

The Heart of the Pumpkin

Healthy Cooking
with
Caribbean
Fruits and
Vegetables

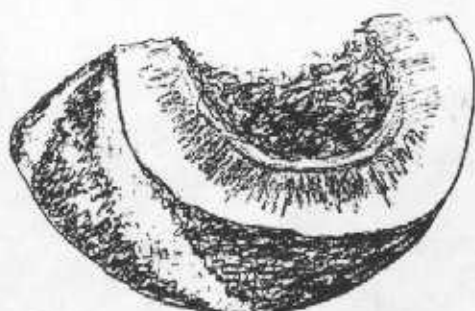


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University of the Virgin Islands Cooperative Extension Service

Dr. D.S. Padda, Director

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Caribbean
Fruits and
Vegetables

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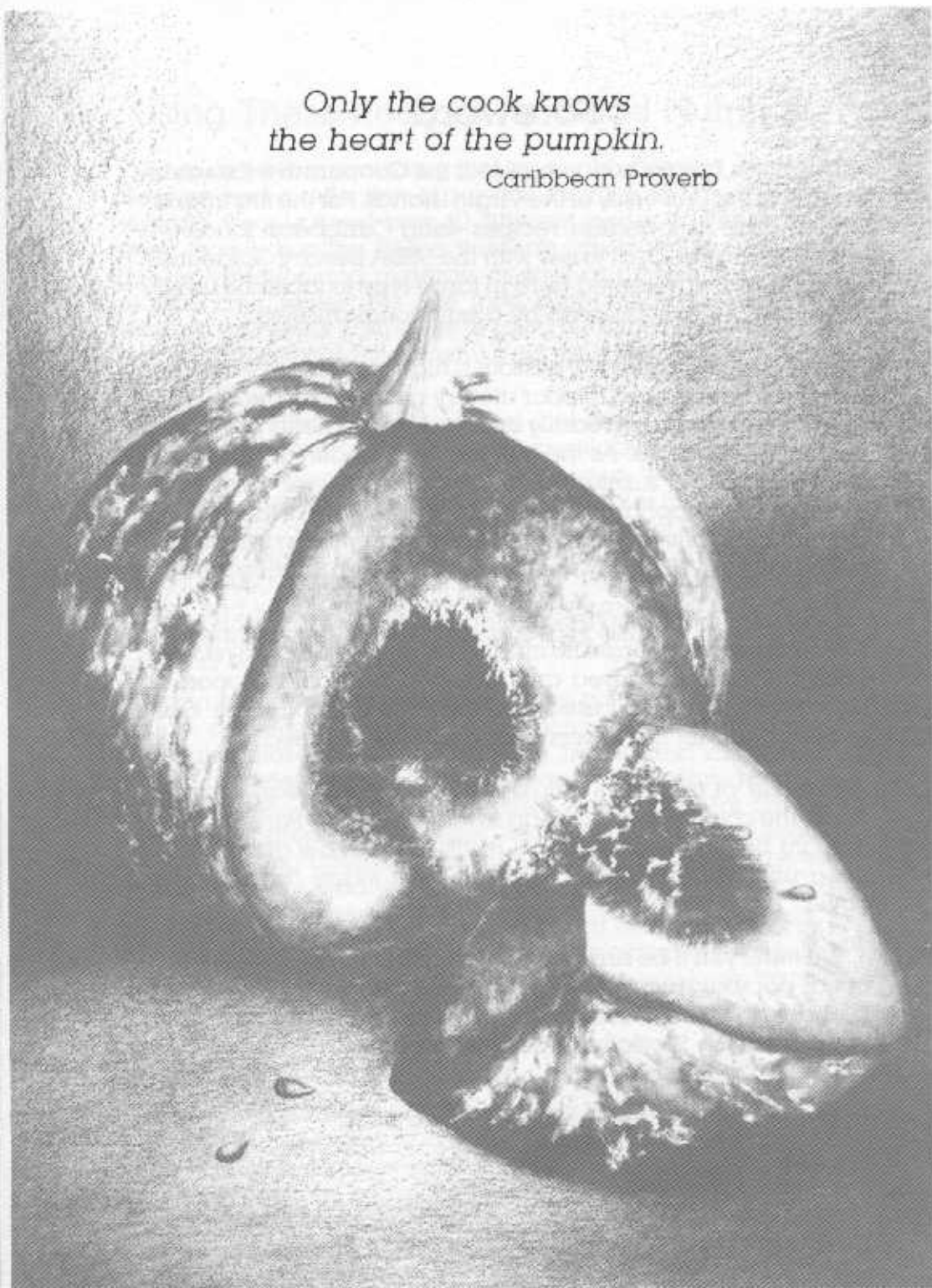
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*Only the cook knows
the heart of the pumpkin.*

Caribbean Proverb



Foreword

This book breaks new ground for the Cooperative Extension Service of the University of the Virgin Islands. For the first time, as we continue to formalize recipes using Caribbean foods, we have integrated local tastes with the USDA Dietary Guidelines. Each recipe is presented here in large type to facilitate use by the elderly and is followed by a nutritional analysis.

The Virgin Islands is not without a high incidence of diseases that have been linked to poor dietary habits. These recipes are designed to augment readily available ingredients with sound nutritional practices. As the link between health and nutrition continues to be substantiated by research, we feel this is increasingly important. These recipes meet one of the Federal Extension Initiatives, which is the improvement of nutrition, diet and health, an important part of the Extension Service mission.

Over nine months of research and testing went into this book. After interviewing Virgin Islanders and collecting local recipes, each dish was prepared and tested in the Home Economics Laboratory. Our staff tasted and evaluated each recipe. Only recipes that met the tasters' approval are included.

The title of our book is taken from a Caribbean proverb, "Only the cook knows the heart of the pumpkin." Paraphrased, it might best be stated as, you really don't know about something until you've been there, you can't judge a book by its cover.

We think you'll be surprised by the nutritional values of some of our popular fruits and vegetables. We encourage all Virgin Islanders to try these recipes. And, please, feel free to call upon your Extension Service for more information.

Darshan S. Padda
Director

Using These Recipes for Good Nutrition

Food, as well as providing fuel for our bodies, is a source of pleasure and a reflection of our rich social fabric and cultural heritage. People need over 40 different nutrients every day in order to stay healthy. These nutrients are found in food and include vitamins and minerals as well as protein, fat, carbohydrate and water. No one food supplies all the essential nutrients you need. That's where good nutrition comes in — this means getting the right nutrients from the right combinations of foods.

Throughout the world, a healthy diet comes in many forms and combinations and reflects the availability of local foods and traditions. Our recipes are no exception. We have worked with popular Caribbean fruits and vegetables in combination with other readily available ingredients. All of these recipes have local origins. Many restaurants, vendors and island cooks generously gave us their specialties. Certain low fat substitutions and subtle nutritional shifts were made to help make these traditional dishes as nutritious as possible without giving up flavor or familiarity.

Virgin Islanders, like most Americans, consume too much fat, sodium and sugar and not enough complex carbohydrates. More and more, research is linking health and nutrition. In particular, scientific evidence relates poor dietary habits to heart disease, atherosclerosis, stroke, some types of cancer, high blood pressure, diabetes and obesity. These diseases remain leading causes of death in the Virgin Islands. The old adage "you are what you eat" is proving true.

For each recipe, we provide important nutritional information. The calorie count, and the amount, in grams of protein, fat, carbohydrate, cholesterol, and sodium help you keep track of what you eat. Look for this chart below each recipe.


Calories	Fat (g)	Protein (g)	Carbohydrates (g)	Sodium (mg)	Cholesterol (mg)
-----------------	--------------------	------------------------	------------------------------	------------------------	-----------------------------

This information can help you plan a balanced diet. Simply compare the amounts of calories, fat, protein, and carbohydrate with the suggested guidelines below. If you are not sure of your typical caloric intake, here is a rough guide: 2,000 calories is the average suggested for women age 23 to 50 and 2,700 calories is the average for men. Whether these levels are right

for you depends on your age, body size, and level of activity. The chart below lists the daily guidelines for adults 23-50 years of age:

	Males	Females
Calories	2700	2000
Fat (30% of calories)	90 grams	67 grams
Carbohydrate (58% of calories)	391 grams	290 grams
Protein (12% of calories)	81 grams	60 grams
Sodium*	1,100 mg to 3,300 mg	
Cholesterol*	Less than 300 mg	

*There is no requirement for sodium and cholesterol, however these are the suggested guidelines.

Remember, these guidelines are for an entire day, not just one meal. All of the recipes here tend to be low in fats and sodium. Particularly good recipes for low fat diets are marked with a heart wise reminder symbol like this:  This means that less than 30% of that recipe's calories are from fat.

Throughout this book, we have included tips to help you select, prepare and store fruits and vegetables as well as other nutrition hints.

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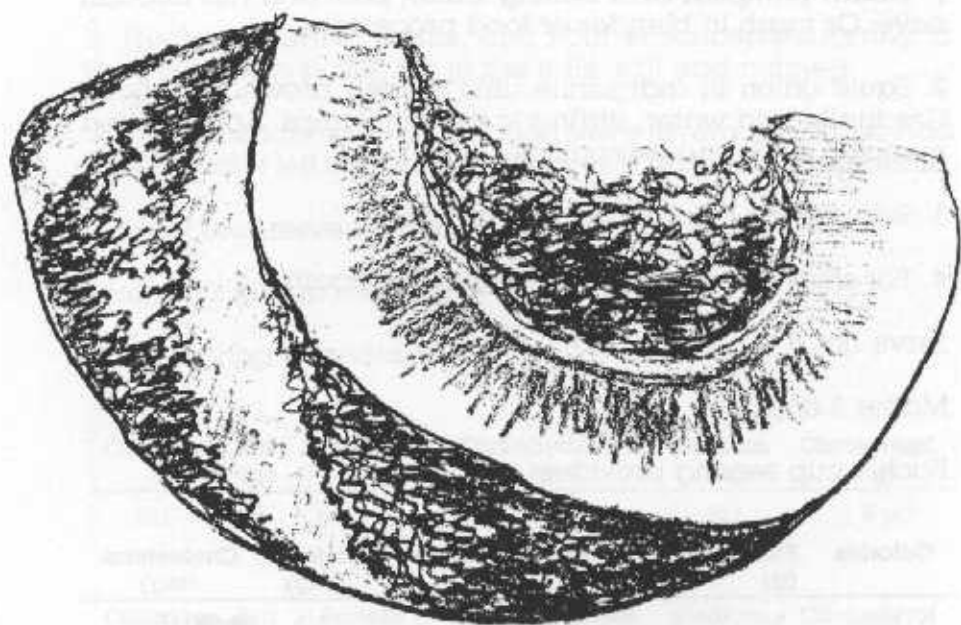
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Soups & Appetizers



Cream of Pumpkin Soup

- 1 pound fresh pumpkin (about 2 cups)
- 2 tablespoons margarine
- 1 large onion, chopped
- 2 tablespoons flour
- 1 cup water
- 1 can evaporated skim milk
- 1 1/2 teaspoons salt
- 1/2 teaspoon black pepper
- 1/4 teaspoon nutmeg
- 1/2 teaspoon garlic powder

1. Steam pumpkin over boiling water, peel and rub through sieve. Or mash in blender or food processor.
2. Saute onion in margarine until golden brown. Add flour. Gradually add water, stirring to prevent lumps. Add mashed pumpkin, milk and seasonings.
3. Boil, stirring constantly for 5-6 minutes.
4. For smoother soup, rub through sieve again.

Serve hot.

Makes 5 cups.

Each 1 cup serving provides:

Calories	Fat (g)	Protein (g)	Carbohydrates (g)	Sodium (mg)	Cholesterol (mg)
154	5	8	21	733	15



A **pumpkin** is an excellent source of vitamin A. Raw pumpkin has 26 calories per 1/2 cup as opposed to 33 calories for canned pumpkin.

Cream of Tannia Soup

- 6 medium tannias
- 1/4 cup margarine
- 1 can evaporated milk, whole or skim
- 1/4 cup flour
- 1/4 teaspoon pepper
- 1 teaspoon salt
- 1/2 teaspoon nutmeg
- 1 sprig fresh thyme

1. Peel and cut tannias. Drop into 8 cups boiling salted water and cover. Cook about 20 minutes or until soft. Drain and set cooking water aside.

2. Heat margarine, thyme, and flour in saucepan, stirring to form a smooth paste. Stir in the milk, salt and nutmeg.

3. Mash the tannia; force through sieve to remove lumps. Add the hot water left from cooking the tannia to the mashed tannia.

4. Heat and serve immediately.

Makes 12 (1 cup) servings.

Each serving provides:

Calories	Fat (g)	Protein (g)	Carbohydrates (g)	Sodium (mg)	Cholesterol (mg)
151	6	3	21	241	9
(with evaporated whole milk)					

Calories	Fat (g)	Protein (g)	Carbohydrates (g)	Sodium (mg)	Cholesterol (mg)
134	4	4	21	244	1
(with evaporated skim milk)					



Red Kidney Bean and Tomato Soup

- 1 cup dried red kidney beans, soaked, boiled and pureed
- 1 can evaporatd milk, whole or skim
- 1 onion, finely chopped
- 1 can condensed tomato soup
- 1/4 garlic clove, pressed
- 1 teaspoon brown sugar
- 1/4 teaspoon salt
- 1/4 teaspoon pepper

1. Soak and boil beans or use 1 (15 oz.) can of kidney beans. Puree. Combine the pureed beans and tomato soup.

2. Heat milk in the top of a double boiler; add bean and tomato mixture, chopped onion, garlic, sugar, salt, and pepper to the milk. Stir until well blended.

Serve hot.

Makes 4 cups.

Each 1 cup serving provides:

Calories	Fat (g)	Protein (g)	Carbohydrates (g)	Sodium (mg)	Cholesterol (mg)
244	2	16	43	1224	4
(with evaporated skim milk)					

Calories	Fat (g)	Protein (g)	Carbohydrates (g)	Sodium (mg)	Cholesterol (mg)
296	9	15	42	1214	28
(with evaporated milk)					

One stalk of **broccoli** provides an entire day's supply of vitamin C.

Mango Chutney

- 6 ripe but firm mangoes
- 1 cup ripe papaya, peeled and chopped
- 1 cup vinegar
- 1 cup raisins
- 2 garlic cloves
- 1 large piece fresh ginger, peeled and grated*
- 2 tablespoons dry mustard
- 1/2 teaspoon salt or to taste
- 1 cup brown sugar
- 1 hot pepper (optional)
- 1/4 teaspoon nutmeg

1. Wash and peel the mangoes. Separate the fruit from the seeds and cut into small pieces. Put into a heavy pot with papaya and 1/2 cup vinegar; boil until soft.

2. Chop raisins, garlic, nutmeg, ginger, and pepper; add to mango and vinegar mixture. Add mustard and salt, mix well and continue cooking on moderate heat.

3. Mix sugar and remaining vinegar in small saucepan and bring to a boil. Add to mango mixture and cook a few minutes longer, stirring constantly.

Store in refrigerator.

Total cooking time approximately 30 minutes.

Makes 3 cups.

* Piece is about 2 inches by 2 inches.

Mangoes have 135 calories each. They are an excellent source of vitamins A and C and a good source of potassium.

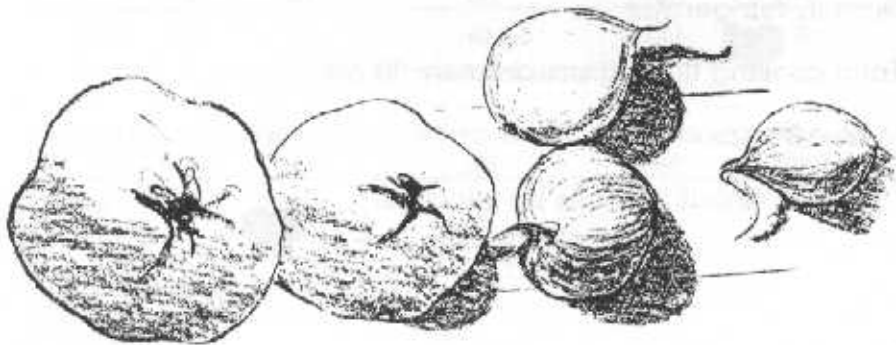
Fresh Tomato Sauce

- 1 medium onion, chopped
- 2 garlic cloves
- 1/4 cup celery, finely chopped
- 1/4 cup parsley, finely chopped
- 1/2 cup bell pepper, finely chopped
- 2 tablespoons vegetable oil
- 5 ripe tomatoes, chopped
- 1 tablespoon vinegar
- hot pepper sauce, optional

1. Saute vegetables, except tomatoes, in oil until tender.
2. Add tomatoes and cook slowly, uncovered, for about 5 minutes. Add vinegar.
3. Remove from heat.

Serve with Lentil Rice Burgers, Tannia Cakes, Vegi Burgers, Stuffed Cabbage Leaves or any favorite dish.

Makes 2 cups.



Whole Wheat Crackers

- 3/4 cup margarine
- 1 1/4 cups water
- 1 teaspoon salt
- 2 tablespoons honey
- 4 cups whole wheat flour
- 1 cup wheat germ

1. Mix all ingredients and knead together until smooth.
2. Roll out thin (less than 1/4 inch).
3. Cut in diamonds, squares, or other shapes, as desired. Prick with a fork.
4. Bake in a 300°F. oven until light brown.

Yield: 9-10 dozen crackers.

Store in an airtight container.

6 crackers provide:

Calories	Fat (g)	Protein (g)	Carbohydrates (g)	Sodium (mg)	Cholesterol (mg)
210	9	7	27	199	0



Buying Whole Grains

Remember that whole grains won't keep as long as refined flours because they contain the "germ," the fat in the germ becomes rancid at room temperature. Store whole grain flours in an airtight container in refrigerator or freezer for top freshness.

Nippy Garbanzo Spread

- 1 tablespoon margarine
- 1 onion, finely chopped
- 1 1/2 cups cooked garbanzo beans (chick peas) mashed or canned
- 2 eggs, beaten
- 1/4 teaspoon salt
- 1/2 teaspoon red pepper (or local hot sauce to taste)
- 1 tablespoon mayonnaise
- 1 teaspoon garlic powder
- 1/2 cup parsley, chopped

1. Saute onion in margarine until onion is golden brown and soft.

2. In saucepan, combine garbanzo beans, sauteed onion and eggs.

3. Heat, stirring until thickened and dry. Add remaining ingredients.

Serve with crackers.

Makes 2 cups.

Each tablespoon of dip provides:

Calories	Fat (g)	Protein (g)	Carbohydrates (g)	Sodium (mg)	Cholesterol (mg)
30	1	1	3	28	17

Cook vegetables in a small amount of water for a short time. When vegetables are overcooked, they lose flavor and nutrition.

Eggplant Dip

- 1 medium eggplant (about 1 pound)
- 1 medium onion, chopped
- 1 garlic clove
- 1 tablespoon margarine
- 1 teaspoon lemon juice
- 1 tablespoon olive or vegetable oil
- 1 1/2 teaspoons salt
- 1/4 teaspoon thyme

1. Prick eggplant 3 or 4 times with fork. Cook in 400°F. oven until tender, about 40 minutes. Cool. Peel eggplant; cut into small pieces.

2. Saute onion and garlic in margarine until tender.

3. Place eggplant, sauteed onion/garlic, lemon juice, oil and seasonings in blender container. Cover and blend on high speed until smooth.

4. Place in pan and cook over low heat about 20 minutes, stirring constantly to drive off as much liquid as possible.

Makes 1 cup.

Serve with crackers. This dip will keep for several days in the refrigerator.

Each tablespoon of dip provides:

Calories	Fat (g)	Protein (g)	Carbohydrates (g)	Sodium (mg)	Cholesterol (mg)
19	2	1	1	192	0

One cup of diced, cooked **eggplant** has only 38 calories. It is low in sodium and is a good source of fiber too.

No Bake Peanut Breakfast Squares

- 1 cup crunchy peanut butter
- 1 cup honey
- 2 cups nonfat dry milk
- 2 cups oven toasted crisp rice cereal

1. Combine peanut butter and honey in a medium-size bowl; beat until well blended.
2. Stir in nonfat dry milk with a spoon.
3. Add cereal and knead with hands until well blended. Mixture should be stiff and crumbly.
4. Spoon mixture into 8 x 8 x 2 inch baking pan. Press down firmly with back of spoon to smooth top. Chill 30 minutes.
5. Cut lengthwise and crosswise into quarters to make 16 two-inch squares. Store in refrigerator to prevent bars from becoming soft.

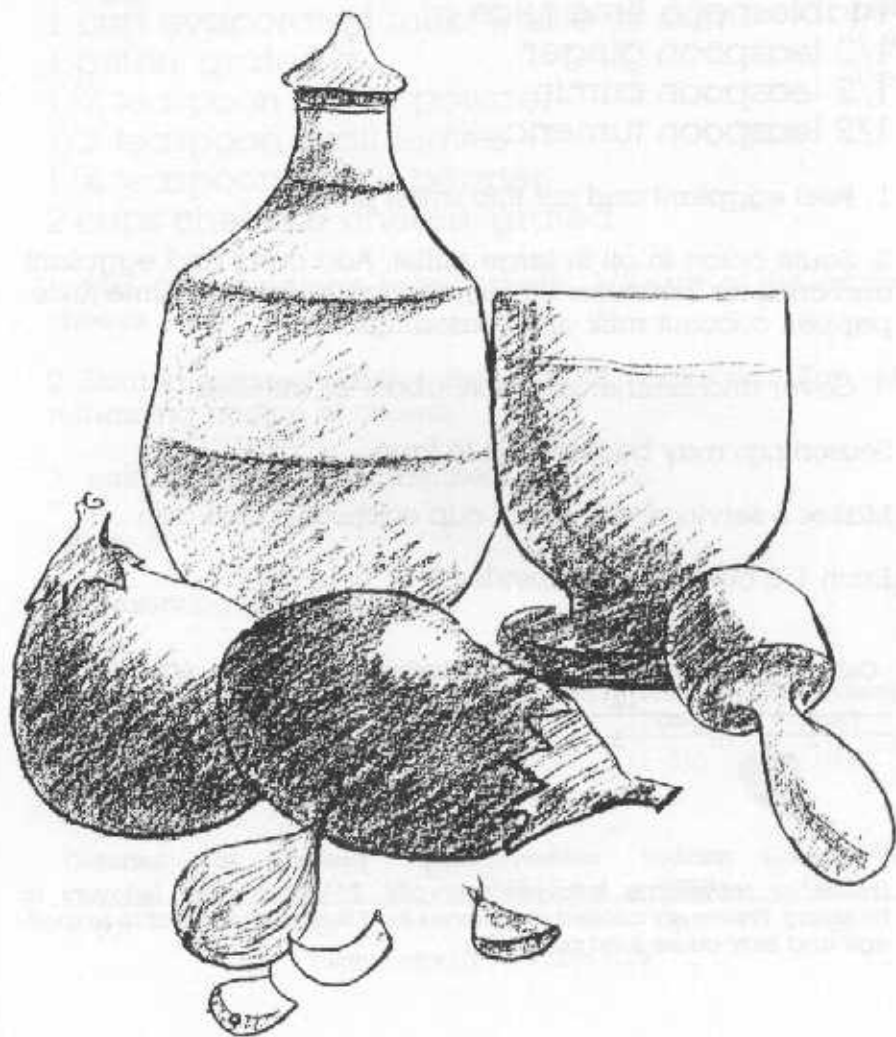
Each square provides:

Calories	Fat (g)	Protein (g)	Carbohydrates (g)	Sodium (mg)	Cholesterol (mg)
199	8	7	27	187	1



When you cook, substitute nonfat dry milk or regular skim milk for whole milk.

Side Dishes & Salads



Curried Eggplant

- 1 1/2 pound eggplant
- 1 onion, thinly sliced
- 2 tablespoons vegetable oil
- 1 cup coconut milk
- 1 teaspoon salt
- 1 tablespoon curry
- 1/2 teaspoon black pepper
- 1 tablespoon lime juice
- 1/2 teaspoon ginger
- 1/2 teaspoon cumin
- 1/2 teaspoon tumeric

1. Peel eggplant and cut into small pieces.
2. Saute onion in oil in large skillet. Add curry and eggplant and cook for 2 minutes stirring constantly. Add salt, lime juice, pepper, coconut milk and seasonings.
3. Cover and simmer until soft, about 20 minutes.

Seasonings may be adjusted to taste.

Makes 6 servings, about 1/2 cup each, as a side dish.

Each 1/2 cup serving provides:

Calories	Fat (g)	Protein (g)	Carbohydrates (g)	Sodium (mg)	Cholesterol (mg)
172	15	3	8	367	0

Freeze or refrigerate leftovers promptly. To reuse, heat leftovers to bubbling. Previously cooked and stored food is highly vulnerable to spoilage and may cause food poisoning.

Green Rice

- 3 cups cooked rice
- 1 cup (raw) spinach, chopped
- 2 tablespoons oil
- 1/2 cup parsley, chopped
- 1/2 cup celery, chopped
- 1/4 teaspoon salt
- 2 eggs, beaten
- 1 cup evaporated milk; whole or skim
- 1 onion, grated
- 1/2 teaspoon garlic powder
- 1/2 teaspoon basil leaves
- 1/4 teaspoon black pepper
- 2 cups cheddar cheese, grated

1. Mix all ingredients together with 1/2 cup of the grated cheese.

2. Pour in greased baking dish, or 8-inch cake pan. Top with remaining portion of cheese.

3. Bake at 350°F. for 45 minutes.

Serves 8.

Each serving provides:

Calories	Fat (g)	Protein (g)	Carbohydrates (g)	Sodium (mg)	Cholesterol (mg)
283	14	13	25	616	100
(with evaporated skim milk)					

Calories	Fat (g)	Protein (g)	Carbohydrates (g)	Sodium (mg)	Cholesterol (mg)
301	17	13	24	613	108
(with evaporated whole milk)					



Baked Corn

- 1 can whole kernel corn (10 1/4 ounce)
- 1 can cream style corn (17 ounce)
- 1 cup grated cheddar cheese
- 2 eggs, beaten
- 1 can evaporated milk (whole or skim)
- 1/2 cup onion, chopped
- 1/2 cup celery, diced
- 1/2 teaspoon black pepper
- 1/2 cup bread crumbs

1. Drain can of whole kernel corn. Add to cream style corn and grated cheese. Add beaten eggs and milk to the mixture. Add onion, pepper and celery.

2. Pour into greased 9 x 13 baking dish or 2 loaf pans; sprinkle with bread crumbs.

3. Bake for 35 minutes in a 350°F. oven. Let stand for 10 minutes before serving.

Makes 12 (1/2 cup) servings.

Each serving provides:

Calories	Fat (g)	Protein (g)	Carbohydrates (g)	Sodium (mg)	Cholesterol (mg)
151	7	7	17	286	65
(with evaporated whole milk)					

Calories	Fat (g)	Protein (g)	Carbohydrates (g)	Sodium (mg)	Cholesterol (mg)
134	5	7	17	290	57
(with evaporated skim milk)					

Corn credentials: Besides tasting good, corn is low in sodium and provides potassium and fiber as well as vitamins A, B, and C. One medium ear has about 70 calories.

Yard Veggie Stylee

- 1 large Spanish onion (red), sliced thinly
- 2 bell peppers (red & green), diced
- 1 large eggplant, diced
- 4 zucchini (firm), diced
- 7 ripe tomatoes, chopped
- 1 ripe tomato, cut in wedges
- 3/4 cup olive oil
- 2 garlic gloves
- 1 teaspoon thyme leaves, crushed
- 2 teaspoons basil, chopped
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- Dash of cayenne pepper

1. Saute each vegetable separately in batches. After sauteing, put all vegetables into a large bowl.
2. Heat garlic, thyme, basil, and cayenne pepper with oil in skillet. Cool 1-2 minutes.
3. Add tomatoes, salt and pepper and toss for 1 minute. Add to vegetables and toss gently together. Garnish with fresh tomato wedges and parsley.

Makes 12 cups. Serves 24.

Each 1/2 cup serving provides:

Calories	Fat (g)	Protein (g)	Carbohydrates (g)	Sodium (mg)	Cholesterol (mg)
80	7	1	4	44	0



Not only will this recipe feed a crowd, it will please a crowd.

*Keep **potatoes** away from light. Light can cause greening which causes the potato to taste bitter. Peel any green from the potato before it is used.*

Pigeon Peas Vinaigrette

16 ounce can pigeon peas
1/3 cup red onion, sliced
1/4 cup green pepper, diced
2 tablespoons vinegar
2 tablespoons oil
1/2 tablespoon honey
1/4 teaspoon dry mustard
1/8 teaspoon salt
dash of pepper

1. Heat peas to boiling; drain. Mix with onion and green pepper.
2. Mix vinegar, oil, honey, dry mustard and seasonings thoroughly; stir into vegetable mixture.
3. Chill well; stir occasionally.

Makes 4 servings, about 1/2 cup each.

Each serving provides:

Calories	Fat (g)	Protein (g)	Carbohydrates (g)	Sodium (mg)	Cholesterol (mg)
163	8	5	19	75	0

Iron is a mineral that's hard to get in sufficient amounts and is lacking in many diets, especially those of women, teen-age girls and young children. Good sources of iron are dried peas and beans, tamarind, breadfruit, raisins, pumpkin, eggs, sweet potatoes.

Green Banana Salad

- 3 green (unripe) bananas, peeled
- 2 cups water
- 1 teaspoon salt
- 2 large carrots, shredded
- 1 medium cucumber, sliced
- 1 medium tomato, chopped
- 1 avocado, peeled and cubed
- 1 stalk celery, sliced

1. Heat bananas, water and salt to boiling; reduce heat. Cover and simmer until tender, about 5 minutes. Drain and cool.
2. Cut bananas crosswise into 1/2 inch slices.
3. Toss bananas and remaining ingredients with vinaigrette dressing (recipe next page).



Vinaigrette Dressing

- 1/3 cup olive or vegetable oil
- 2 tablespoons wine vinegar
- 1 garlic clove, chopped
- 1 teaspoon salt
- 1/2 teaspoon prepared mustard
- 1/4 teaspoon black pepper

1. Mix all ingredients together.
2. Chill.

Serves 8

Each 1/2 cup serving of Green Banana Salad provides:

Calories	Fat (g)	Protein (g)	Carbohydrates (g)	Sodium (mg)	Cholesterol (mg)
172	13	1	15	504	0



Did you know the outer leaves of **lettuce** are the most nutritious part of the head? Calcium, iron and vitamin A are concentrated in the darker outer leaves.

Keep Apples Cold

Apples lose crispness ten times as fast at 70°F. as at 32°F., they soften nearly five times as quickly at 40°F. as at 32°F.

A 5-pound pumpkin yields about 4 1/2 cups of mashed, cooked pumpkin than can be used in any recipe calling for canned pumpkin.

Indian Vegetables

- 1 medium eggplant
- 1 medium zucchini
- 4 carrots, slice crosswise
- 1 can whole tomatoes (16 ounce)
- 1 tablespoon margarine
- 1 1/2 teaspoons ginger root, minced
- 2 teaspoons curry
- 1/2 teaspoon tumeric, ground
- 1/4 teaspoon dried red pepper
- 1/2 teaspoon cumin, ground
- 1 teaspoon salt

1. Cut eggplant into 1/2-inch cubes. Halve zucchini lengthwise and slice 1/4 inch thick. Slice carrots crosswise. Drain tomatoes, chop and reserve juice.

2. Heat margarine in large skillet. Add ginger root and spices; cook over low heat, stirring for 1 to 2 minutes. Add vegetables and reserved tomato juice. Bring to a boil, cover skillet, reduce heat to low.

3. Cook, stirring occasionally, just until eggplant and zucchini are tender about 10-15 minutes. Add a small amount of water, if necessary, to prevent burning.

Makes 4 cups.

Each (1/2 cup) serving provides:

Calories	Fat (g)	Protein (g)	Carbohydrates (g)	Sodium (mg)	Cholesterol (mg)
51	2	2	8	353	0



Okra combines well with other vegetables and is a natural thickening agent.

Tomato Cheese Casserole

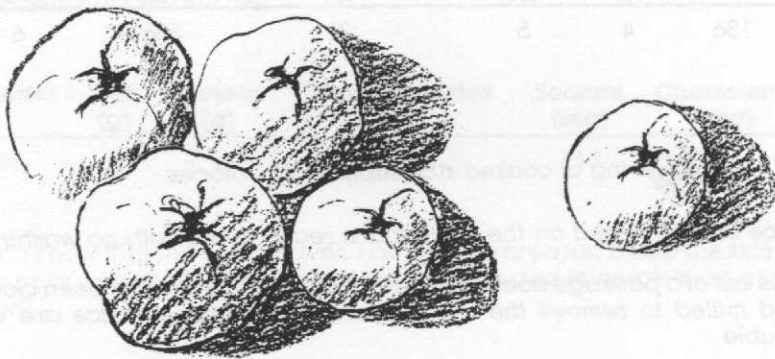
- 1 cup bread crumbs
- 1 cup cheddar cheese, grated
- 1/4 cup margarine, melted
- 1 teaspoon salt
- 1 tablespoon onion, minced
- 1/2 cup celery, diced
- 6 tomatoes, chopped
- 1 sprig fresh thyme

1. Mix the bread crumbs and cheese; set aside 3/4 cup.
2. Mix remaining ingredients and place in ungreased baking dish.
3. Bake for 20 minutes, covered at 350°F.
4. Remove from oven, sprinkle the 3/4 cup crumb cheese mixture on top and continue baking 20 minutes, uncovered, until bubbly and brown. Serve hot.

Serves 6 (as a side dish)

Each serving provides:

Calories	Fat (g)	Protein (g)	Carbohydrates (g)	Sodium (mg)	Cholesterol (mg)
230	15	8	17	664	20



Vegetable Rice

- 3 1/4 cups water
- 1 package dry onion soup
- 1 cup brown rice, uncooked
- 1/4 cup chopped onion
- 1 tablespoon vegetable oil
- 1 1/2 cups bok choy, chopped
- 2 cups broccoli, chopped
- 1 cup tomatoes, diced
- 1/2 teaspoon oregano
- 1/4 cup cheddar cheese, grated

1. Bring 3 cups water and onion soup mix to boil in a saucepan. Add rice, reduce heat, cover and simmer for 55 minutes or until tender.

2. Heat oil in a large skillet. Add onions, cook and stir until soft. Add bok choy, broccoli, tomato, oregano and 1/4 cup water.

3. Cover and simmer 15 minutes or until broccoli is tender. Stir in cooked rice and cheese.

Makes 10 (1/2 cup) servings.

Each serving provides:

Calories	Fat (g)	Protein (g)	Carbohydrates (g)	Sodium (mg)	Cholesterol (mg)
136	4	5	21	556	6

A 1/2 cup serving of cooked **rice** supplies 82 calories.

Rice can be stored on the shelf and is ready to use with no washing.

Rice out of a package does not need washing. It has already been cleaned and milled to remove the outer layers. The vitamins in rice are water soluble.

Vegetable Medley

- 1/2 cup green papaya, diced
- 1 eggplant, unpeeled and cubed
- 1 medium cucumber, unpeeled and sliced
- 1 large carrot, sliced in rounds
- 1 sweet red pepper, sliced in strips
- 2 tablespoons margarine
- 1 large tomato, wedged
- 1 tablespoon parmesan cheese
- 1/2 teaspoon pepper
- 1 teaspoon soy sauce

1. Steam diced papaya slightly. Remove from water.
2. Combine with other vegetables except tomato.
3. Melt margarine in medium skillet, add vegetables and saute until tender, but not soggy. Vegetables should be crisp for serving. Add tomato and cook an additional minute.
4. Cover and cook over low flame for about 5-7 minutes longer. If necessary add a tablespoon of water to vegetables.

Before serving toss vegetables with soy sauce, parmesan cheese and pepper.

Serves 6.

Each serving provides:

Calories	Fat (g)	Protein (g)	Carbohydrates (g)	Sodium (mg)	Cholesterol (mg)
65	4	1	6	117	1



Did you know that the outer leaves, skin and the area just below the skin on many fruits and vegetables have more vitamins and minerals than at the center?

Banana and Sweet Potato Casserole

- 4 sweet potatoes
- 1 teaspoon salt
- 1/4 cup margarine
- 4 bananas, ripe but firm
- 1/2 cup brown sugar
- 1/2 cup orange juice

1. Cook unpeeled sweet potatoes in boiling water until just tender. Drain and allow to cool. Peel and cut into 1/4 inch thick slices.
2. Grease a deep casserole dish or a 9 x 13 cake pan and line with potatoes.
3. Sprinkle with salt, dot with margarine and cover with a layer of sliced bananas. Sprinkle with sugar, and continue adding layers of potato and banana, finishing with banana. Sprinkle with sugar, dot with margarine, top with orange juice.
4. Bake in a moderate oven at 350°F. for about 30 minutes. Serve very hot. Cut into 12 squares to serve.

Each serving provides:

Calories	Fat (g)	Protein (g)	Carbohydrates (g)	Sodium (mg)	Cholesterol (mg)
159	4	1	31	214	0



To preserve nutrients in fruits and vegetables:

- Avoid using baking soda when cooking vegetables
- Don't soak fruits and vegetables
- Eat fruits and vegetables with the skins on
- Cook them in as little water as possible

Restuffed Baked Yam

- 1 large yam
- 1/2 cup evaporated skim milk
- 1 tablespoon margarine
- 2 egg whites, beaten
- 1/2 teaspoon salt
- 1/2 teaspoon pepper

1. Select a large smooth yam, scrub it with a brush and wrap in aluminum foil.
2. Bake in a hot oven (350°F.) until soft, about 40 minutes. (Or boil yam in skin until soft.)
3. Make an incision the length of the yam. Remove the pulp, leaving the skin intact.
4. Mash the yam pulp and mix with remaining ingredients. Stuff the shell with mixture and dot with margarine.
5. Return to a hot oven to brown lightly, about 5 minutes.

Option: Add cheese to milk and egg mixture.

Serves 4.

Each serving provides:

Calories	Fat (g)	Protein (g)	Carbohydrates (g)	Sodium (mg)	Cholesterol (mg)
98	3	5	13	342	1



Potatoes are packed with vitamins and minerals inside and out. They're loaded with vitamin B and C on the inside and iron and potassium on the outside. Cooking them in their skins is best. This preserves their nutrients and lets you get the most from your potatoes.

Stewed Okra

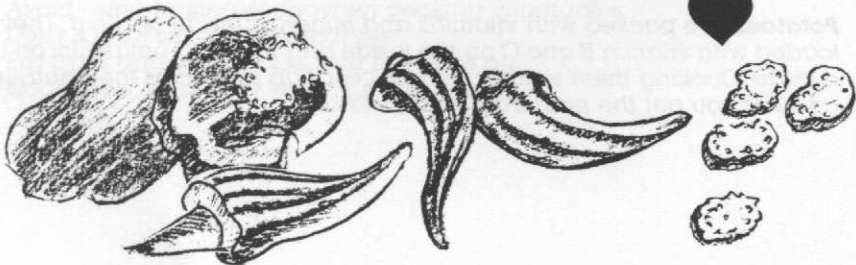
- 1 1/2 pounds fresh okra or 3 (10 ounce) packages frozen okra
- 2 tablespoons margarine
- 2 medium onions, finely chopped
- 8 medium-sized ripe tomatoes, finely chopped
- 8 Puerto Rican peppers, chopped
- 1/2 cup green pepper, finely chopped
- 3 garlic cloves, finely chopped
- 1 teaspoon black pepper
- 1/4 teaspoon cayenne pepper
- 1 1/2 teaspoons salt

1. Wash okra, remove stems, then slice. Set aside.
2. In a fry pan over medium heat, melt margarine and saute onion until tender, but not brown (about 5 minutes).
3. Add tomatoes, peppers, and garlic. Cover and cook for 5 minutes. Add the okra, salt and spices.
4. Reduce the heat to low, cover tightly and simmer for 15 minutes, or until the okra is tender. Serve at once.

Makes 8 cups. Serves 16.

Each 1/2 cup serving provides:

Calories	Fat (g)	Protein (g)	Carbohydrates (g)	Sodium (mg)	Cholesterol (mg)
55	2	3	9	206	0



Tannia Cakes

- 1 pound tannia, grated
- 1 onion, finely chopped
- 1/4 cup celery, finely chopped
- 1/2 teaspoon salt
- 1 egg
- 1 1/2 tablespoons tomato paste
- 1 teaspoon dried parsley
- 1 1/2 teaspoons oregano leaves
- 1 1/2 teaspoons fresh thyme
- 1/2 cup bread crumbs

1. Wash, peel and grate tannia.
2. Mix all ingredients together, adding bread crumbs last.
3. Drop the batter from a tablespoon onto a greased baking sheet.
4. Bake for 15 minutes at 350°F.

Makes 25 1 1/2-inch cakes.

Each tannia cake provides:

Calories	Fat (g)	Protein (g)	Carbohydrates (g)	Sodium (mg)	Cholesterol (mg)
33	.3	.8	7	49	11



Shiny side in or out? When you're wrapping foods in aluminum foil it makes absolutely no difference which side is in! The shiny and dull textures are produced during the manufacturing process and do not reduce or increase the effectiveness of the foil—one way or the other.

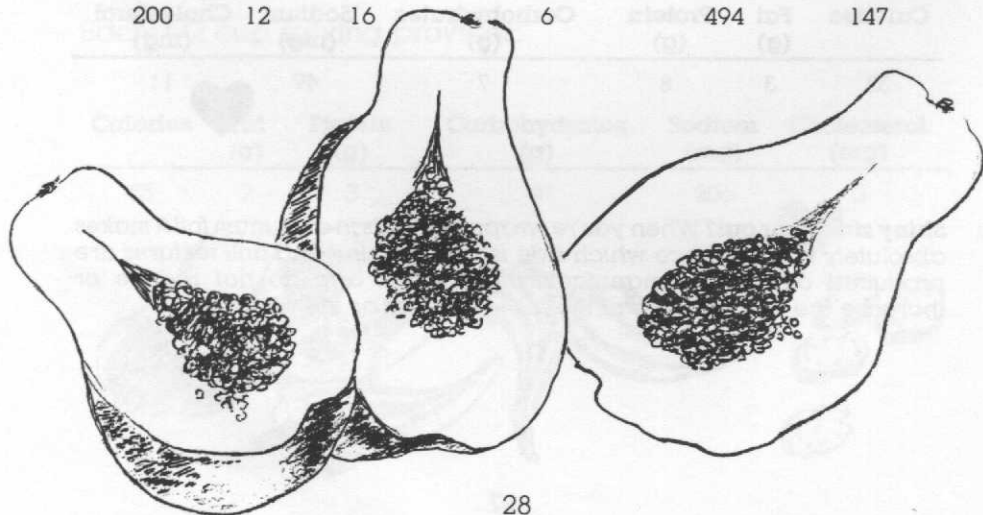
Baked Papaya

- 1 medium papaya, still green
- 1/3 cup cheese, grated
- 2 tablespoons margarine, melted
- 1/2 cup dried bread crumbs
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 2 eggs

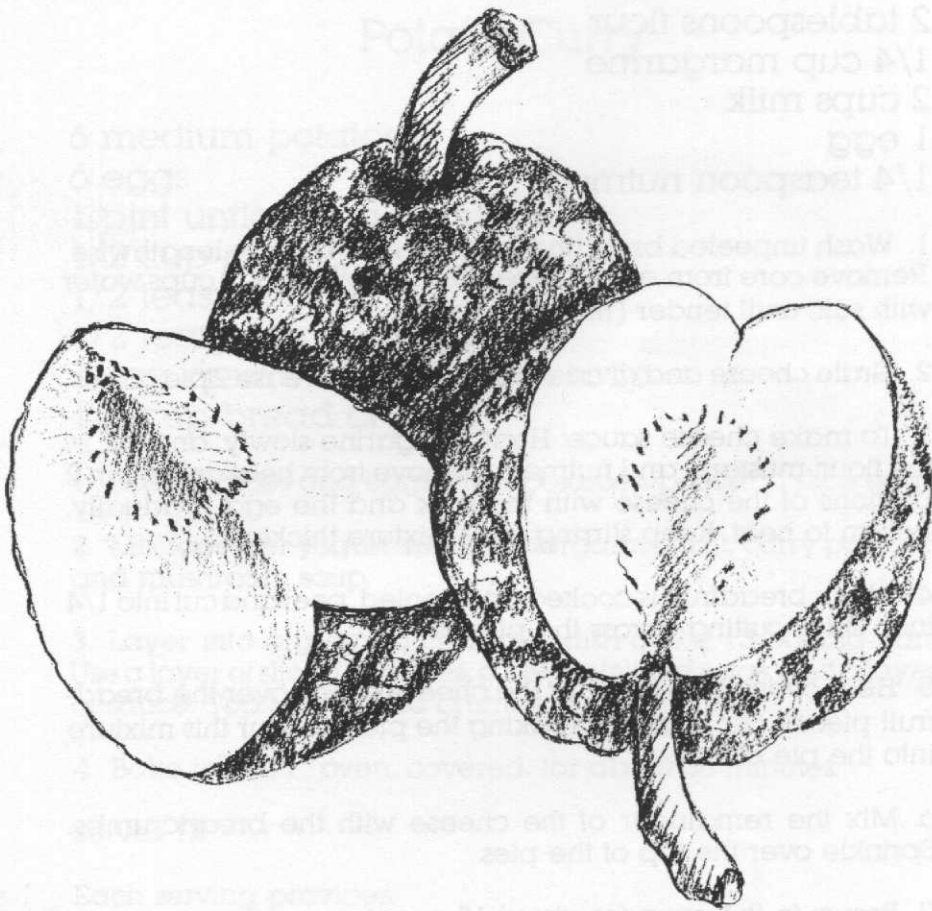
1. Peel papaya and remove seeds. Cut into small pieces. Steam with very little water.
 2. Mash steamed papaya; add salt, pepper and margarine.
 3. Combine cheese with beaten eggs and add to papaya mixture.
 4. Top with dried bread crumbs and dot with margarine.
 5. Bake 15-20 minutes at 325°F. Serve hot as a vegetable side dish.
- Serves 4.

Each serving provides:

Calories	Fat (g)	Protein (g)	Carbohydrates (g)	Sodium (mg)	Cholesterol (mg)
200	12	16	6	494	147



Main Dishes



Breadfruit-Cheese Pie

- 1 medium breadfruit
- 2 1/2 cups water
- 1 teaspoon salt
- 2 cups cheddar cheese, grated
- 2 teaspoons prepared mustard
- 3 tablespoons breadcrumbs
- 2 tablespoons flour
- 1/4 cup margarine
- 2 cups milk
- 1 egg
- 1/4 teaspoon nutmeg

1. Wash unpeeled breadfruit and cut into 4 pieces lengthwise. Remove core from each piece. Steam-boil in 2 1/2 cups water with salt, until tender (time will vary).
2. Grate cheese and divide into 3 portions. Grease 2 pie dishes.
3. To make cheese sauce: Heat margarine slowly, and stir in the flour, mustard, and nutmeg. Remove from heat and stir in 2 portions of the cheese with the milk and the egg gradually. Return to heat. Keep stirring until mixture thickens.
4. When breadfruit is cooked and cooled, peel and cut into 1/4 inch strips cutting across the pieces.
5. Heat oven to 400°F. Pour the cheese sauce over the breadfruit pieces. Stir without breaking the pieces. Pour this mixture into the pie dishes.
6. Mix the remainder of the cheese with the breadcrumbs. Sprinkle over the top of the pies.
7. Brown in the oven for about 15 minutes.

Cut each pie into 8 pieces. Serves 8 as a main dish. Serves 16 as a side dish.

(continued next page)

Each side dish serving of Breadfruit-Cheese Pie provides:

Calories	Fat (g)	Protein (g)	Carbohydrates (g)	Sodium (mg)	Cholesterol (mg)
218	14	9	15	370	52



Breadfruit

Select breadfruit that is all green, evenly colored and hard with large, well-developed scales that are about the same size.

Potato Curry

- 6 medium potatoes
- 6 eggs
- 1 pint unflavored yogurt
- 1/2 cup melted margarine
- 1/2 teaspoon salt
- 1/2 teaspoon curry powder
- 1 can cream of mushroom soup
- 1/3 cup bread crumbs

1. Boil potatoes and eggs. Slice potatoes, peel and slice eggs.
2. Mix together yogurt, melted margarine, salt, curry powder, and mushroom soup.
3. Layer into a greased casserole dish or 9 x 13 baking pan. Use a layer of sliced potatoes, a layer of sliced eggs, and a layer of sauce. Top with bread crumbs.
4. Bake in 300°F. oven, covered, for about 30 minutes.

Serves 12

Each serving provides:

Calories	Fat (g)	Protein (g)	Carbohydrates (g)	Sodium (mg)	Cholesterol (mg)
231	13	8	21	499	141

Yam Souffle

- 3 medium-sized yams, peeled and cut into quarters
- 1/2 cup margarine
- 1 cup fresh milk
- 1/2 cup parmesan cheese
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 3 eggs, separated

1. Cook yams in lightly salted boiling water for about 30 minutes or until yams are tender, but not falling apart.
2. Drain and return to pan. Cook over moderate heat, stirring constantly, until yams are completely dry.
3. Mash yams with a fork (or puree in blender or food processor). Add margarine and milk, beating constantly. Add cheese, salt, pepper, then beat in the egg yolks one at a time.
4. In a deep bowl, beat egg whites until they are stiff enough to form peaks. Mix about 1/3 of the egg whites into the yam mixture; then pour the mixture over the remaining egg whites. Gently fold them together using an under-over motion rather than a stirring motion.
5. Pour mixture into a greased 1-quart souffle or casserole dish.
6. Bake in the middle of the oven at 400°F. for 35 minutes or until souffle puffs well above the rim and the top is lightly browned.

Serve at once.

Serves 6.

Each serving provides:

Calories	Fat (g)	Protein (g)	Carbohydrates (g)	Sodium (mg)	Cholesterol (mg)
316	23	8	21	525	148

Stuffed Green Peppers

- 6 large green peppers
- 1/2 cup peanut butter
- 1/2 cup water
- 1/4 cup onion, minced
- 1/4 cup celery, chopped
- 1 teaspoon sage
- 1 teaspoon salt
- 1 teaspoon soy sauce
- 1/4 teaspoon garlic powder
- 2 cups rice, cooked

1. Wash peppers, cut tops off, remove seeds and membrane.
2. Blend peanut butter with water to make a thin paste. Combine with remaining ingredients.
3. Fill peppers and bake at 400°F. oven for 45 minutes in a covered baking pan with 1" hot water in the bottom. The peppers will be sitting in the water.
4. Uncover and bake 15 minutes longer until peppers are just tender.

*Make sure there is water in the pan while baking.

Each stuffed pepper provides:

Calories	Fat (g)	Protein (g)	Carbohydrates (g)	Sodium (mg)	Cholesterol (mg)
226	11	8	26	767	0



Too much sodium in the diet may aggravate high blood pressure once it exists.

Protein

Protein is needed in the body for building and repairing body tissue. Proteins form the basis of every cell. Protein from plants are of lower nutritional quality than animal proteins. This is because some of the amino acids or protein building blocks are missing. However, you can combine incomplete protein food to make a complete protein dish that is of the same quality as meat. One must be a legume (dried peas or beans) and one a grain, cereal or nut.

Combine a food from list A with one from list B when using plant protein.

Legumes + Grain/Cereals/Nuts = Complete Protein

LIST A

(Legumes)

Black Beans
Black Eyed Peas
Dry Split Peas
Garbanzo Beans
Kidney Beans
Lentils
Pigeon Peas
Pink Beans
Red & Pink Beans
Soybeans

LIST B

(Grains, Cereals, Nuts)

Rice
Corn Products
Wheat Products
Barley
Other Cereal Grains
Peanuts/Peanut Butter
Sunflower Seeds
Sesame Seeds

Some examples of foods that go together and provide a complete protein are:

Rice + legumes

"Rice and Pigeon Peas"

Corn + legumes

"Fungi and Stewed Beans"

Wheat + legumes

"Roti"

Wheat + peanut + milk

"Peanut butter sandwich"

Wheat + milk/cheese

"Macaroni and cheese"

(See page 45 for more information)

Dried beans, peas and lentils have much less fat, cholesterol and calories than meat products. It makes good sense to consider the source of your protein.

How To Cook Dry Beans

Beans may be soaked overnight to improve their flavor, texture, appearance and digestibility, as well as decreasing the cooking time.

Before soaking, inspect dry beans, removing any damaged beans or foreign material. Wash beans in cold water. Soak in three to four times as much water as beans. Remove any beans that float. Beans may be soaked overnight.

If you have forgotten to soak, a quick method to tenderize the beans for cooking is to boil 1 cup dried beans in 3 cups water for 2 minutes. Set aside and soak 1 hour before cooking.

To cook put soaked beans into a large kettle. For each pound of beans, add about 6 cups hot water (see chart for exact amount) and bring to boil. Do not cook beans at a rapid boil as they tend to break up; simmering or gentle cooking helps prevent this. To help prevent foaming during cooking, add about a tablespoon of cooking oil or margarine per cup of dry beans. Cooking time will vary; beans that have been stored several months take longer to cook.

Do not add soda to the beans as they cook. While this does speed up the cooking time, the soda destroys the nutrients in the beans.

Add salt only after soaking to avoid toughening the surface of the beans, which increases cooking time.

Vegetables and herbs add more flavor if added *during* cooking rather than after the beans are cooked.

However, acid foods, such as tomatoes or vinegar, should not be added until the beans are almost tender. The acid delays the softening of the beans and adds to cooking time.

Long slow cooking is best for beans, because the pressure cooker can be dangerous. As beans cook, they tend to splatter and foam, clogging the vent. Fill the cooker only 1/2 full. Follow the directions that come with the pressure cooker—most suggest cooking dried peas or beans at 15 pounds. Pressure should rise and fall slowly to prevent breaking the beans.

Variety

Serving Suggestion

Amount of water for 1 pound of dry beans

Black Beans



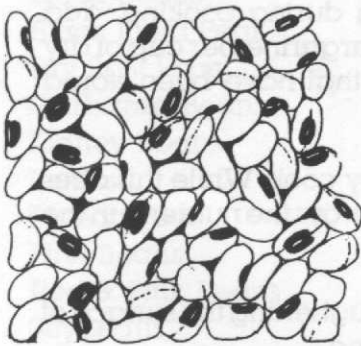
Stewed

5 cups

Soups

With rice

Black Eyed Peas



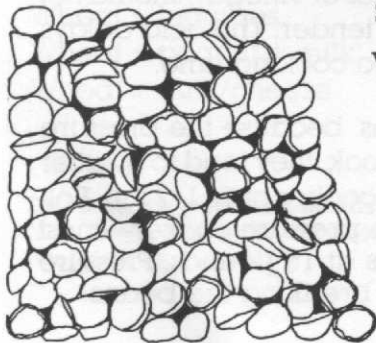
Main dish

5 cups

Vegetable

Veggie burgers

Dry Split Peas



Roti

5 cups

Soups

Veggie patties

Description/Cooking Time

**Calories per 1/2 cup
Cooked Serving**

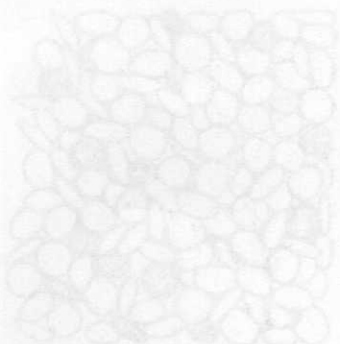
- Black beans are also called "Turtle Beans."
- They are whitish inside, and will cook up to a gray color if broken. Soak overnight. Cook for 2 hours.

113



These small, oval shaped beans are creamish white with a black spot on one side. Soak overnight. Simmer 1 1/2 to 2 hours.

95



Green or yellow peas may be used interchangeably. The greens have more flavor. These peas have had their skins removed. Do not soak. Cook for 40 minutes.

145



Coleman per 1/2 cup
Canned Beans

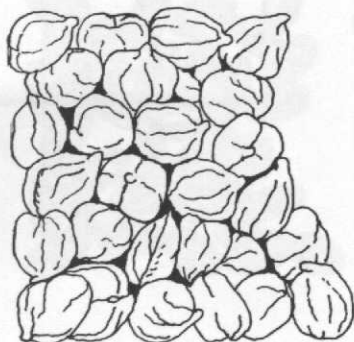
**Serving
Suggestion**

**Amount of water for
1 pound dry beans**

Garbanzo Beans
or Chick Peas

Pickled in salads
Main dishes
Dips

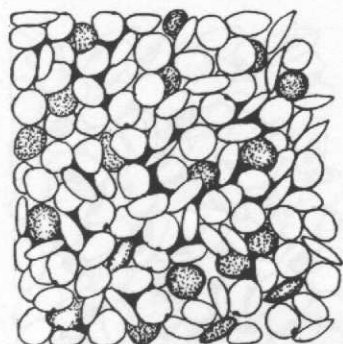
8 cups



Lentils

Veggie patties

5 cups

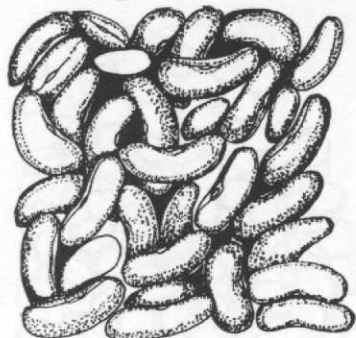


Stews
Casseroles
Soups
Salads

Kidney Beans

Chili

6 cups



Stewed with rice
Soups
Stews, Casseroles
Salads

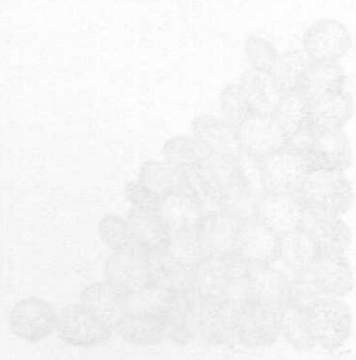
Description/Cooking Time

**Calories per 1/2 cup
Cooked Serving**

These are nutty in flavor with a firm texture.

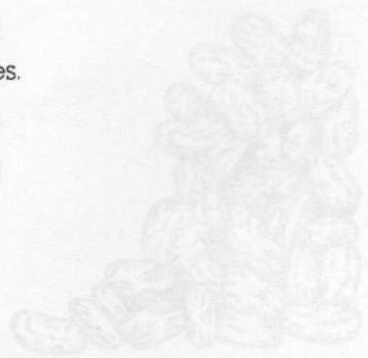
134

Do not soak. Cook for 2-2 1/2 hours.



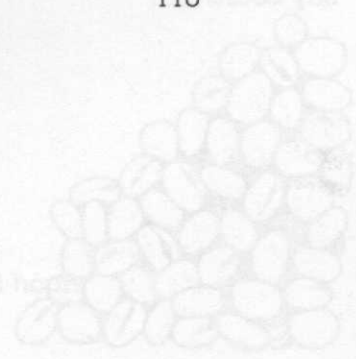
Lentils may be green or red-orange and are disc shaped. Do not use pressure cooker. Do not soak. Cook for 20 minutes.

106



These beans are large and have a red color and kidney shape. Soak overnight. Cook 1-1 1/2 hours. Pink and red beans may be used interchangeably with kidneys.

110



Variety

Serving Suggestion

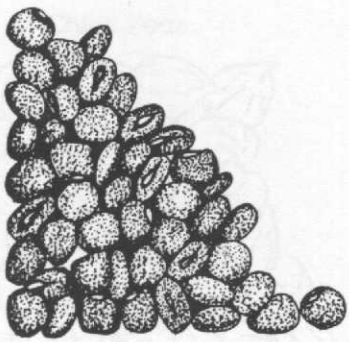
Amount of water for 1 pound dry beans

Pigeon Peas

Soups

6-8 cups

Side dishes with rice



Pinto Beans

Salads

6 cups

Mexican food

Soups

Chili

Beanloaf

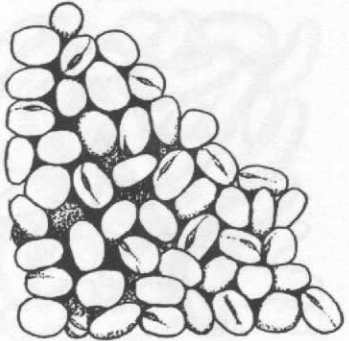


Soy Beans

Good with

8 cups

tomatoes and cheese. Used to make soy milk, soy oil, tofu, vegetable patties



Description/Cooking Time	Calories per 1/2 cup Cooked Serving
<p>Pigeon peas are a high quality protein.</p> <p>Fresh and canned pigeon peas remain green, while the dried ones stay brown.</p> <p>Color does not change taste or food value.</p> <p>Simmer for 2 to 3 hours.</p>	102
<p>Pintos are beige colored and speckled.</p> <p>Soak overnight. Simmer for 1 1/2 to 2 hours.</p>	85
<p>Soy beans are the beans highest in nutritional value. They are higher in fat than other dry beans but not much different in calories. Because of their high protein content, they tend to foam in cooking somewhat more than other beans. Soak overnight. Simmer 2 1/2 to 3 hours.</p>	105

Pink Bean Picadillo

- 1 pound small dried pink beans, soaked overnight
- 7 cloves garlic, peeled
- 1 medium-size carrot, chopped
- 4 cups onion, chopped
- 5 cups water
- 1 large jalapeno pepper, seeded and finely chopped
- 1/4 cup olive oil
- 1 tablespoon ground cumin
- 1/2 teaspoon fresh thyme
- 1/4 teaspoon ground hot pepper
- 1 teaspoon salt
- 1 can (8 ounces) stewed tomatoes
- 1/2 cup stuffed green olives, sliced
- 1/3 cup cider vinegar
- 1 jar (3 1/4 ounces) capers, drained
- 1/4 cup raisins

1. Place beans in a large saucepan, cover with cold water and soak overnight.
2. Drain beans. Return to pan. Add sliced garlic, carrot, 2 cups of the chopped onion and 5 cups water to beans.
3. Uncovered, bring to boiling over medium heat. Lower heat; cover and simmer 30 minutes.

While the beans simmer,

1. Finely chop remaining 3 garlic cloves.
2. Heat 1/4 cup olive oil in large skillet. Add onion, garlic, green pepper, and jalapeno pepper and saute, stirring often, until onions are golden. Stir into beans with cumin, thyme, ground hot pepper, salt and stewed tomatoes. Cover and simmer another 20 minutes.

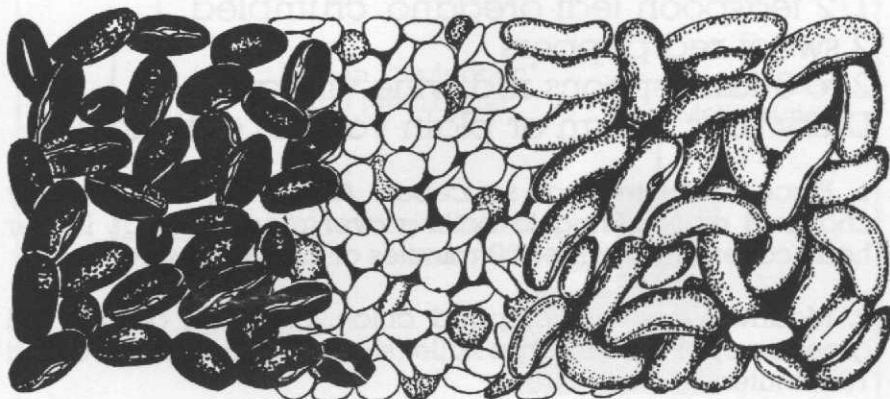
3. Add olives, vinegar, capers, and raisins. Simmer, uncovered, 15 minutes until beans are tender and mixture thickens.

Serve the picadillo hot over cooked rice.

Makes 7 cups.

Each (1/2 cup) serving provides:

Calories	Fat (g)	Protein (g)	Carbohydrates (g)	Sodium (mg)	Cholesterol (mg)
178	5	7	27	394	0



1 pound dry beans equals about 3 1/2 pounds canned beans or 5 1/2 cups, cooked.

A cup of **cooked beans** provides half the daily intake of dietary fiber suggested by the National Cancer Institute. That is equivalent to the fiber in 10 slices of whole wheat bread or 3 to 4 cups of cooked vegetables.

A quarter pound of **dry beans** contains 20 grams of protein, the same as 1/2 pound of hamburger.

Stewed Black Beans with Roasted Peppers

- 1 (16 ounce) can black beans
- 3 cups water
- 2 cups onion, chopped
- 2 large cloves garlic, finely chopped
- 1 sweet green pepper, halved, cored, seeded
and chopped
- 1 tablespoon olive or vegetable oil
- 1 teaspoon salt
- 3/4 teaspoon pepper
- 1/2 teaspoon leaf oregano, crumbled
- 2 sweet red peppers
- 2 to 3 tablespoons red wine vinegar
- Dairy sour cream or plain yogurt (optional)

1. Place beans in large saucepan. Add water and coarsely chopped onion. Bring to boiling over medium heat. Lower heat; cover and simmer 30 minutes or until almost tender.

2. Meanwhile, saute chopped onion, chopped garlic, and green pepper in oil in large skillet, stirring often, until soft, about 10 minutes.

3. Stir into beans with salt, pepper and oregano. Cover and simmer 30 minutes until beans are very tender.

To roast peppers:

1. Char red peppers on all sides, either over gas flame or under broiler.

2. Place in paper bag for 5 minutes to loosen skin. Peel and seed.

3. Reserve about half a pepper for garnish; coarsely chop the remainder.


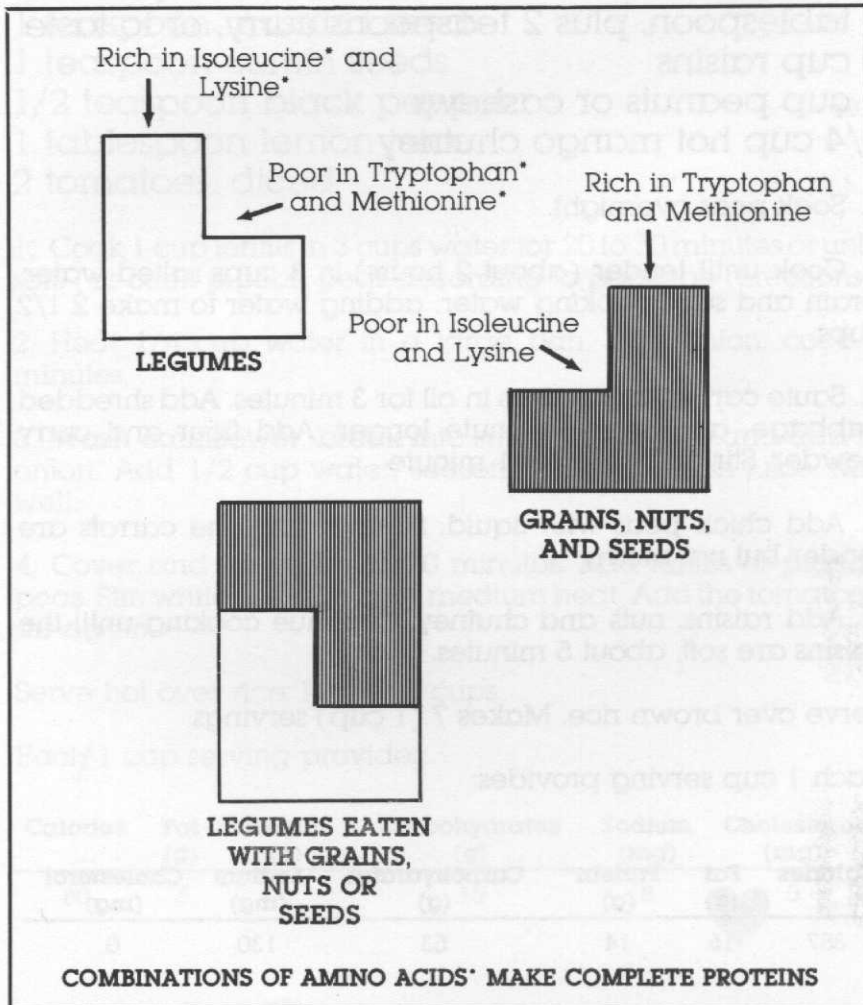
4. Add chopped peppers to beans with 2 tablespoons of the vinegar. Simmer 10 minutes longer.

5. Taste and adjust seasonings, if necessary.
 Garnish with reserved red pepper, and serve with dollops of sour cream or yogurt, if you wish.

Serves 5.

Each 1 cup serving provides:

Calories	Fat (g)	Protein (g)	Carbohydrates (g)	Sodium (mg)	Cholesterol (mg)
157	3	8	26	411	0

Chick Pea Curry

- 1 cup dried chick peas, soaked overnight or
1 (16 ounce) can
- 1/2 teaspoon salt
- 2 tablespoons vegetable oil
- 5 carrots, thinly sliced crosswise
- 2 medium onions, sliced
- 2 cups cabbage, shredded
- 1/4 cup flour
- 1 tablespoon, plus 2 teaspoons curry, or to taste
- 1 cup raisins
- 1 cup peanuts or cashews
- 1/4 cup hot mango chutney

1. Soak peas overnight.
2. Cook until tender (about 2 hours) in 3 cups salted water. Drain and save cooking water, adding water to make 2 1/2 cups.
3. Saute carrots and onions in oil for 3 minutes. Add shredded cabbage, and cook 1 minute longer. Add flour and curry powder. Stir and cook for 1 minute.
4. Add chick peas with liquid. Simmer until the carrots are tender but not mushy.
5. Add raisins, nuts and chutney. Continue cooking until the raisins are soft, about 5 minutes.

Serve over brown rice. Makes 7 (1 cup) servings.

Each 1 cup serving provides:

Calories	Fat (g)	Protein (g)	Carbohydrates (g)	Sodium (mg)	Cholesterol (mg)
387	16	14	53	130	0

Cauliflower Lentil Curry

- 2 cups lentils or pigeon peas, cooked
- 1 large head cauliflower
- 3/4 cup water
- 1 onion, sliced
- 1 teaspoon ginger, ground
- 1 1/2 teaspoons turmeric
- 1/2 teaspoon cinnamon
- 1/2 teaspoon coriander
- 1 teaspoon mustard seeds
- 1 teaspoon cumin seeds
- 1/2 teaspoon black pepper
- 1 tablespoon lemon juice
- 2 tomatoes, diced

1. Cook 1 cup lentils in 3 cups water for 20 to 30 minutes or until soft, (or cook pigeon peas according to package directions).
2. Heat 1/4 cup water in a large pan. Add onion, cook 5 minutes.
3. Wash cauliflower, break into small flowerettes and add to onion. Add 1/2 cup water, seasonings and lemon juice. Mix well.
4. Cover and let steam 15-20 minutes. Add lentils or pigeon peas. Stir, while cooking over medium heat. Add the tomatoes, stir again.

Serve hot over rice. Makes 8 cups.

Each 1 cup serving provides:

Calories	Fat (g)	Protein (g)	Carbohydrates (g)	Sodium (mg)	Cholesterol (mg)
80	.5	6	15	8	0



Star's Spicy Lentils

- 1 pound dried lentils
- 6 cups water
- 2 large onions, chopped
- 3 garlic cloves, minced
- 1 carrot, chopped
- 2 tablespoons vinegar
- 5 tomatoes, diced
- 1 can tomato paste (6 ounce)
- 1 tablespoon chili powder
- 1 tablespoon cumin
- 1 teaspoon oregano
- 1 teaspoon red pepper, dried & crushed
- 5 Puerto Rican peppers, chopped (optional)
- 1 tablespoon salt

1. Combine all ingredients in a large pot and bring to boil.
2. Reduce heat and simmer until lentils are tender, about 20 minutes or longer.
3. Serve hot over brown rice or whole wheat noodles.

Makes 15 servings, about 1 cup each.

Each 1 cup serving provides:

Calories	Fat (g)	Protein (g)	Carbohydrates (g)	Sodium (mg)	Cholesterol (mg)
101	.5	7	20	146	0



Okra is a good source of vitamin C and potassium.

Stuffed Cabbage Leaves

Leaves from medium cabbage

1 medium onion, chopped

2 garlic cloves, minced

6 Puerto Rican sweet peppers, chopped

1 teaspoon fresh thyme leaves

3 tablespoons tomato paste

3 tablespoons vegetable oil

1 (16 ounce) can pigeon peas

1 teaspoon salt

1 teaspoon black pepper

1 1/2 cups rice, uncooked

1 cup tomato sauce

3 cups water

1. Wash cabbage, separate into individual leaves. Steam leaves in colandar or steamer over boiling water for 2 minutes or place leaves in small amount of water and boil until tender. Drain and cool by immersing in cold water. Pat dry with paper towels.

2. Saute onion, garlic, sweet pepper in oil until tender. Add tomato paste, peas, thyme, salt, black pepper, and water. Cook for a few minutes.

3. Add uncooked rice and cook rapidly uncovered for 5 minutes. Reduce heat. Add pigeon peas. Cover and continue cooking over very low heat until done, about 15 minutes.

4. Place 1/2 cup of seasoned rice mixture on each cabbage leaf. Roll neatly. Place seam side down in greased casserole. Cover with tomato sauce.

5. Bake covered at 350°F. for 35 minutes.

Makes 15 cabbage rolls.

Each cabbage roll provides:

Calories	Fat (g)	Protein (g)	Carbohydrates (g)	Sodium (mg)	Cholesterol (mg)
132	3	3	23	454	0



Lentil-Potato Patties

- 2 cups cooked lentils (mashed)
- 2 cups mashed potatoes
- 1/2 cup green pepper, finely chopped
- 1/2 cup onion, finely chopped
- 1 cup bread crumbs
- 1 tablespoon parsley, finely chopped
- 1 1/2 teaspoons sage

1. Cook 1 cup dried lentils in 3 cups water for 20 minutes or until soft. Drain any remaining water.
2. Boil 4 medium potatoes, covered, until tender enough to mash; or prepare instant potatoes according to package directions to make 2 cups.
3. Cook onion and pepper in 1/4 cup water for 5 minutes.
4. Combine all ingredients and mix well. Form into patties using a 1/4 cup of mixture for each one. Place on lightly greased baking sheet.
5. Bake at 350°F. for 20 minutes. Makes 17 patties.

Each patty provides:

Calories	Fat (g)	Protein (g)	Carbohydrates (g)	Sodium (mg)	Cholesterol (mg)
71	1	3	12	117	0



If you use fresh rather than dried herbs, use twice the amount.

Lentil Rice Burgers

- 1 cup dried lentils or 2 cups cooked
- 1 cup short grain brown rice or 2 1/2 cups cooked
- 1 tablespoon soy sauce
- 1 teaspoon red pepper
- 2-3 garlic cloves
- 1 onion, chopped
- 1 teaspoon sage
- 1/2 teaspoon celery salt

1. Cook lentils in 1 1/2 cups water for 30 minutes. Drain water and mash lentils.
2. Cook rice.
3. Steam the chopped onion and garlic in 1/2 cup of water for 5 minutes. Combine mashed lentils, rice, onions, garlic and seasonings.
4. Moisten hands and form ingredients into patties, using a 1/4 cup measure. Place on ungreased baking sheet.
5. Bake in 325°F. oven for 30 minutes.

Serve with Fresh Tomato Sauce or use as vegi-sandwich.

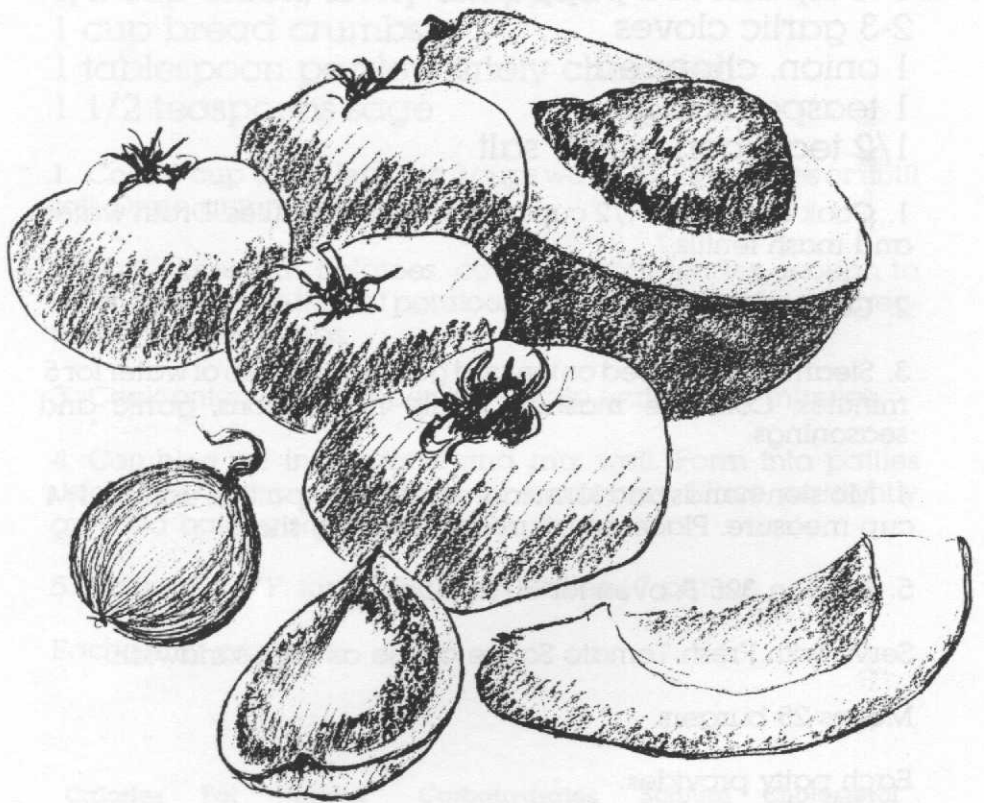
Makes 25 burgers.

Each patty provides:

Calories	Fat (g)	Protein (g)	Carbohydrates (g)	Sodium (mg)	Cholesterol (mg)
66	.3	3	13	201	0



Low in fat, **split peas and lentils** contain less calories ounce for ounce than meat, are less costly and can be combined to produce protein that is equivalent to animal protein.



Carbohydrate (g)	Protein (g)	Fat (g)	Calories (kcal)
10	1	0	40
10	1	0	40
10	1	0	40
10	1	0	40

low in fat, high in fiber, and low in calories. It is a good source of potassium and contains antioxidants. The fiber in this vegetable helps with digestion and can help lower cholesterol levels. It is also a good source of vitamin C and beta-carotene.

Vegi Burger

1 pound black eyed peas
1/4 cup onion, finely chopped
2 sprigs thyme, finely chopped
3 carrots, grated
1 teaspoon garlic powder
1/4 cup parsley, finely chopped
2 teaspoons soy sauce
1/2 teaspoon ground sage
Oil, for frying

Avocados, mashed
Alfalfa sprouts
Tomatoes, chopped

1. Soak black eyed peas overnight in 1 quart water. Drain water and blend peas in food processor or blender. Do not cook.
2. Chop vegetables and seasonings; add to black eyed peas.
3. Spoon batter on lightly greased grill or frying pan to make 6 five-inch circles. Fry on both sides until brown.

To serve: Cut circles in half. Use the burger as bread to hold filling of your choice. To do this, spread one side of one half vegi burger with mashed avocado. Top with alfalfa sprouts, chopped tomatoes, or fresh vegetables of your choice. Place other half of vegi burger on top of vegetables and serve.

Each burger (without vegetables) provides:

Calories	Fat (g)	Protein (g)	Carbohydrates (g)	Sodium (mg)	Cholesterol (mg)
136	3	7	22	125	0



Split Pea Patties

- 2 1/2 cups cooked split peas
- 1 egg
- 1 cup bread crumbs
- 1/2 cup milk
- 1/2 teaspoon salt
- 1/2 small onion, chopped
- 1 teaspoon black pepper
- 2 garlic cloves, minced

1. Cook 1 cup dry split peas in 4 cups water for about 1 hour or until soft to make 2 1/2 cups cooked. Drain. Mash with a fork.
2. Add egg, bread crumbs, milk, salt, onion and seasonings. Mix together.
3. Shape into 12 patties. Place on baking sheet covered with wax paper or paper towels. Chill 1 hour.
4. Lightly grease frying pan with vegetable oil. Cook patties until browned, about 5 minutes on both sides.

Serves: 12

Each patty provides:

Calories	Fat (g)	Protein (g)	Carbohydrates (g)	Sodium (mg)	Cholesterol (mg)
95	1	5	15	148	24



How do split peas split? Through the cooperation of nature. Split peas split naturally after drying and hulling by machines. A dry split pea doesn't need soaking before cooking. The one exception is if you want them to keep their shape during cooking. Then give them a 2 minute boil and a half hour soak.

Pinto Cheese Loaf

- 1/2 pound cheddar cheese, grated
- 1 cup dried pinto beans, soaked, or 1 (15 ounce) can, mashed
- 2 large tomatoes, chopped or 1 (8 ounce) can stewed tomatoes
- 1 egg, beaten
- 1 tablespoon onion, grated
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 2 cloves garlic, minced
- 1/2 cup bread crumbs

1. Boil pinto beans in 5 cups water for about 1 1/2 hours or until tender. Drain and mash. Or use canned pinto beans.

2. Combine cheese and beans. Add tomatoes, beaten eggs, seasonings, and crumbs to make a stiff mixture. Pour into lightly greased pan.

3. Bake at 350°F. oven for 45 minutes. Top will be crunchy and inside will be smooth and moist. Serve with tomato sauce or mango chutney.

Serves 6 (1/2 cup servings) as a side dish or 3 (1 cup) servings as a main dish.

Each serving provides:

Calories	Fat (g)	Protein (g)	Carbohydrates (g)	Sodium (mg)	Cholesterol (mg)
316	14	19	29	498	86



A strong smelling onion will store longer than a sweet onion.

Soybean Carrot Loaf

- 1 1/2 cups dried soybeans, soaked overnight
or 4 cups of cooked soybeans
- 2 cups carrots, shredded
- 1 onion, chopped
- 1/2 cup celery, chopped
- 1 cup dry bread crumbs
- 1 cup wheat germ
- 2 teaspoons salt
- 1/4 cup melted margarine
- 1 teaspoon thyme

1. Cook soybeans in 6 cups of water for 2 hours or until tender. Mash. Mix all ingredients thoroughly. Pack into well greased loaf pan.

2. Bake at 350°F. for 45 minutes.

Option: Top with grated cheese before baking.

Serves 6

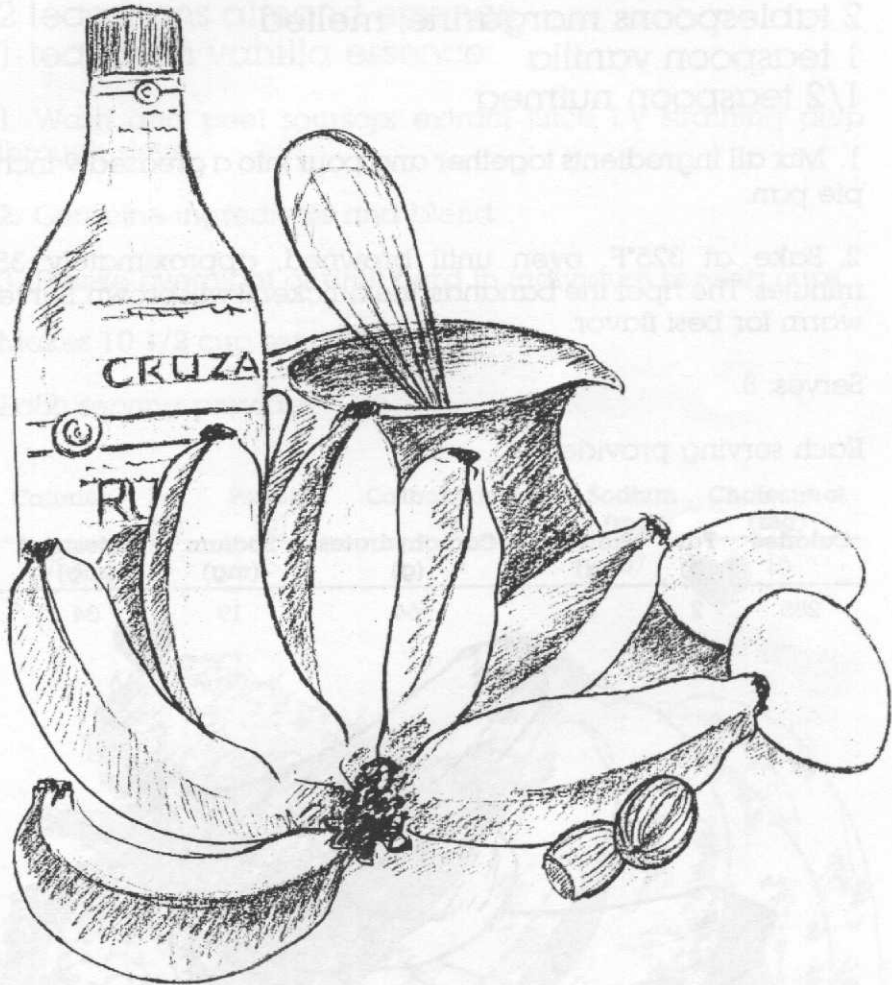
Each serving provides:

Calories	Fat (g)	Protein (g)	Carbohydrates (g)	Sodium (mg)	Cholesterol (mg)
306	13	17	32	666	0



To make **bread crumbs**, place slices of bread on a baking sheet in a 250°F. oven until they are dry but not brown. Cool and then grind in hand grinder or blender. Store bread crumbs in a cool, dry place, not too tightly covered, or they will mold.

Desserts



Black Banana Pudding

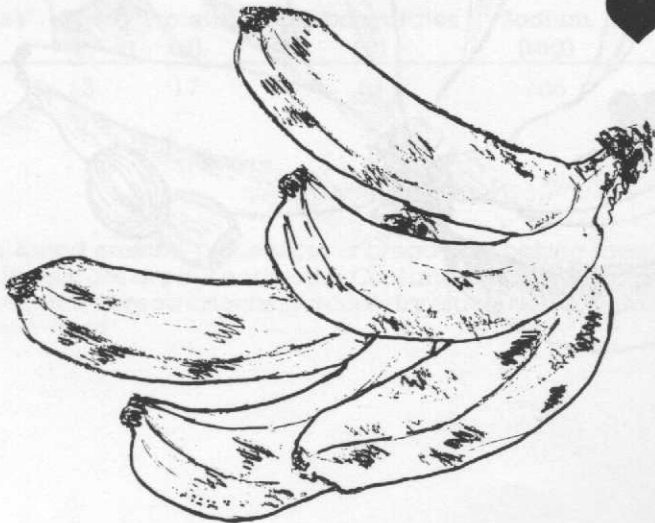
- 10 very ripe bananas, mashed
- 1 cup brown sugar
- 1 egg, beaten
- 1/3 cup flour
- 1/4 cup rum
- 2 tablespoons margarine, melted
- 1 teaspoon vanilla
- 1/2 teaspoon nutmeg

1. Mix all ingredients together and pour into a greased 9-inch pie pan.
2. Bake at 325°F. oven until browned, approximately 35 minutes. The riper the bananas, the quicker it will brown. Serve warm for best flavor.

Serves: 8

Each serving provides:

Calories	Fat (g)	Protein (g)	Carbohydrates (g)	Sodium (mg)	Cholesterol (mg)
285	2	3	64	19	34



Frozen Soursop Dessert

- 2 1/2 cups soursop puree
- 1 cup bananas, mashed (3-4 medium bananas)
- 1 can (6 ounce) frozen, undiluted orange juice
- 1 large can (12 ounce) condensed (sweetened) milk
- 2 teaspoons almond essence
- 1 teaspoon vanilla essence

1. Wash and peel soursop; extract juice by straining pulp through sieve.
2. Combine ingredients and blend.
3. Freeze overnight or until hard in individual serving cups.

Makes 10 1/2 cup servings.

Each serving provides:

Calories	Fat (g)	Protein (g)	Carbohydrates (g)	Sodium (mg)	Cholesterol (mg)
258	4	5	31	67	16



Soursop Gel Dessert

- 1 soursop (to obtain 1 1/2 cups juice and pulp)
- 1/2 cup cold water
- 2 packets plain gelatin
- 1/2 cup fresh milk
- 1 1/2 cups evaporated skim milk
- 3/4 cup sugar
- 1 tablespoon lime juice

1. Wash and peel soursop. Remove seeds and place pulp in blender or food processor. Blend for 1/2 minute and strain through sieve to remove tough membrane.
2. Sprinkle gelatin over cold water in small saucepan. Let gelatin absorb liquid then add 1/2 cup fresh milk.
3. Place over heat. Stir constantly until gelatin dissolves.
4. Remove from heat. Add remaining ingredients. Stir until sugar dissolves. Pour into mold.
5. Chill until set, at least 4 hours. Remove from mold and serve.

Serves 6.

Each serving provides:

Calories	Fat (g)	Protein (g)	Carbohydrates (g)	Sodium (mg)	Cholesterol (mg)
196	1	8	41	95	4



To increase the amount of **iron** absorbed at a meal, eat iron-rich foods with a food high in vitamin C, such as fruit or juices, tomatoes or broccoli.

Oats and Yogurt Mango Pie

- 1 cup plain yogurt
- 1 (7 ounce) package cream cheese
- 1 cup mango, chopped
- 2/3 cup rolled oats
- 1/2 cup pitted dates
- 2 teaspoons vanilla essence
- 2 teaspoons honey
- 1 (8 inch) graham cracker pie shell

1. Chop dates finely.
2. Place all ingredients in blender. Blend on low speed. When completely mixed pour into graham cracker pie shell.
3. Refrigerate overnight, or place in freezer and serve as a frozen dessert.

Serves 6.

To make graham cracker shell:

1. Mix 1/4 cup melted margarine with 2 tablespoons sugar and 1 cup graham cracker crumbs.
2. Press into bottom and sides of pie pan.

Each serving provides:

Calories	Fat (g)	Protein (g)	Carbohydrates (g)	Sodium (mg)	Cholesterol (mg)
315	14	7	43	206	39

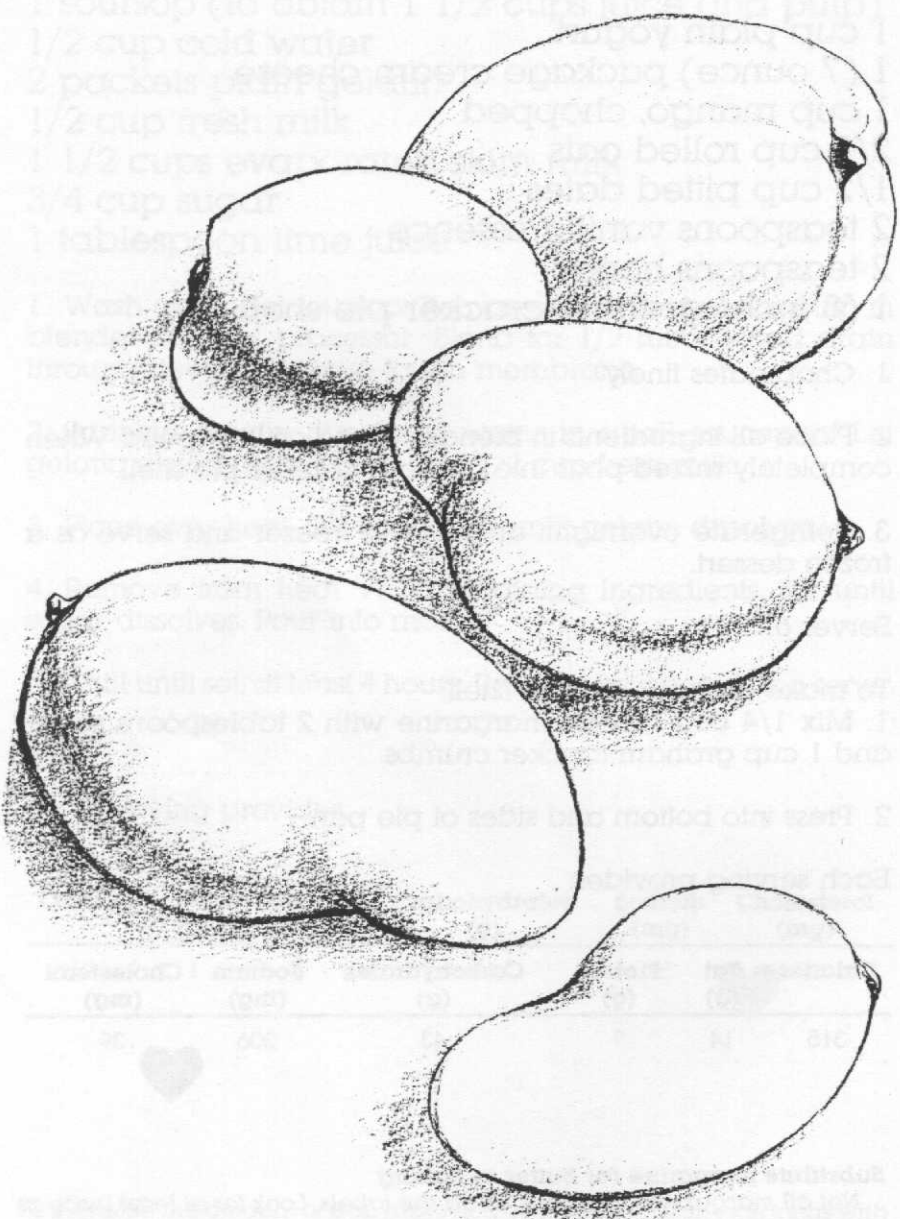


Substitute margarine for butter in baking

Not all margarines are alike. Read the labels. Look for at least twice as much polyunsaturated as saturated fat. Diet margarines do not usually cook well since they contain much more water.

Oats and Yogurt Mango Pie

1 1/2 cups (to obtain 1 1/2 cups) porridge
1/2 cup water
2 packages (8 oz each) eggless yogurt
1/2 cup mango, chopped
1/2 cup rolled oats
1 1/2 cups yogurt
3/4 cup pitted banana slices



Mango Crumble

- 2 cups mangoes, chopped (approximately 4 mangoes)
- 1 cup flour
- 1/4 cup margarine
- 1/3 cup brown sugar
- 3/4 cup corn flakes, crushed
- 1/4 cup white sugar
- 1/2 teaspoon cinnamon

1. Pare and cut mangoes into small pieces. Set aside.
2. Cut margarine into flour, add brown sugar. Sprinkle this mixture into a well greased pie pan, press firmly into the shape of the pan. Chill.
3. Mix corn flakes with white sugar and cinnamon.
4. Preheat oven to 400°F. and remove pie pan from refrigerator. Arrange the mango evenly over the top of the chilled flour mixture. Cover with the crumb mixture.
5. Bake 20-30 minutes or until brown. Remove from oven, cool slightly, then cut into serving portions. Serve when cooled.

Serves: 8

Each serving provides:

Calories	Fat (g)	Protein (g)	Carbohydrates (g)	Sodium (mg)	Cholesterol (mg)
205	6	2	37	103	0

Do not use an iron skillet when cooking or baking mangoes or tomatoes — it will cause them to discolor and pick up an off-flavor.

Papaya Apple Dessert

- 1 small ripe papaya (about 2 pounds)
- 3 medium sized apples
- 1 tablespoon lime juice
- 2 tablespoons sugar
- 1 teaspoon cinnamon
- 1 1/2 cups rolled oats
- 1/2 cup brown sugar
- 4 tablespoons margarine
- 1/4 teaspoon nutmeg

1. Peel papaya, remove seeds, cut into 1/4 inch slices; core and thinly slice apples.
2. Mix sugar and cinnamon in small bowl.
3. Alternate layers of apples with papaya slices in greased 9 x 13 baking dish; sprinkle each layer with lime juice and some of the cinnamon - sugar mixture. It will make 4 layers.
4. Combine rolled oats, brown sugar, soft margarine and nutmeg in small bowl. Cover top of fruit with this mixture.
5. Bake in a 350°F. oven until apple slices are tender and topping is browned, about 50 minutes.

Serves: 12

Calories	Fat (g)	Protein (g)	Carbohydrates (g)	Sodium (mg)	Cholesterol (mg)
146	5	2	26	48	0



Papaya is an excellent source of vitamin C. It also provides folic acid and potassium.

Carrot Raisin Brownies

- 1 1/4 cups brown sugar, packed
- 1/2 cup margarine, softened
- 2 eggs
- 1 teaspoon vanilla
- 1 1/2 cups flour, unsifted
- 1/2 teaspoon baking soda
- 1/2 teaspoon baking powder
- 1/2 cup raisins, chopped
- 1 1/2 cups carrots, finely grated
- 1/2 cup walnuts, finely chopped (optional)
- 1/2 teaspoon salt

1. Preheat oven to 350°F. Lightly grease a 9-inch baking pan.
2. Mix sugar and margarine. Add eggs and vanilla; beat. Stir in dry ingredients. Add raisins and carrots; stir.
3. Spread mixture into baking pan; sprinkle with walnuts.
4. Bake at 350°F. about 40 minutes or until a toothpick inserted in center comes out clean. Cool; cut into squares.

Makes 16 (2-inch) squares.

Each brownie provides:

Calories	Fat (g)	Protein (g)	Carbohydrates (g)	Sodium (mg)	Cholesterol (mg)
215	9	3	32	187	34

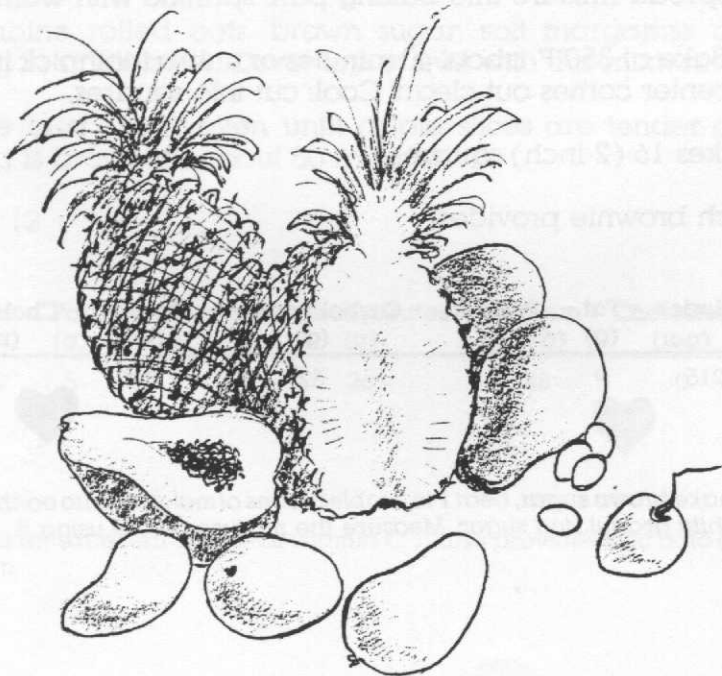


To make **brown sugar**, beat 1 to 2 tablespoons of molasses into each 1/2 cup of white granulated sugar. Measure the mixture before using it.

Pancake with Fruit Topping

- 2 tablespoons margarine
- 4 eggs
- 2/3 cup milk
- 2/3 cup flour
- 1/2 teaspoon salt
- 1/4 teaspoon nutmeg
- 1 tablespoon sugar

1. Melt margarine in 10-inch square pan or round oven-proof skillet.
2. Beat together eggs, milk, flour, salt, and nutmeg. Pour batter into skillet with melted margarine. Sprinkle sugar over top.
3. Bake, uncovered, in pre-heated 425°F. oven, 15-20 minutes.
4. Remove from oven and fill center with your choice of toppings on the next page. Cut into wedges. Serve immediately.



Toppings:

Fresh Fruit Topping: Mango, Papaya, Pineapple
Squeeze juice of 1 lemon over 3 cups of sliced fruit.

Brown Sugar Apple Topping: Melt 1/4 cup margarine. Add 2 sliced apples. Cook until tender, about 8 minutes. Stir in 1/4 cup brown sugar and 2 tablespoons water. Cook until bubbly.

Orange-Banana Topping: Mix 1/4 cup orange juice, 2 tablespoons sugar, 1 teaspoon cornstarch. Heat to boiling; cook 1 minute. Stir in 2 sectioned oranges and 1 sliced banana. Heat.

Serves 8.

Each serving of pancake (without topping) provides:

Calories	Fat (g)	Protein (g)	Carbohydrates (g)	Sodium (mg)	Cholesterol (mg)
151	6	7	10	200	138



Crunchy Bran Topping

Combine 1 1/2 cups bran or uncooked oats, 1/2 cup parmesan cheese, 1/2 cup margarine, 1/2 teaspoon oregano and 1/4 teaspoon garlic powder. Spread on a cookie sheet and bake at 350°F. for 15 minutes. For convenience, make extra and store in the refrigerator. Sprinkle over soups, casseroles or salad to add fiber to your diet.

It is sensible to reduce daily intake of total fat, saturated fat and cholesterol. High blood cholesterol levels increase the risk of heart disease. Eating a diet high in fat—especially saturated fat causes elevated blood cholesterol levels in many people. Saturated fatty acids are usually solid at room temperature. They are found mostly in meat and poultry fats, in dairy products and in coconut and palm oils. Foods high in saturated fats include whole milk products, ice cream, butter, cream, high fat meats, cold cuts, bacon, sausage and foods fried in or prepared with saturated fats such as hydrogenated shortening, butter or lard.

Soursop Quick Bread

- 1 1/2 cups soursop juice and pulp
- 1 cup flour
- 1 cup whole wheat flour
- 1/2 teaspoon salt
- 1/2 teaspoon baking soda
- 1 1/2 teaspoons baking powder
- 1 cup brown sugar
- 1/2 teaspoon ginger
- 1/4 teaspoon allspice
- 1 egg
- 2 tablespoons vegetable oil

1. Wash and peel soursop; extract juice by straining through sieve.
2. Combine dry ingredients together.
3. Beat egg until light, mix soursop and oil and add to egg. Add liquid to dry ingredients all at once. Stir until blended.
4. Place in greased loaf pan.
5. Bake at 325°F. for 1 hour or until done.

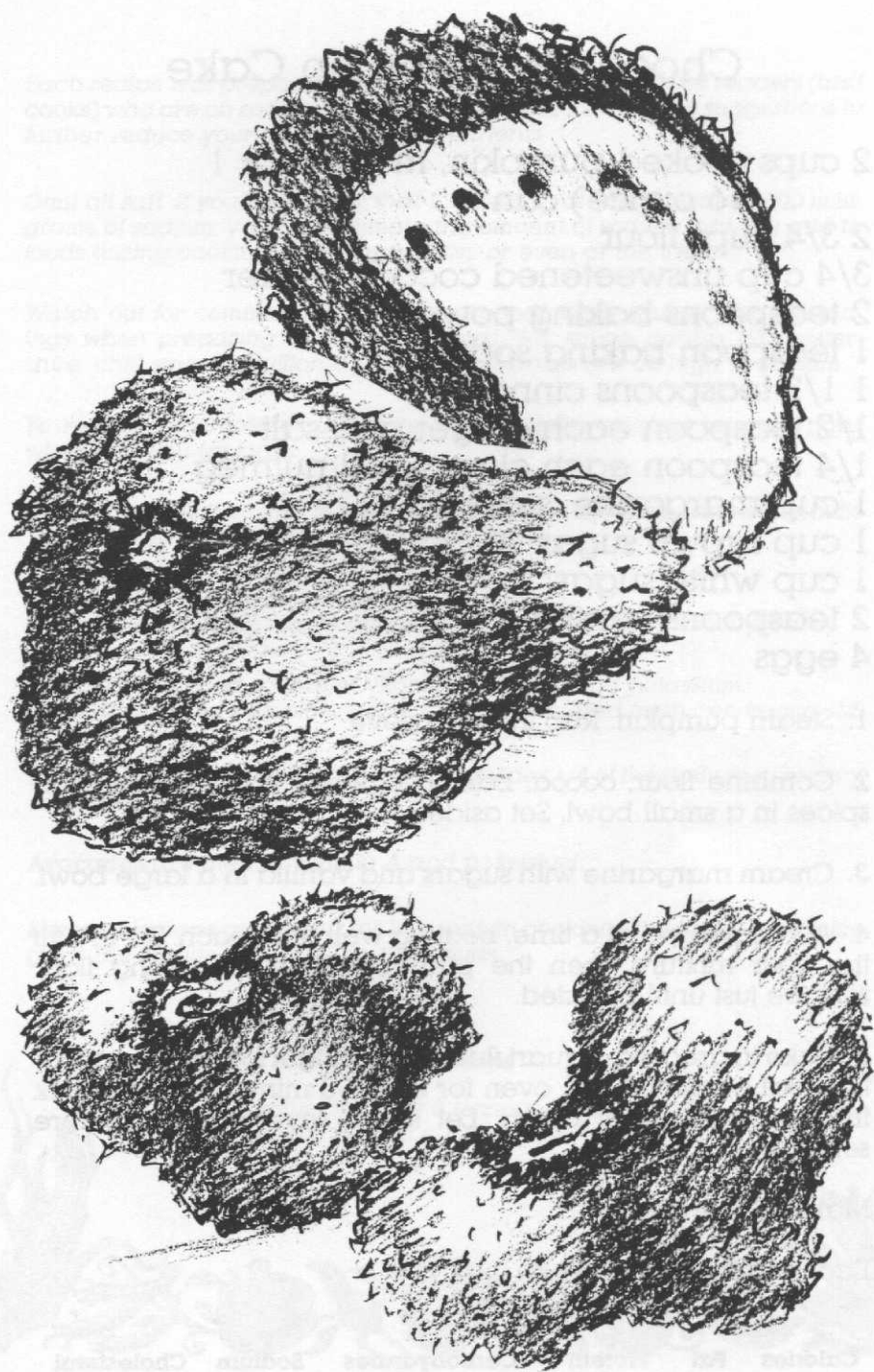
Makes 1 loaf.

One slice (1/16 of a loaf) provides:

Calories	Fat (g)	Protein (g)	Carbohydrates (g)	Sodium (mg)	Cholesterol (mg)
137	2	2	28	121	17



About one in four Americans has elevated blood pressure. High blood pressure increases the risk for heart attack, stroke, and kidney disease. Too much sodium in the diet may aggravate high blood pressure once it exists.



Chocolate Pumpkin Cake

- 2 cups cooked pumpkin, mashed or 1 (16 ounce) can
- 2 3/4 cups flour
- 3/4 cup unsweetened cocoa powder
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- 1 1/2 teaspoons cinnamon
- 1/2 teaspoon each ginger and salt
- 1/4 teaspoon each cloves and nutmeg
- 1 cup margarine, softened
- 1 cup brown sugar
- 1 cup white sugar
- 2 teaspoons vanilla
- 4 eggs

1. Steam pumpkin. Rub through sieve.
2. Combine flour, cocoa, baking powder, baking soda, and spices in a small bowl. Set aside.
3. Cream margarine with sugars and vanilla in a large bowl.
4. Add eggs one at a time, beating well after each. Stir in half the flour mixture, then the pumpkin, then remaining flour mixture just until blended.
5. Bake in greased 3-quart fluted pan, angel food cake pan, or two loaf pans at 325°F. oven for 80 to 90 minutes or until pick inserted comes out clean. Let stand several hours before serving.

Makes 16 servings.

Each serving provides:

Calories	Fat (g)	Protein (g)	Carbohydrates (g)	Sodium (mg)	Cholesterol (mg)
312	14	5	45	317	68

Each recipe was prepared and evaluated for taste. For those readers (and cooks) who are on sodium or fat restricted diets, follow these suggestions to further reduce your intake of these nutrients.

Omit all salt If you remember that 1 teaspoon of salt provides 2,000 milligrams of sodium, you can estimate the amount of sodium that you add to foods during cooking and preparation, or even at the table.

Watch out for commercially prepared condiments, sauces, and seasonings when preparing and serving foods. Soy sauce, catsup, Worcestershire, chili sauce, bouillon and barbecue sauce are all high in sodium.

To reduce fat, consider using the nonfat spray coating on your pans whenever you fry foods.

Use low fat or nonfat milk in cooking and always use evaporated skim milk. The richness is the same but much less fat.

Breadfruit freezes well.

Breadfruit is a good source of potassium and complex carbohydrates.

Pumpkin is a good source of vitamins A and C and potassium.

When buying cut pumpkin, look for brightly colored fresh free from mold.

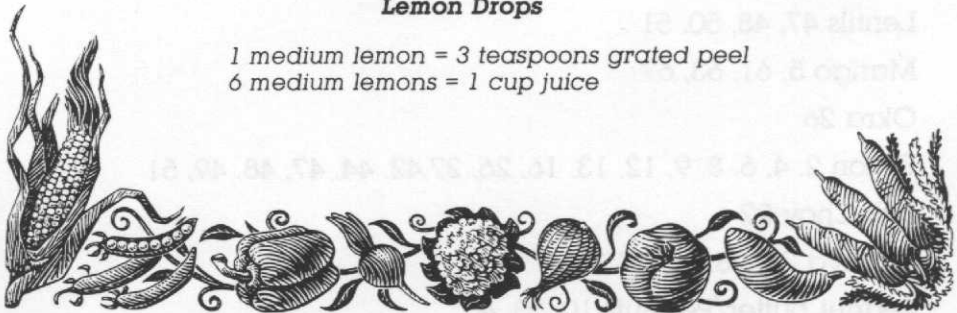
A medium **onion** has 40 calories and provides 1/4 of the daily requirement of vitamin C.

Avocados are high in vitamin A and potassium.

Limes or **lemons** are a must for low sodium cooking. The tangy zesty juice gives the illusion of salt to the taste buds.

Lemon Drops

1 medium lemon = 3 teaspoons grated peel
6 medium lemons = 1 cup juice



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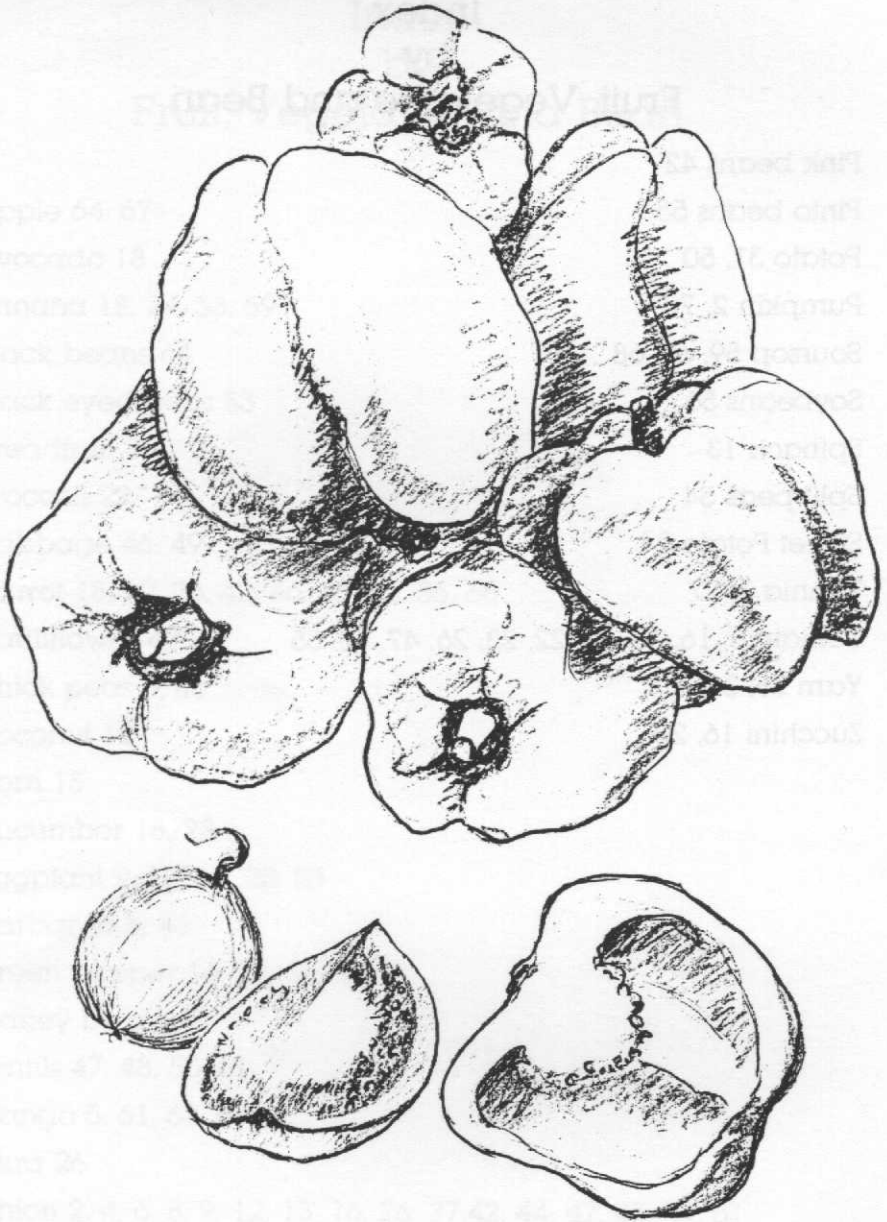
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