



Recipes to Remember

Delicious Soul Food & Ethnic Foods
with a Healthy Twist

**Traditional Family Meal Recipe Secrets from
Washington DC's Senior Citizens**

By Prema Ganganna, PhD., RDN, LDN
Former Chair, Department Of Health, Nursing And Nutrition

Acknowledgment

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Introduction



Food-related illnesses have been steadily increasing in the United States. The District of Columbia is no exception. At the top of the list of preventable food-related health problems is weight gain, which leads to obesity, diabetes and hypertension, to name just a few of the most common problems.

Recent research by the National Health and Nutrition Examination Survey (NHANES) suggests that today's sedentary lifestyles, and not the increased intake of calories, may be responsible for the increase of obesity in the United States. A study in the American Journal of Medicine indicates a substantial increase in the average body mass index (BMI) over the past 20 years. The increase was especially significant among young women between 18 and 39 years of age.

Researchers at Stanford University¹ reported that the percentage of woman who were not engaged in any kind of physical activity jumped from 19% in 1994 to 52% in 2010. The percentage of men who reported no physical activity went from 11% to 44% during the same period. At the same time, the intake of calories did not appear to change much.

This is not surprising, since food does more than nourish our bodies. It is also an important part of our culture and family history. Some of us like spicy food, while others prefer sour flavors. For some, there is hardly a meal without rice, while others prefer potatoes or bread as a regular staple of their diet. Food is also

an important part of our celebrations. We associate particular holidays with food, and some of our family celebrations call for a particular roast, soup, or cake.

That is why this cookbook is so important. It takes favorite family recipes and changes them to use less fat, less sugar, less salt, and fewer calories, while maintaining their familiar flavor and texture. That makes it possible to maintain our cultural food customs and family traditions, while adjusting our caloric intake to respond to our more sedentary lifestyles.

That does not mean we do not need to increase our physical activity, get more exercise, and get outside more to reconnect with our food traditions, where our food comes from, and how it is grown. But in the meantime, a lower intake of calories, sugar, fat and salt is a step in the right direction.

We invite you to enjoy the family recipes collected in this publication. We also hope that it will inspire you to apply the substitutions the recipes suggest to your own family recipes and food traditions, so you can continue to enjoy them while adapting them to be more healthful and flavorful. Enjoy!

With best wishes,

Sabine O'Hara

Dean of CAUSES and Land-grant Programs

1. Bach, B. June 7, 2014. Lack of exercise, not diet, linked to rise in obesity, Stanford research shows Stanford Medicine Newscenter. Stanford, CA.

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Appetizers



Alex’s Guacamole

Sarah’s Circle Senior Center

Ingredients

- » 1 avocado
- » 1 juicy tomato
- » ¼ red onion
- » 5-10 dashes of lime
- » Dash of olive oil
- » Salt to taste
- » Cilantro to taste

Nutrition Facts

Serving Size 100 grams (100 grams)

Amount Per Serving		
Calories 155		Calories from Fat 131
		% Daily Value*
Total Fat	15g	22%
Saturated Fat	2g	11%
Trans Fat		
Cholesterol	0mg	0%
Sodium	61mg	3%
Total Carbohydrate	7g	2%
Dietary Fiber	5g	20%
Sugars		
Protein	2g	
Vitamin A	11% • Vitamin C	14%
Calcium	2% • Iron	5%

*Percent Daily Values are base on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Fiber		25g	30g

Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

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Instructions

1. Slice onion into smallest cubes.
2. Slice tomato into smallest pieces.
3. Slice cilantro leaves into small pieces.
4. Scoop avocado and slice into small chunks.
5. Mix all ingredients together with fork and spoon, do not blend, leave chunky, and serve.

Note: This food is very low in Cholesterol and Sodium. Good source of Dietary Fiber, Vitamin E (Alpha Tocopherol), Potassium and Copper, and a very good source of Vitamin C.



Akara's Soup

Columbia Heights Senior Center



Ingredients

- » 1-1/2 cup dried black eyed peas
- » 1 cup of hot water
- » 1/2 teaspoon chili powder
- » 1/2 teaspoon salt
- » 1/2 teaspoon black pepper
- » 1 cup chopped onion

Nutrition Facts

Serving Size 1/4 of recipe 159g (158g)

Amount Per Serving

Calories 165	Calories from Fat 63
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 2g	12%
Trans Fat 0g	
Cholesterol 16mg	5%
Sodium 786mg	33%
Total Carbohydrate 18g	6%
Dietary Fiber 4g	15%
Sugars 3g	
Protein 8g	
Vitamin A	28% • Vitamin C
Calcium	1% • Iron

*Percent Daily Values are base on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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Instructions

1. In a blender, grind the peas 3 minutes.
2. Gradually add the water, grinding until the mixture turns into a paste.
3. Then add salt, black pepper and chopped onion and boil it for 10-15 minutes
4. Typically, the black eyed peas paste is formed into balls and deep fried, yielding bean fritters.

Note: Akara balls soup is rich in calories and iron.



Chicken Noodle Soup

Columbia Heights Senior Center

Ingredients

- » 1 cup water
- » 1 carrot chopped
- » 1 onion chopped
- » Celery leaves chopped
- » Whole grain pasta (noodles)
- » ½ teaspoon of Salt

Nutrition Facts

Serving Size Entire Recipe 245g (245g)		
Amount Per Serving		
Calories 100	Calories from Fat 18	
	% Daily Value*	
Total Fat 2g		3%
Saturated Fat 0g		2%
Trans Fat 0g		
Cholesterol 15mg		5%
Sodium 880mg		37%
Total Carbohydrate 15g		5%
Dietary Fiber 2g		8%
Sugars 2g		
Protein 8g		
Vitamin A	60% • Vitamin C	0%
Calcium	2% • Iron	2%

*Percent Daily Values are base on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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Instructions

1. Put one cup of water into a pot until boiling.
2. Mix vegetables and chicken dices then stir for 5-7 minutes.
3. Add salt for taste
4. This soup is made with whole grain.
5. It is low in fat and cholesterol.
6. There is no MSG added.

Try Adding/substituting: Chopped leafy greens like spinach, collard greens, amaranth, red cabbage to increase folic acid and B6.



Side Dishes



Sharing the Traditions



Traditional family recipes have been passed down and enjoyed for generations, dating back as early as the 1600s. American soul food and ethnic cuisines from around the world originate from a variety of sources, including Native American culture, West Africa, and the trans-Atlantic slave trade. Many of these influences are seen in American cuisine today, as a number of restaurants have incorporated fusions of ethnic foods, techniques, and ingredients in their menus.

This cookbook represents a collection of both traditional soul food recipes and cuisines that are inspired by Afro-Caribbean and Native American influences. These treasured culinary heirlooms, passed down for decades,

have been generously shared by Washington DC's senior citizens. All of the recipes enclosed in this cookbook are analyzed for nutritional content and include both original and modified variations. The modified recipe versions were created to offer healthier ingredient substitutions and to retain the taste, moisture, and texture of the original recipes.

There is a lot to be learned from the creators of these culinary gems. Enjoy a glimpse into their recipes and learn how to make them at home. Try the modified recipe versions and enjoy the rich flavors, guilt-free!

Mrs. Marion Sweet Potato Pudding

First Baptist Senior Center

Sweet Potatoes are one of the oldest cultivated crops. The true sweet potato, a member of the Morning Glory family is native to the Americas, where it has been consistently eaten since 700 BCE. The yam, while similar, is in a different family of plants. The tuberous yam is native to Africa, which may explain why it was so easily adopted into African-American pantry. Because the sweet potato is native to the Americas, it grows relatively well. Early in the last century, sweet potato consumption was formidable; however, sweet potato consumption was diminished by a steady potato crop. Sweet Potatoes have enjoyed resurgence over the last few decades and are commonly seen on menus throughout the District of Columbia, not only in the form of sweet potato casserole and sweet potato pie, but also as sweet potato fries.

Mrs. Marion's Sweet Potato Pudding recipe is an example of the traditional use of the sweet potato throughout the Coastal South and Deep South. Her recipe combines the velvety smoothness of the sweet potato, the warmth of nutmeg and allspice, and floral vanilla to create a dish which would be at home on any buffet line in the South or on the dinner table at a family holiday celebration. The transformed recipe acknowledges these flavors, while cutting the calories per serving in half, lowering the fat content, and eliminating the cholesterol, all while increasing the fiber by a gram.



ORIGINAL RECIPE

Mrs. Marion Sweet Potato Pudding

First Baptist Senior Center



Ingredients

- » 2 Sweet Potatoes (about 5" inches in length)
- » 1 cup of granulated sugar
- » Dash of nutmeg
- » 1 tsp vanilla
- » Dash of Allspice
- » 2 large eggs
- » 1-1½ cups of whole milk
- » 1 tbsp of white flour

Instructions: Original Recipe

1. In a bowl, grate the potatoes.
2. Measure out 4 cups of potatoes and put into another bowl.
3. Add eggs and mix thoroughly.
4. Add vanilla, sugar, nutmeg, spices and flour.
5. Mix well.
6. Mix in milk and then pour contents into a lightly greased baking pan.
7. Bake for 35-45 minutes.



MODIFIED RECIPE

Mrs. Marion Sweet Potato Pudding

First Baptist Senior Center



Ingredients

- » 2 Sweet Potatoes (about 5" in length)
- » 2 tbsp Molasses
- » ¼ t of nutmeg
- » 1 tsp vanilla
- » ¼ tsp of Allspice
- » ½ cup egg whites
- » 1 cup of Vanilla Almond milk
- » 1 tbsp of Cornstarch
- » Cream of Tartar (optional, if needed)

Instructions: Original Recipe

1. In a bowl, grate the potatoes.
2. Measure out 4 cups of potatoes and put into another bowl.
3. Add eggs and mix thoroughly.
4. Add vanilla, sugar, nutmeg, spices and flour.
5. Mix well.
6. Mix in milk and then pour contents into a lightly greased baking pan.
7. Bake for 35-45 minutes.



NUTRITION FACTS COMPARISON

Mrs. Marion Sweet Potato Pudding

First Baptist Senior Center

ORIGINAL RECIPE

Nutrition Facts

Serving Size 1/2 cup (117g)
Servings Per Container 8

Amount Per Serving

Calories 180 Calories from Fat 25

% Daily Value*

Total Fat 2.5g 4%

Saturated Fat 1.5g 6%

Trans Fat 0g

Cholesterol 50mg 17%

Sodium 55mg 2%

Total Carbohydrate 35g 12%

Dietary Fiber 1g 4%

Sugars 29g

Protein 8g

Vitamin A 100% • Vitamin C 2%

Calcium 6% • Iron 2%

*Percent Daily Values are base on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

		Calories	2,000	2,500
Total Fat	Less than	65g	80g	
Sat Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

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MODIFIED RECIPE

Nutrition Facts

Serving Size 1 cup (112g)
Servings Per Container 6

Amount Per Serving

Calories 90 Calories from Fat 0

% Daily Value*

Total Fat 0.5g 1%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 85mg 4%

Total Carbohydrate 18g 6%

Dietary Fiber 2g 6%

Sugars 10g

Protein 3g

Vitamin A 120% • Vitamin C 2%

Calcium 10% • Iron 4%

*Percent Daily Values are base on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

		Calories	2,000	2,500
Total Fat	Less than	65g	80g	
Sat Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

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Stuffed Potatoes

Columbia Heights Senior Center



Ingredients

- » 4 medium baking potatoes
- » ¾ C Cottage cheese
- » ¼ C Milk
- » 2 tbsp soft margarine
- » 1 tsp dill weed
- » ¾ tsp herb seasoning
- » 4-6 drops hot pepper sauce
- » 2 tsp grated parmesan cheese
- » Salt to taste

Nutrition Facts

Serving Size 1/8 of recipe 136g (136g)

Amount Per Serving

Calories 149	Calories from Fat 44
	% Daily Value*
Total Fat 5g	8%
Saturated Fat 2g	8%
Trans Fat 1g	
Cholesterol 7mg	2%
Sodium 456mg	19%
Total Carbohydrate 21g	7%
Dietary Fiber 2g	8%
Sugars 3g	
Protein 6g	

Vitamin A	2%	Vitamin C	20%
Calcium	8%	Iron	7%

*Percent Daily Values are base on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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Instructions

1. Prick potatoes with fork.
2. Bake at 425°F for 60 minutes or until fork is easily inserted.
3. Cut potatoes in half lengthwise.
4. Carefully scoop out potato leaving about ½ inch of pulp inside shell.
5. Mash pulp in large bowl.
6. Mix in by hand remaining ingredients except Parmesan cheese.
7. Spoon mixture into potato shell.
8. Sprinkle top with ¼ tsp Parmesan cheese.
9. Place on baking sheet and return to oven. Bake 15-20 minutes or until tops are golden brown



Modification:

- Use low fat (1%) cottage cheese and milk instead of full fat to lower fat and cholesterol
- Don't add salt.
- Add herbs such as mint, cilantro or parsley for flavor

Note: Stuffed potatoes are low in Cholesterol. Good source of Vitamin C, Vitamin B6 and Potassium.

Ms. Elsie's Garlic Mashed Potato

First Baptist Senior Center

In addition to wheat, rice, and corn, the white potato was a common staple food in the early 1600s. However, potatoes were introduced to Europe by the Spaniards in the early 1530s. It wasn't until the late 1800s that potatoes were cultivated in the United States. As such, the potato became increasingly popular among African slaves, who learned how to grow and harvest them. Many soul food dishes call for potatoes, including potato salad, potato cakes, and garlic mashed potatoes.

The modified version of this recipe introduces cauliflower as a way in increasing the vegetable content and vitamin C. Cooked cauliflower slightly mimics the texture of white potato, and it is a great substitution for both adding beneficial nutrients and reducing calories.



ORIGINAL RECIPE

Ms. Elsie's Garlic Mashed Potato

First Baptist Senior Center



Ingredients

- » One stick of margarine
- » Pinch of salt
- » Pinch of garlic
- » Cheddar cheese
- » Whole Milk
- » 5-6 Irish or 2-3 Sweet potatoes

Instructions

1. Wash and peel potatoes.
2. Boil potatoes until cooked.
3. In a bowl add cooked potatoes, salt, garlic, and margarine.
4. Mash and mix all ingredients together.
5. Add cheese and continue to mix
6. Slowly, add enough milk while mixing to get soft not runny potatoes.



MODIFIED RECIPE

Ms. Elsie's Garlic Mashed Potato

First Baptist Senior Center



Ingredients

- » 1½ cups of potatoes
- » 1½ cups of cauliflower
- » ½ cup low fat cheddar
- » ½ cup 2% low-fat milk
- » Minced garlic to taste
- » A pinch of salt

Instructions

1. Rinse potatoes and boil in 3 quarts of water until tender. Drain.
2. Peel the potatoes and mix in milk, salt, and garlic.
3. Stir until well blended.
4. Add cheese and butter.
5. Stir again.



NUTRITION FACTS COMPARISON

Ms. Elsie’s Garlic Mashed Potato

First Baptist Senior Center

ORIGINAL RECIPE

Nutrition Facts

Serving Size 1/6 grams (218g)
Servings Per Container 6

Amount Per Serving		
Calories 355		Calories from Fat 202
% Daily Value*		
Total Fat 23g		35%
Saturated Fat 8g		40%
Trans Fat 3g		
Cholesterol 24mg		8%
Sodium 334mg		14%
Total Carbohydrate 30g		10%
Dietary Fiber 3g		12%
Sugars 3g		
Protein 8g		16%
Vitamin A	18%	• Vitamin C 17%
Calcium	20%	• Iron 3%

*Percent Daily Values are base on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

		Calories	2,000	2,500
Total Fat	Less than	65g	80g	
Sat Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

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MODIFIED RECIPE

Nutrition Facts

Serving Size 1 serving (108g)
Servings Per Container 6

Amount Per Serving		
Calories 150	Calories from Fat 60	
% Daily Value*		
Total Fat 7g		11%
Saturated Fat 2.5g		11%
Trans Fat 0g		
Cholesterol Less than 5mg		1%
Sodium 160mg		7%
Total Carbohydrate 16g		5%
Dietary Fiber 2g		8%
Sugars 2g		
Protein 5g		
Vitamin A	2%	• Vitamin C 40%
Calcium	8%	• Iron 2%

*Percent Daily Values are base on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

		Calories	2,000	2,500
Total Fat	Less than	65g	80g	
Sat Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

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Ms. T's Collard Greens

First Baptist Senior Center



Ingredients

- » Pinch of salt, pepper, and sugar
- » 2 pounds of collard greens
- » 1 medium onion
- » Canola oil

Nutrition Facts

Serving Size 1/4 of recipe 267g (266g)

Amount Per Serving

Calories 206

Calories from Fat 132

% Daily Value*

Total Fat 15g 23%

Saturated Fat 1g 6%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 70mg 3%

Total Carbohydrate 16g 5%

Dietary Fiber 9g 34%

Sugars 3g

Protein 6g

Vitamin A 299% • Vitamin C 135%

Calcium 33% • Iron 3%

*Percent Daily Values are base on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

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Instructions

1. Slice or cut up onion.
2. Wash thoroughly and cut up collard greens.
3. In a pot put water to boil.
4. Add greens and onions to the pot.
5. Boil until cooked.
6. Strain greens and add seasoning and some canola oil.

COLLARD GREENS is low in Sodium, and very low in Cholesterol. It is also a good source of Dietary Fiber, Vitamin E (Alpha Tocopherol), Calcium and Manganese, and a very good source of Vitamin A, Vitamin C, Vitamin K and Folate. Try Substituting Olive oil for the canola oil



Ms. Dorothy Corn Pudding

It would be a futile effort to imagine an American culinary tradition without corn. Corn, or maize, is native to the Americas, where it has been cultivated since 2500 BCE. There are now many different cultivar of the maize plant, classified by the amount of starch in the kernel. Corn, because of its variability, is a staple crop in the Americas and it lends both its starch and its fructose to many goods on supermarket aisles today. For a brief time during the summer, corn fields brim with ripe ears. From these silken-haired ears of corn comes corn on the cob, popcorn, cornmeal, grits, corn syrup, creamed corn, corn bread and much more. The corn used in the corn pudding recipe is sweet corn, which produces more sugar and less starch.

While the original recipe, sweetened with sugar is traditional and delicious, the transformed version offers the delicate, subtle sweetness of fresh corn with only a small amount of molasses. One can eat twice as much of the transformed to equal the calorie and fat content of the original. The serving size of the transformed is one cup. The transformed recipe has equivalent dietary fiber, less fat, less calories, extremely less sodium, and less sugar



ORIGINAL RECIPE

Ms. Dorothy Corn Pudding



Ingredients

- » 4 tablespoons butter
- » 1/2 cup all-purpose flour
- » 2 tablespoons sugar
- » 1 teaspoon salt
- » 1 cup milk
- » 1 can (approx. 15 ounces) cream-style corn
- » 1 can (approx. 15 ounces) whole kernel corn or about 2 cups frozen thawed
- » 3 eggs, separated.

Instructions:

1. Heat oven to 350°.
2. Melt butter in a saucepan over medium-low heat;
3. Add flour, stirring until mixture is well blended.
4. Gradually stir in the milk; add sugar and salt.
5. Cook, whisking constantly, until smooth and thickened.
6. Mixture will be thick.
7. Remove from heat and stir in cream-style and kernel corn.
8. Lightly beat egg yolks, and then add to the corn mixture.
9. In a grease-free bowl, beat egg whites until stiff peaks form.
10. Fold egg whites into the mixture.
11. Transfer to a 2-quart buttered casserole.
12. Set the casserole in a larger pan and put in the oven.
13. Add hot water to the large pan to a depth of about 1 inch.
14. Bake for about 45 minutes. Serves 6 people a half cup serving



MODIFIED RECIPE

Ms. Dorothy Corn Pudding



Ingredients

- » 4 tablespoons non-hydrogenated margarine (Earth Balance)
- » ½ cup whole-grain wheat flour
- » 1 tablespoon molasses
- » ½ teaspoon salt
- » 1 cup unsweetened soy milk
- » 4 cups of frozen whole kernel corn (white or yellow)
- » 1 egg Whites, and 1 whole egg separated

Instructions:

1. Heat oven to 350°.
2. Melt Earth Balance in a saucepan over medium-low heat;
3. Add Whole grain wheat flour, stirring until mixture is well blended.
4. Gradually stir in the soy milk; add molasses and salt.
5. Cook, whisking constantly, until smooth and thickened.
6. Mixture will be thick.
7. In food processor, pulse 2 cups of frozen corn until well chopped.
8. Remove milk and flour mixture from heat and stir in chopped corn and remaining kernel corn.
9. Lightly beat egg yolks and white, and then add to the corn mixture.
10. In a grease-free bowl, beat egg whites until stiff peaks form.
11. Fold egg whites into the mixture.
12. Transfer to a 2-quart buttered casserole.
13. Set the casserole in a larger pan and put in the oven.
14. Add hot water to the large pan to a depth of about 1 inch.
15. Bake for about 45 minutes. Serves nine people a one cup serving.



NUTRITION FACTS COMPARISON

Ms. Dorothy Corn Pudding

ORIGINAL RECIPE

Nutrition Facts

Serving Size 1/2 cup (120g)
Servings Per Container: 12

Amount Per Serving		
Calories	150	Calories from Fat 60
% Daily Value*		
Total Fat	7g	10%
Saturated Fat	3.5g	17%
Trans Fat	0g	
Cholesterol	75mg	25%
Sodium	420mg	17%
Total Carbohydrate	20g	7%
Dietary Fiber	1g	5%
Sugars	5g	
Protein 5g		
Vitamin A	6%	• Vitamin C 4%
Calcium	4%	• Iron 4%

*Percent Daily Values are base on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

		Calories	2,000	2,500
Total Fat	Less than	65g	80g	
Sat Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

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MODIFIED RECIPE

Nutrition Facts

Serving Size 1 cup (114g)
Servings Per Container 9

Amount Per Serving		
Calories	150	Calories from Fat 60
% Daily Value*		
Total Fat	0.5g	11%
Saturated Fat	0g	9%
Trans Fat	0g	
Cholesterol	40mg	14%
Sodium	200mg	8%
Total Carbohydrate	20g	7%
Dietary Fiber	2g	8%
Sugars	3g	
Protein 5g		
Vitamin A	4%	• Vitamin C 6%
Calcium	4%	• Iron 6%

*Percent Daily Values are base on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

		Calories	2,000	2,500
Total Fat	Less than	65g	80g	
Sat Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

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Main Dishes



Mr. John's Turkey Chili

Lamond Senior Center

Chili con Carne is one of the most well-known comfort foods in the United States. Derived from Texas and founded by both Spanish settlers and Canary Islanders, chili was introduced to mainstream America in the 1700s. Many believe chili originates from Mexican fare; however, historians are unable to validate a Mexican background for the dish. Chili was primarily consumed in the San Antonio and Houston areas of Texas.

Chili made it's way onto the tables of many African-Americans during the early 20th century because it was a very cost effective way to feed a family. Many southern, working class households incorporated chili into their weekly meal plans as a way of ensuring both a balanced nutritional intake, through chili's iron, protein, and fiber sources and to enjoy the chili for more than one day, as having leftovers was a common occurrence. Today, families still enjoy chili and have developed a number of variations to include spicier versions and other types of meats and beans.



ORIGINAL RECIPE

Mr. John's Turkey Chili

Lamond Senior Center



Ingredients

- » 1 1/4 cup chopped onion
- » 1 cup chopped green bell pepper
- » 2 cloves garlic, minced
- » 3 tablespoons vegetable oil
- » 1 can (28 oz.) stewed tomatoes, undrained
- » 1 cup red wine or water
- » 3 cups cooked ground turkey or cubed turkey
- » 1 Tbs. chili powder
- » 1 Tbs. chopped fresh cilantro or 1 tsp. dried coriander
- » 1 tsp. crushed red pepper flakes
- » 1/2 tsp. salt
- » Shredded cheddar cheese (optional)
- » Additional chopped onion and chopped fresh cilantro (optional)

Instructions

1. Cook and stir onions, green pepper, garlic and oil in a large saucepan over high heat until tender.
2. Add beans, tomatoes with liquid, wine, turkey, chili powder, cilantro, red pepper, and salt.
3. Cover and simmer 25 minutes or until heated.
4. Top with cheese, onions or cilantro if desired.
5. Makes 5 or 6 servings.



MODIFIED RECIPE

Mr. John's Turkey Chili

Lamond Senior Center

Instructions

1. Adding more vegetables such as zucchini, squash, red peppers or favorite green leafy vegetable along with more beans in place of 1 cup of turkey meat to increase fiber and vitamins, reduce calories and saturated fat without sacrificing protein.
2. Eliminate the oil for sautéing the vegetables and steam the vegetables in a small amount of water or salt free broth. This will reduce the overall fat content.
3. Use fresh or frozen beans to reduce sodium.

» Turkey chilies a good source of Protein and Vitamin A, Vitamin C, Iron and Selenium.



NUTRITION FACTS COMPARISON

Mr. John's Turkey Chili

Lamond Senior Center

ORIGINAL RECIPE

Nutrition Facts

Serving Size 1/6 grams 443g (442g)

Amount Per Serving			
Calories 460		Calories from Fat 189	
% Daily Value*			
Total Fat 21g		33%	
Saturated Fat 6g		32%	
Trans Fat 0g			
Cholesterol 71mg		24%	
Sodium 1059mg		44%	
Total Carbohydrate 36g		12%	
Dietary Fiber 10g		40%	
Sugars 3g			
Protein 27g			
Vitamin A	31%	• Vitamin C	62%
Calcium	26%	• Iron	28%

*Percent Daily Values are base on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

		Calories	2,000	2,500
Total Fat	Less than	65g	80g	
Sat Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

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MODIFIED RECIPE

Nutrition Facts

Serving Size 1/6 serving (311g)

Amount Per Serving			
Calories 260		Calories from Fat 110	
% Daily Value*			
Total Fat 12g		19%	
Saturated Fat 3.0g		15%	
Trans Fat 0g			
Cholesterol 60mg		19%	
Sodium 270mg		11%	
Total Carbohydrate 18g		6%	
Dietary Fiber 6g		23%	
Sugars 7g			
Protein 21g			
Vitamin A	60%	• Vitamin C	130%
Calcium	10%	• Iron	15%

*Percent Daily Values are base on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

		Calories	2,000	2,500
Total Fat	Less than	65g	80g	
Sat Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

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ORIGINAL RECIPE

Mr. John's Garlic Mushroom Chicken Melt

Lamond Senior Center



Ingredients

- » 4 boneless skinless chicken breast halves
- » 1 envelope of Lipton Recipe Secrets Herb and Garlic Soup mix
- » 1 can (14 oz.) diced tomatoes or 1 large tomato chopped
- » 1 Tbs. olive or vegetable oil
- » 1/2 cup shredded mozzarella or monterey jack cheese

Instructions:

1. Preheat oven to 370 degrees F.
2. In a 13x9 baking or roasting pan, arrange chicken.
3. Pour soup mix blended with tomatoes and oil over chicken.
4. Bake uncovered, 25 minutes or until chicken is no longer pink.
5. Sprinkle with cheese and bake an additional 2 minutes or until cheese is melted.



MODIFIED RECIPE

Mr. John's Garlic Mushroom Chicken Melt

Lamond Senior Center

- » Garlic Mushroom Chicken Melt is a good source of Niacin and Vitamin B6, and a very good source of Protein.
- » This food is high in Sodium.

Nutrition Facts

Serving Size 1/4 of recipe 212g

Amount Per Serving		
Calories 267		Calories from Fat 131
		% Daily Value*
Total Fat 15g		23%
Saturated Fat 5g		23%
Trans Fat 0g		
Cholesterol 67mg		22%
Sodium 1066mg		44%
Total Carbohydrate 11g		4%
Dietary Fiber 2g		6%
Sugars 3g		
Protein 23g		
Vitamin A	6% • Vitamin C	16%
Calcium	12% • Iron	10%

*Percent Daily Values are base on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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Instructions:

1. Substitute garlic soup mix with fresh garlic and home made soup without salt.
2. Sodium-free spices hand mixed, such as dehydrated onions, garlic and in addition to other herbs like thyme or rosemary instead of the soup packet, to reduce the high sodium content.
3. Season with herbs for flavor and avoid salt to reduce sodium.



ORIGINAL RECIPE

Ms. B's Chicken Stew “Doro Wét”

Sarah's Circle Senior Center



Ingredients

- » 1 whole chicken
- » 6 cups red onions (chopped)
- » 1 cup red pepper
- » 2 cups butter
- » ¼ tablespoon false cardamom
- » ¼ tablespoon black pepper
- » ¼ tablespoon bishop's weed
- » ¼ tablespoon garlic powder
- » ½ cup red wine
- » 4 cups water
- » 6 medium eggs (hard boiled)
- » 1 lime
- » salt, to taste
- » ginger, to taste

Instructions:

1. Remove skin from chicken, cut into the usual parts and wash several times in water.
2. Wash and cut lime into 4 pieces add to a large bowl of clean water and soak chicken in it.
3. In a medium pan cook onions until golden brown.
4. Add butter.
5. Add red pepper and mix well.
6. Add about ½ cup of water and stir.
7. Add wine.
8. Add the spices and blend well.
9. Add prepared chicken pieces cook for 30-40 minutes.
10. Add more water stir gently so as not to separate the meat from the bones.
11. Add salt and stir.
12. When sauce begins to thicken, sprinkle with black pepper.
13. Add hard-boiled eggs to sauce and serve hot.

MODIFIED RECIPE

Ms. B's Chicken Stew “Doro Wét”

Sarah's Circle Senior Center

- » Chicken stew is very low in Sodium, high in Cholesterol and Saturated Fat.

Nutrition Facts

Serving Size 1/4 of recipe 212g

Amount Per Serving		
Calories 788		Calories from Fat 648
		% Daily Value*
Total Fat 73g		113%
Saturated Fat 42g		212%
Trans Fat 0g		
Cholesterol 403mg		134%
Sodium 101mg		4%
Total Carbohydrate 18g		6%
Dietary Fiber 4g		14%
Sugars 9g		
Protein 17g		
Vitamin A	62% • Vitamin C	78%
Calcium	9% • Iron	9%

*Percent Daily Values are base on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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Instructions

1. Use olive oil instead of butter to lower the amount of saturated fat and cholesterol.
2. Use of Olive oil increases amount of monounsaturated fat which is good for heart health



Ms. C's Jamaican Cornmeal “Pop”

Sarah's Circle Senior Center



Ingredients

- » 1 fish fillet
- » ½ lb spinach
- » 1 cup Yellow Cornmeal (coarse or fine)
- » ½ cup of milk
- » ½ cup of water
- » 1 red bell pepper
- » 1 green bell pepper
- » 1 medium size onion
- » 1 chili pepper
- » 1 packet of Maggi seasoning
- » 1/3 coffee spoon of curry
- » salt to taste
- » 1 tablespoon of vegetable oil

Nutrition Facts

Serving Size 866 (866g)

Amount Per Serving

Calories 759 Calories from Fat 74

% Daily Value*

Total Fat 9g 13%

Saturated Fat 1g 7%

Trans Fat 0g

Cholesterol 70mg 23%

Sodium 204mg 8%

Total Carbohydrate 131g 44%

Dietary Fiber 21g 86%

Sugars 19g

Protein 47g

Vitamin A 171% • Vitamin C 782%

Calcium 29% • Iron 71%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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Instructions:

1. Steam finely chopped bell peppers, chili pepper and onion with little bit of oil and salt till tender.
2. Steam chopped spinach for 2-3 min add to peppers.
3. Then add pieces of fish, Maggi, curry and continue steam fish pieces till tender.
4. Place cornmeal in the separate pot add ½ cup of water.
5. Use a fork to mix the cornmeal with the water and then ½ cup of milk.
6. Bring cornmeal mixture to medium heat.
7. Stir the mix continuously to stop the cornmeal from forming lumps.
8. When cooked serve hot and top with steam vegetables and fish.



Modifications:

1. Use olive oil for vegetable oil to increase heart healthy monounsaturated fats.
2. Use 1% Low fat or skim milk instead of whole milk to reduce saturated fat.

ORIGINAL RECIPE

Jamaica-Trinidad-Tobago Chicken

Sarah's Circle Senior Center



Ingredients

- » 1 whole chicken
- » 1 tablespoon of oil (any kind)
- » 2 tablespoons of water
- » Marinade:
 - » 1 1/2-2 tablespoon Curry
 - » 1 packet "All purpose seasoning"
 - » 1 tablespoon thyme
 - » 2 cloves of garlic (chopped)
 - » 1 mid-size onion (chopped)
 - » 1 tablespoon salt
 - » 1 coffee spoon ground black pepper
- » 1 tablespoon of oil (any kind)

Instructions

1. Remove skin from washed chicken and cut it into pieces.
2. Rub all marinade ingredients into chicken pieces and leave them in the refrigerator for couple of hours or over night.
3. Place the Marinated pieces in the pot with a little bit of water and oil and cook till tender.
4. Season to taste with garlic, onion and curry.
5. Be careful with curry -too much can give a dish a bitter taste.

Side Dish: Rice



MODIFIED RECIPE

Jamaica-Trinidad-Tobago Chicken

Sarah's Circle Senior Center

Nutrition Facts

Serving Size Entire Recipe 399g (399g)

Amount Per Serving

Calories 595 Calories from Fat 228

% Daily Value*

Total Fat 25g 39%

Saturated Fat 7g 35%

Trans Fat 0g

Cholesterol 246mg 82%

Sodium 213mg 9%

Total Carbohydrate 13g 4%

Dietary Fiber 2g 8%

Sugars 5g

Protein 75g

Vitamin A 4% • Vitamin C 18%

Calcium 8% • Iron 23%

*Percent Daily Values are base on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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Instructions

1. Use Olive oil in lieu of vegetable oil to increase heart healthy monounsaturated fats.
2. Trim visible fat from chicken to reduce overall fat.

Jamaica-Tobago Chicken is low in Sodium, good source of Niacin and Selenium. It is also a very good source of Protein. However it is high in Cholesterol.



ORIGINAL RECIPE

Mediterranean Baked Fish

Kennedy Street Senior Center



Ingredients

- » 2 tsp Olive oil
- » 1 large onion, sliced
- » 1 can (16 oz) whole tomatoes, drained (reserve juice) and coarsely chopped
- » 1 bay leaf
- » 1 clove garlic, minced
- » 1C dry white wine
- » ½ C reserved tomato juice from canned tomatoes
- » ¼ C lemon juice
- » ¼ C Orange Juice
- » 1 tbsp fresh grated orange peel
- » 1 tsp fennel seed, crushed
- » ½ tsp dried oregano, crushed
- » ½ tsp dried thyme, crushed
- » ½ tsp dried basil, crushed to taste Black pepper & salt
- » 1lb Fish fillets (sole, flounder, or sea perch)

Instructions

1. Heat oil in large nonstick skillet.
2. Add onion, and sauté over moderate heat 5 minutes or until soft.
3. Add all remaining ingredients except fish.
4. Stir well and simmer 30 minutes, uncovered.
5. Arrange fish in 10x6 inch baking dish, cover with sauce.
6. Bake uncovered at 375°F about 15 minutes or until fish flakes easily.



MODIFIED RECIPE

Mediterranean Baked Fish

Kennedy Street Senior Center

Nutrition Facts

Serving Size 1/4 of recipe 286g (286g)

Amount Per Serving	
Calories 218	Calories from Fat 45
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 1g	4%
Trans Fat 0g	
Cholesterol 51mg	17%
Sodium 161mg	7%
Total Carbohydrate 12g	4%
Dietary Fiber 2g	10%
Sugars 5g	
Protein 21g	
Vitamin A	4% • Vitamin C 43%
Calcium	9% • Iron 12%

*Percent Daily Values are base on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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Instructions

1. To reduce sodium use fresh tomato and tomato juice instead of canned tomatoes.
2. Omit adding salt.

Mediterranean Baked Fish is low in Saturated Fat. It is also a good source of Vitamin C. Good Source of Vitamin B12 and Phosphorus, and a very good source of Protein and Selenium.



ORIGINAL RECIPE

Barbeque Chicken

Kennedy Street Senior Center

Ingredients

- » 3 lb. chicken parts (breast, drum stick, and thigh)
- » 1 large onion, thinly sliced
- » 3 tbs. vinegar
- » 3 tbs. Worcestershire sauce
- » 2 tbs. brown sugar
- » to taste salt & black pepper
- » 1 tbs. hot pepper flakes
- » 1 tbs. chili powder
- » 1C chicken stock or broth

Nutrition Facts

Serving Size 100 grams (100g)

Amount Per Serving

Calories 140 Calories from Fat 84

% Daily Value*

Total Fat 9g 14%

Saturated Fat 3g 13%

Trans Fat 0g

Cholesterol 41mg 14%

Sodium 123mg 5%

Total Carbohydrate 4g 1%

Dietary Fiber 0g 1%

Sugars 2g

Protein 9g

Vitamin A 2% • Vitamin C 3%

Calcium 2% • Iron 5%

*Percent Daily Values are base on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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Instructions

1. Place chicken in 13x9x2 inch pan.
2. Arrange onions over the top.
3. Mix together vinegar,
4. Worcestershire sauce, brown sugar, pepper, hot pepper flakes, chili powder, and stock.
5. Pour over the chicken and bake at 350°F for 1 hour or until done.
6. Baste occasionally.

Modifications:

1. Remove the chicken skin and trim the fat and adding no salt to the tasty sauce makes this chicken heart healthy.
2. Refrigerate chicken stock and skim fat from top.



Mr. Harold's Chicken Rice Bake

Columbia Heights Senior Center

Mr. Harold's Chicken and Rice Bake is an example of the influence of location upon the cuisine. In the low country, rice was an important crop, especially on the South Carolina Sea Islands. In the 1680s, rice from Madagascar was introduced to South Carolina's farming communities. These slaves, most of whom were brought from Senegal, trained European settlers to cultivate and crop rice. By 1740, rice had become a staple in South Carolina, and slaves, though forced to work in the rice fields, were known as the experts in the area of rice cropping. To this day, one can hear South Carolina's Gullah dialect, which has its origins in the slave trade. In Southern Coastal cities such as Charleston, Savannah, New Orleans, and Mobile, one can easily see the importance of rice to the local cuisine.

Mr. Harold's recipe for Chicken and Rice Bake uses canned goods, which are great choices in the absence of better choices; however, they are usually loaded with salt. The Transformed Chicken and Rice Bake presented here opts for fresh vegetables, non-hydrogenated margarine, and a freshly made cream sauce that has lemon and herbs to account for the loss of salt. There is significantly less sodium, less cholesterol, and less carbohydrates, all while increasing protein.



ORIGINAL RECIPE

Mr. Harold's Chicken Rice Bake

Columbia Heights Senior Center

Ingredients

- » 1 can (14-1/2 oz.) Del Monte Mixed Vegetables, drained
- » 1 can (10-3/4 oz.) condensed cream of mushroom soup
- » 3/4 cup uncooked of regular white rice
- » 4 skinless, boneless, chicken breast halves

Instructions

1. Mix vegetables, soup and rice with 1 cup water in a baking dish.
2. Place chicken upon vegetable mixture and sprinkle with black pepper.
3. Cover and bake at 400°F for 40-45 minutes until chicken and rice are done.



MODIFIED RECIPE

Mr. Harold's Chicken Rice Bake

Columbia Heights Senior Center



Ingredients

- » 3 chicken breasts, skinless and boneless
- » 2 cups of cooked brown rice
- » Approximately 1 cup of dry before cooking
- » 1 ½ cups of unsweetened soy milk
- » 1 10 oz. bag of frozen mixed vegetables
- » 1 tbsp corn starch
- » 2 tbsp non-hydrogenated margarine
- » ½ ounce of lemon juice
- » ½ tbsp dried thyme
- » ½ tbsp. black pepper
- » Dash of salt

Instructions

1. Bring water to a boil in a moderately large pot.
2. Add chicken and cook until done.
3. Remove chicken and shred with two forks, pulling one away from the other.
4. Use the water remaining in the stock to cook the rice.
5. Preheat the oven to 350°F. In a saucepan, heat margarine and add seasonings.
6. Add milk to saucepan, reserving about ¼ cup. In a small dish add the cornstarch.
7. Stir cornstarch while slowly adding the reserved milk to make a slurry.
8. Stir the prepared slurry into the milk mixture along with lemon juice.
9. In a prepared casserole dish, add the chicken, rice, and vegetables. Slightly stir to combine. Pour the milk mixture over the chicken, rice, and vegetables, stirring to combine. Bake the casserole for 45 minutes.



NUTRITION FACTS COMPARISON

Chicken Rice Bake

Lamond Senior Center

ORIGINAL RECIPE

Nutrition Facts

Serving Size 1 cup (223g)
Servings Per Container 6

Amount Per Serving			
Calories 270		Calories from Fat 50	
% Daily Value*			
Total Fat 5g		8%	
Saturated Fat 1g		5%	
Trans Fat 0g			
Cholesterol 65mg		22%	
Sodium 540mg		22%	
Total Carbohydrate 28g		9%	
Dietary Fiber 3g		11%	
Sugars 2g			
Protein 25g			
Vitamin A	160%	• Vitamin C	6%
Calcium	4%	• Iron	8%

*Percent Daily Values are base on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

		Calories	2,000	2,500
Total Fat	Less than	65g	80g	
Sat Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

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MODIFIED RECIPE

Nutrition Facts

Serving Size 1 cup (117g)
Servings Per Container 14

Amount Per Serving		
Calories 130		Calories from Fat 30
% Daily Value*		
Total Fat 3.5g		6%
Saturated Fat 1g		5%
Trans Fat 0g		
Cholesterol 45mg		15%
Sodium 105mg		4%
Total Carbohydrate 10g		3%
Dietary Fiber 1g		6%
Sugars 1g		
Protein 15g		
Vitamin A	20%	• Vitamin C 4%
Calcium	4%	• Iron 4%

*Percent Daily Values are base on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

		Calories	2,000	2,500
Total Fat	Less than	65g	80g	
Sat Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

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ORIGINAL RECIPE

Ms. Gloria's Fried Fish

Columbia Heights Senior Center

Ingredients

- » 1 small fish (mackerel)
- » 1 cup all-purpose flour
- » 1 cup cornmeal
- » 1 teaspoon salt
- » 1 teaspoon black pepper
- » 1 teaspoon poultry seasoning
- » 1 cup of vegetable oil

Nutrition Facts

Serving Size Entire Recipe 463g (463g)

Amount Per Serving

Calories 377 Calories from Fat 128

% Daily Value*

Total Fat 14g 22%

Saturated Fat 3g 14%

Trans Fat 0g

Cholesterol 159mg 53%

Sodium 986mg 41%

Total Carbohydrate 15g 5%

Dietary Fiber 2g 8%

Sugars 2g

Protein 47g

Vitamin A 61% • Vitamin C 6%

Calcium 11% • Iron 17%

*Percent Daily Values are base on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

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Instructions:

1. Wash and clean the fish.
2. In a flat dish combine the flour, cornmeal, salt, pepper, and poultry seasoning and dredge the fish in the flour mixture until well coated.
3. Place it on a plate and set in the refrigerator for 30 minutes.
4. Heat the vegetable oil in a skillet, over high heat until it is very hot but not smoking.
5. Fry the fish until browned on both sides, about 3 minutes per side.
6. Drain on paper towels.

Modifications:

1. Mix high fiber crushed cereal, whole wheat bread crumbs and all fiber cereal to make the fish coating.
2. Dip the fish in skim milk and roll it on the cereal coat.
3. Instead of deep frying, bake the coated fish in a 400 degree oven for 20 minutes or until brown and fish flakes.
4. This method eliminates the need for high calorie oil.



Fried fish is rich in calcium and vitamins A and D. It is also a great source of omega fatty acids.

ORIGINAL RECIPE

Mr. James Plain Hot Dog

Columbia Heights Senior Center



Ingredients

- » 1 piece of hot dog
- » 1 piece of bread (buns)
- » 1 cup of water to boil the hot dog

Nutrition Facts

Serving Size Entire Recipe 335g (335g)

Amount Per Serving

Calories 380 Calories from Fat 171

% Daily Value*

Total Fat 19g 29%

Saturated Fat 6g 32%

Trans Fat 0g

Cholesterol 50mg 17%

Sodium 1590mg 86%

Total Carbohydrate 37g 12%

Dietary Fiber 3g 12%

Sugars 6g

Protein 19g

Vitamin A 62% • Vitamin C 0%

Calcium 6% • Iron 10%

*Percent Daily Values are base on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

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Instructions:

1. Put a cup water to boil into a pot for 5 minutes.
2. Place the Hot Dog into it let boil for 3 minutes.
3. Put hot dog into the bread (buns).

Modifications:

1. Substitute Turkey dogs for beef or pork hot dogs
2. (vegetarian) dogs are great substitutes for regular hot dogs.
3. Top the dog with chopped fresh vegetables to increase fiber and vitamin/mineral content.
4. Use Whole Wheat buns to increase B vitamins and fiber.



Grits and Beans

First Baptist Senior Center

Slaves in the American south were fed heavily on corn. They incorporated corn into their daily diet through the consumption of foods such as corn meal, corn pone, and cornbread. This is primarily due to the slaves' limited access to rice and other grains. Grits were introduced to American southerners by Native Americans, who made grits by pounding and grinding corn. In the mid-twentieth century, Americans began using a stone mill to grind corn and developed a more digestible and modern version of the grain, hominy, which was treated with an alkali lye water solution.

Over 75% of grit consumption takes place in the American south today. African-American families enjoy grits during breakfast, lunch, and dinner, as there are many ways in which grits are prepared. Grits blend well with other grains like quinoa, for example. This grain can be added to grits as a way of reducing the calorie content.



ORIGINAL RECIPE

Grits and Beans

First Baptist Senior Center

Ingredients

- » Two to four chicken neck bones
- » One can of navy beans
- » Three to five Irish potatoes
- » One to two cups of grits
- » Butter – 1 Tbsp

Instructions:

1. Wash and clean chicken neck bones.
2. Peel, wash, and chop up potatoes.
3. In a big pot put grits, and potatoes pour enough water to cover both grits and potatoes.
4. Bring water to a boil.
5. Add the beans without the water from the can to the pot.
6. Add butter, salt and pepper to taste.
7. Cook until the potatoes and the grits are done.



ORIGINAL RECIPE

Grits and Beans

First Baptist Senior Center

Ingredients

- » 1 cup white corn grits
- » 1 ½ cup navy beans, cooked, drained
- » 1 cup quinoa
- » 2 sweet potatoes
- » 1 tbsp light margarine spread
- » 1 tsp smoked paprika

Instructions:

1. Rinse quinoa
2. Clean and boil sweet potatoes, drain, chop and set aside
3. In a big pot, bring grits to a boil and add potatoes.
4. Add the drained cooked beans and quinoa.
5. Cook until grits and quinoa are done and potatoes are tender.
6. Drain the water and stir in margarine and paprika.
7. Add salt to taste.



NUTRITION FACTS COMPARISON

Grits and Beans

First Baptist Senior Center

ORIGINAL RECIPE

Nutrition Facts

Serving Size 1/3 cup (243g)
Servings Per Container 3

Amount Per Serving		
Calories 540	Calories from Fat 130	
% Daily Value*		
Total Fat 14g		22%
Saturated Fat 6g		29%
Trans Fat 0g		
Cholesterol 85mg		28%
Sodium 1900mg		79%
Total Carbohydrate 63g		21%
Dietary Fiber 7g		29%
Sugars 3g		
Protein 38g		
Vitamin A	2%	• Vitamin C 4%
Calcium	4%	• Iron 50%

*Percent Daily Values are base on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

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MODIFIED RECIPE

Nutrition Facts

Serving Size 1/3 cup (310g)
Servings Per Container 3

Amount Per Serving		
Calories 350	Calories from Fat 30	
% Daily Value*		
Total Fat 3.0g		5%
Saturated Fat 0g		2%
Trans Fat 0g		
Cholesterol 0mg		0%
Sodium 260mg		11%
Total Carbohydrate 67g		22%
Dietary Fiber 14g		58%
Sugars 7g		
Protein 13g		
Vitamin A	320% • Vitamin C	25%
Calcium	10% • Iron	25%

*Percent Daily Values are base on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

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Memoires From Seniors

2009-2014

Mrs. TC

Lamond Recreation Center



As a certified volunteer with the American Heart Association, Mrs. TC performed blood pressure screenings and wrote a book called Key to a Healthy Heart, which was endorsed by the organization.

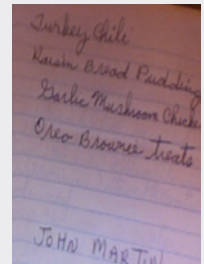
While taking a course in nutrition, Mrs. TC's teacher wanted the students to develop a recipe that was as healthy and natural as possible. She developed this recipe for the class and since then, it has become a favorite for family members and neighbors who can't wait for the muffins to be made.

Mr. J. M.

Lamond Senior Center

Mr. JM served in the United States Military. During this time, he requested "KP" duty, otherwise known as kitchen patrol, so that he could observe and learn from the cooks. Later on in his career, Mr. M worked in the Department of Mines for the Department of the Interior.

Mr. M's natural interest in cooking and food led him to assist his friends turn raw ingredients they had stored in their kitchens into delicious recipes, such as his Turkey Chili, Raisin Bread Pudding, Garlic Mushroom Chicken and Oreo Brownie Treats.



Columbia Heights Seniors Share Their Memories

By GS *"She said that her best memory is having her first child at DC General Hospital."*

By DG. *"He said that his best memory is to see his wife having their first baby boy in 1959 at DC General Hospital."*

By RD *"He said that his best memory was the first time he saw 4th of July in Washington, DC in 1970."*

By JJ *"He said that his best memory is when his first grandchild was born."*

By HC *"He said that his best memory is the first day in pre-school."*

Colony House Seniors Share Their Memories

LW *"One should always know themselves. He recommends a drink of coffee everyday for a long life."*

KJ visiting from the Hattie Holmes Center *"Exercise and proper diet has been the key to her long life. She wants all young people to understand the importance of both. She knows that seniors are living longer because they are becoming more knowledgeable about what foods they should eat to live longer. They also know how to choose healthy food options from menus when they eat out."*

CD, 68 years old. *"She always remembers to get a check up every year and take a multivitamin everyday. She always watches her diet very carefully and remembers to drink plenty of water. She has always remembered the key to sweets and candy is to do things in moderation. She walks three to four miles everyday. She wants people to know that the cost of exercise is free."*

AH *"The student who was here and is studying to become a nutritionist did an outstanding job on her presentations."*

WS *"She remembers as a students she had to listen. She thinks students should listen more in presentations. Instead she feels that students let the words of the presenter go in one ear and out the other."*

DW *"Young people need to finish school and go to college."*

JP *"He has a disability and he feels that dietitians should be more aware of the needs of people with disabilities."*



NE-1039- Washington Senior Center with the Research assistants- November 2013



Washington Wellness Center NE-1039 Research Students Saying Thank you to the Director of the Center

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DISTRICT OF COLUMBIA**
COLLEGE OF AGRICULTURE, URBAN SUSTAINABILITY
AND ENVIRONMENTAL SCIENCES

4200 Connecticut Avenue NW
Washington, DC 20008
Tel: 202.274.7124
Email: causes@udc.edu

WWW.UDC.EDU/CAUSES