

The Family Style **SOUL FOOD** **Diabetes Cookbook**

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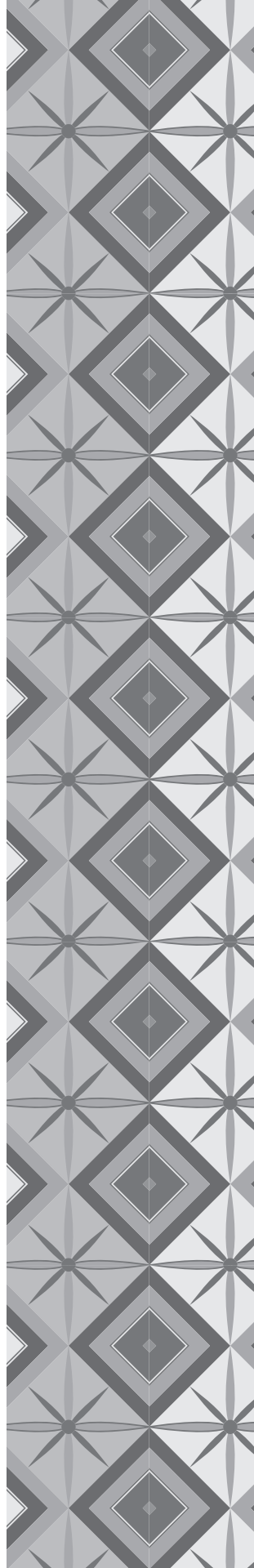
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Soul Food

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Soul Food

Introduction

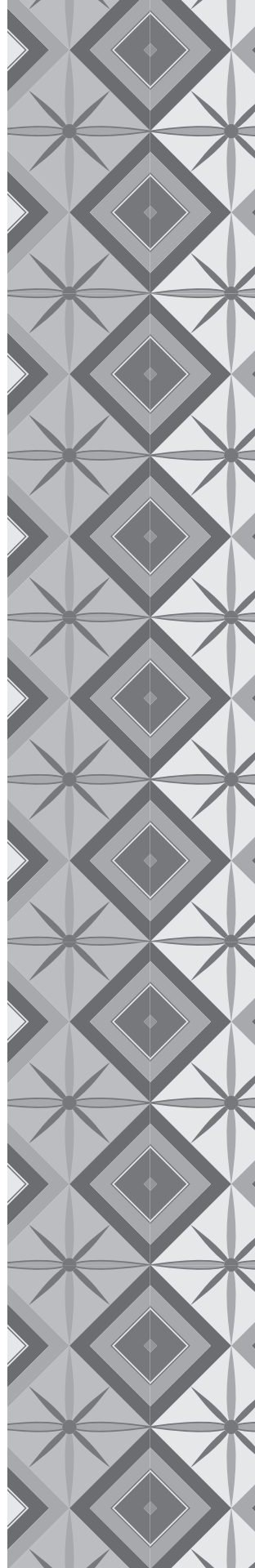
Soul Food— Reinvented for Today's Family

SOUL FOOD IS A STYLE OF COOKING that originated during American slavery. It is a common term used for an ethnic cuisine: the food traditionally prepared and eaten by African Americans.

Many of the various dishes and ingredients included in “soul food” are also regional meals and comprise a part of Southern cooking. African slaves were given only the leftover and undesirable cuts of meat from their masters (whereas the white slave owners got the meatiest cuts of ham, roasts, etc.). Soul food is known for its robust flavor and delightful taste, and even though it arose from slavery, soul food is popular with most Southerners, both black and white.

Over the years, it has become apparent to us that there is a need to evaluate the nutritional content of soul food and to find exciting ways to improve its nutritional value while maintaining culture and tradition. We have found that it can be done.

Many of the vegetables consumed in soul food are rich in vitamins, minerals, and fiber. Africans Americans traditionally “made more” with vegetables, than “made do” with select soul food choices. Today, it is just as simple to take generations of recipes and create heart-healthy substitutions using simple ingredients, all the while maintaining our valuable soul food traditions.





Cooking Soul Food the New Soul Food Way

You can easily make your regional and family favorites healthy with just a few substitutions and changes. This is what we like to call the New Soul Food Way. The following is a list of dishes or ingredients commonly found in soul food and how to make your meals healthier.

Old Soul Food

Biscuits (a shortbread similar to scones, commonly served with butter, jam, jelly, sorghum or cane syrup, or gravy, and used to wipe up, or “sop,” liquids from a dish). Generally, an oversized serving can be equal to two or three slices of bread.

New Soul Food Way

Cut that portion in half and/or use sugar-free jams and jellies. Reduce the amount of fat used in baking them.

Old Soul Food

Black-eyed peas (cooked separately or with rice, as in dishes such as Hoppin’ John).

New Soul Food Way

Prepare with low-sodium bouillon, olive oil, smoked turkey necks, and other spices instead of bacon fat drippings.

Old Soul Food

Butter beans and other dried, frozen, or canned beans (e.g., immature lima beans, usually cooked in butter).

New Soul Food Way

Prepare with low-sodium bouillon, olive oil, smoked turkey necks, and other spices, instead of bacon fat drippings.

Old Soul Food

Catfish (dredged in corn bread and fried).

New Soul Food Way

Panfry, grill, or smoke catfish instead of frying.

Old Soul Food

Chicken (often fried with cornmeal breading or seasoned flour).

New Soul Food Way

Oven fry (i.e., bake) chicken at high temperature to achieve the same crispy texture.

Old Soul Food

Chitterlings or chitlins (the cleaned and prepared intestines of hogs, slow-cooked, and often eaten with vinegar and hot sauce; sometimes parboiled and then battered and fried).

New Soul Food Way

Make this a special dish for holidays only, such as Thanksgiving and Christmas. Keep serving sizes at less than 3 ounces.

Old Soul Food

Chow-chow (a spicy, homemade pickle relish usually made with okra, corn, cabbage, green tomatoes, and other vegetables; commonly used to top black-eyed peas, as a condiment, or as a side dish).

New Soul Food Way

This food is already pretty healthy. You don't need to change it.

Old Soul Food

Collard greens (usually cooked with ham hocks and often combined with other greens).

New Soul Food Way

Prepare without meat or use low-sodium bouillon or smoked turkey necks for flavoring. Use other herbs and flavorings that complement your recipes instead of fat.

Old Soul Food

Corn bread (shortbread that is often baked in an iron skillet, sometimes seasoned with bacon fat) and chicken-fried steak (beef deep fried in flour or batter, usually served with gravy).

New Soul Food Way

Prepare these traditional favorites with light (1%) sour cream or nonfat milk.

Old Soul Food

Cracklins (commonly known as pork rinds and sometimes added to corn bread batter).

New Soul Food Way

Avoid adding this to your foods; cracklins are high in fat and don't add much value to what you're eating.

Old Soul Food

Fatback (fatty, cured, salted pork used to season meats and vegetables).

New Soul Food Way

Prepare without meat or use low-sodium bouillon or smoked turkey necks for flavoring. Use other herbs and flavorings that will complement these recipes instead of fat.

Old Soul Food

Fried fish (any of several varieties of fish, such as whiting, catfish, porgies, bluegills; usually dredged in seasoned cornmeal and deep fried).

New Soul Food Way

Bake, broil, poach, grill, or panfry these tasty fish.

Old Soul Food

Fried ice cream (ice cream that is deep frozen, coated with cookies, and fried).

New Soul Food Way

Have sorbet or sugar-free ice cream for dessert, in 1/2-cup servings.

Old Soul Food

Grits and cheese grits (often served with fish).

New Soul Food Way

Prepare with water or nonfat milk instead of with whole milk. For cheese grits, use reduced-fat cheese.

Old Soul Food

Ham hocks (smoked and used to flavor vegetables and legumes).

New Soul Food Way

Go meatless or use low-sodium bouillon or smoked turkey necks for flavoring. Use other herbs and flavorings that complement your recipes instead of fat.

Old Soul Food

Hog maws (or hog jowls; sliced and usually cooked with chitterlings).

New Soul Food Way

Go meatless or use low-sodium bouillon or smoked turkey necks for flavoring. Use other herbs and flavorings that complement your recipes instead of fat.

Old Soul Food

Hot sauce (a condiment made from cayenne peppers, vinegar, salt, garlic, and other spices, but not the same as Tabasco sauce, which has heat, but little flavor; often used on chitterlings, fried chicken, and fish).

New Soul Food Way

You can use this as you like. It's a great healthy substitute for fat-based flavorings.

Old Soul Food

Macaroni and cheese.

New Soul Food Way

Use egg substitute, nonfat milk, and reduced-fat cheese.

Old Soul Food

Mashed potatoes (usually made with butter and condensed milk).

New Soul Food Way

Prepare with reduced-fat margarine and nonfat milk.

Old Soul Food

Meatloaf and meatballs (typically served with brown gravy).

New Soul Food Way

Use lean ground beef or ground turkey to make these family favorites.

Old Soul Food

Neck bones (beef neck bones seasoned and slow cooked) and okra (an African vegetable usually fried in cornmeal or stewed with tomatoes, corn, onions, and hot peppers).

New Soul Food Way

Go meatless or use low-sodium bouillon or smoked turkey necks for flavoring. Use other herbs and flavorings that complement your recipes instead of fat.

Old Soul Food

Pigs' feet (slow cooked, like chitterlings, sometimes pickled, and often eaten with vinegar and hot sauce).

New Soul Food Way

Go meatless or use low-sodium bouillon or smoked turkey necks for flavoring. Use other herbs and flavorings that complement your recipes instead of fat.

Old Soul Food

Ribs (usually pork, but sometimes beef ribs).

New Soul Food Way

Grill pork tenderloin instead of ribs to decrease your fat intake.

Old Soul Food

Rice (usually served with red beans).

New Soul Food Way

Use brown or wild rice instead of white rice. This will increase your fiber intake.

Old Soul Food

Succotash (originally, a Native American dish of yellow corn and butter beans, usually cooked in butter).

New Soul Food Way

Go meatless or use low-sodium bouillon or smoked turkey necks for flavoring. Use other herbs and flavorings that complement your recipes instead of fat.

Old Soul Food

Sweet potatoes and yams (often parboiled, sliced, and then baked using sugar, cinnamon, nutmeg, and butter or margarine—commonly called “candied yams”—and also boiled, pureed, and baked into pies).

New Soul Food Way

Use Splenda® or a sugar substitute for sweetening and cooking.

Old Soul Food

Turnip greens (usually cooked with ham hocks and often combined with other greens).

New Soul Food Way

Go meatless or use low-sodium bouillon or smoked turkey necks for flavoring. Use other herbs and flavorings that complement your recipes instead of fat.

Diabetes and You

Most people with diabetes who like soul food find it difficult to avoid its unhealthy, but traditional, cooking methods. As the comparisons between old soul food and the new soul food way show, people with diabetes should avoid cooking with seasoned pork products and avoid fried dishes that are cooked with hydrogenated vegetable oil (i.e., shortening or Crisco), which is a trans fat. Eating these ingredients regularly without balancing them with exercise or physical activity has contributed to the high rates of obesity, hypertension, cardiac/circulatory problems, and/or diabetes in African-American adults. Now, even children and young adults have more health problems because of the excessive amounts of high-fat and high-sugar foods in our diets. Sadly, this can result in a shortened lifespan.

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Diabetes Symptoms

- ◆ Frequent urination
 - ◆ Sudden weight loss
 - ◆ Slow-healing wound or sore
 - ◆ Always tired
 - ◆ Always thirsty
 - ◆ Blurry vision
 - ◆ Frequent infection
 - ◆ Numb or tingling hands or feet
 - ◆ Sexual problems
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Living with Diabetes

Diabetes does not go away, but you can manage your diabetes and manage your blood sugar with these lifestyle changes.

- ◆ Healthy eating
- ◆ Exercise
- ◆ Medications

You can make these changes happen if you have a plan to:

- ◆ Practice healthy eating habits
- ◆ Get regular exercise (30 minutes to 1 hour a day)
- ◆ Take your medications at the right time
- ◆ Schedule regular checkups
- ◆ Check your feet every day
- ◆ Know your diabetes numbers (such as blood glucose, blood pressure, and cholesterol)

All of these things will help you manage your diabetes and still lead an active and healthy life.

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