

The New

# Soul Food

Recipe Sampler

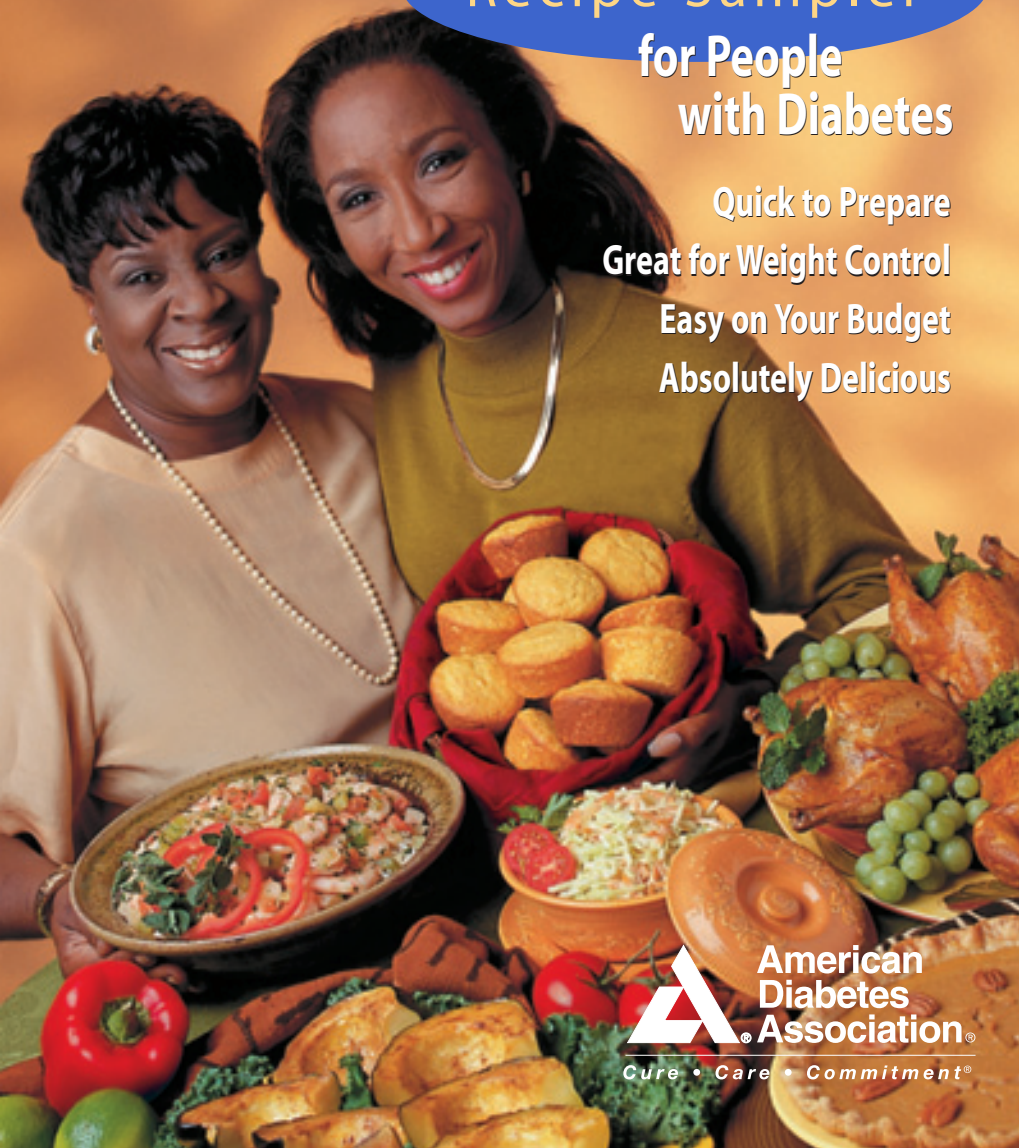
for People  
with Diabetes

Quick to Prepare

Great for Weight Control

Easy on Your Budget

Absolutely Delicious



 American  
Diabetes  
Association®  
Cure • Care • Commitment®

FABIOLA DEMPS GAINES and RONIECE WEAVER



**W**

hether we are honoring the family's most recent college graduate, celebrating at a family reunion, or just cooking together for Sunday dinners, when African Americans get together—we gather over food.

Our diets have become rich with high fat foods and salt and poor in nutrition. This kind of “good” eatin’ can cost us our “good” health.

Diabetes is striking the African American community at alarming rates. Almost 3 million African Americans have diabetes, but there is good news...you can control this disease by being physically active and making healthy food choices. And yes, you can still enjoy that soulful flavor.

Here's to eating healthier,

**Fabiola Demps Gaines &  
Roniece Weaver**

To learn more about diabetes contact:  
Your American Diabetes Association,  
1-800-DIABETES (342-2383)  
[www.diabetes.org](http://www.diabetes.org)

 **American Diabetes Association®**

*Cure • Care • Commitment®*

# Quick Chicken Creole

Preparation time: 20 minutes

Recipe makes 8 servings

Serving size: 1/8 recipe

1 Tbsp canola oil  
4 medium boneless,  
skinless chicken breast  
halves, cut into strips

1 14-oz can tomatoes,  
undrained

1 8-oz can tomato  
sauce

1 1/2 cups chopped  
green bell pepper

1/2 cup chopped  
celery

1/2 cup chopped  
onion

2 cloves garlic, minced

1/4 tsp salt

1 Tbsp basil

1 Tbsp parsley

1/4 tsp red pepper

2 2/3 cups steamed  
rice

1. Heat the oil in a large skillet and sauté the chicken about 5 minutes on each side.

2. Add the remaining ingredients and simmer for 20 minutes. Serve over 1/3 cup steamed rice.

## Exchanges Per Serving:

1 Starch  
1 Vegetable  
2 Very Lean Meat

Calories.....	190
Calories from Fat.....	32
Total Fat.....	4g
Saturated Fat.....	0g
Cholesterol .....	36mg
Sodium .....	373mg
Carbohydrates.....	23g
Dietary Fiber.....	2g
Sugar .....	4g
Protein.....	16g

# Salmon Croquette

Preparation time: 15 minutes

Recipe makes 4 servings

Serving size: 1 patty

1 15 1/2-oz can red salmon, drained  
1 medium onion, diced  
1/2 medium green bell pepper, diced  
1 Tbsp chopped fresh parsley  
1/2 Tbsp lemon juice  
1/4 cup egg substitute  
3 slices whole-wheat bread, crumbled  
1/4 tsp pepper  
2 Tbsp canola oil

1. In a medium bowl, break the salmon into pieces with a fork. Remove the bones and skin.
2. Add the onion, bell pepper, parsley, lemon juice, egg substitute, bread and pepper. Form the mixture into 4 patties.
3. Heat the oil in a medium skillet and cook the patties over medium heat. Brown for 3 minutes on each side and serve.

## Exchanges Per Serving:

1 Starch  
1/2 Monounsaturated Fat  
3 Lean Meat

Calories.....	271
Calories from Fat.....	122
Total Fat.....	14g
Saturated Fat.....	0g
Cholesterol .....	52mg
Sodium.....	651mg
Carbohydrates.....	15g
Dietary Fiber .....	2g
Sugar .....	4g
Protein.....	22g

# Collards with Smoked Turkey

Preparation time: 20 minutes

Recipe makes 8 servings

Serving size: 1 cup

4 lb collard greens  
1/4 lb smoked turkey breast  
3 cups reduced-sodium, reduced-fat chicken broth  
2 medium onions, chopped  
3 whole garlic cloves, crushed  
1 tsp red pepper flakes  
1 tsp pepper

1. Wash and cut the collard greens and place them in a large stockpot. Add the remaining ingredients and enough water to cover.
2. Cook until tender, stirring occasionally, about 3 1/2 hours. The flavors will blend even more if you let the greens sit for a bit after cooking.

Exchanges Per Serving:  
3 Vegetables

Calories.....	91
Calories from Fat.....	6
Total Fat.....	1g
Saturated Fat.....	0g
Cholesterol.....	7mg
Sodium.....	410mg
Carbohydrates.....	16g
Dietary Fiber.....	6g
Sugar.....	3g
Protein.....	7g



# Vegetarian Bean Stew

Preparation time: 20 minutes

Recipe makes 6 servings

Serving size: 1 cup

1 Tbsp canola oil  
1 medium onion,  
chopped  
2 cloves garlic, minced  
2 cups sliced zucchini  
1 cup chopped green  
bell pepper  
1 tsp oregano  
1/4 tsp salt  
1/8 tsp pepper  
2 cups chopped, fresh  
tomatoes  
1 cup cooked brown  
rice  
1/2 cup reduced-fat,  
cheddar cheese

1. Heat the oil in a large soup pot and sauté the onion and garlic until tender. Add the zucchini, green pepper, oregano, salt, and pepper. Cook for 5 minutes.
2. Add the tomatoes and beans, cover and heat thoroughly, about 15 minutes. Spoon the mixture over hot rice and sprinkle with cheese to serve.

Exchanges Per Serving:  
1 1/2 Starch

Calories.....	219
Calories from Fat.....	49
Total Fat.....	5g
Saturated Fat.....	1g
Cholesterol .....	7mg
Sodium .....	259mg
Carbohydrates.....	34g
Dietary Fiber .....	6g
Sugar .....	7g
Protein.....	10g

# Pineapple Upside Down Cake

Preparation time: 20 minutes

Recipe makes 8 servings

Serving size: 1 piece

8 pineapple rings,  
packed in their own  
juice

2 Tbsp molasses

1/3 cup reduced-fat  
margarine

1/2 cup honey

2 egg whites

1 1/2 cups flour

1/2 tsp baking soda

3/4 cup pineapple  
juice (use the juice  
from the pineapple  
rings, and add water if  
necessary)

1. Heat the oven to 350 degree. Spray 9-inch baking pan with nonstick cooking spray. Arrange the pineapple rings on the bottom of the pan. Pour the molasses over the pineapple.
2. In a separate bowl, beat margarine, honey, and egg whites. Add the remaining ingredients and stir until smooth. Pour the batter over the pineapple.
3. Bake for 30-35 minutes. Cool before serving.

Exchanges Per Serving:

3 Carbohydrate

1/2 Fat

Calories..... 237

Calories from Fat.....36

Total Fat.....4g

Saturated Fat.....1g

Cholesterol .....0mg

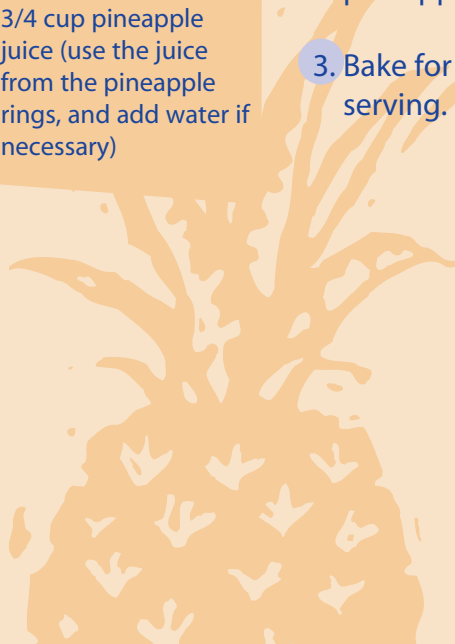
Sodium .....156mg

Carbohydrates..... 48g

Dietary Fiber.....1g

Sugar ..... 29g

Protein.....4g



## Eat your way to better health by keeping track of your progress...

Research shows that writing things down makes you more aware of what you're eating and helps with weight loss.

Keeping a daily journal is the way to succeed in weight loss management and adopting healthier habits.

It is as simple as 1-2-3.

1. Write down everything you eat and drink for a week. Also write down all physical activity you do, such as a 10-minute walk after lunch, getting off the bus one or two stops sooner, or taking the stairs instead of the elevator.
2. Identify your trouble areas and list ways you may be able to overcome them. Your journal will help you become aware of what you are doing now and what changes you need to make. You will be able to track your improvements in food choices and physical activity.
3. As you reach each goal, celebrate your accomplishments. Feel pride in what you have done for yourself!

You will find that your daily journal is a handy little tool. Share the information you learn about yourself in your journal with your doctor, nurse, dietitian, and endocrinologist. At a glance you can communicate your eating patterns, and your activity, or in other words, your lifestyle choices. This will help you find your problem areas and choose what to do about them.

*Feel free to make additional copies of the journal page, as you need them. Remember to take your journal with you to your next health care visit.*



# Food Diary

SAMPLE

## What I Ate:

Breakfast	Snack	Lunch	Dinner	Snack
Glass of orange juice  1 scrambled egg 2 slices of toast w/ jam  1 apple	Grapes	Turkey sandwich w/ carrots sticks	2 Baked skinless Chicken legs Tossed salad with ranch dressing 1 dinner roll 1 cup of green beans 1 cup of carrots	Bag of popcorn

How many servings of fruits and vegetables:

6

## Exercise/Accomplishments: (Description, duration)

20-min. morning walk, had 6 servings of fruit and vegetables.

## What really helped me today?

Not eating in front of the TV- enjoyed my walk time.

## What will help me for next week?

- Start my days with breakfast
- Call my prayer partner when I need encouragement
- plan easy snack options ahead of time.

# Food Diary

DATE

What I Ate:

Breakfast	Snack	Lunch	Dinner	Snack

How many servings of fruits and vegetables:

Exercise/Accomplishments:  
(Description, duration)

What really helped me today?

What will help me for next week?

# Food Diary

DATE

What I Ate:

Breakfast	Snack	Lunch	Dinner	Snack

How many servings of fruits and vegetables:

Exercise/Accomplishments:  
(Description, duration)

What really helped me today?

What will help me for next week?

THE NEW

# Soul Food

COOKBOOK

Save \$2

- More than 140 recipes, including appetizers, snacks, soups, salads, main dishes, desserts, and more
- Features advice for reducing fat, calories, and sodium for weight loss
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