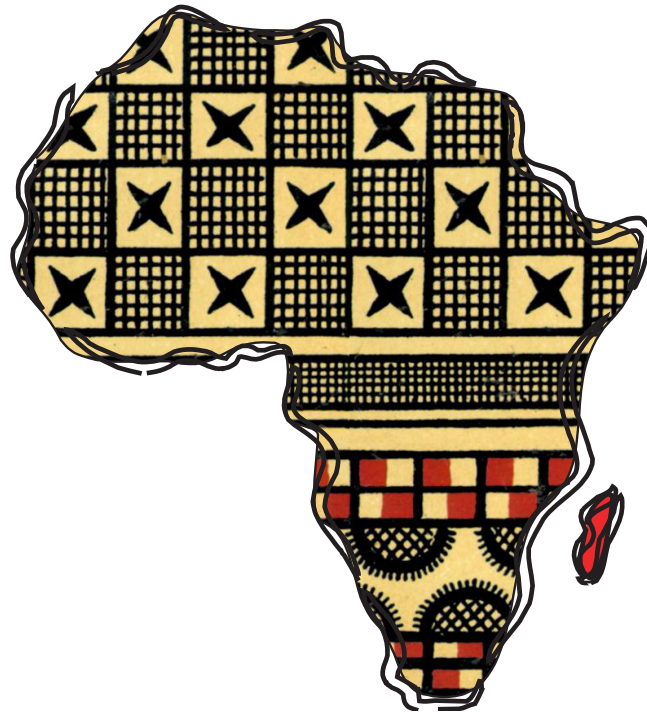




A TASTE OF AFRICAN HERITAGE



STUDENT HANDBOOK

A program of



With national support from the
Walmart Foundation





WHAT IS OLDWAYS?

Let the old ways be your guide to good health and well-being.

Oldways is a nonprofit food and nutrition education organization, with a mission to guide people to good health through heritage, using practical and positive programs grounded in science and tradition. Simply, we advocate for the healthful pleasures of real food.

Healthy eating and healthy foods have the power to improve the health and well-being of all of us. Science and common sense tell us that good health and good food go hand in hand. The healthy old ways have a special importance and impact because they bring together: (1) good nutrition with delicious foods, (2) culture and heritage, and (3) eating, shopping, and cooking. As Michael Pollan wrote in the New York Times on Sunday, October 2, 2011, “I have yet to hear of a traditional diet—from any culture, anywhere in the world—that is not substantially healthier than the ‘standard American diet.’ The more we honor cultural differences in eating, the healthier we will be.”

The healthy old ways also have the power to bring people and communities together. As First Lady Michelle Obama said about the importance of food, culture, and heritage, “Food can be a symbol of cultural identity...it knits families together. What I’ve come to appreciate is, whether you’re African-American, Puerto Rican, Dominican, or Cuban, food is love.”

Oldways was founded in 1990 to address health issues (increasing rates of obesity, heart disease, cancer, diabetes, and other diseases of excess) and to preserve culinary traditions, helping people make healthy connections to their food (cooking and eating real foods) and their heritage.

We learned early on that change happens by motivating individuals and influencers to move in a common direction. Working throughout the world—from Australia to Brazil and from Italy to the U.S.—Oldways has collaborated with hundreds of international experts including scientists, health-care professionals, chefs, historians, food producers, and food writers to create “mini-movements” that have inspired millions of people to change the way they eat.



Learn more at www.oldwayspt.org.

THANKS AND ACKNOWLEDGEMENTS

We would like to thank all of the organizations and volunteer teachers who have helped us to pilot *A Taste of African Heritage*. Their dedication to improving health and wellbeing is invaluable. We are honored to work with them and deeply grateful to have learned from their teaching experiences to make this the best curriculum it can be.

Please visit www.oldwayspt.org/african-heritage-health for a full listing of participating organizations and teachers.

Many thanks to the African Heritage Diet Pyramid Committee for making this program possible, especially to Jessica B. Harris, PhD, Constance Brown-Riggs, MSEd, RD, Vivien Morris, RD, Tambra Raye Stevenson, and Toni Tipton-Martin for their review and help with the curriculum.

With National Support from the Walmart Foundation





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DEAR FRIEND,

Welcome to *A Taste of African Heritage*!

This is your Student Handbook. Please bring this booklet with you to class each week to follow along with your instructor. These handouts provide you with lots of great information, like the history and nutrition of the foods you'll meet, the recipes from your classes, and your “homework” each week.

We are very happy to have you join Oldways in this community cooking program. Whether you would like to lose weight, or find culturally-linked ideas for delicious meals, or simply live more healthfully, this program can help you reshape your lifestyle to enjoy good health and fabulous foods every day. Here's the roadmap we hope you'll use over the next six weeks and beyond:

1. TAKE THE HEALTHY HERITAGE PLEDGE

Commitment to oneself brings results. Show your good intentions by making this Healthy Heritage Pledge:

- I will eat more like the old ways every day, using the African Heritage Diet Pyramid as my guide.
- I will increase fresh fruits, vegetables, whole grains, and other plant-based whole foods in my diet, while cutting back on highly processed foods.
- I will bring the information I learn from class into my home and share with others.
- I will feed my body, mind, and soul with physical activity, positivity, and self-care.
- I will cook more often.
- I will track my progress, to help Oldways make *A Taste of African Heritage* the very best program it can be.

2. LEARN, LAUGH, AND EAT YOUR WAY THROUGH OUR SIX-WEEK CLASS

A Taste of African Heritage is more than just a series of cooking classes. It's a chance to reconnect with vibrant ways of eating and living that once protected the health and wellbeing of African American ancestors everywhere. We invite you to invest in the next six weeks as a personal wellness program—a springboard into a whole new way of eating and living.

3. HELP US TRACK YOUR SUCCESS AND THE SUCCESS OF THE PROGRAM

We really want to hear about your experience. We want to know about your successes, as well as how this program can better help you reach your goals.

To make sure that *A Taste of African Heritage* helps you and others make lasting changes, it is very important that we measure program results through confidential surveys (before the program starts and then again at the end). The entrance and exit surveys, provided to you at your first and last classes, will give us a “before and after” snapshot of how the program impacts your daily cooking and eating habits.



4. ENJOY POTLUCK DINNERS AND ONLINE SUPPORT TO KEEP YOU MOVING FORWARD

Students will be invited to get together for follow-up potlucks 6 weeks and 12 weeks after you've graduated from the program, to see how you're doing.

We know, and research shows, that people are better able to make healthy changes in their lives with ongoing support and connections. We encourage you to sign up for our Quarterly Newsletter and to join our A Taste of African Heritage Facebook Group, where you can connect with fellow students to share cooking tips, ideas for exercise, and other motivational info to support you on your journey.

We will also be featuring class photos, updates, and milestones on our Oldways Facebook page and Twitter channel. Please connect with us today!

Oldways Newsletters: www.oldwayspt.org/community/e-newsletter-sign

Oldways Facebook Page: www.facebook.com/OldwaysPT

Oldways Twitter: twitter.com/OldwaysPT

Get ready for a whole new level of wellbeing! We're here to support you every step of the way. Oldways' African Heritage & Health Program Manager, Sarah McMackin, is available to answer any questions or concerns at sarahm@oldwayspt.org or (512) 330-0111.

Thank you very much for being a part of this exciting new program.

Now, it's time to get cooking!

Wishing you health, happiness, and a delicious adventure ahead,

The Oldways Team





INTRODUCTION

Her-it-age—noun

Valued objects and qualities, such as cultural traditions, that have been passed down from previous generations.

“I have yet to hear of a traditional diet—from any culture, anywhere in the world—that is not substantially healthier than the ‘standard American diet.’ The more we honor cultural differences in eating, the healthier we will be.”

- Michael Pollan, *New York Times Magazine*, October 2011

For more than 20 years, Oldways has been dedicated to promoting the powerful health benefits, affordability, and delicious flavors found in traditional diets worldwide. In that time, we have learned that the best way to inspire healthy eating is through wonderful foods that also happen to be healthy. This is why we have created *A Taste of African Heritage*—a new kind of cooking curriculum that introduces people to the traditional healthy foods and flavors of Africa and the African Diaspora.

WHAT IS THE AFRICAN HERITAGE DIET PYRAMID?

The African Heritage Diet Pyramid is Oldways’s newest healthy eating model that celebrates the traditional eating pattern of African-American ancestors—from Africa, South America, the Caribbean, and the American South.

Whether we look to Virginia or Jamaica, Nigeria or Brazil, we find this simple, delicious eating pattern shared by their culinary histories, with distinct foods from each region. It is this big-picture framework that *A Taste of African Heritage* teaches, to help people appreciate and enjoy this beautiful and age-old way of eating for a new level of health.



WHAT IS A TASTE OF AFRICAN HERITAGE?

A Taste of African Heritage is:

- A six-part lesson plan designed to bring the African Heritage Diet Pyramid to life, allowing participants to discover the major foods of the pyramid and to learn how to easily prepare them.
- An introduction to the vibrant history, culture, and nutrition of African heritage foods.
- An experiential guide to easily adapting African heritage eating patterns to modern life.
- A plant-based curriculum that purposefully teaches about the foods—and the preparation of them—recommended most by the African Heritage Diet Pyramid.





WHY IS IT IMPORTANT?

Oldways believes passionately that what we eat can keep us healthy. We believe in the value of eating traditionally and culturally because 1) science has proven the health benefits, and 2) we know that with great flavor, enjoyment follows.

The standard American diet has taken most of us away from our healthier, delicious culinary roots. This American diet differs dramatically in quality from traditional and multicultural ways of eating, including the traditions of the African Diaspora. African heritage cooking relies much more on plant-based, whole foods and less on animal products and highly processed foods, which are loaded with hidden sodium, sugars, and unhealthy fats.

Scientists have shown that following traditional ways of eating reduces the risk of diabetes, heart disease, kidney disease, and different cancers. By reclaiming our heritage through traditional foods, together we can begin to reclaim our health.

WHO IS IT FOR?

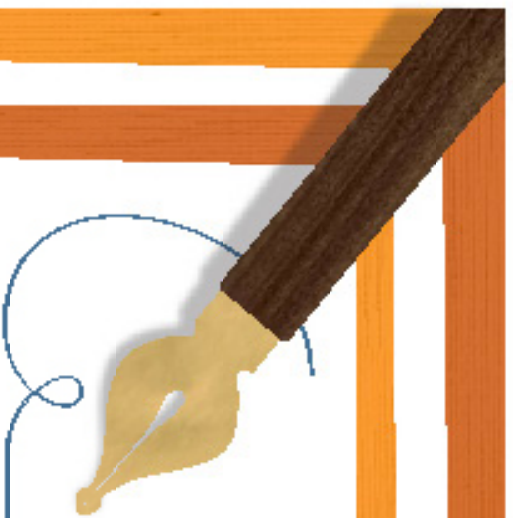
A Taste of African Heritage is designed for people of all ages and interests, including:

- Anyone who wants to learn to cook African heritage foods.
- Anyone who wants to add more flavor and good nutrition to meals.
- Anyone interested in learning more about African heritage and culinary history.
- Friends wanting to start a cooking club.
- Teens and preteens just learning how to cook.
- Seniors craving a trip down memory lane and a taste of the old ways.

HOW ADVANCED ARE THE RECIPES?

We like to think of *A Taste of African Heritage* as “Level 1 Cooking.” While the variety and flavors are plentiful, the recipes have been kept short and simple. Classes are less focused on recipes and more focused on methodology and the big picture of eating well and eating traditionally. Overall, the curriculum demonstrates how to create an enjoyable, affordable, healthy way of eating for oneself and one’s family. It shares practical, repeatable techniques, such as how to easily prepare various whole grains, how to play with herbs and spices, how to spice up beans, and more. If you are eager to continue on to more advanced cooking, we invite you to seek out the cookbooks on our African Heritage & Health Recommended Reading List and to browse through our recipe sections on the Oldways and Whole Grains Council websites: www.oldwayspt.org and www.wholegrainscouncil.org.



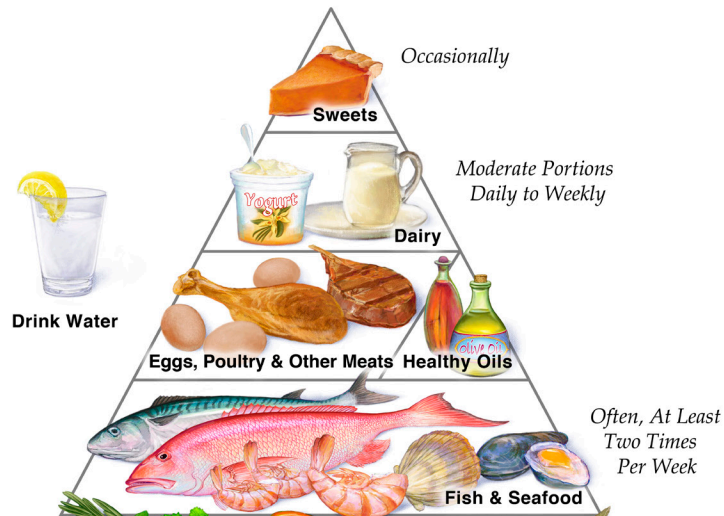


Healthy Heritage Pledge

1. I will eat more like the old ways every day, using the African Heritage Diet Pyramid as my guide
2. I will increase fresh fruits, vegetables, whole grains, and other plant-based whole foods in my diet, while cutting back on highly-processed foods.
3. I will bring the information I learn from class into my home and share it with others.
4. I will feed my body, mind, and soul with physical activity, positivity, and self-care.
5. I will cook more often.
6. I will track my progress, to help Oldways make **A Taste of African Heritage** the very best program it can be.

Student Signature: _____

LESSON 1



HERBS & SPICES



*Enjoy
A Healthy
Lifestyle*



African Heritage Diet Pyramid



Illustration by George Middleton
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www.oldwayspt.org



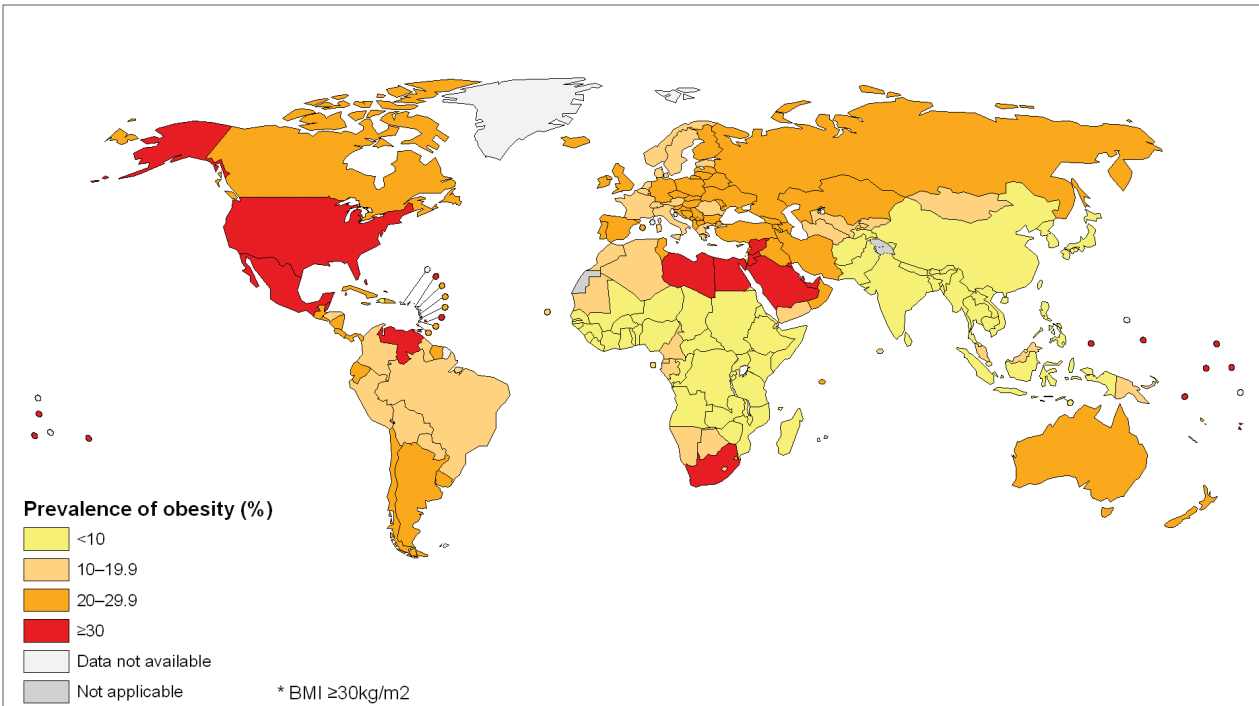
HANDOUT 3
NUTRITION SHIFTS

Today, the United States leads the world in obesity and obesity-related chronic diseases such as diabetes, high blood pressure, and heart disease.

The modern diet and inactive lifestyle of many Americans have been powerful contributors to this problem. As Africans and South Americans shift away from their traditional diets, which were based on fruits, vegetables, grains, and beans, and begin to eat more like Americans, consuming more meat, refined foods, and sugary drinks, they begin to see more obesity and chronic diseases in their communities.

We can begin to reverse this trend by reclaiming our traditional ways of eating.

**Prevalence of obesity*, ages 20+, age standardized
Both sexes, 2008**



The boundaries and names shown and the designations used on this map do not imply the expression of any opinion whatsoever on the part of the World Health Organization concerning the legal status of any country, territory, city or area or of its authorities, or concerning the delimitation of its frontiers or boundaries. Dotted lines on maps represent approximate border lines for which there may not yet be full agreement.

Data Source: World Health Organization
Map Production: Public Health Information and Geographic Information Systems (GIS)
World Health Organization

 **World Health Organization**
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HANDOUT 4: REGIONAL PROFILES

AFRICA



Peanut Soup



Jollof Rice &
Black-Eyed Peas



Chicken Yassa

Africa is the second largest continent on earth, so it's not surprising that it is home to many different communities, climates, geographies, and agricultures. The continent features a wide variety of wonderful cooking styles, using similar food staples throughout its many lands: leafy greens and local vegetables, hearty grains and cereals, nuts and tubers, and fish and poultry, flavored with herbs and chilies and exciting spices.

African ancestors transported in the Trans-Atlantic Slave Trade came mainly from Western and Central Africa. Most African-American cultural foods, such as collard greens, black-eyed peas, watermelon, and okra, have their roots there. A classic West African meal consists of a hearty vegetable or peanut soup, poured on top of a starchy side, like yams or millet. Beans are eaten in abundance throughout the continent, too, especially black-eyed peas and kidney beans in West Africa, and chickpeas and lentils in East Africa.

Yassa is a cooking method popular throughout West Africa. *Yassa* cooking uses a spicy lemon and onion marinade to flavor poultry, fish, or vegetables. Chicken *yassa* is a staple dish of Senegal and is traditionally served over rice. The *yassa* method is a fabulous, healthy way to put a tangy and juicy spin your meal.

Other Traditional Staples across Africa

- Grains: Millet, sorghum, wheat, teff, barley, and rice are all native grains; corn (or maize) was introduced to Africa hundreds of years ago, and continues to be an adapted staple.
- Vegetables: All types of leafy greens, root vegetables, okra, eggplant, cucumber, and peppers
- Yams were a major part of the local diet, holding a religious place in many West African kingdoms. Pounded tubers, like yams, became *fufu*—a thick mash served with almost all traditional stews.
- Fruits: Africans have eaten watermelon, tamarind, plums, dates, figs, and pomegranates for millennia.
- Oils: Shea butter, sesame oil, palm oil, and extra-virgin olive oil
- Seasonings: Melegueta and other peppers, ginger and other aromatic spices from North Africa. Melegueta peppers are sometimes called “grains of paradise” in the U.S.

THE AMERICAN SOUTH



Shrimp Gumbo



Hoppin' John,
Collards, Cabbage



Pecan Catfish, Sweet Potato,
Okra & Corn MixUp

The roots of early African-American food staples came from Africa, Southern plantation houses, slaves' private gardens, and foraging in the wild. We can see how African and Southern traits blended together in our three Plates of Expression (above). Vegetables were abundant: cabbage, okra, tomatoes, peppers, and several types of greens, including collards, kale, and dandelion, mustard, and turnip greens, to name a few. Other foods enjoyed in Africa, like peanuts and black-eyed peas, were popularized and cultivated throughout the South, and one-pot cooking survived in vegetable mixups.

- Louisiana's Creole cooking has its roots in African, French, Spanish, and Haitian cuisines, with a common cooking base called "The Holy Trinity," consisting of chopped celery, onions, and bell peppers, which we find at the heart of Louisiana's popular Shrimp Gumbo. The word *gumbo* comes directly from the West African Bantu word for okra—*quingombo*.
- Traditional Low Country and Gullah cooking, from around South Carolina's and Georgia's coasts, feature catfish, crab, shrimp, sweet potatoes, rice, and dishes like Hoppin' John. The Gullah people are a striking group of African-Americans who reside in the Low Country, and are known for strongly preserving the African culture in their language, storytelling, music, folklore, crafts, farming traditions, and cooking.
- Early staple grains were rice, cornmeal, grits, and oats. African-Americans played a crucial role in the rice cultivation that greatly supported the Southern economy, as we'll talk about in a later lesson.
- Beans were central in America as well: kidney beans, navy beans, lima beans, and black-eyed peas, especially, were eaten regularly.
- Pickling vegetables was also a popular way to preserve food; pickled beets, radishes, okra, cabbage, carrots, and cucumbers were all enjoyed. And it's an easy and delicious way to enjoy vegetables even today!

CARIBBEAN



Pumpkin Soup



Red Beans & Rice with
Coconut Milk, Spinach



Snapper with Mango Lime
Vinaigrette

The West Indies and the Caribbean bring tropical accents, peppery sauces, and various seafoods to the African heritage diet. The origins of Afro-Caribbean cuisine date back to the arrival of African captives to the sugarcane plantations throughout the islands. Early Afro-Caribbean people grew okra, yams, and many types of peas and greens, preparing them in the ways they did back home in Africa. Cooks adapted their African culinary knowledge to the Native American and European cooking techniques they found in their new home.

- Several varieties of pumpkin and squash grow throughout the Caribbean, and are found in many pots and stews.
- Red Beans & Rice is an emblematic dish of African heritage that we find not only in the Caribbean, but also in Latin American and Louisiana Creole cooking. Other Caribbean beans include pigeon peas, kidney beans, and black beans, which star in the black bean soup, *Sopa de Freijol Negro*, beloved throughout the islands.
- Caribbean greens are of the more delicate varieties. Spinach is prominent, and native greens like callaloo and taro are similarly mild in texture and taste.
- As the land is surrounded by ocean, traditional Afro-Caribbean fare includes a variety of seafood, such as red snapper, salt fish, and conch. Seafood dishes are often melded with tropical fruits, like papaya and mango, which produces a unique and amazing flavor.
- Tubers are abundant throughout the islands, and include breadfruit, yams, taro, and cassava. Plantains are also used regularly as a side-dish starch.
- African *fufu*, which became Afro-Caribbean *coo coo*, is made from cornmeal instead of tubers.
- In the southern Caribbean, *roti* is a popular flatbread. It is made primarily from whole-wheat flour, which can be filled with curried vegetables and shrimp, or bean dishes, as a warm, soft roll-up.

SOUTH AMERICAN



Vegetable Rice Soup



Black Beans & Rice
with Hearts of Palm



Moqueca De Peixe
with Watercress

There are almost 100 million people of African descent living in South America, mainly in Brazil. Afro-South American cuisine emerged with African, Spanish, Portuguese, and Native American influences, as well as the natural influences of the ocean and tropical climate.

- Rice-based soups fill many bowls in South America, whether the rice is paired with chicken, seafood, meat, or vegetables. Rice and bean dishes are plentiful, too, often pairing this favored grain with black beans, pinto beans, red beans, and lentils.
- Afro-South American food matches the country's textiles in its vibrant colors. We see many of the same African staples as in the Caribbean: delicate greens like watercress for salads and callaloo (or taro leaves); okra, peanuts, squashes, and plantains appear in many dishes; as do tropical fruits and fresh juices from guavas, mangoes, and cashews.
- Traditional seafood stews are very popular, especially in Brazil, where we find *vatapa*, *caruru*, and different versions of *moqueca* (pronounced mo-keh-ca). All of these are traditional dishes that feature shrimp and fish simmered in tomato, palm oil, or coconut-milk bases, mixed with other flavorful ingredients. Some stews call for fresh fish like snapper and mahi mahi, or dried fish like salt fish and salted mackerel.
- Other local ingredients used in cooking are root vegetables, such as cassava (called *manioc* in South America), yuca and yams, avocados, pineapple, okra, cilantro, tapioca, and—perhaps surprisingly—pasta.



RECIPE CARD HANDOUTS

OLDWAYS JOLLOF RICE

This traditional West African rice dish is a hit at dinner, layered with warm spices and seasonings.

Serves: 8

Ingredients:

- 1 (15-ounce) can diced tomatoes, drained (save liquid)
- 4 cups liquid (see step below)
- 2 cups uncooked brown rice
- 2 tablespoons extra-virgin olive oil
- 1 large onion, chopped (about 2 cups)
- 2-3 garlic cloves, minced
- 1 large carrot, chopped (about 1 cup)
- ¼ head of green cabbage, chopped (about 2 cups)
- 2 tablespoons tomato paste
- 1 teaspoon turmeric
- 1 teaspoon thyme
- ½ teaspoon red pepper flakes



1. Drain liquid from the diced tomatoes into a measuring cup. Add enough water to equal 4 cups of liquid total, and put in a medium-size pot with the brown rice. Bring to a boil, then cover and simmer until rice is tender to your taste, about 30 to 35 minutes.
2. While the rice cooks, heat the oil in a large pan. Cook the onion and garlic until onion is soft and translucent, about 5 minutes. Add chopped carrots and cabbage, tomato paste, tomatoes, and spices. Simmer with the lid on for a few minutes on low heat until the vegetables are done to your taste. Adjust spices to taste.
3. When the rice is done, mix it with the vegetables, or simply serve the rice with other ingredients on top. Garnish with a little parsley if you'd like.



OLDWAYS AFRICAN HERITAGE SPICY CHICKPEAS

Serves 8

Ingredients:

- 1 medium-size yellow onion
- 1 tablespoon extra-virgin olive oil
- 2 teaspoons curry powder
- 1 tablespoon minced fresh ginger
- ¼ teaspoon allspice
- 1 (15-ounce) can diced tomatoes, no salt added
- 2 (15-ounce) cans garbanzo beans, no salt added, rinsed and drained
- Pinch of paprika
- Salt to taste
- ½ bunch cilantro, chopped



1. Chop up the onion.
Cooking Tip: When chopping an onion, if your eyes start to water, grab any spice that's around and quickly sniff it. This should override the onion vapors and stop those tears.
2. Put 1 tablespoon of the olive oil in your pot; cook on medium heat until the oil is hot.
3. Add the chopped onion and let it simmer in its juices, stirring just a couple of times, until translucent.
4. Add the spices:
 - a. 2 teaspoon curry powder
 - b. 1 tablespoon minced fresh ginger
 - c. ¼ teaspoon allspice
5. Let the spices cook into the onions for about 2 minutes.
6. Add the diced tomatoes, with their liquid, and cook for another 2 minutes
7. Add the two cans of chickpeas and toss to cover; let them simmer for 4-5 minutes, stirring occasionally.
8. Finally, add a pinch or two of salt and paprika.
9. Optional: Add fresh cilantro as a garnish.
10. Enjoy!

HANDOUT 5: SPICE KEY

Culinary heritage starts with herbs and spices. What distinguishes the flavors of Ethiopian curried eggplant, Moroccan roasted eggplant, and Louisiana eggplant casseroles? Ginger, cardamom, lemon, cumin, parsley, and cilantro. The regional signatures are written in these flavors!

The terms “herb” and “spice” both describe parts of plants (dried or fresh) that are used to enhance the flavor of foods. Spices have been categorized as coming from seeds, roots, barks, and other parts of the plant, like cinnamon bark or cardamom seeds. Herbs come from the more green, leafy parts, like mint, sage, and thyme.

African heritage is full of spices. Here are just a few that we’ll use today:

	<p>Allspice</p> <p>Despite its name, allspice is not a blend of spices; it is actually the grounds of a dried fruit, the pimento berry, that tastes like cloves, cinnamon, and nutmeg combined. Allspice is one of the most important ingredients of Caribbean cuisine (it is also known as “Jamaican pepper”). Allspice is used around the world to flavor everything from stews to chilies to cakes.</p>
	<p>Ginger</p> <p>Ginger turns up throughout African heritage cuisines in everything from Caribbean ginger beers and teas to African curry powders and South American spice cookies. Ground ginger is best used in desserts, soups, and spice mixtures. If you’d like to try using fresh ginger, take a small section from a ginger root, dice it into small pieces, and add it to a sauté or curry dish while cooking. There is truly no other taste like it!</p>
	<p>Paprika</p> <p>Paprika is made from the ground, dried fruits of bell pepper and chili pepper varieties. Chili peppers are an enormous figure in African culinary heritage, found in countless dishes and all regions. Habanero chilies, bird chilies, and cayenne chilies are the favorites of Western Africa. Cajun and Soul Food cuisine in America use cayenne for heat in soups, marinades, beans, and rice. Paprika is much milder, adding a sweeter, smokier flavor and lots of colorful nutrition to our plate. Just a dash of Paprika delivers many important antioxidants, vitamins, and minerals.</p>
	<p>Curry Powder</p> <p>Curry powder is a mixture of several spices, which varies from region to region around the world. Most curry mixtures have a base of coriander, cumin, tumeric, fenugreek and red pepper, with different additional spice added by regions. Brazilian curries usually include chili powder; African curries add ginger. Add it to sautés, mashed potatoes, or beans for a burst of heritage flavor and nutrition.</p>
	<p>Cilantro</p> <p>Cilantro is the staple herb in Afro-South American cooking, used irreplaceably in black bean dishes, soups, and salsas. Its robust flavor is bright, fresh, and even described as a little “soapy” by some. Cooking cilantro tones down the flavor. To acquaint your palate with cilantro, sprinkle a small amount into your next batch of beans while cooking.</p>

HANDOUT 6: HIDDEN SODIUM

Sodium and High Blood Pressure across the African Diaspora

Do you or someone you know have high blood pressure? Most of us know that high blood pressure is associated with high sodium intake.

Research shows that sodium levels decrease across the African Diaspora, from West to East: sodium intake is highest in the U.S., midrange in Jamaica, and lowest in Nigeria. High blood pressure follows the same pattern: highest in the U.S., midrange in Jamaica, and lowest in Nigeria. The standard American diet, containing foods high in sodium, is associated with a higher risk of abnormal blood pressure than traditional diets found in other countries. Choosing traditional, fresh foods over highly processed foods can help lower blood pressure.



Why might this be so?

The Hidden Sources of Sodium

According to the Centers for Disease Control, more than 75% of Americans' sodium intake comes from prepackaged and restaurant food, 12% comes from natural sources, and only 11% comes from adding our own salt to meals.

You might be surprised to know that the 10 major sources of excess sodium come from:

1. Cold cuts
2. Other cured meats
3. Pizza
4. Canned soups
5. Sandwiches
6. Commercial breads
7. Rolls
8. Cheese
9. Meat
10. Processed Snack Foods

The message?

The more highly processed foods we eat, the more sodium we take in. By returning to whole, plant foods and the "old ways," we can cut down on our sodium intake and hypertension rates considerably. With a little knowledge of simple cooking techniques, using herbs and spices that bring out delicious flavors, you can enjoy a healthier diet with lots of flavor and less hidden sodium.



HANDOUT 7:

LESSON SHOPPING GUIDE: HERBS, SPICES, & OILS

Having a good mix of fresh and dried herbs and spices on hand is truly a game changer in the kitchen. Discover your favorites and experience gourmet tastes from simple home cooking.

Where to find them

Dried herbs and spices can be found in any grocery store, usually in the:

- Seasonings Aisle
- Natural-Food Aisle
- Bulk Section of Natural-Food Stores

Fresh herbs like thyme, mint, and cilantro can be found in the produce section either alongside fruits and vegetables, or in the refrigerated salad-mix section. Depending on the season, fresh herbs will either be loose or prepackaged.

Spice Blends

Many spice brands have created their own lines of regional spice blends like “Jamaican Jerk Spice Blend” or “Creole Seasoning” inspired by the traditional spice signatures of Jamaica and Louisiana. These blends include paprika, anise pepper, coriander, and more. Try a specialty blend and look at the ingredients to discover what individual herbs and spices you like best.

Spice Shops and Online Sources

More and more spice shops are popping up around the country. These specialty stores feature rows and bins of colorful, aromatic spices. Like the bulk aisles of natural-food stores, spice shops let you weigh and then take home as much of a spice as you’d like. You can also order spices directly from spice shops, African specialty stores, and major spice brands online.

Storage

Unpotted fresh herbs will keep for up to two weeks with proper handling. Simply snip off the ends of the stems, fill a small glass jar halfway with water, and place the herbs the water. Make sure that the top leaves are dry (rinse them before each use) and cover the top with a small plastic bag. Store hardier herbs like cilantro, dill, and parsley in the refrigerator. Store more delicate

Fresh

- Dill
- Cilantro
- Thyme
- Mint
- Oregano
- Parsley
- Tarragon
- Basil
- Chiles
- Garlic
- Lemon
- Ginger

Dried

- Berbere
- Harissa
- Ras el Hanout
- Curry Spices
- Allspice
- Cardamom
- Cumin
- Cayenne
- Paprika
- Cinnamon
- Vanilla Bean
- Fenugreek
- Grains of Paradise
- Anise Pepper
- Coriander
- Caraway
- Cloves
- Turmeric
- African or Caribbean Spice Blends

herbs, like basil and tarragon, on your kitchen counter at room temperature.

While dried herbs don't go bad, they do lose their flavor and aroma over time. Dried herbs keep best and longest in cool, dark places. Keep yours in a cabinet away from light and heat for maximum flavor.

Oils

Many scientists and health experts agree that extra-virgin olive oil is one of the healthiest oils we can eat. It's also one of the most delicious, and is found in North Africa.

Use extra-virgin olive oil raw, drizzled on salads or steamed vegetables, or lightly cooked on low-medium heat. Never let oil smoke; this means it's too hot.

Coconut oil has been used traditionally throughout the Caribbean, and red palm oil throughout Africa. These oils are currently being researched for their health benefits. Many African cooks add a dollop of red palm oil to dishes after they've been cooked, to add color and flavor to meals, and to retain all of the heat-sensitive vitamins and nutrients in the oil.

Flaxseed comes from Egypt. Flaxseed oil is a wonderful source of Omega-3 fatty acids and other powerful nutrients. This oil is highly sensitive to heat, light, and air, so it typically comes in a dark bottle and should be kept refrigerated. You never want to cook with flaxseed oil.

Oils:

Cooking

- Extra-Virgin Olive Oil
- Coconut Oil
- Red Palm Oil

For drizzling (not for cooking)

- Flaxseed Oil
- Sesame Oil

HOMework ASSIGNMENT

ADDING A LITTLE SPICE TO LIFE!

1. Add new flavor to any home-cooked meal this week. Whether you're making macaroni or chicken, or soup, try adding a teaspoon of one new spice, herb, or the African Heritage spice mix to your pot. Write down what you think.
2. If you have time, dig deeper into your own family history, your geographical roots, your family health histories, and your food memories. Can you trace your ancestry back to the African continent? What interesting facts have you learned about your ancestors? (Optional)

LESSON 2



GREENS!



*Enjoy
A Healthy
Lifestyle*

Illustration by George Middleton

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HANDOUT 1 GREENS GUIDE

Salty Greens

- Cook quickly and shrink down to half their size or less.
- Slightly salty taste goes perfectly with buttery white beans, like navy or cannellini.
- Mild flavor when raw—you can even hide them in a smoothie!



Beet Green



Spinach



Chard

Hardy Greens

- Chewier greens. Strip the rugged leaves from the thick stems.
- Faintly bitter taste.
- Sauté, steam, stir fry, or quick boil with onions, leeks, or lemons. Cook a few extra minutes to make them tender.



Collards



Curly Kale



Flat Kale

Peppery Greens

- These greens come with their own built-in spice!
- Pair these greens with something mild, like a baked potato or kidney beans, to balance out their fiery flavor.
- Cook mustard greens as a lively side dish, or add them to soups.



Turnip Greens



Dandelion Greens



Mustard Greens

Bitter Greens

- Most greens can be a little bitter. These have an extra-bitter bite!
- These three greens are usually eaten raw, but can be cooked for a milder flavor.
- Try pairing them with something sweet—honey in a dressing, or apples in the cooking pot.
- You'll grow to enjoy this stronger flavor over time.



Watercress



Arugula



Endive

HANDOUT 2

HERITAGE AND HEALTH: GREENS

HERITAGE: THE GREENS OF AFRICAN HERITAGE

People of African heritage have been cooking with greens for centuries. In West Africa alone, there are more than **150 kinds of edible greens**. There, one word, *efo*, is used to refer to all the different kinds of leafy greens.



Africans brought their love of greens to America. It was here, in Southern plantation cooking, that the familiar American way of eating greens—slow cooked for hours and flavored with salted pork, fatback, or ham-hock—got started.

Greens have a wide range of flavors, from spicy to bitter to mild. Afro-Caribbean and South American cooking favors milder tasting greens that grow in the tropics, like spinach. Collards, mustard greens, and dandelion greens continue to be the popular choices of African-American cooking today. Collard greens are northern European in origin. “Collard” comes from “cole wort” which means any non-heading cabbage.

HEALTH: WHY ARE GREENS SO GOOD FOR US?

Many experts say that greens are the number-one food you can eat regularly to help improve your health. They are recommended for daily consumption by the African Heritage Diet Pyramid, and bring a flood of nourishment to our bodies.

Greens are:

- *Very low in calories. A serving usually has only 25-40 calories.*
- *Very high in nutrients. They are packed with fiber, iron, calcium, vitamins, and other minerals to keep your body running at its best. In just one cup of cooked greens, you can get more than a day's worth of many vitamins and nutrients.*



Greens help “tune up” our bodies. Their powerful nutrients help clean the blood and liver, removing waste that builds up in our bodies. **Greens also help us digest and absorb other foods completely**, by increasing the healthy stomach acids that break down the nutrients from all our foods. Eating leafy greens helps our whole body, but especially our:

Blood and circulation

Lungs and breathing (respiratory system)

Kidneys and liver

Digestion

Try new ways to cook greens quickly to keep more of their nutrients and delicious taste.

RECIPE CARD HANDOUTS

OLDWAYS TANGY COLLARD GREENS

Serves 4

Ingredients:

- 1 medium-size yellow onion
- 4 cloves of garlic
- 1 tablespoon extra-virgin olive oil
- 1 tablespoon Dijon mustard
- ¼ lemon
- 2 bunches collard greens
- Salt to taste



1. Chop the onion into medium-size pieces.
2. Chop the garlic cloves into tiny pieces.
3. Cut the collard leaves into long, thin strips. (Roll up 1 bunch of collard leaves together like a tight tortilla; position the bunch horizontally, and cut into strips.)
4. Put 1 tablespoon olive oil into pan, put on medium heat.
5. Add the onions and garlic, and cook for 2 to 3 minutes, or until the onions are golden.
6. Measure 1 tablespoon of mustard and stir in. Then drizzle the juice of ¼ lemon.
7. Add collards and toss with your spoon to coat.
8. Add a pinch of salt and a couple splashes of water to give the greens some moisture. Cover and cook for about 10 to 12 minutes until collards are bright green.
9. Uncover and stir again.

Calories: 60, Fat: 4g, Saturated Fat: 1g, Sodium: 100mg, Cholesterol: 0mg, Carbohydrate: 6g, Fiber: 2g, Sugars: 1g, Protein: 2g



OLDWAYS GREENS MIXUP: KALE, MUSTARD, & DANDELION

(or use 3 other favorites)

Serves 8

Ingredients:

- 1 leek
- 3 bunches of 3 different greens
(this recipe uses kale, mustard
and dandelion greens)
- 1 lemon
- Salt to taste
- Pinch of paprika



1. Fill half of a deep soup pot with water. Bring water to a boil.
2. Chop the leek into thin, half-round slices.
3. Tear or chop bite-size pieces of each leafy green from its stem.
4. Drop the leek and greens into the water once it's boiling.
5. Cook for 5 minutes, until the greens are tender and bright green. (This quick-boil is called "blanching.")
6. Using the pot lid, drain the water from the greens, catching it in the empty mixing bowl, if you want to keep the pot likker for another dish.
7. Keep the greens in the pot. Cut the lemon in half and squeeze the juice from both halves over all the greens.
8. Add a few pinches of salt and paprika, and stir into the greens.
9. Top each serving with Oldways' Garlicky Dill Mojo Sauce.

Note: This recipe is another great way to get greens into your breakfast.

Simply serve on whole-wheat toast or as a side to your eggs.

Enjoy!

Calories: 35, Fat: 0g, Saturated Fat: 0g, Sodium: 35mg, Cholesterol: 0mg, Carbohydrate: 8g, Fiber: 2g, Sugars: 1g, Protein: 2g

OLDWAYS GARLICKY DILL MOJO SAUCE

Serves 8

“Mojo” sauces originated in the Canary Islands, off the northwest coast of Africa. The term has been traditionally used for any sauce calling for olive oil, garlic, and lemon at its base. Cuban, Brazilian, and other Latin American cuisines have whipped up lots of variations. This is our garlicky, dill version that goes great on greens or whole grains.

Ingredients:

- 1 tablespoon olive oil
- 1 cup plain soy or rice milk, or 6 oz plain yogurt
- 1 large (or 2 small) garlic cloves, minced
- Juice from ½ medium sized lemon
- 1/2 teaspoon Dijon or spicy mustard
- 1/3 cup of chopped fresh dill (about 6-8 dill sprigs)
- Sea salt to taste

1. You can either use a blender or a small mixing bowl to whisk all these ingredients together. Mix well, salt to taste, and enjoy drizzled over greens or grains!

Calories: 33; Total Fat: 2g; Saturated Fat: 0; Cholesterol: 0; Carbohydrates: 2; Protein: 1g; Sodium: 60g; Sugar: 0



OLDWAYS SPINACH CUCUMBER DILL SALAD

Serves 4

Ingredients:

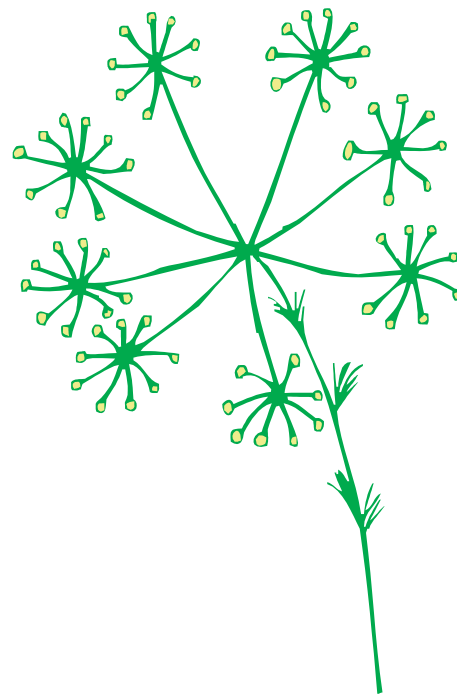
- 2 cups spinach (9-ounce bag or 1 bunch of loose)
- 3 cucumbers, halved and thinly sliced
- 5 sprigs of fresh dill
- 5 large basil leaves, chopped
- 1 tablespoon apple-cider vinegar
- 2 tablespoons extra-virgin olive oil
- Juice of ¼ lemon
- 3 avocados
- Salt and pepper to taste



1. Rinse the greens and dry with a paper towel.
2. If you want smaller pieces, chop the greens on a cutting board.
3. Slice the cucumbers into quarters. Chop quarter slices as thin as you can, keeping the seeds.
4. Pull the dill leaves from their stalks. Mince the leaves finely and sprinkle over the salad. Add dill and basil to bowl and toss.
5. Drizzle apple-cider vinegar, olive oil, and lemon juice over the salad.
6. Add a pinch of salt and pepper, toss to coat.
7. Top each serving with a slice of avocado.

Note: Peppers are very important in African cooking, especially Melegueta peppers. When ground they are called “Grains of Paradise” in the U.S. and can be used in place of ordinary pepper.

Calories: 95, Fat: 5g, Saturated Fat: 1g, Sodium: 31mg, Cholesterol: 0mg, Carbohydrate: 13g, Fiber: 2g, Sugars: 5g, Protein: 3g



OLDWAYS GREEN SMOOTHIE

Adding greens to a smoothie provides a huge kick of nutrition and heritage to our morning routine. Using a mild green, like spinach or lettuce, will keep your greens a secret. You can hardly taste them in the mix, and they won't turn your smoothie green - which can be especially helpful when serving kids and other non-greens fans.

Serves 1

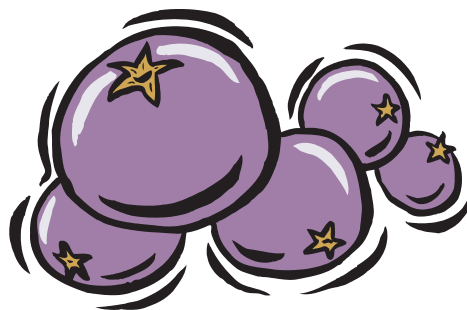
Ingredients:

- $\frac{2}{3}$ cup frozen cherries or blueberries
- 1 handful of fresh spinach or other mild greens
- 1 cup soy or rice milk
- 1 teaspoon natural peanut butter
- 1 small banana
- $\frac{1}{2}$ cup of ice
- $\frac{1}{2}$ teaspoon honey
- 1 dash of cinnamon

1. Put all ingredients in a blender.
2. Blend on high to puree.
3. Enjoy for breakfast, snack, or after a workout for an energy blast.



Calories: 265, Total Fat: 6g, Saturated Fat: 1g, Cholesterol: 0mg, Sodium: 279mg, Total Carbohydrate: 53g, Dietary Fiber: 10g, Sugars: 34g, Protein: 6g



HANDOUT 3

TIPS FOR COOKING GREENS

4 HEALTHY WAYS TO COOK GREENS

Greens are one of the most important and nutritious foods of African heritage. Cook them briefly to retain their nutrients. You can also enjoy them raw in a salad, sandwich, or smoothie.

Here are four healthy, easy ways to prepare greens:

1. **Steam:** over boiling water.
2. **Boil:** Cook greens in boiling water for 4 to 5 minutes. Use the water for soup broth or to cook dry beans and grains.
3. **Sauté:** Put a little water, lemon juice, or oil in a large pan and stir the greens over medium heat until they're as tender as you like them.
4. **Bake:** Toss kale pieces in olive oil, spread on a baking sheet, then bake at 350° F for 8 to 10 minutes, until crispy.

5 EASY WAYS TO DRESS YOUR GREENS

1. Lightly drizzle olive oil and your favorite vinegar.
2. Mash avocado and add a pinch of salt.
3. Sprinkle with pumpkin or sunflower seeds and coat with lemon juice.
4. Add beans or tomato sauce to your greens when sautéing for a stewlike consistency.
5. Add a touch of hot sauce and vinegar for a bite, or a scoop of your favorite salsa on top. A traditional greens condiment in Africa is made of hot chiles marinated in vinegar.

In Brazil, greens are served with a hot sauce made from lime juice, hot chiles, cilantro, and minced garlic.



HANDOUT 4

LESSON SHOPPING GUIDE: LEAFY GREENS

Greens are all the rage these days, and their popularity is easy to see by walking into any grocery store. Where you once would find only lettuce and spinach, now you'll see volumes and varieties of chard, kale, and other vibrant leafy greens.

Loose Greens

Most of the greens listed in the side column, if they are in season, can be found in most American supermarkets. Bitter leaf, dasheen, sorrel, and other more exotic greens are more likely found in African or Caribbean markets.

The greener the greens, the fresher they are. Healthy greens are sturdy and tall. Avoid buying greens that have started to turn yellow or are wilted.

Boxed Greens

Have you noticed the growing selection of boxed greens? For convenient salad building, boxes of mixed greens allow you to pull a handful of prewashed (usually triple washed) greens to throw into your salad bowl. We recommend giving all greens a thorough washing at home, even the prewashed kind, for food safety. While used primarily as salad mixes, boxed green varieties also make wonderful cooked green medleys—lightly sautéed or steamed, or wilted in water.

Frozen Greens

Enjoy traditional foods and modern convenience: you can now find collard greens, mustard greens, beet greens, and spinach pre-chopped, bagged, and frozen in many grocery stores. These greens go especially well in soups; they're great for quick cooking, and they have a longer shelf life in the freezer than fresh greens.

Veggie Green-Tops

When buying beets, turnips, radish, or other vegetables, if there is a choice between those with green tops and without, go for green!

The Many Shades of Green

Swiss chard, red chard, rainbow chard, curly kale, flat kale—there is such a wide variety of different kinds of greens. Use the Greens Guide to navigate the different flavors and textures. Discover which are your favorites and how you like them prepared. All varieties of leafy greens bring a blast of nutrition to your plate.

Leafy Greens

- Collard Greens
- Curly Kale
- Lacinato Kale
- Mustard Greens
- Dandelion Greens
- Lettuce
- Callaloo
- Beet Greens
- Turnip Greens
- Spinach
- Arugula
- Watercress
- Sorrel
- Bitter Leaf
- Dasheen
- Chard

HOMework ASSIGNMENT

10 PLACES TO FIT YOUR GREENS

This week, find as many ways as you can to eat more greens. Here are 10 ideas. Choose one or more to try out and tell us about next week in class.

1. **Use mild-tasting greens for salads.** Chop spinach, arugula, chard, lettuce, or any other green into small, bite-size pieces as the base for a salad. Mild-tasting greens go well with other flavors.
2. **Add greens to your pasta or noodles** for the last 4 to 5 minutes of boiling. This one-pot cooking technique shortens your cooking and cleanup time.
3. **Add greens to your sandwiches.** Add a layer of raw spinach, dandelion greens, or arugula to sandwiches. Or soften kale, collard greens, or mustard greens with a 4-minute boil, then add a squeeze of lemon juice for a zesty bed of greens in the middle of your sandwich or on the side.
4. **Add greens to your scrambled eggs.** Softer greens can be added directly to the eggs as you cook them (spinach, chard, beet greens, and arugula); for heartier greens like collards and kale, sauté in oil with onions for 3 to 4 minutes, then add eggs.
5. **Add greens to your take-out.** No time to cook tonight? When you grab pizza or take-out, add a big salad or a bowl of quick-cooked greens at home. You can steam greens by microwaving them for 1 to 2 minutes in a little water.
6. **Mix greens into your family's smoothies.** Putting greens in a smoothie is a wonderful way to get more greens into ourselves—and into our kids' tummies. Add a handful of baby spinach along with flavorful fruits like frozen raspberries, oranges, or mango. Spinach won't change the smoothie's color or taste.
7. **Add greens to homemade *and* canned soups.** Whether it's a homemade gumbo or a can of split-pea soup, adding frozen or fresh greens will make it healthier.
8. **Make "green chips" in the oven.** Tear your greens into extra-large bite-size pieces, coat with olive oil, lemon, and salt, and cook on a baking sheet at 350°F for 8 to 10 minutes for a delicious, crispy bowl of green chips.
9. **Use collard greens like a burrito wrap.** Steam whole collard leaves in a steamer or over a small amount of water until they are soft and flexible but not breaking up. Use them as you would tortillas to roll up your dinner (beans and rice, macaroni, potatoes, or vegetables) into a burrito. Add more flavor with salsas or hot sauce.
10. **Use the pot likker.** Save the healthy liquid from the next batch of boiled greens you make. Use it for any recipe calling for water, like the base of a soup or the liquid for cooking grains, for extra nutrition.

LESSON 3



WHOLE GRAINS



*Enjoy
A Healthy
Lifestyle*

Illustration by George Middleton

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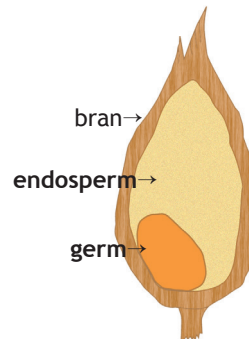


HANDOUT 1

WHAT ARE WHOLE GRAINS?

All grains start life as whole grains. When grains grow in the field, they have three edible parts:

1. **The outer bran layer**—rich in fiber, antioxidants, B vitamins, and minerals
2. **The germ** (the plant’s seed)—high in B vitamins, Vitamin E, antioxidants, and essential fats and protein
3. **The endosperm** (the starchy middle, left after refining)—mostly protein and carbohydrate



If the bran and germ (the healthiest parts) are removed, the grain is said to be *refined*. Refined grains are missing about two-thirds of their essential nutrients. Whole grains are much better for our bodies. They retain all of their nutrition and fiber, which have many health benefits and keep us feeling full and energized long after eating.

Whole grains include wheat, corn, rice, oats, barley, quinoa, sorghum, and rye when they still contain all three of their original parts.

Identifying Whole Grains

Today, many of the grains found in grocery stores are refined. The good news is that most of the grains that we eat and love today can be found in their whole-grain form—easily and affordably. Here’s how:

1. Look for these ingredients:

When buying single grains, breads, pasta, crackers, or other grain products, check the ingredient list for some of the whole grains listed below. In grains like rice, wheat, corn, and rye, which are usually sold refined, look also for the word *whole*:

Brown Rice	Amaranth	Millet	Kamut™	Whole Corn
Buckwheat	Sorghum	Whole Wheat	Oats	Quinoa
Hulled Barley	Whole Rye	Teff	Wild Rice	

2. Look for the Whole Grain Stamp:

The Whole Grains Council created its Whole Grain Stamp to make shopping for whole grains easier. The stamp lets you know how much whole grain is contained in a product, and it guarantees that you’re getting a half serving or more of whole grain in every stamped product.



HANDOUT 2

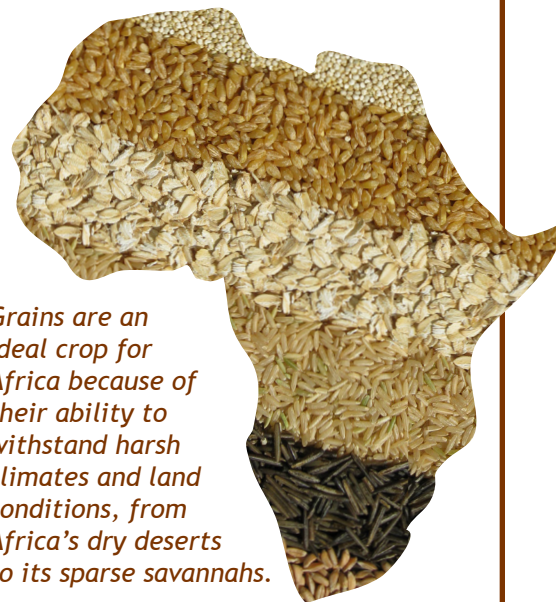
OLDWAYS HERITAGE AND HEALTH: WHOLE GRAINS

HERITAGE: THE GRAINS OF AFRICAN HERITAGE

Did you know that Africa has more native grains than any other continent? It has its own species of rice, along with millet, barley, sorghum, teff, several varieties of wheat, and dozens of other wild grains and cereals.

Many traditional African heritage meals included grains or other starchy mashes paired with stews, spices, and vegetables. **Millet, rice, and couscous made from whole wheat** were favorite forms of local grains, often eaten as the bed of stewed vegetables. They were also made into porridges, fritters, and flatbreads.

Trade with Portugal and the Americas brought corn (or *maize*), new wheat varieties, and non-native rice to Africa. These crops eventually took the place of many local grains. Unfortunately, both native and new grains have gone from being whole grain to mainly refined, which has had a negative impact on the health of native Africans. Many scientists are working hard to get traditional whole grains back into both the African and Western diets.



Grains are an ideal crop for Africa because of their ability to withstand harsh climates and land conditions, from Africa's dry deserts to its sparse savannahs.

HEALTH: WHY ARE WHOLE GRAINS SO GOOD FOR US?

Eating whole grains gives your body extra vitamins, minerals, fiber, and other disease-fighting nutrients, all of which are essential to good health. Adding whole grains to your diet can significantly lower your risk of chronic diseases and conditions such as:

Stroke

Inflammatory Diseases

High Blood Pressure

Diabetes

Heart Disease

Some Cancers



The Power of Fiber

In the 1950s, a scientist named Denis Burkitt discovered that many diseases that Americans and Northern Europeans suffered from, such as cancer, obesity, diabetes, and heart disease, were either rare or unknown in Africa. Dr. Burkitt was so impressed by the health of African peoples that he spent most of his career studying their traditional diets.

Dr. Burkitt found that Africans' native diets contained much more fiber than the diets of many other countries—from whole grains and cereals, tubers, and vegetables. His research connected this high-fiber diet to the extremely low rates of chronic diseases in African peoples, and he recommended this type of diet for most everyone.

RECIPE CARD HANDOUTS

OLDWAYS MILLET WITH SWEET POTATO AND BROCCOLI

Serves 8

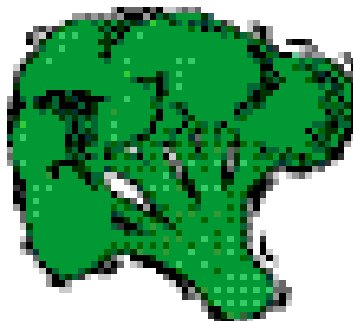
Ingredients:

- 2 tablespoons olive oil
- 1 large yellow onion, diced
- 4 cloves garlic, minced
- 1 large head of broccoli
- 1 medium size sweet potato,
diced into 1" cubes
- Heaping handful of fresh parsley, chopped
- 3 cups low sodium vegetable broth
- 3 cups water
- 2 cups millet
- Sea salt to taste



1. Dice onion, mince garlic, chop broccoli and sweet potato.
2. In a medium-size pot, heat 2 tablespoons olive oil on medium heat.
3. Add onions and garlic, sauté for 4 minutes or until onions are translucent.
4. Add broccoli, sweet potatoes, vegetable broth, parsley, millet, and water. Bring to a boil, then simmer on low for 20 minutes.
5. After 20 minutes, uncover, and fluff with your fork.
6. Salt to taste and enjoy!

*Calories: 260, Total Fat: 6g, Saturated Fat: 1g, Sodium: 235mg, Cholesterol: 0mg,
Carbohydrates: 46g, Fiber: 6g, Sugars: 3g, Protein: 7g*



OLDWAYS QUINOA WITH GINGER AND CARROTS

Serves 8

Ingredients:

- 4 garlic cloves
- 2 large carrots
- 1 tablespoon extra-virgin olive oil
- 1 tablespoon minced ginger root
- 2 cups of quinoa
- 4 cups of water
- Salt to taste



1. Chop the garlic into small pieces.
2. Dice the carrots into small cubes.
3. Put 1 tablespoon of olive oil into pan and put on medium heat.
4. Add the garlic, carrots, and ginger, and cook on medium for 3 minutes.
5. Add the quinoa and water to the pot and bring to a boil.
6. Cover the pot and turn the heat to low to simmer. (Set timer for 20 minutes.)
7. After 20 minutes, uncover, and fluff with your fork.
8. Salt to taste and enjoy!

*Calories: 180, Fat: 4g, Saturated Fat: 1g, Sodium: 25mg, Cholesterol: 0mg,
Carbohydrate: 30g, Fiber: 4g, Sugars: 1g, Protein: 6g*



OLDWAYS CURRY COUSCOUS WITH PEPPERS

Serves 8

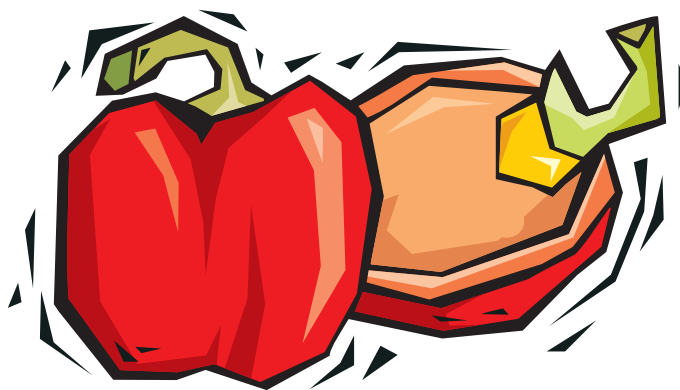
Ingredients:

- 4 garlic cloves
- 1 large red bell pepper
- 1 tablespoon extra-virgin olive oil
- 1 tablespoon curry powder
- 2 cups of **whole-wheat** couscous
- 3 cups of water
- Salt to taste



1. Chop the garlic into small pieces.
2. Dice the pepper into small cubes.
3. Put 1 tablespoon of olive oil into pan and put on medium heat.
4. Add the garlic, pepper, and curry powder, and cook on medium-high for 3 minutes.
5. Add the water to the pot and bring to a boil.
6. Add the couscous, cover the pot with a lid, and turn the heat to low to simmer.
(Set timer for 5 minutes.)
7. After 5 to 7 minutes, uncover, and fluff with your fork.
8. Salt to taste and enjoy!

*Calories: 190, Fat: 2g, Saturated Fat: 0g, Sodium: 20mg, Cholesterol: 0mg,
Carbohydrate: 36g, Fiber: 3g, Sugars: 1g, Protein: 6g*



HANDOUT 3 AFRICAN HERITAGE WHOLE-GRAINS COOK-TIMES

It is very easy to cook whole grains. If you can cook rice, you can cook any whole grain—but cooking time does vary. Use the guide below to cook delicious African heritage whole grains.

Basic boiling instructions for most grains:

Bring water (and salt if using) to a boil, add grain, cover the pot with a lid, and lower the heat to low to simmer. Let each grain simmer for the suggested cook time below.



1 Cup	Water	Cook Time	Description
Amaranth	3 cups	25-30 min	Amaranth is an ancient grain, popular in Africa and South America because of its low water needs. Amaranth becomes sticky when cooked, making a great breakfast porridge. Amaranth kernels can also be popped like popcorn or ground into flour for cereals, breads, and muffins.
Barley	3 ½ cups	60 min	Barley is one of the oldest known grains. Egyptian mummies were buried with necklaces of barley because it was so popular. Barley is great in soups, as a pilaf, or as flour in bread. Barley’s fiber is especially healthy, and it may lower cholesterol more effectively than other fibers.
Cornmeal Grits (always look for whole cornmeal)	4 cups	15-20 min	Grits are ground yellow or white cornmeal, cooked to a smooth porridgelike consistency. Grits are a staple side dish in the American South, eaten at any meal of the day. Top with onions, spices, vegetables, and homemade sauces.
Couscous	1 ½ cups	5-7 min	Not a grain, but a kind of pasta, couscous is enjoyed on the northern Mediterranean tip of Africa. Couscous can be prepared from other grains, too. For instance, in Mali there is millet couscous. It’s quick to cook, very fluffy and nutty, and goes perfectly with stewed vegetables and tomatoes.

1 Cup	Water	Cook Time	Description
Kamut™	3 cups	45-60 min	Kamut™ is the Egyptian name for wheat, and it's been grown since 4000 BC. Kamut™ has higher-than-average levels of protein and Vitamin E than regular wheat. It can be used as flour in baking, or cooked on its own as a grain. Kamut™ has a buttery flavor and chewy texture.
Millet	2 ½ cups	Toast: 3 min Simmer: 20-25 min	Fluffy and nutty (when toasted); grown and enjoyed throughout Africa. Let millet sit uncovered for 10 minutes before serving.
Quinoa	2 cups	12-15 min	Quinoa is a South American grain that is known as a “perfect protein”—meaning it has all the essential amino acids our bodies need. It's also a good source of iron and magnesium. It has a nutty flavor and a soft, kernel-like consistency.
Brown Rice (especially long-grain)	2 cups	45 min	Rice is one of the most easily digested grains. Traditional African rice was cooked in a way that the rice granules wouldn't stick together. Using long-grain brown rice is the best way to get that authentic texture.
Sorghum Flour	-	-	Sorghum can be substituted for some or all of the wheat flour in many baked goods, including muffins, breads, pizza dough, cakes, pastries, cookies, pies, and more. Use it in gluten-free baking.
Teff	3 cups	For porridge— Toast: 3 min Simmer: 15-20 min	Teff is slightly sweet and very delicious. The grain makes a great porridge, while the flour is used to make the famous flatbread of Ethiopia, <i>injera</i> . Use it in gluten-free baking.
Wild Rice	3 cups	45 min	Wild rice grows in streams and other watery lands throughout the world. In West and Central Africa, there are two main wild rice varieties. You can usually tell wild rice in the U.S. by its multiple colors, typically available as a mix of brown, black, purple, and/or red rice. Wild rice is usually very chewy and full-flavored, and makes for a beautiful, hearty side dish.

HANDOUT 4

LESSON SHOPPING GUIDE: WHOLE GRAINS

There are so many wonderful whole grains and whole-grain products available today, but sometimes it’s hard to know which are the real whole grains on the shelf. Here are a few easy ways to recognize whole grains:

FINDING WHOLE GRAINS

Look for the Stamp

The Whole Grains Council has created an official symbol called the Whole Grain Stamp that helps consumers find real whole-grain products. The Stamp always guarantees that you’re getting at least half a serving of whole grain in each serving of the product.



These Words Mean Whole Grain

Look for the following words on the package, because they indicate that all parts of the grain are included:

- | | |
|---------------------------|----------------------------|
| Whole [grain] | Brown or wild rice |
| Whole [grain] flour | Millet |
| Stoneground whole [grain] | Teff |
| Wheat berries | Quinoa |
| Oats, oatmeal | Hulled or hull-less barley |



These Words May or May Not Mean Whole Grain

When you see these words, it’s important to check for the Stamp because they indicate whole grain only some of the time:

- | | |
|--------------------|---------------------|
| Flour | Semolina |
| Wheat, wheat flour | Multigrain |
| Organic, natural | Stoneground [grain] |
| Unbleached | |



Not Whole Grains

These words may look as if they indicate whole grain, but they are mostly descriptions of how the grain has been refined:

- | | |
|------------------|-----------------------|
| Enriched flour | Pearled barley |
| Bran | Grits, hominy, farina |
| Germ, wheat germ | White rice |
| Degerminated | |

Whole Grains

- Amaranth
- Barley
- Brown Rice
- Whole Corn
- Whole Cornmeal
- Couscous
- Millet
- Quinoa
- Whole Rye
- Sorghum
- Teff
- Teff Flour
- Whole Grain Breads
- Wild Rice

HOMEWORK ASSIGNMENT

BUYING AND EATING AFRICAN HERITAGE WHOLE GRAINS

After exploring whole grains in Lesson 3, we now know that:

- Whole grains are very important for our health.
- Whole grains have played a major role in African heritage foods.
- Whole grains are delicious, easy to find, and easy to prepare.
- There are many exciting new whole grains to try.

This week, keep exploring: try one new whole grain or whole-grain product and tell us about your experience next week.

Trying A New Whole Grain

Buy one new African heritage whole grain. Use the list of **cook times** to prepare. Here are some suggestions:

- Have millet in place of potatoes one night.
- Enjoy quinoa or whole-wheat couscous in place of rice or pasta.
- Use amaranth, sorghum, or teff in one of your baked goods.

Trying A New Whole-Grain Product

The next time you're at the grocery store buying one of your favorite grain products, make a simple switch to whole grain.

- Rice → Brown rice
- Pasta → Whole-wheat pasta
- Couscous → Whole-wheat couscous
- Breads → Whole-grain breads
- Crackers → Whole-grain crackers



To help you recognize which foods contain whole-grain ingredients, look for the Whole Grain Stamp and be on the look out for these words on the ingredient list:

<p>Look for these words:</p>	<p>Whole wheat Whole grain Whole [name of grain] Stoneground whole [grain]</p>	<p>You're getting the whole grain and all the nutrients with these ingredients.</p>
<p>Avoid these words:</p>	<p>Unbleached flour Wheat flour (it's not whole!) Organic unbleached flour Durum wheat Enriched flour Multigrain (it might be whole grain, but not always!)</p>	<p>These words do not mean "whole grain." Many of them are used to make you think the food is healthier than it really is.</p>

LESSON 4



BEANS & RICE



Enjoy A Healthy Lifestyle



HANDOUT 1 AFRICAN HERITAGE BEANS TAKE-HOME SHEET



Black-Eyed Peas

Called “cowpeas” in Africa, black-eyed peas are popular in West and Central African cuisine, as well as African-American cooking. In the U.S. they’re eaten on New Year’s Eve to bring good luck and fortune in the coming year.



**Chickpeas
(or Garbanzo)**

Chickpeas are commonly enjoyed in East and North Africa. In Mediterranean countries, chickpeas are blended into the popular spread hummus. Their light texture and buttery flavor go well with just about any herb.



Kidney Beans

Kidney beans are enjoyed in all four African heritage regions. They’re one of the meatier beans, with a mealy texture and unmistakable kidney shape.



Mung Beans

Mung beans are one of the oldest beans in Africa. They’re also used in traditional Asian and Indian cuisines. They are delicate and slightly sweet.

Lentils

Lentils have been part of the human diet for almost 13,000 years. They come in many colors and varieties, and they’ve traditionally been eaten in Egypt and Ethiopia. They have the third highest amount of protein of any bean or nut.



Red Lentils



Brown Lentils



Green Lentils



Lima or Butter Beans

Sweet and buttery tasting. Most popular in the American South.



Black Beans

One of the Caribbean Islands’ staple cuisines is a black bean soup called *sopa de frijol negro*. You can make your own version using canned or dried black beans.



Fava or Broad Beans

Fava beans have been an African and European staple for centuries. A wonderful soup bean or blend bean for a spread with spices, like hummus.



Pigeon or Congo Peas

Pigeon peas are a staple of the Caribbean Islands.

HANDOUT 2

HEALTH AND HERITAGE OF BEANS AND RICE (SEPARATELY)

BEANS

When it comes to beans, cookbook author Julia Della Croce puts it best: “Beans are vegetables with the power of meat, and our ancestors couldn’t have done without them.”

Beans are a super plant-food—rich in protein, calcium, and fiber, and low in fat with zero cholesterol. Since meat played a much smaller role in traditional diets, beans were a primary source of protein, energy, and nutrition in Africa and the African Diaspora.



Affordability

Beans are one of the cheapest foods we can find. A can of beans costs about 89 cents and contains three servings of beans. Dried beans are even more affordable—one bag of dried beans costs about \$1 for 12 servings.

Variety and Flavors

There are more than 13,000 kinds of beans in the world. In American grocery stores, we find numerous varieties, with dozens of textures, flavors, sizes, and colors to choose from.

You can have lots of fun finding out what kind of beans you like best. Do you enjoy large, meaty, and mealy ones, like kidney and butter beans? Or do you prefer the more delicate varieties, like lentils or mung beans? Experiment!

RICE



Rice as we know and love it today was popularized in South Carolina in the 1700s. What many people don’t know is that South Carolina’s rice success was almost entirely thanks to the West African female slaves. The landowners in the American South did not know how to cultivate rice, but West African women were experts at it. These women knew how to find the right soil, how to irrigate the land specifically for rice, and then how to grow, process, and cook the rice. They used a mortar and pestle (a tool used to crush ingredients) to process rice in a way that kept the bran layer and germ intact. They used a special fanned basket for “winnowing,” or separating, the rice from the chaff (its outer casing).

The rice of traditional African cooking was whole-grain rice. The beans and rice dishes we find throughout African heritage regions today usually contain refined white rice. As we learned in the whole-grains class, brown rice (right) is a much better choice than white rice, as most of the nutrients in brown rice are stripped away when it is processed into white.



Long-grain brown rice is most similar to the rice grown and milled by early African ancestors on Southern plantations. African ancestors preferred their rice grains to be long and separate, not stuck together. Long-grain rice cooks this way perfectly.

Affordability

Brown rice is very affordable—a \$2 bag contains about 12 servings.

Variety and Flavor

Rice, too, comes in many different forms—short grain, medium grain, and long grain, with many exotic varieties growing worldwide. There's basmati rice from India, sticky rice from Japan, and wild rice from Africa, to name just a few. Brown rice has a deep, nutty flavor that actually gets sweeter the more you chew it.



HANDOUT 3: HEALTH AND HERITAGE OF BEANS AND RICE DISHES

Beans and Rice: There truly aren't enough good things to say about this simple pairing. Cultures all over the world rely on beans and rice as a staple meal because of their powerful nutrition, affordability, versatility, and great taste.

HERITAGE: BEANS AND RICE—THE STAPLE OF TRADITIONAL DIETS

Whether it's Hoppin' John or Red Beans and Rice, beans and rice have been a staple pairing for thousands of years throughout African heritage. In Central America the beans-and-rice team is sometimes called *matrimonio* ("the marriage"). And beans and rice are interchangeable with peas and rice in the English-speaking Caribbean because of the frequent use of pigeon peas and other field peas there. Always referred to as "rice and peas" (in that order) in Jamaica, the combination makes up the country's unofficial national dish called "The Coat of Arms."



In dishes throughout the Caribbean and South America, the beans and rice are often served separately on the plate. In Africa and in some regional dishes, the beans and rice are usually cooked together in the same pot. Try it both ways to add variety to your heritage meals.

Different regions of African heritage have different bean favorites for their beans-and-rice pairings:

- In Brazil, black beans are most popular in beans-and-rice combinations, as well as in the Caribbean's famous black bean soup, *sopa de frijol negro*.
- Kidney beans, mung beans, and black-eyed peas (which are native to Africa) are most commonly enjoyed on the African continent. Black-eyed peas were carried over as a staple in African-American cuisine, and are popular even today.
- Pigeon peas and other field peas are favorites of the Caribbean.
- Red beans are very popular in Louisiana and Caribbean cuisines, often served with coconut milk and rice.
- Pinto and lima beans have their origins in Central and South America, were used originally by the Aztecs, and today are enjoyed in African heritage cuisine.

HEALTH: WHY ARE BEANS AND RICE SO GOOD FOR US?

As we discussed earlier, separately beans and rice are extremely nutritious. Beans are a wonderful source of high-quality protein—whether dried, frozen, or canned. Like other whole grains, brown rice contains large amounts of important minerals, vitamins, and fiber that help our bodies run at their best.

When beans and rice are combined, they make one of the most perfect food combinations. Together, they make a complete protein, which means that they give us all the building blocks we need to make healthy proteins in our body. Pair them with a plate of African heritage vegetables for a meat-free, high-protein meal, and you'll be as happy as you are nourished!

RECIPE CARD HANDOUTS

OLDWAYS SIMPLE RED LENTIL RECIPE

Serves 8

Ingredients:

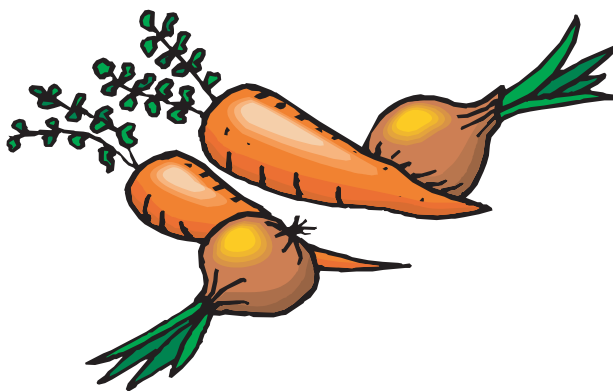
- 1 tablespoon extra-virgin olive oil
- 6 garlic cloves, minced
- 1 medium-size yellow onion, diced
- 1-inch piece ginger
- 1 ½ tablespoons curry powder
- 1 ½ tablespoons allspice
- ¼ teaspoon paprika
- 2 cups of red lentils, dried
- 2 medium-size carrots, diced
- 6 cups of water
- Salt to taste



1. Heat the olive oil in your pot, using medium heat.
2. Add the onions, ginger, and garlic; sauté until translucent.
3. Add the curry powder, allspice, and paprika; cook for another minute.
4. Stir in the beans and carrots.
5. Add the water and bring to a boil.
6. Once boiling, bring to a simmer and cover. Cook for about 30 minutes.

Note: Dried beans typically have to soak for 6-8 hours, or overnight, before they can be cooked. Lentils and black-eyed peas are two beans that don't require presoaking, so they are great to have in your pantry for easy, quick cooking.

Calories: 204, Fat: 3.5g, Saturated Fat: 0g, Sodium: 15mg, Carbohydrate: 33g, Fiber: 16g, Sugars: 2g, Protein: 13g



OLDWAYS CARIBBEAN COCONUT RED BEANS

Serves 6

Ingredients:

- 6 garlic cloves, minced
- ½ (15-ounce) can light coconut milk
- 1 teaspoon allspice
- 1 sprig of thyme
- 2 (15-ounce) cans of red beans, thoroughly rinsed (reduces up to 41% of sodium)
- Salt to taste



1. Drain and rinse your beans.
2. Sauté the garlic with the allspice and thyme in the coconut milk for 3-4 minutes on medium heat.
3. Stir in the beans and continue to cook over medium-low heat; cover if you have a lid.
4. Add salt.

We've rinsed the beans to reduce the amount of pre-added sodium. Adding $\frac{1}{8}$ th of a teaspoon puts about 275 mg back into the food. Because you can control the amount, adding your own salt to whole foods or rinsed canned foods is a healthier alternative to eating unrinsed, highly processed foods with lots of already-added sodium.

Calories: 162, Fat: 3.5g, Saturated Fat: 2g, Sodium: 139mg, Carbohydrate: 26g, Fiber: 8g, Sugars: 3g, Protein: 8g



OLDWAYS BLACK-EYED PEA SALAD

Serves 6

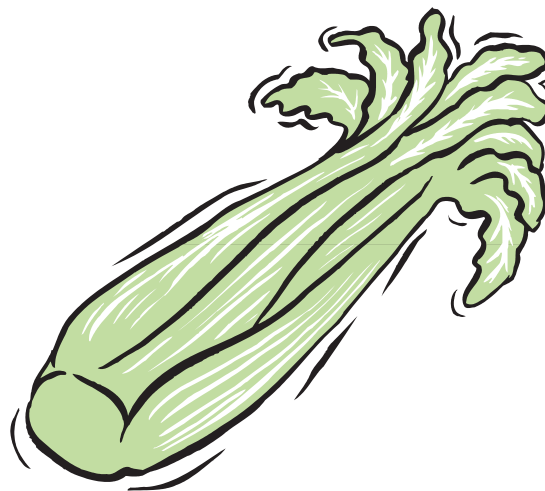
Ingredients

- ½ medium-size yellow onion, diced
- 2 celery stalks, diced
- ½ red bell pepper, diced
- 2 (15-ounce) cans of black-eyed peas, drained (reduces up to 41% of sodium)
- 3 tablespoons apple-cider vinegar
- 2 tablespoons extra-virgin olive oil
- Pinch or two of paprika on top
- Salt to taste



1. Rinse the black-eyed peas.
2. Dice the celery, onion, and bell pepper into small cubes.
3. Put the onion, celery, bell pepper, and black-eyed peas into the mixing bowl.
4. Dress the salad with the vinegar, olive oil, and salt to taste.
5. Refrigerate for 1 hour before serving.

Calories: 140, Fat: 4g, Saturated Fat: 1g, Sodium: 183mg, Carbohydrate: 21g, Fiber: 5g, Sugars: 1g, Protein: 7g



HANDOUT 4

AFRICAN HERITAGE BEANS COOK-TIME

Presoaked beans

Before cooking, cover beans with water in a pot and soak them for 6-8 hours (overnight or all day).

Beans marked with * do NOT require soaking beforehand.



One Cup Dried Beans	Cook Time	African Heritage Spice to Try
Black Beans	60-90 min	Cilantro, paprika
*Black-Eyed Peas (Cowpeas)	60 min	“Holy Trinity” (onion, pepper, celery)
Chickpeas	120 min	Dill, ginger, or curry powder
Fava (Broad)	60-90 min	Allspice, parsley, garlic
Great Northern	90-120 min	“Holy Trinity,” oregano, parsley
Kidney	60-90 min	Paprika, coriander, cloves
*Lentils (red, yellow, green)	60 min	Curry powder, ginger, allspice
Lima	60 min	Parsley, oregano
Pigeon Peas (Congo Peas)	60 min	Allspice, cilantro, cloves
Red	60 min	Coconut milk, coriander, paprika
Navy	60 min	Coriander, oregano, sage, mustard
Pinto	60 min	Peppers, cinnamon, paprika

HANDOUT 5: LESSON SHOPPING GUIDE: BEANS, PEAS, NUTS, AND SEEDS

Beans and peas (also called legumes and pulses) deliver incredible textures and flavors to any plate. Use them as a base for aromatic herbs and spices, and in soups and stews. Pair beans and peas with rice, pasta or vegetables to make plant-based meals even more robust.

Nuts and seeds add another savory touch and crunch to meals. Enjoy them in salads, stews, or as a midday snack. Nuts and seeds are sources of many important nutrients, especially heart-healthy fats.

Dried Beans and Peas

Dried beans and peas can most likely be found in the same aisle as rice. As culinary traditions would have it, beans and rice (and peas and rice) have been paired together for centuries by numerous cultures, especially those of African heritage. While dried legumes might seem intimidating, they're actually very easy to prepare. Soak them overnight, or for 6 to 8 hours; rinse; and then simply cover them with water and simmer with onions, garlic, tomatoes if you like, spices, and any other flavorings you wish. Cook time is about an hour, with fantastic results that can take you through the week!

Canned Beans and Peas

Canned beans are a great convenience and they're easy to jazz up with an onion, some garlic, and spices. Like regional spice blends, some brands have flavored their beans to reflect a cuisine, like "Caribbean Spicy Black Beans," etc. You'll find canned beans in the canned vegetable or soup aisles, usually alongside rice, or sometimes in an aisle dedicated to international cuisines.

Sodium—Try to choose beans that have the lowest sodium content. Some canned beans are labeled "low-sodium" or "no-sodium." Get into the habit of always draining canned beans in a colander and rinsing them well under cold water to remove as much sodium as possible.

Frozen Beans and Peas

Don't forget about the frozen-food aisle! There you'll find African heritage frozen peas, lima beans, fava beans, and black-eyed peas for quick cooking. Some people prefer frozen over canned beans, believing that frozen legumes taste fresher, while others feel the opposite. Experiment, and see which you prefer.

Beans & Peas

- Fava or Broad Beans
- Black-Eyed Peas
- Black Beans
- Pigeon Peas
- Lima Beans
- Butter Beans
- Chickpeas or Garbanzo Beans
- Lentils
- Mung Beans

Nuts & Seeds

- Peanuts
- Almonds
- Cashews
- Brazil Nuts
- Walnuts
- Coconut
- Flaxseed
- Sunflower Seeds
- Sesame Seeds (or Benne)
- Egusi Seeds (available in African specialty shops)

HANDOUT 5 (CONT.): LESSON SHOPPING GUIDE: BEANS, PEAS, NUTS, AND SEEDS

Peanut Butter and Other Nut Butters

Peanut butter is used in many African heritage dishes, like Groundnut Soup. Choose natural peanut butter when you can. Today, most grocery stores carry inexpensive, high-quality natural peanut butter. The best kinds have only one or two ingredients—roasted peanuts and sea salt—with no hydrogenated oils or any added sugars. Natural peanut butter usually comes with the oil separated from the fat, which you’ll see at the top of the jar, and you’ll need to stir in when you open it at home. (A little extra, but welcome, workout with delicious results!) Peanut butter is typically found in the same aisle as jams and jellies.

How about an almond butter and jam sandwich? People are often surprised to find that there are other nut and seed butters besides peanut. Almond, cashew, walnut, and sunflower-seed butters can be found in many commercial markets, right next to the peanut butter. In some grocery stores you can make your own peanut or other nut butter.

Nuts and Seeds

You can find many different types of nuts and seeds in large bags, snack bags, cans, containers, trail mixes, and bulk bins at the grocery store. There are a few brands that have single-serving packages that you can buy for the week. As with nut butters, look for nuts and seeds that haven’t been roasted in hydrogenated oils. Usually the bag or container will say “No Trans-fats” or “No Hydrogenated Oils.”

Look also at the sugar and sodium amounts. An excess of both hide in unlikely places, including packaged nuts and seeds. And try to buy nuts and seeds with no added salt. If you really love them salted, choose those with the least amount of sodium per serving. You can also mix no-salt-added nuts and seeds with lightly salted ones.

Flaxseed is usually kept in the natural foods aisle, packaged as full seeds or ground. Both forms of this Egyptian plant are powerful sources of Omega-3 fatty acids and other nutrients that you might enjoy in smoothies, salads, and granola.

The freezer is a great place to store nuts and seeds for long-lasting freshness.

Beans & Peas

- Fava or Broad Beans
- Black-Eyed Peas
- Black Beans
- Pigeon Peas
- Lima Beans
- Butter Beans
- Chickpeas or Garbanzo Beans
- Lentils
- Mung Beans

Nuts & Seeds

- Peanuts
- Almonds
- Cashews
- Brazil Nuts
- Walnuts
- Coconut
- Flaxseed
- Sunflower Seeds
- Sesame Seeds (or Benne)
- Egusi Sseeds (available in African specialty shops)

HOMework ASSIGNMENT

MAKING BEANS AND RICE A NEW STAPLE

After exploring beans and rice in Lesson 4, we now know:

1. That beans are wonderful for our health.
2. That beans and rice are a staple pairing in African heritage and almost all other traditional diets.
3. That plant-based meals are extremely healthy and delicious.
4. A long list of exciting new beans to try.

1. Make a beans and rice dish.

To make beans and rice one of your new staples, do one of the following:

- a. Try making your own beans and whole-grain rice combination.
- b. Try pairing one of your favorite beans with a new heritage whole grain from the Whole Grains class.

OR

2. Make one totally plant-based meal this week.

To start changing the way you think about meat, go fully plant-based one night this week. Make a meal of beans, grains, and vegetables, and skip the meat. Be creative and think about your favorite plant foods.



LESSON 5



TUBERS & MASHES



*Enjoy
A Healthy
Lifestyle*

Illustration by George Middleton

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HANDOUT 1: WHAT ARE TUBERS

Tubers are a family of potato-like root vegetables that grow underground. The most popular tuber in the United States is the potato, and there are many ways to serve it, from healthy baked, mashed, and stewed potatoes to less healthy French fries and potato chips.

In African heritage cooking, tubers stretch way beyond “meat and potatoes.” Traditional meals feature a variety of tubers that are baked, boiled, or mashed and served with vegetables, stews, and sauces. They are a source of healthy carbohydrates and energy for our bodies. They are also a wonderful source of fiber, vitamins, and minerals.

A number of African heritage tubers are available in the U.S. If you can’t find the more exotic varieties in your regular grocery store, look for them in Latin, Caribbean, and African markets.

African Heritage Tubers

Cassava is a staple tuber of African heritage, and is eaten in Latin America, West Africa, and the Caribbean, where it’s also known as manioc, mandioca, or yuca. Cassava is usually peeled and boiled like potatoes. It is eaten as a main vegetable or stew ingredient and is an excellent source of Vitamin C and manganese



Sweet potatoes are like dessert for dinner. Naturally sweet and creamy, sweet potatoes can be found in any American grocery store, and have some of the highest mineral and vitamin content of any tuber. They are especially rich in fiber, Vitamin A, Vitamin C, and are a good source of potassium.



Taro, known as dasheen in the West Indies and cocoyam in the Caribbean, is another potato-like staple starch. Taro has three times more fiber than a white potato, and a high amount of Vitamin C. Taro has a mild, nutty flavor. You may have seen taro chips in American grocery stores. Taro leaves are also used in African heritage cooking. Pureed like spinach, they can be made into a thick soup called callaloo.



Yams and sweet potatoes are often mistaken for one another in America, but they are in fact quite different. While the flesh of sweet potatoes is generally orange with a smooth peel, yams are white inside and the outer layer is very fibrous. And while sweet potatoes are generally the size of potatoes, yams can be several feet long! In Africa, yams are considered a sacred food honored in stories and festivals. Authentic African yams can be found at African, Latino, or Caribbean markets. Yams are an excellent source of vitamins A and C, and a good source of fiber and potassium.



Other healthy starches found in African heritage mashes include:

Breadfruit: a round, soccer-ball-size fruit found in the Caribbean. Breadfruit is eaten like a starchy vegetable and can be substituted for white potatoes in almost any recipe. It is an excellent source of fiber, Vitamin C, and potassium.



Bananas and Plantains: other fruits that are prepared like vegetables in African heritage cooking. They are most commonly sliced and sautéed with cinnamon, allspice, and sugar, as a warm, sweet side dish. Fibrous bananas and plantains are also perfect for boiling and mashing with garlic and spices. Bananas are a good source of fiber, potassium, and Vitamin C. Plantains are an excellent source of Vitamins A and C, and they are a good source of potassium.



Cornmeal: a Latin American flour that became an African heritage staple when it was imported long ago. Whole cornmeal is used to make cornmeal porridge dishes throughout African heritage regions—called coo coo in the Caribbean, hominy grits in the American South, and touo in West Africa. Cornmeal is an excellent source of fiber.



HANDOUT 2: HERITAGE AND HEALTH: TUBERS

HERITAGE: TUBER MASHES

“Mashes” made from tubers and grains can be found in many countries throughout Africa. Similar to the consistency of a thick mashed potato, mashed tubers and grains are most often paired with soupy stews from north to south. They’re found mixed with the *tajines* of Morocco, the groundnut stews of Ghana, and the curries of eastern and southern Africa. We also find mashed eggplant, corn, and beans in African heritage. Mashing is a wonderful way to add more volume and flavor to vegetables.

Fufu

Fufu is the most common mash of western Africa. If you were invited to a traditional West African dinner, you’d likely be served a hearty bowl of vegetable stew next to a thick, doughlike mash called *fufu*. *Fufu* is as common in West and Central Africa as mashed potatoes are in America.



Fufu is made from African yams, plantains, cassava, or corn. To make traditional *fufu*, a starchy vegetable is boiled and then pounded until it has a soft, doughlike consistency. *Fufu* is often enjoyed as a side dish to soup or stew, eaten by tearing small pieces off and using it to scoop up the stew.

Traditional *fufu* preparation takes many hours and special tools. You can buy traditional, premade *fufu* flour at African markets. Boil the flour in water and stir until the *fufu* becomes as thick as dough. Or simply enjoy tubers and other whole starches in any form—mashed, boiled, baked, or stewed—to easily reap the heritage flavors and health benefits.

Tubers and starchy mashes are an ideal side dish. Their neutral flavors absorb the flavors of any main dish or sauce, and they are creamy and filling. The traditional stew-and-starch pairing provides an inexpensive, healthy, and filling meal.

HEALTH: TUBERS AND COMPLEX CARBOHYDRATES

Along with the many vitamins, minerals, and fiber they contain, tubers are an excellent source of complex carbohydrates. Complex carbohydrates provide us with a steady flow of blood sugar and energy. In contrast, “simple” carbohydrates found in refined grains, corn syrup, and other highly processed foods can cause a rise in blood sugar and insulin levels that can lead to problems like diabetes. Complex carbohydrates are also found in fruits, vegetables, beans, and whole grains.

Traditionally, tubers were eaten as a high-energy food source. Their dense calories helped to fuel the active work and lifestyles of Africans. Be sure to enjoy physical activities every day to help stimulate your metabolism, regulate your appetite, and use the nutrients in your foods.

The African Heritage Diet promotes a high-fiber eating pattern, full of complex carbohydrates. This traditional way of eating is lower in empty calories than the modern American diet. It has also been linked to increased energy and reduced obesity and chronic disease.

There are different *fufu*-like dishes found throughout other African heritage regions. In East Africa, *fufu* is called *ugali*. *Coo coo* is the *fufu* of the Caribbean, made from just cornmeal and water. And *touo* is eaten in Niger.

You can find recipes like these on the Oldways website.

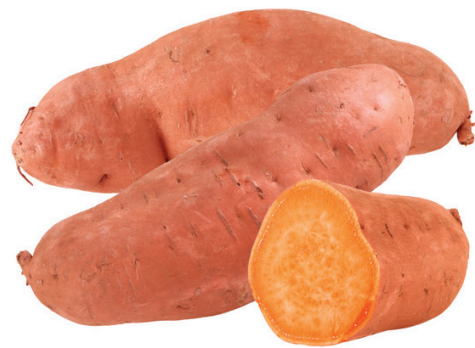
RECIPE CARD HANDOUTS

OLDWAYS SENEGALESE SWEET POTATO PEANUT STEW (MAFE)

Serves 4

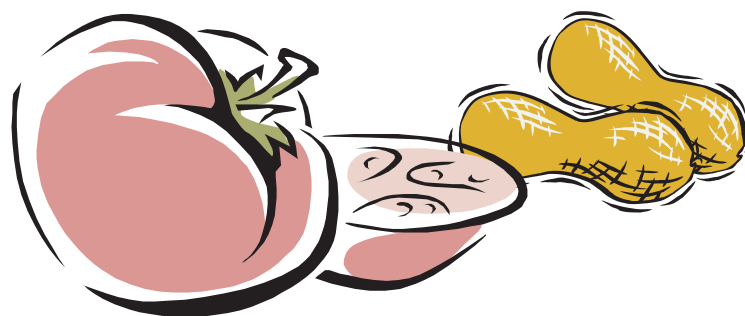
Ingredients:

- 2 teaspoons extra-virgin olive oil
- 1 medium-size yellow onion, diced
- 2 garlic cloves, minced
- 1 (15-ounce) can of diced tomatoes, no salt added
- 4 tablespoons natural peanut butter
- 2 large carrots, cut into thin rounds
- 2 green zucchini, cut into thin half-rounds
- 1 large sweet potato, chopped into medium-size cubes
- 3 sprigs fresh thyme, minced, or 1 teaspoon dried
- African heritage spice: 1 tablespoon curry powder
- 2 cups low sodium vegetable broth



1. Heat the oil in one of the soup pots on medium heat and sauté the onion and garlic until translucent (3 to 4 minutes).
2. While the onions and garlic cook, chop up the sweet potato, carrots, and zucchini.
3. Add sweet potato and vegetables to the pot; saute for 3 to 4 minutes.
4. Add the diced tomatoes, vegetable broth, and curry powder, and bring to a boil. Simmer for another 10 minutes or so while you prep the *irio*.
5. After 10 minutes, add the peanut butter and the thyme to the stew. Let it cook for another 3 to 5 minutes.
6. Serve and enjoy!

Calories: 127, Fat: 5g, Saturated Fat: 1g, Sodium: 168mg, Carbohydrate: 20g, Fiber: 4g, Sugars: 8g, Protein: 4g



OLDWAYS KENYAN VEGETABLE MASHED POTATOES (IRIO)

Serves 10

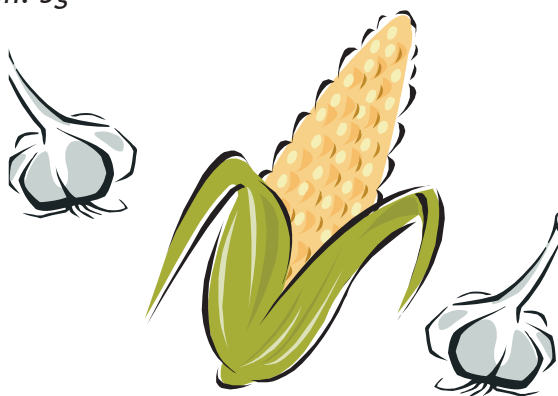
Ingredients:

- 3 lbs of small-to-medium-size potatoes (yellow, red, or white); they should be chopped into quarters for fast cooking
- 2 tablespoons extra-virgin olive oil
- 8 garlic cloves, minced
- 1 bunch of collard greens, chopped into long, thin strips (chiffonade)
- 1 (15-ounce) can of corn, no salt added
- 1 (15-ounce) can of green peas, no salt added
- 4 tablespoons dried sage
- Water to cover (about 4-5 cups)
- Salt and a pinch of paprika or black pepper to taste



1. Bring the water to a boil.
2. Drop in the potatoes and boil for about 20 minutes. Set timer for 15 minutes.
3. In a smaller pot or pan, add 2 tablespoon of olive oil and cook on medium heat.
4. Add the garlic, collard greens, paprika, and salt; sauté for about 5 minutes.
5. Add the corn and continue to cook on low-medium heat for another 4-5 minutes.
6. At 15 minutes (when your timer goes off), add the peas to the potatoes to boil.
7. When the potatoes and peas are done, drain out most of the water (leaving about 1/2 cup behind) and mash them with a potato masher or large spoon until smooth.
8. Stir the greens, garlic, corn, and sage into the potato-pea mash.
9. Salt and a pinch of paprika or black pepper to taste. Enjoy!

Calories: 160, Fat: 3g, Saturated Fat: 0g, Sodium: 30mg, Cholesterol: 0mg, Carbohydrate: 32g, Fiber: 5g, Sugars: 4g, Protein: 5g



OLDWAYS YUCA FRIES

Pronounced “Yoo-cuh”

Serves: 8 side servings

This is a fabulous recipe to include if you can find yuca root (a.k.a. cassava or manioc) at your grocery store, and if you have an oven available. Scientific research has shown that yuca root may have beneficial effects on inflammatory conditions, like arthritis. Yuca’s consistency, and sweet earthy flavor are perfect for hearty oven fries. Kids will especially love this recipe!

Ingredients:

- 2 medium sized yuca roots, peeled
- Olive oil
- Dried or fresh thyme
- Sea salt

1. Peel the waxy brown skin from the yuca roots and slice each one in half, widthwise, to make 4 pieces.
2. Place yuca in a medium-sized pot or saucepan, cover with water and bring to a boil with a pinch of sea salt. Cook the yuca until you can pierce it with a fork (about 20-25 minutes).
3. Preheat oven to 375° F.
4. When cooked, drain water and dry the yucca on a paper towel.
5. When cool enough, pat the yuca dry, remove the fibrous stem from the middle, and slice the yuca into “French fry” sticks. Place the fries on a baking sheet. Lightly drizzle with olive oil, and season with sea salt, pepper, and thyme. Use as much thyme as needed to dust each fry.
6. Bake the fries in the oven for 20 minutes, until golden, turning once.
7. Enjoy!

*A perfect pair for a garlicky dipping sauce like Oldways’ Garlicky Dill Mojo Sauce in Lesson 3!

Calories: 256; Carbohydrates: 57g; Total Fat: 2g; Saturated fat: 0g; Cholesterol: 0; Protein: 2g; Sodium: 312; Sugar: 3



HANDOUT 3

GUIDE TO COOKING TUBERS AND STARCHES



Tuber or Starch	Dish	Cook Time	Quick Prep Tips
Breadfruit	Breadfruit Scallion Cakes	30 min	Slice breadfruit into quarters and boil for 15-20 minutes. Let cool and peel the skin off. Chop into smaller pieces and mash. Stir diced scallions into mash and scoop out a handful of mash. Form it into a small cakelike shape, and sauté on both sides in a pan of olive or palm oil for about 3 minutes per side, or until cooked.
Bananas and Plantains	Grilled Plantains	5-7 min	To grill, slice ripe plantains down the middle, lengthwise. Broil them in your oven for 5-7 minutes, skin side down. Peel and serve. For a light sauté, peel, slice, and cook the plantains in a healthy oil (such as olive or palm) with allspice and cinnamon.
Cassava	Boiled and Mashed	30 min	Boil diced cassava in salted water, as you would potatoes, for 20-25 minutes. In another pan, sauté garlic and nutmeg in olive oil. When cassava is cooked, mash all ingredients together, using some of the cassava water for liquid.
Cornmeal (always look for whole cornmeal)	Cocoo: Cornmeal Porridge	15-20 min	Boil 3 cups of water to 1 cup of cornmeal. Bring water to a boil and add cornmeal slowly, stirring constantly, until the cornmeal becomes a thick, smooth “dough.” Enjoy as a base for stewed vegetables. For more flavor, you can add coconut milk, onions, and okra to the cornmeal.
Taro	Taro Fries	20 min	Peel the taro and slice it into strips. Toss with olive oil, garlic powder, salt, and pepper. On a baking sheet, bake the fries at 400-degrees F. until slightly crispy. These are slightly sweet and very delicious.
Yams	Boiled Yams	35 min	Varieties of true yams can be found in African heritage markets. Yellow yams seem to be good for all purposes, while white yams are best for pounding into thick mashes. Simply peel a yellow yam, cut it into small rounds, and add to boiling salted water; simmer until tender (about 35 minutes). Serve yam rounds with a light drizzle of palm or olive oil.

HANDOUT 4

LESSON SHOPPING GUIDE: TUBERS, STEWS & MASHES

Have you ever wondered what those exotic looking root vegetables are at your local grocery store or specialty market? These are called tubers, and they have played a major role in African heritage cooking, from Nigeria to Jamaica.

Where to Find African Heritage Tubers

Many varieties of true yams, sweet potatoes, and other tubers are increasingly available at supermarkets and greengrocers in Hispanic and West Indian neighborhoods.

You can find tubers at many grocery stores near the potatoes and mixed in with mangoes, papayas, and coconuts. It's hard to miss tubers like cassava, taro, or true yams—these shaggy, often large root vegetables truly stand out! Yam and cassava flours are used to make a special African side dish called *fufu*. These packaged flours are available at shops selling African ingredients, and also from on-line vendors.

How to Choose Healthy Tubers

Choose tubers as you would any potato. They should be firm and have no soft spots, mold, or blemishes. Yuca roots and true yams should have a clean, bright white center when you cut them open. Others have orange or even purple flesh. Brown spots or a moldy smell mean that a root vegetable has rotted.

Bananas and Other Fruits For Dinner

Fruits like bananas, plantains, ackee, and breadfruit are cooked and used more like vegetables in African heritage cuisine. One of the most popular dishes in Jamaica is salt fish and ackee. Ackee is ripe when its bright red pods open up, exposing its cream-colored fruit and black glossy seeds. It cooks very quickly into the consistency of scrambled eggs, and its flavor is very mild allowing the flavor of the salt fish to shine.

You'll most likely find tropical African heritage fruits at Caribbean markets and other specialty greengrocers.

Tubers & Other Starches

- Potatoes
- Sweet Potatoes
- Yams
- Cassava (also called Manioc or Yuca)
- Taro (also called Dasheen, Eddo, or Kalo)
- Cocoyam (also called Tannier or Yautia)
- Plantains and Bananas
- Breadfruit
- Ackee
- Jicama
- Name (also called Igname, Mapuey, or Yampi)
- Camote (also called Boniato, Kamura, white yam, Florida yam, or Cuban yam)

HOMework ASSIGNMENT

COOKING TUBERS AND OTHER HEALTHY STARCHES

1. If you can, visit an African heritage market (Caribbean, Latin American, or African) and choose one of the tubers mentioned in class. Use the Cooking Handout as a guide to experimenting.

OR

2. Prepare a potato dish in a brand new way. For instance, mix vegetables into a mash. Or use one of the African heritage spices to give roasted potatoes a different flavor—lightly dust them with allspice, curry powder, or a touch of paprika. Or simply try a baked potato dressed in olive oil and salt. Note: This is one of the best healthy heritage side dishes to order at a restaurant. Skip the fries, and enjoy a plain baked potato topped with vegetables or olive oil and vinegar.

African Heritage Potluck!

If you'd like to, please bring in an African heritage dish from home for a last-class potluck. It can be a dish from one of our classes, or one your favorite recipes aligned with the nutrition guidelines we've learned in class.



LESSON 6



FRUITS, VEGGIES & A HEALTHY LIFESTYLE



Enjoy A Healthy Lifestyle

HANDOUT 1: HERITAGE AND HEALTH: FRUITS AND VEGETABLES

HERITAGE: FRUITS AND VEGETABLES

Picture yourself walking through a market in Ghana or Jamaica. Suddenly you're met by a sea of colors—reds, oranges, yellows, and greens—in rows and rows of fruit and vegetable stands. What kinds of foods might there be?

There will be some exotic fruits and vegetables to be sure—African cherry oranges or Caribbean guava. But you'll recognize most of the others. It's likely there will be cucumbers, carrots, squashes, cauliflower, okra, cabbage, eggplant, peppers, onions, and lettuce. You might also see familiar fruits—watermelon, pineapples, papaya, lemons, limes, and tomatoes.



African-American ancestors in the southern United States grew and enjoyed the same kinds of fruits and vegetables. From the southern traditions come many kinds of greens, squashes, green beans, and pumpkins. Peaches, blackberries, cherries, plums, and blueberries also grow in Georgia and Florida.

Fruits and vegetables are key to African heritage cuisine. Steamed, sautéed, curried, roasted, grilled, or raw vegetables have always been at the center of African heritage meals. Fruit has long been enjoyed cooked or uncooked as breakfast, snacks, and dessert. The closest thing to a classic dessert in West Africa today is the “after-chop”—a fresh fruit salad with a bit of coconut, peanuts, and honey mixed in.

HEALTH: FRUITS AND VEGETABLES

Fruits and vegetables are the planet's most nutrient-rich foods. Like the leafy greens of Lesson 2, fruits and vegetables enrich our bodies with the building blocks we need for a healthy life, and help protect us from many chronic diseases, including many forms of cancer.

Fruits and vegetables are an excellent source of Vitamin A, Vitamin C, minerals, and other essential nutrients. They are a great way to get fiber into the diet and are naturally low in fat and sodium and have zero cholesterol.

These days, almost everyone needs to eat more fresh fruits and vegetables. It's recommended that we try to eat at least 5 servings of fruit and vegetables each day. That adds up to about 2 ½ cups of fruit and 2 ½ cups of vegetables daily. Examples of one serving of fruit are: one apple, one orange, or one handful of grapes. A serving of vegetables is usually one cup raw or ½ cup cooked. African heritage puts vegetables at the center of the plate in dishes that make eating more so easy and enjoyable. And turning to fruit for our snacks and desserts, as African ancestors did, makes eating the recommended daily amount of fruit easy.






When people start to eat nutrient-rich fruits and vegetables regularly, they find that they want fewer and fewer nutrient-depleted foods like refined sugars, white flours, and greasy fried foods. The better we eat, the more healthy foods we crave!

HANDOUT 2

WHAT COLOR ARE YOUR FRUITS AND VEGETABLES?

What color are your fruits and vegetables?

You’ve probably heard the old cliché “Variety is the spice of life.” Well, when it comes to food and nutrition, variety ensures we get all the nutrients our bodies need for good health. Vegetables and fruits come in a multitude of colors, textures, shapes, and flavors. They provide a variety of vitamins and minerals, as well as fiber. So go ahead: liven up your plate with a range of colors to provide a nutritious meal.

Color	Fruit	Vegetable	
Green produce indicates antioxidant potential and may help promote healthy vision and reduce cancer risks.	Avocados, green apples, green grapes, honeydew, kiwi, and lime	Artichoke, asparagus, broccoli, cabbage, green beans, green peppers, okra, and leafy greens such as collard greens	
Orange and deep yellow fruits and vegetables contain nutrients that promote healthy vision and immunity, and reduce the risk of some cancers.	Apricots, cantaloupe, grapefruit, mangoes, papayas, peach, pineapple, yellow apples, and yellow figs	Carrots, yellow peppers, yellow corn, sweet potatoes, and winter squash	
Purple and blue options may have antioxidant and anti-aging benefits and may help with memory, urinary tract health, and reduced cancer risks.	Blackberries, blueberries, plums, purple figs, and raisins	Eggplant, purple cabbage, purple-fleshed potatoes	
Red indicates produce that may help maintain a healthy heart, vision, immunity, and may reduce cancer risks.	Cherries, cranberries, pomegranate, red/pink grapefruit, red grapes, and watermelon	Beets, red onions, red peppers, red potatoes, rhubarb, and tomatoes	
White, tan, and brown foods sometimes contain nutrients that may promote heart health and reduce cancer risks.	Bananas, brown pears, dates, and white peaches	Cauliflower, jicama, mushrooms, onions, parsnips, turnips, white-fleshed potatoes, and white corn	

HANDOUT 3
A HEALTHY LIFESTYLE

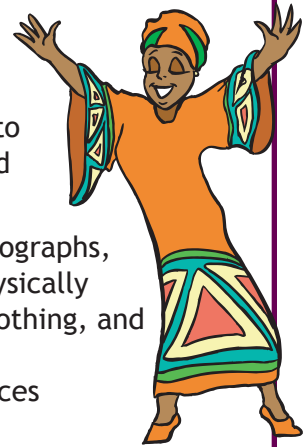
A HEALTHY & HAPPY LIFE

Well-being is about more than just what we eat. It is about how we feel, day to day, physically and emotionally. When we feel good, we tend to eat better and to treat ourselves better.

If you think about traditional African heritage civilizations, or look at old photographs, you can clearly see ancestors' priorities: family and friendship, good food, physically active work, music, spirituality, and artistic creation (art, textiles, pottery, clothing, and so on). The love, perseverance, and optimism that helped African ancestors survive enslavement and other hardships are powerfully positive forces to call up today for emotional and physical health.

African-American women have a strong tendency to take on the role of caretaker, focusing more on the well-being of others than on themselves. It's also been shown that African-American men experience stress and depression at higher rates than their white counterparts. Steps can be taken to remedy both of these situations, and the first step is recognition.

Take a minute to think about the different areas of your life. How happy are you with them? Give yourself permission to ask which areas could use some extra attention. With a little focus, you can start to lower your stress level and lead a more fulfilled life through intention. You and your health deserve it!



Activity	1-Very Poor	2-Poor	3-Good	4-Very Good	5-Excellent
Diet					
Spirituality					
Friendships					
Creativity					
Family					
Confidence					
Stress					
Love					
Work					
Exercise					
Finances					
Sleep					
Cooking					
Hobbies					

RECIPE CARD HANDOUTS

OLDWAYS BRAISED CABBAGE

Serves 6

Braising and steaming are two easy cooking techniques that you can apply to any of your favorite vegetables. Braising is a slow-sautéing method of cooking, usually used to caramelize onions. Caramelizing onions means cooking them until they're browned and sweet. By caramelizing vegetables, you bring out their natural sugars, so if you have diabetes or are watching your blood sugar, don't use this technique very often.

Ingredients:

- 2 tablespoons extra-virgin olive oil (palm or coconut oil will work, too)
- 2 medium-size yellow onions, halved and thinly sliced
- 2 garlic cloves, minced
- 1 tablespoon fresh ginger, minced
- 1 bird chili pepper, whole (also called cayenne pepper, finger chili, or Guinea pepper)
- 1 medium-size green cabbage, shredded
- Salt to taste



1. Chop the onions; mince the garlic; cut two small rounds off of the ginger root.
2. Heat the oil in a large pan, skillet, or pot on medium heat.
3. Add the onion, garlic, ginger, chili pepper, and salt. Cook, stirring occasionally, until the onion starts to brown.
4. Add the shredded cabbage and 1 tablespoon of water. Cook for 15 to 20 minutes until the cabbage is soft, stirring occasionally.
5. Serve hot and enjoy!

*Calories: 100, Fat: 5g, Saturated Fat: 1g, Sodium: 45mg,
Cholesterol: 0mg, Carbohydrate: 13g, Fiber: 5g,
Sugars: 7g, Protein: 3g*



OLDWAYS BLACKENED OKRA

Serves 6

The African name for okra is "gumbo," just like the beloved southern stew. If okra's gooey consistency has turned you off in the past, then this recipe is for you. Keeping the pods in tact and uncut minimizes the sliminess. Charring okra quickly, on high-heat, helps even more. This dish is the perfect smoky accent to a summer meal and is just as delicious, served cold, the next day. Try pairing it with Oldways' Black-eyed-Pea Salad or Potato Salad.

Ingredients:

- 1 pound of fresh or frozen okra (keep the okra whole, uncut)
- 1 bowl of ice water
- $\frac{1}{4}$ of a lemon
- 1 teaspoon of olive oil for oiling pan
- 1 teaspoon sea salt



1. Clean the okra if fresh and boil in a shallow pan of water until easily pierced with a fork (4-5 minutes). Squeeze half of the lemon's juice into the water to help cut down the sliminess.
2. Drain the okra, pat dry, and submerge in a bowl of ice water, let cool for 1 minute.
3. Rub 1 teaspoon of olive oil onto flat skillet and heat on medium-high until hot.
4. Toss okra into skillet and let sizzle; spritz with lemon juice and a pinch of sea salt; cook, shaking the pan frequently, until okra starts to brown on the edges (about 2 minutes).
5. Once browned on one side, flip to lightly char the other side.
6. Spritz with lemon and salt again on the unseasoned side. Serve hot and enjoy!

Calories: 25, Total Fat: 0g, Saturated Fat: 0g, Sodium: 394mg, Cholesterol: 0mg, Carbohydrate: 5g, Fiber: 2g, Sugars: 1g, Protein: 1g



OLDWAYS MANGO AND PAPAYA AFTER-CHOP FRUIT SALAD

African-heritage desserts have traditionally been based on fruit. A common dessert in West Africa, “after-chop,” is a fresh fruit salad with a bit of coconut, peanuts, and/or honey mixed in. Today we’re going to make Mango and Papaya After-Chop Fruit Salad with Coconut Milk.

Ingredients:

- 1 large or 2 small papayas
- 3 mangoes
- 4 tablespoons coconut milk
- 1 teaspoon honey (if you can find it, use agave nectar instead; it will work even better)

1. Cut open the papaya. Scoop out the black seeds in the center. Slice the skin off with the serrated knife. Slice lengthwise into quarters and chop into bite-size pieces.
2. Peel the mangoes with your knife. Slice the fruit from the pits and chop these into bite-size pieces, too.
3. Place the fruit in a bowl. Drizzle the coconut milk and honey over the fruit. Stir to coat.
4. Serve immediately or chill and enjoy!



**Note: If mangoes or papayas are unavailable, you can use any of your favorite in-season fruits in this recipe. Blueberries, grapes, peaches, and bananas are great options. Adding nuts will also make for a heartier midday snack or dessert. Almonds, Brazil nuts, and crushed walnuts work perfectly!*

Calories: 100, Fat: 1g, Saturated Fat: 1g, Sodium: 5mg, Cholesterol: 0mg, Carbohydrate: 25g, Fiber: 3g, Sugars: 20g, Protein: 1g



HANDOUT 4

LESSON SHOPPING GUIDE: FRUITS & VEGETABLES

If you spend half your time, cart-space, and budget in the produce section of the grocery store, then you know you're doing well! And if you keep your pantry stocked with your simple-heritage-cooking staples—herbs, spices, whole grains, beans, nuts, oils, vinegars—then most shopping trips can be spent loading up on leafy greens, vegetables, and fruits for the week.

Fresh Fruits and Vegetables

Fruit and vegetables are usually the first items to hit your eye upon entering a supermarket. And, they are the backbone of farmer's markets. They pop up in bodegas, corner stores, and even on the side of the road in the growing season (fresh corn, anyone?). Finding them isn't tricky—knowing how to prepare them in fabulous, easy ways doesn't have to be either. Now that you know you can use heritage as your flavor guide, we encourage you to pick up as many new and old favorite fruits and veggies as you can, mix them with African heritage spices, and enjoy the ride!

Frozen Fruits and Vegetables

Frozen fruits and vegetables are wonderful for extra-quick meals. Frozen fruits add texture, flavor, and a cold blast to smoothies and desserts. Frozen veggies, like okra and green beans, can be added to soups or cooked up in flash as a side dish. Frozen produce is packaged at its peak ripeness, so you still get all the nutrients as you do with fresh.

Canned Fruits and Vegetables

Like frozen vegetables, canned vegetables are great for when items you need are out of season. Canned vegetables and fruits are usually packed very soon after picking. Canned tomatoes and tomato pastes are used frequently in African heritage cooking. As always, look for low- or no-sodium varieties.

Vegetables

- Cabbage (Red and Green)
- Okra
- Tomatoes (fresh, canned, paste)
- Squashes and Pumpkin
- Green Beans
- Carrots
- Radishes
- Beets
- Eggplant
- Peppers
- Cucumbers

Fruits

- Peaches
- Blackberries
- Cherries
- Watermelon
- Dates
- Figs
- Avocado
- Lemons & Limes
- Papayas
- Mangoes

DINNER MENU HANDOUT

YOUR GUIDE TO HERITAGE EATING AT RESTAURANTS

FIVE SIMPLE BUT POWERFUL TIPS FOR HEALTHIER DINING OUT:

1. Try ordering one entrée and one appetizer for every two people at the table. This is an easy way to cut down on portion sizes, and it lets you taste more foods than you typically would be able to with just one entrée. If you think you'll need more food, add a salad.
2. Choose multicultural (another word for heritage) and vegetarian restaurants. You'll find lots of healthy menu options at Mediterranean, Indian, Japanese, Ethiopian, and vegetarian restaurants. They'll also give you the chance to experience new flavors. Lunch menus are often less-expensive than dinner. Mediterranean wraps, hummus, or salads usually cost less than \$6. Veggie burgers and wraps are other inexpensive options.
3. Order from the sides section of the menu—especially for kids. In many restaurants, this section has some of the healthiest choices: steamed or roasted vegetables, baked potato (order it dry and drizzle a small amount of oil and vinegar across the top), beans, rice, salads, cornbread, and more. Order 2-4 sides to create your own healthy meal.
4. Search for vegetables throughout the menu. At most American restaurants, a dish that showcases vegetables can be pretty hard to come by. But, if you look carefully through a menu, you'll often see that vegetables appear in many dishes. Green beans, spinach, zucchini, and tomatoes might all be found, even if they're not the main ingredients of a particular dish. You might also ask your server if it's possible to get a vegetable plate as your main dish.
5. Ask for a wedge of lemon with your water. Adding a squeeze of fresh lemon juice to water gives it an extra flavor boost, and can replace sugary drinks. Ordering unsweetened iced tea and adding a moderate amount of sugar, if you want to, is also a healthier, enjoyable alternative to sweetened teas and other drinks.

Healthy Heritage Appetizers:

Hummus & pita bread
Guacamole & pita bread
A cup of soup
A side salad
Lettuce wraps

Healthy Heritage Beverages:

Water with lemon
Unsweetened iced tea
A glass of red wine
Tea or coffee

Healthy Heritage Entrées:

A bowl of soup
Pasta with vegetables
A plate of side dishes: baked potato, salad, beans, cornbread
A piece of fish or poultry with vegetables

PUTTING IT ALL TOGETHER

AFRICAN HERITAGE DINNER MENUS FOR HOME COOKING

Over the past six weeks, we have tasted 16 African heritage dishes in class. As you've learned, it's easy to recreate those dishes to make fabulous meals at home. To help you, we've created a week of dinner menus that bring the most complementary flavors together. Pull together ideas from the homework assignments and other foods discussed in class to create your own menus.

For those times when you can't decide what you're in the mood for, here's a great general cooking strategy:

1. Choose vegetables and a green to steam, or sauté them in olive oil, onions, and garlic.
2. Boil up a whole grain: pasta, brown rice, millet, quinoa, etc.
3. Sauté a can of your favorite beans in garlic and a spice.
4. For meat flavoring, add a piece of fish or a smaller piece of poultry to any meal.

Monday Night

Simply Steamed Okra and Kale
Couscous
Spicy Chickpea Stew

Tuesday Night

Braised Cabbage and Collard Greens
(together)
Brown Rice
Lentils

Wednesday Night

Greens MixUp
Ginger Quinoa
Black-Eyed Pea Salad

Thursday Night

Cucumber and Spinach Salad
Brown Rice
Red Beans with Coconut Milk
Mango and Papaya "After-Chop" Fruit Salad
(dessert)

Friday Night

West African Peanut Sweet-Potato Stew
Millet with Cauliflower
Spinach and Arugula Salad

Saturday Night

Jollof Rice
Steamed Dandelion Greens
Black-Eyed Peas Sautéed with Garlic

Sunday Night

Kenyan Vegetable Mashed Potatoes
Turnip Greens
Black Beans
Cornbread



RECOMMENDED READING LIST

COOKING

Afro-Vegan, by Bryant Terry

The Africa Cookbook, by Jessica B. Harris

Iron Pots & Wooden Spoons, by Jessica B. Harris

Soul of a New Cuisine, by Marcus Samuelsson

A Taste of Heritage: The New African American Cuisine,
by Toni Tipton-Martin and Joe Randall

*The Ethnic Vegetarian: Traditional and Modern Recipes from Africa, America,
and the Caribbean*, by Angela Shelf-Medearis

HEALTH

By Any Greens Necessary, by Tracye Lynn McQuirter

African Holistic Health, by Llaila O. Afrika

HISTORY, CULTURE, AND FOOD

African American Foodways: Explorations of History and Culture,
edited by Anne L. Bower

High On the Hog: A Culinary Journey From Africa to America,
by Jessica B. Harris

Hog and Hominy: Soul Food from Africa to America, by Frederick Douglass Opie

In the Shadow of Slavery: Africa's Botanical Legacy in the Atlantic World,
by Judith A. Carney and Richard Nicholas Rosomoff

Black Rice, by Judith Carney

Food Choices & Obesity in Black America, by Eric J. Bailey

FILM

Soul Food Junkies, directed by Byron Hurt





