole grains instead of refined grain products.

Lifestyle Tip: Whole-grains like polenta (cornmeal) and quinoa contain vitamin E and fiber, both of which are important in preventing cancer.

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Curried Cauliflower Mashers

(Serves 4)

Ingredients

4 cups of cauliflower, cut into 1-inch pieces
¼ cup olive oil
2 garlic cloves, minced
2 tbsp. parsley, chopped
1 tbsp. curry powder
¼ cup chicken or vegetable stock
Salt and pepper, to taste

Preparation

- Steam or parboil the cauliflower until tender.
- Heat the olive oil over medium heat and add garlic to sauté.
- Add the parsley, curry powder and stock to the garlic oil.
- Cook for about 1 minute.
- Add the cauliflower to the pan and allow it to soften.
- Once softened, mash the cauliflower, adjust seasoning and serve.

Per ¼ recipe (4½ oz.):

153 calories	7g carbohydrate	2.3g protein	13.8g total fat (1.9g sat. fat)
0mg cholesterol	3.2g dietary fiber	221mg sodium	



Dried Beans & Peas



Established in 2008, the mission of the **Atlanta Cancer Awareness Partnership** is to reduce risk of cancer and other chronic disease by addressing social determinants of health through community partnerships, awareness campaigns and evidence-based programs (email: vincentgreen@gmail.com). Atlanta is known as the Soul Food Capitol of the World and its cuisine reflects both Southern and broader influences. Larry's Lentil Soup and Black-Eyed Pea Salad with Pecan Vinaigrette are two examples of the confluence between the two.

Larry's Lentil Soup (Serves 4)

Ingredients

- 1 tbsp. olive oil
- 1 cup onion, chopped
- 1 clove garlic, minced
- ½ cup carrots, diced
- 1/3 tsp. chili powder
- 1 cup spinach, roughly chopped
- 2 cups fat-free beef vegetable or chicken broth can be substituted)
- 1 cup lentils, rinsed

Preparation

- Roughly chop fresh parsley or cilantro for garnish.
- Preheat a stockpot with the olive oil; add the onions and garlic; sauté until soft.
- Add the chili powder and cook for another minute.
- Add the carrots, lentils and broth.
- Cover and simmer until tender about 35 minutes.
- Add Spinach leaves and turn off heat.
- Serve hot with a honey wheat cornbread wedge and garnish with fresh herbs.

Per 1 cup:			
211 calories	33g carbohydrate	12g protein	4.5g total fat (0.5g sat. fat)
0mg cholesterol	8.4g dietary fiber	221mg sodium	

Cancer Prevention Guideline: Eat a variety of vegetables, fruits and legumes such as beans.

Lifestyle Tip: Lentils and black-eyed peas, like other legumes, are rich in fiber. Fiber increases stool bulk, prevents constipation and may lower colorectal cancer risk by preventing digestive disorders such as irritable bowel syndrome and diverticulosis. Try at least one meatless day a week (Meatless Monday) by selecting beans and peas instead of meat.



The **National Black Leadership Initiative on Cancer Chicago Coalition** was established in 1989 as a collaboration of physicians, public health practitioners, students and community organizations who believe that education is paramount to reducing and controlling the disparate cancer morbidity and mortality impacting African Americans. Try our Honey Mustard Chicken Thighs, Curried Cauliflower Mash and add a side of string beans for a perfect plate.

Honey Mustard Chicken Thighs (Serves 4)

Ingredients

- ½ cup Dijon mustard
- ¼ cup maple syrup
- 1 tbsp. rice wine vinegar
- 1.5 lbs. chicken thighs, skinless
- Fresh rosemary, optional for garnish
- Salt and pepper

Preparation

- Preheat oven to 450°.
- Mix the mustard, syrup and vinegar in a bowl.
- Coat the chicken thighs with salt and pepper and toss into the mustard sauce.
- Once coated, put the thighs into a non-stick or foil lined baking dish.
- Pour any remaining mustard sauce over the chicken thighs.
- Bake the thighs at 450° for 40 minutes or until a thermometer reads 180°.
- Allow the chicken to rest for 5 minutes before serving.
- Top with fresh rosemary for a garnish.

Per ¼ recipe (5 oz.):			
191 calories	14.5g carbohydrate	22.3g protein	4.5g total fat (1.1g sat. fat)
94mg cholesterol	0g dietary fiber	407mg sodium	

Cancer Prevention Guideline: Eat a variety of vegetables and fruits each day.

Lifestyle Tip: Before you eat, think about what goes on your plate and select at least two vegetables per meal.

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Honey Mustard Chicken with Curried Cauliflower Mashers

Black-Eyed Peas Salad with (Georgia) Pecan Vinaigrette

Pictured on cover

(Serves 4)

Salad:

Ingredients

- ½ cup brown rice, cooked (a great way to use left-over rice)
- 2½ cups black-eyed peas, chilled (you can use canned or left over black-eye peas you prepared)
- ¼ cup red bell pepper, seeded and diced
- ½ cup green beans, blanched and shocked, cut into thirds
- ¼ cup green onions, chopped

¼ recipe (without vinaigrette dressing):			
183 calories	34.5g carbohydrate	10.4g protein	1g total fat (0.2g sat. fat)
0mg cholesterol	8.8g dietary fiber	19.6 mg sodium	

Pecan Vinaigrette:

Ingredients

- 2 tbsp. cider vinegar
- ½ tsp. brown sugar
- 1/3 cup pecans, toasted and roughly chopped
- ½ tsp. thyme
- ½ tsp. salt
- ½ cup vegetable oil
- Black pepper, to taste

Preparation

- Combine the rice, black-eye peas, bell pepper, green beans and green onions; set aside.
- Puree all the vinaigrette ingredients, except the oil, in a food processor.
- Slowly add the oil into the other ingredients in the processor.
- Adjust seasoning.
- Toss black-eye pea mixture with vinaigrette, reserving about ¼ cup.
- Toss greens with reserved vinaigrette.
- Place greens on a plate and mound with black-eye pea mixture.

3 tbsp. vinaigrette:			
301 calories	1.8g carbohydrate	0.8g protein	34g total fat (4.5g sat. fat)
0mg cholesterol	0.8g dietary fiber	291mg sodium	



Marinated Kale Salad

Honey Wheat Cornbread

(Serves 8)

Ingredients

- 1 ½ cups whole grain corn meal
- 1 cup whole wheat flour
- 2 cups skim milk (or substitute coconut or almond milk)
- 3 tsp. baking powder
- 2 egg whites, beaten
- 1 ½ tsp. salt
- ½ cup applesauce
- 4 tbsp. honey or agave

Preparation

- Preheat oven to 425°.
- Place all ingredients in a large bowl, mix well.
- Spray the pan or muffin tin with non-stick spray.
- Pour mixture into the pan and allow to bake for 20 minutes or until a toothpick inserted in the center comes out clean.
- Allow to cool.

Per 1/8 pan:		
201 calories	43g carbohydrate	7g protein, 1g total fat (0.2g sat. fat)
0.7mg cholesterol	3.7g dietary fiber	484mg sodium

Cancer Prevention Guideline: Limit consumption of energy-dense, low nutrient foods.

Lifestyle Tip: Sweet potatoes are higher in natural sugars than regular potatoes, but contain more nutrients (like vitamin A and fiber) with fewer calories.

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Honey Wheat Cornbread



Organized in 2008, the **Augusta Coalition of the National Black Leadership Initiative on Cancer** is a community-based organization with the mission of empowering the C.S.R.A. (Central Savannah River Area) through awareness aimed at reducing cancer and other health disparities in the African-American community (email: jwharmon04@att.net). Marinated Kale Salad and Roasted Bell Pepper Egg Salad Lettuce Wrap are great selections for Augusta, known as the Garden City.

Marinated Kale Salad

(Serves 2)

Ingredients

- 2 cups kale, with stems removed, finely chopped
- ½ large, ruby red grapefruit, segmented and seeds removed
- ½ avocado, chopped
- ¼ cup walnuts, toasted and roughly chopped

Per serving (1/2 recipe):

246 calories	22.3g carbohydrate	6.2g protein	17.5g total fat (2g sat. fat)
0mg cholesterol	7g dietary fiber	33mg sodium	

Dressing for Marinated Kale Salad

(Serves 2)

- 2 tbsp. ruby red grapefruit juice
- 1 ½ tbsp. olive oil
- 1 tsp. honey
- Salt and pepper to taste

Preparation

- Place kale in a bowl; gently massage kale to tenderize it.
- In a small bowl, whisk together all the dressing ingredients.
- Top the kale with the grapefruit segments, avocado and walnuts, toss with the dressing.
- Allow to marinate at least 20 minutes before serving.

Per cup:

77 calories	10g carbohydrate	2g protein	3.6g total fat (0.5g sat. fat)
0mg cholesterol	g dietary fiber	239mg sodium	

Roasted Bell Pepper Egg Salad Lettuce Wrap

(Serves 2)

Ingredients

3 hard-boiled eggs, chopped
 3 hard-boiled eggs, yolk removed and chopped
 1 bell pepper, any color, roasted and chopped
 2 small baby dill pickles, chopped
 1/3 small red onion, chopped
 2 tbsp. low-fat mayonnaise
 2 tbsp. cider vinegar
 1½ tsp. yellow mustard
 1½ tsp. Dijon mustard
 1 ounce avocado, creamed
 Salt & pepper to taste
 Romaine lettuce leaves, for wrap

Preparation

- Place eggs in a pot, cover with water and bring the water to a boil.
- Allow eggs to boil for 5 minutes, then cover the pot with lid and turn off the heat.
- Allow eggs to cook for about 10 minutes.
- Remove eggs from water and peel.

Egg Salad

Preparation

- Add all ingredients into a mixing bowl; mix together.
- Adjust seasoning and eat on a nice crisp piece of romaine lettuce.

Per serving (1/2 recipe):			
229 calories	10.7g carbohydrate	16.3g protein	13.3g total fat (3.3g sat. fat)
321mg cholesterol	3g dietary fiber	491mg sodium	

Cancer Prevention Guideline: Eat a healthy diet, with an emphasis on plant foods.

Health Tip: To promote weight loss and give a feeling of fullness, eat a raw vegetable each day.



The lay and professional volunteers of the **Memphis Riverbluff National Black Leadership Initiative on Cancer** are driven by a commitment to addressing cancers disproportionately affecting African Americans through innovative educational and screening activities. The cuisine of Memphis is closely associated with the culture of the Deep South and the proof is our Roasted Sweet Potato and Greens Soup and Honey Wheat Cornbread.

Roasted Sweet Potato and Greens Soup

(Serves 6 – 8)

Ingredients

1 large sweet potato, peeled, cut into 1/2-inch cubes
 2 tbsp. olive oil
 1/2 tsp. salt
 Freshly ground pepper
 1 bunch mustard greens, stems removed, washed, cut across into 1/2-inch strips
 1 small onion, thinly sliced
 4 cloves garlic, peeled, minced
 4 cups vegetable broth, plus 1 cup water
 1 tsp. apple cider vinegar
 ½ tsp. soy sauce
 Salt and pepper to taste

Preparation

- Preheat oven to 425°.
- Spread the sweet potato pieces on a parchment-lined cookie sheet.
- Sprinkle with 2 teaspoons olive oil, salt and pepper, tossing to mix.
- Bake and stir every 15 minutes until the outsides are light golden brown, 30-35 minutes.
- Meanwhile, heat 1 tablespoon of oil in a thick-bottomed soup pot over medium high heat and add the onion and garlic.
- Cook and stir until the onion wilt and become tender.
- Add remaining 1 teaspoon of oil, mustard greens and 1/2 tsp. soy sauce continue to cook, with stirring, 5-7 minutes more.
- Add the broth, heat to a boil; lower heat to a simmer.
- Cook until flavors come together, about 10-15 minutes.
- Remove sweet potatoes from the oven, reserving 1/2 cup.
- Add the remaining sweet potatoes to the pot.
- Puree the reserved yams with one cup water in a blender until smooth.
- Add pureed mixture to the pot.
- Season with vinegar, salt, pepper and soy sauce to taste.
- Cook 5-10 minutes more or until the mustard greens reach the degree of tenderness you prefer.
- Serve immediately.

Per cup:			
77 calories	10g carbohydrate	2g protein	3.6g total fat (0.5g sat. fat)
0mg cholesterol	3g dietary fiber	239mg sodium	



Established in 1989, the **Black Healthcare Initiative Coalition** is a community coalition of the National that seeks to ensure that African Americans in Winnebago County, IL have access to health information (email: blackhealthcare@hotmail.com). If you are searching for comfort during the long, cold days of winter, our Turkey Sausage, Kale and White Beans Soup and Vegetarian Gumbo will warm your soul.

Pan Seared Balsamic Chicken Breast

(Serves 4)

Ingredients

- 4 – 6 oz. chicken breast, skinless and boneless
- 2 tbsp. creole all-purpose seasoning blend
- 2 tbsp. olive oil
- 2 cloves garlic, minced
- 1 large onion, thinly sliced
- ½ tsp. each of oregano, rosemary and thyme
- ¼ cup balsamic vinegar
- 2 tomatoes, seeded and chopped

Preparation

- Preheat oven to 350°.
- Trim and season the chicken breast with creole all-purpose seasoning blend.
- Add oil to a skillet; once oil is hot, pan sear the chicken breast on each side.
- Place all seared chicken breasts in a baking dish.
- Add the remaining ingredients on top.
- Cover with foil and bake.
- Bake in oven until the chicken breast reaches an internal temperature of 165°.

Per serving (1 Breast):

267 calories	11.2g carbohydrate	23.7g protein	13.8g total fat (2.7g sat. fat)
92mg cholesterol	2g dietary fiber	219mg sodium	

Cancer Prevention Guideline: Limit red meat consumption.

Lifestyle Tip: Select skinless poultry (chicken, turkey) at least twice a week.

Email: cancerfighter@hotmail.com

Vegetarian Gumbo

(Serves 6)

Ingredients

- 3 tbsp. vegetable or olive oil
- 3 tbsp. all-purpose or whole wheat flour
- 1 small onion, chopped
- 1 green bell pepper, chopped
- 2 stalks celery, chopped
- 3 cloves garlic, chopped
- Kosher salt and freshly ground pepper
- 1 tbsp. soy sauce or Worcestershire sauce
- 1 tsp. smoked paprika (preferably hot)
- 2 cups low-sodium vegetable broth
- 1 lb. kale or Swiss chard, stemmed and chopped
- 1 10-oz. package of frozen black-eyed peas
- Brown rice, for serving (optional)

Preparation

- Heat vegetable oil in a large pot over medium-high heat.
- Add flour and cook, with stirring, until golden, about 3 minutes.
- Add onion, bell pepper, celery, garlic, 3 tbsp. water and 1/4 tsp. each of salt and pepper.
- Reduce heat to medium, cover and cook, stirring occasionally, until vegetables soften, about 8 minutes.
- Add soy sauce and paprika and cook, with stirring, for 30 seconds.
- Stir in vegetable broth, scraping up any browned bits from the bottom of the pot, then cover and bring to a boil.
- Add the greens and black-eyed peas to the pot.
- Reduce heat, cover and simmer, stirring occasionally, until tender, about 15 – 30 minutes.
- Season with salt and pepper to taste.
- Serve with the brown rice, if desired.

Per 1 cup:

183 calories	23.7g carbohydrate	7.2g protein	7.7g total fat (1g sat. fat)
0mg cholesterol	5.9g dietary fiber	346mg sodium	



Turkey Sausage, Kale & White Bean Soup

Les Femmes Concerned Citizens to Combat Cancer was organized in 1984 and became a partner with the National Black Leadership Initiative on Cancer in 1993 to implement community-based cancer educational interventions, including door-to-door campaigns to promote breast and cervical cancer screening. We've selected Pan-Seared Balsamic Chicken Breast with Rosemary and Honey Yams as a mid-west favorite down-home healthy meal.

Rosemary and Honey Yams

(Serves 6)

Ingredients

- 5 cups sweet potatoes, peeled and cubed
- 2 tbsp. extra-virgin olive oil, divided
- ¼ cup honey
- 3 tbsp. apple cider vinegar
- 2 tbsp. fresh rosemary, chopped
- 2 garlic cloves, minced
- ½ tsp. salt
- ½ tsp. pepper

Preparation

- Preheat oven to 450°.
- Combine the potatoes and 1 tbsp. olive oil in a bowl and toss well to coat.
- Spread into a single layer on a baking sheet, coated with non-stick spray.
- Bake for 35 minutes or until brown. Set aside.
- Whisk olive oil, honey, vinegar, garlic, rosemary, salt and pepper in a bowl.
- Add the roasted potatoes and toss well to coat.
- Serve hot or room temperature.

Per serving:			
186 calories	35.4g carbohydrate	1.9g protein	4.8g total fat (0.7g sat. fat)
0mg cholesterol	3.5g dietary fiber	256mg sodium	



Rosemary & Honey Yams

Turkey Sausage, Kale and White Bean Soup (Serves 8)

Ingredients

- 2 tsps. olive oil
- 1 clove garlic, minced
- ½ cup onions, chopped
- 1.25 lbs. ground turkey sausage meat, remove casing
- 4 cup fat-free chicken broth
- 2 cups water
- 1 cup great northern beans, rinsed and drained (you can use dry beans, just rinse and soak overnight)
- 2 cups kale, rinsed, stems removed and roughly chopped
- 1 tsp. red pepper flakes
- Salt and add fresh cracked black pepper to taste
- Finely shredded Parmesan cheese, optional for garnish

Preparation

- Heat olive oil in a stock pot over medium heat.
- Add the onion and garlic, allow to sauté until softened.
- Add ground turkey meat, breaking it up into chunks (you could make mini meatballs if you like); allow the turkey to brown.
- Add stock, water, beans and seasonings.
- Allow to simmer for 10 minutes.
- Add kale and allow to softened, simmering for 10 minutes.
- Adjust your seasonings.
- Top with Parmesan cheese and cornbread croutons.

Per cup:			
145 calories	8.5g carbohydrate	13.4g protein	6.1g total fat (1.3g sat. fat)
42.5mg cholesterol	2.6g dietary fiber	404mg sodium	

Cancer Prevention Guideline: Losing even a small amount of weight has health benefits.

Health Tip: Soups can help keep you regular, banish bloat, and support weight-loss goals. Serve soups as a main dishes for lunch or dinner.



KAAAC

Kentucky African Americans Against Cancer

Kentucky African Americans Against Cancer is a volunteer group of concerned citizens, health care providers, cancer survivors and community leaders, established to reduce health care disparities in the African American community through outreach, education, patient/family support and advocacy. The cuisine of Kentucky mostly resembles that of traditional Southern cuisine. Our Pecan Crusted Chicken with Trio Succotash is sure to surprise your taste buds and satisfy your cravings for a taste of the South.

Pecan Crusted Chicken Breast

(Serves 4)

Ingredients

- 4-6 oz. chicken breast, boneless and skinless
- 2 tbsp. creole all-purpose seasoning blend
- 1 egg, beaten
- ¼ cup skim milk
- ½ cup panko bread crumbs
- ½ cup pecans, finely chopped
- ½ cup whole-wheat flour
- ¼ cup vegetable oil, for shallow sautéing
- 2 tbsp. honey
- ¼ tsp. cayenne pepper
- Parsley, minced for garnish

Preparation

- Trim the breast, place in a zip top bag and pound until thin.
- Season the chicken breast with creole all-purpose seasoning.
- Dredge chicken breast in flour with egg and milk wash in panko-pecan coating.
- Ensure that you coat each breast completely.
- Heat oil to medium in a large frying pan.
- Add chicken breast to the heated oil and cook for 4-5 minutes on each side.
- Drizzle each breast with a blend of honey and cayenne for a nice finish.
- Top with minced parsley.

Per serving (1 breast):

416 calories	29g carbohydrate	32.7g protein	19.9g total fat (2.7g sat. fat)
119mg cholesterol	3.6g dietary fiber	236mg sodium	

Black-Eyed Pea Succotash

(Serves 4)

Ingredients

2 tbsp. shallots, diced
1 cup black-eyed peas, cooked firm - see recipe above (you can use canned if you don't have time to cook them)
1 cup roasted corn kernels, (you can use canned corn)
¼ cup green onions, chopped
¼ cup tomatoes, seeded and chopped (you can use canned if you don't have fresh)
2 tbsp. butter, cubed
Salt and pepper to taste
Parsley, minced for garnish

Preparation

- Spray pan with non-stick cooking spray.
- When the pan is heated, add shallots and sauté for 1-2 minutes.
- Add peas, corn, green onions and tomatoes.
- Stir to blend well.
- Once heated thoroughly, add butter and adjust seasoning.
- Serve warm or at room temperature.

Per serving (4 oz.):

138 calories	16.4g carbohydrate	4.4g protein	6.5g total fat (3.6g sat. fat)
15.3mg cholesterol	3.3g dietary fiber	82.4mg sodium	

Cancer Prevention Guideline: Avoid excess weight gain at all ages. For those who are overweight or obese, losing even a small amount of weight has health benefits and is a good place to start.

Health Tip: Bake, roast, broil, boil, steam, stir fry or sauté instead of frying.

Email: Vabrad01@louisville.edu



Based in Los Angeles, **Black Women for Wellness** was established in 1997 to serve community needs, increase community education and outreach, and work to eliminate cancer health disparities among African Americans (email: bwwlosangles@yahoo.com). The mild Mediterranean climate and popular health-conscious diets of Southern California promotes the production, use and consumption of fresh fruits and vegetables. Our Citrus Marinated Salmon and “Wokky” Mustard Greens reflect the state’s cuisine and the African American culture.

Citrus Marinated Salmon

(Serves 4)

Ingredients

4 - 6 oz. salmon fillets
1/8 tsp. salt and black pepper
2 tbsp. olive oil
1 tbsp. garlic, minced
¼ cup pineapple juice
Zest and juice of 1 orange Zest and juice of 1 lemon
2 tbsp. honey
2 tbsp. brown sugar
Fresh dill sprigs

Preparation

- Season the salmon fillets with salt and pepper. Set aside.
- Combine the remaining ingredients in a large zip-top bag. Mix well.
- Add the salmon fillets and let marinate until ready to use (4 hours or more).
- Grill or broil the salmon until firm but slightly pink in the center.
- In a small saucepan, heat the remaining marinade and bring to a boil and reduce to a syrupy glaze.
- Drizzle the cooked fillets with the citrus syrup.
- Top with fresh dill sprigs.
- Serve immediately.

Per fillet:

415 calories	28g carbohydrate	23g protein	22.4g total fat (4.4g sat. fat)
62.4mg cholesterol	0.1g dietary fiber	145mg sodium	

“Wokky” Mustard Greens

(Serves 4-6)

Ingredients

3-4 lbs. mustard greens (kale, Swiss chard or turnip), cleaned and rough chopped ‘- set aside
1 tbsp. extra-virgin olive oil
1 garlic clove, minced
1 small red onion, diced
1 small red bell pepper, diced
1 cup cherry or pearl tomatoes, halved
½ cup vegetable stock or water
Season to taste with creole all-purpose seasoning blend

Preparation

- Heat oil in a stockpot.
- Add garlic and onion and sauté until translucent.
- Add the bell peppers and sauté for 1 an additional minute.
- Add the greens a little at a time, using stock to assist in the wilting process.
- Continue until you have added all the greens and the stock.
- Add tomatoes; adjust seasoning.
- Once tender, turn off pot.
- Serve over rice or with a wedge of cornbread.

Per 1½ cup:			
117 calories	18.7g carbohydrate	8.8g protein	3.1g total fat (0.4g sat. fat)
0mg cholesterol	11g dietary fiber	238mg sodium	

Cancer Prevention Guideline: Limit consumption of red meats (such as beef, pork and lamb).

Health Tip: Salmon is high in omega-3 fatty acids, and like mustard greens (a cruciferous vegetable), is also high in vitamins A, D and E. Consuming more fish and cruciferous vegetables may lower the risk of many cancers.



Black-Eyed Pea Succotash

Black-eye Pea Hummus with Cucumber “Chips”

(Serves 6 – 8)

Ingredients

- 1 – 15 ½ oz. can black-eye peas, drained and rinsed (or use left-over peas you prepared)
- 3 tbsp. tahini (ground sesame seed paste)
- 3 garlic cloves, minced
- 1 tbsp. fresh parsley
- ¼ tsp. paprika
- Salt and pepper, to taste
- 1/3 cup extra virgin olive oil
- 1 or 2 seedless cucumbers, cut on bias like “chips”

Preparation

- Add black-eyed peas, tahini, garlic, parsley, paprika, lemon juice and zest, salt and pepper to a food processor and pulse until combined.
- Slowly drizzle in olive oil until creamy.
- Add water to desired consistency.
- Taste and adjust the seasonings as needed.
- Serve with a drizzle of olive oil and a sprinkle of paprika with a side of cucumber chips.

Per serving:			
168 calories	11g carbohydrate	4.1g protein	12.4g total fat (1.8g sat. fat)
0mg cholesterol	2.9g dietary fiber	209mg sodium	

Cancer Prevention Guideline: Limit intake of high-calorie foods as keys to help maintain a healthy weight.

Health Tip: Select alternatives, such as crispy vegetables, to high-calorie snacks.

Email: Clharris@mdanderson.org



Chi Eta Phi Sorority, Inc. is a professional nursing sorority whose mission is to provide service by elevating nursing in programs focused on health promotion, disease prevention, leadership development, mentoring, retention and scholarship to nursing students. The Nu Chi Chapter was chartered in 1966 in Cleveland, Ohio (email: drjordanseay@gmail.com). As Ohio’s most populated area, Cleveland is a melting pot for cultures and is known for foods such as kielbasa and stuffed cabbage. Our answer to these higher-calorie favorites is Turkey Sausage with Spinach & Sage and Roasted Cabbage Wedges.

Turkey Sausage with Spinach and Sage

(Serves 6)

Ingredients

- 1 lb. ground turkey breast
- ¾ cup medium eggplant, peeled and grated
- 1 cup, spinach, stems removed & roughly chopped
- 1 tsp. olive oil
- ½ cup onion, chopped
- 1 garlic clove, minced
- 1 tsp. ground fennel seeds
- 2 tsp. ground sage
- 1 tsp. kosher salt
- Fresh black pepper

Preparation

- In a non-stick skillet, heat olive oil over medium heat.
- Add onion, eggplant and garlic and cook until tender. Pour into a bowl and allow to cool.
- Add ground turkey, fennel seed, sage, kosher salt and pepper.
- Mix well with your hands.
- Weigh the sausage mixture and divide by 12 to figure out how much each patty should weigh.
- Form into 12 equal patties.
- Put skillet back over medium high heat.
- Spray pan with non-stick spray and cook patties in batches for 2 minutes per side or until patties are thoroughly cooked and have an internal temperature of 165°.

Per 2 patties:			
132 calories	2.6g carbohydrate	13.7g protein	7g total fat (1.8g sat. fat)
59.7mg cholesterol	1g dietary fiber	236 mg sodium	



Oven-Roasted Cabbage Wedge



The mission of the **Houston Coalition of the National Black Leadership Initiative on Cancer** is to impact cancer disparities through collaborative efforts to address cancer awareness, cancer risk reduction and cancer research among African Americans in the Greater Houston Area (email: clharris@mdanderson.org). As the nation’s fourth-largest city, with plenty of fast food burgers, hotdogs and fries, Houston will surprise you with our fast-food, snack alternatives: Carrot and Sweet Potato Chips and Black-Eye Pea Hummus with Cucumber “Chips.”

Carrot and Sweet Potato Chips

(Serves 2)

Ingredients

- 2 large carrots, washed, peeled and cut into thin strips with a vegetable peeler
- 1 large sweet potato, washed, peeled and sliced thinly on a mandolin slicer
- 1 tbsp. olive oil
- Salt and pepper

Preparation

- Preheat oven to 350°.
- Toss the carrots strips and sweet potato chips with olive and coat with salt & pepper.
- Bake in heated oven for 12-20 minutes or until the chips are crispy.
- Toss while baking to prevent burning.

Per ½ recipe:			
145 calories	20g carbohydrate	1.7g protein	7g total fat (1g sat. fat)
0mg cholesterol	4g dietary fiber	163mg sodium	

Fish Seasoning Blend

Ingredients

1 tbsp. Onion Powder
 1 tbsp. Garlic Powder
 1 tsp. paprika
 ½ tsp. thyme
 ¼ tsp. lemon zest
 1 tsp. salt
 ½ tsp. fresh black pepper

Preparation

Blend all the herbs in a bowl; season the fillets generously with the seasoning.

Per ¾ tsp:			
8.5 calories	1.9g carbohydrate	0.3g protein	0.1g total fat (0 sat. fat)
0mg cholesterol	0.3g dietary fiber	147mg sodium	

Creole Okra and Tomato Sauté

(Serves 6)

Ingredients

2 tsp. vegetable oil
 1 small onion, diced
 1 pound okra (ends trimmed), rinsed and cut into small rounds or 16 oz. frozen okra
 1-14 ½ oz. can diced tomatoes
 1 tsp. of creole all-purpose seasoning blend
 ½ tsp. hot pepper sauce
 Brown rice, cooked, optional

Preparation

- Heat oil in a large skillet on high heat.
- Add the onions and sauté for 3 minutes.
- Add okra, tomatoes, seasoning blend and hot sauce and cook, stirring frequently, until okra is tender, but not mushy.
- Serve on a bed of brown rice if you'd like with your baked tilapia

Per 1/3 cup:			
51 calories	8.4g carbohydrate	1.4g protein	1.6g total fat (0.2g sat. fat)
0mg cholesterol	2.5g dietary fiber	65mg sodium	

Cancer Prevention Guideline: Limit consumption of salty foods and foods processed with salt (sodium).

Health Tip: Try using fresh and dried herbs, spices and other salt-free seasonings.



Concerned Citizens to Combat Cancer, Inc. was initiated in 2000 as a 501(c)3 organization of stakeholder organizations and individuals united to reduce the high cancer incidence and mortality rates among the medically underserved population in the State of Florida (email: cc2cancer@hotmail.com). Shrimp are plentiful in Orlando, and our Creole Sautéed Shrimp with Not-So Dirty Rice is a must-have.

Not-So Dirty Rice

(Serves 8)

Ingredients

1 tbsp. flour
 1 tbsp. vegetable oil
 1 small onion, finely chopped
 1 stalk celery, finely chopped
 ½ medium green bell pepper, chopped
 1 lb. ground turkey
 1 tbsp. creole all-purpose seasoning blend
 2 cup chicken broth
 1 cup brown rice
 ¼ cup green onions, chopped

Preparation

- Heat skillet and add oil and flour.
- Brown the flour, stirring consistently.
- Add onion, celery and bell peppers; cook until vegetables are tender.
- Stir in the ground turkey and seasonings.
- Allow the meat to brown.
- Add rice and broth, cover and cook until the rice is tender and the broth is absorbed, about 20 -30 minutes.
- Fluff rice with a fork, stir in green onions.
- Cook for 5 minutes longer.
- Mixture should be slightly moist.

Per serving:			
208 calories	21.6g carbohydrate	13.4g protein	7.5g total fat (1.8g sat. fat)
25mg cholesterol	1.4g dietary fiber	196mg sodium	



The Florida Coalition of the National Black Leadership Initiative on Cancer was established in 1992, assuming the name **Florida Resources for Empowering and Sustaining Health** in 2012. FRESH, Inc. is a grassroots public health organization whose mission is to promote health, wellness and lifestyle change (email: rendo@bellsouth.net). With one of the most exotic styles of food in the United States, South Florida's cuisine is influenced by the rest of the South, Latin America, and the Caribbean. Baked Parmesan-Herb Crusted Tilapia and Creole Tomato Okra Sauté are perfect examples of these blended cultures.

Baked Parmesan-Herb Crusted Tilapia

(Serves 4)

Ingredients

- ½ cup Parmesan cheese, shredded or grated
- ¼ cup whole wheat flour
- 1 garlic clove, minced
- 2 tsp. paprika
- 1 tbsp. flat leaf parsley, chopped
- 4 tilapia fillets
- Fish seasoning blend – see recipe below
- 1 lemon, cut into wedges
- Salt and freshly cracked black pepper, to taste

Preparation

- Preheat oven to 400°.
- In a shallow pan, combine the Parmesan cheese, flour, garlic, paprika and parsley.
- Spray a non-stick spray.
- Coat the fish in the seasoning mix.
- Lay each fillet on the baking sheet.
- Bake until the fish is opaque in the thickest part, about 8-10 minutes.
- Serve the fish with lemon wedges

Per fillet:			
170 calories	7.4g carbohydrate	25g protein	4.8g total fat (2.5g sat. fat)
58.4mg cholesterol	1.5g dietary fiber	283mg sodium	



**Parmesan-Herb Crusted Tilapia and
Creole Tomato Okra Sauté**

Creole Sautéed Shrimp

(Serves 4)

Ingredients

- 1 tbsp. olive oil
- 1 large green bell pepper, chopped
- ½ cup celery, chopped
- ¼ cup onion, chopped
- 2 garlic cloves, minced
- 1 lb. large shrimp, peeled and deveined
- 2 large tomatoes, seeded and diced
- 1 cup low-sodium tomato sauce
- 1 tbsp. fresh basil, chopped
- 1 tbsp. fresh parsley, chopped
- ¼ tsp. crushed red pepper flakes
- ¼ tsp. salt

Preparation

- Spray a skillet with non-stick cooking spray.
- Preheat pan over high heat.
- Add the olive oil.
- Sauté bell peppers, celery, garlic and onion in the hot skillet, stirring for about 3 minutes.
- Add shrimp, tomatoes, tomato sauce and fresh herbs and spices.
- Bring to a boil; reduce heat and simmer for five minutes.
- Serve with not-so dirty rice.

Per serving (1/4 recipe):

209 calories	13.8g carbohydrate	25.3g protein	5.8g total fat (0.9g sat. fat)
172 mg cholesterol	3.1g dietary fiber	192mg sodium	

Cancer Prevention Guideline: Limit how much red meat you eat.

Health Tip: Choose seafood at least twice a week.



The **Eastern Shore Community Services Network, Inc.** was initiated in 1990 as one of the original coalitions of the National Black Leadership Initiative on Cancer. Serving the Eastern Virginia area, it is committed to assisting individuals and families by providing health services, education, and community awareness (email: janecabarus@aol.com). Favorites from the Maryland state line down to the Chesapeake Bay Bridge-Tunnel include dishes like our Eggplant Crab Cakes with Roasted Red Bell Pepper Sauce.

Eggplant Crab Cakes

(Serves 4)

Ingredients

2 eggplants, peeled and diced
 ½ cup vegetable stock
 1 tbsp. olive oil
 5 garlic cloves, minced
 Fresh dill, a pinch
 ½ cup green bell peppers, finely chopped
 ½ cup red bell peppers, finely chopped
 ½ cup yellow red peppers, finely chopped
 1 cup crabmeat
 ¼ cup whole wheat breadcrumbs
 Salt and pepper, to taste
 Egg wash
 Bread crumbs, to coat

Preparation

- Boil the eggplant in the stock until soft.
- Drain well and set aside.
- In a saucepan, add 1 tbsp. olive oil; add the garlic, dill and trio of bell peppers.
- Allow to sauté until tender.
- Remove from heat and allow to cool.
- In a bowl combine the crabmeat, breadcrumbs and the eggplant mixture.
- Add the cooled peppers to this mixture.
- Form into patties, roll in egg wash and coat in breadcrumbs.
- Spray a skillet with non-stick spray; fry each cake until golden brown on both sides.
- Serve immediately.

Per crab cake:			
211 calories	28g carbohydrate	12.7g protein	6.4g total fat (1.2g sat. fat)
82.5mg cholesterol	9.4g dietary fiber	431mg sodium	

Roasted Red Bell Pepper Sauce

(Serves 4)

Ingredients

¼ cup roasted red bell peppers, jarred
 1 tbsp. extra-virgin olive oil
 1 tsp. fresh lemon juice
 ¼ cup fresh avocados
 Salt & pepper to taste

Preparation

- Blend all ingredients until smooth.
- Adjust seasonings.
- Serve.

Per 3 tbsp:			
47 calories	3.3g carbohydrate	0.5g protein	5.2g total fat (0.7g sat. fat)
0mg cholesterol	1.7g dietary fiber	146mg sodium	

Cancer Prevention Guideline: Limit consumption of red meats (such as beef, pork and lamb).

Health Tip: Choose seafood at least twice a week.