

ALPHA KAPPA ALPHA SORORITY, INCORPORATED®,
XI ZETA OMEGA CHAPTER



IT'S A
Culinary
MATTER
HEART HEALTHY RECIPES

PINK GOES RED RECIPE BOOK



Alpha Kappa Alpha Sorority, Incorporated®, Xi Zeta Omega Chapter

Dear Friends and Sorors,

Alpha Kappa Alpha Sorority, Inc.[®] under the leadership of our International President, Glenda Glover has worked tirelessly over the past 4 years to answer the call to action of our International Program theme “Exemplifying Excellence Through Sustainable Service”. Two of the Targets under the Program are Women’s Healthcare and Wellness and Global Impact. While working on these Targets, it has been our goal to reach 100,000 women across the United States and around the world to share information concerning women’s health issues. Annually, on the first Friday in February, we celebrate *Pink Goes Red*. It’s a day so critical to the lives of women that we take off our beloved pink and wear red to raise awareness of heart disease and its impact on women. It is our intention to promote life changes that will increase the lifespan and the quality of life for women particularly women of color.

Per the American Heart Association, heart disease and stroke are the number one killers of women yet only 36% of African American women know that it is their greatest health risk. Stroke kills almost 50,000 African American women annually. Not only do African American women have a greater risk of stroke than their Caucasian counterparts, but they also are more likely to die at an earlier age as compared to women of other ethnic backgrounds. The time for critical life changes is now! We cannot afford to lose another mother, grandmother, auntie, sister girl or friend to this deadly disease.

The Alpha Kappa Alpha Sorority Inc.[®], Xi Zeta Omega Chapter is proud to introduce this heart healthy cookbook in celebration of the 2022 Community Impact Day: *Pink Goes Red*! It is often said that Programs are the “heart of “AKA”. We are delighted to share our “heart” with you!

In this cookbook you will find delicious recipes to help you begin to make a change to protect your heart. Many are easy to make and don’t require too much time or effort. Try some, share widely with friends and loved ones or simply get inspired to make the changes needed to nurture your heart today! Come up with a few recipes of your own and add them to the back of the book. As you journey towards heart health, Xi Zeta Omega stands with you. We recognize eating well can sometimes be difficult. We are confident that as you use this book that this will become a part of another sister’s survival guide.

Stay healthy!

Tracy D. Harrison

1st Vice President and Program Committee Chairman

Foreword

Cardiovascular disease, commonly known as heart disease, is an umbrella term for specific heart and blood vessel conditions. These conditions include hypertension, high cholesterol, heart attack, stroke, heart failure, abnormal heart rhythm, and heart valve problems.

Heart healthy eating, exercise, and taking medications as prescribed are ways to prevent, substantially lower, and manage heart disease. Heart healthy eating consists of a diet that is low in sodium, cholesterol, trans and saturated fat, added sugar, and high in fiber. Did you know that fiber helps to reduce cholesterol?

If your blood pressure or cholesterol is high, you may need to have smaller portions of foods that are high in these nutrients: sodium, saturated fat, and cholesterol. Pay close attention to serving sizes when making these or any recipes.

This book includes both original recipes from the kitchens of members of Alpha Kappa Alpha Sorority, Inc and those adapted from other sources. All have been reviewed by registered dietitians and are considered heart healthy by standards set by the American Heart Association.

It is important to recognize the need to cut back on the high fat and high sodium foods we find comforting and embrace new ways of cooking and enjoying foods. Lifestyle is a huge indicator for health outcomes. Our health is our wealth, we must take care of our bodies to decrease illness and have the best quality of life.

If you are ready to start or continue your journey to heart health, the recipes included in this book will provide tasty satisfaction without the guilt!

Regina Gill, MS, RD, LD
Registered Dietitian

&

Ellen Griffiths, MPH, RD, LD
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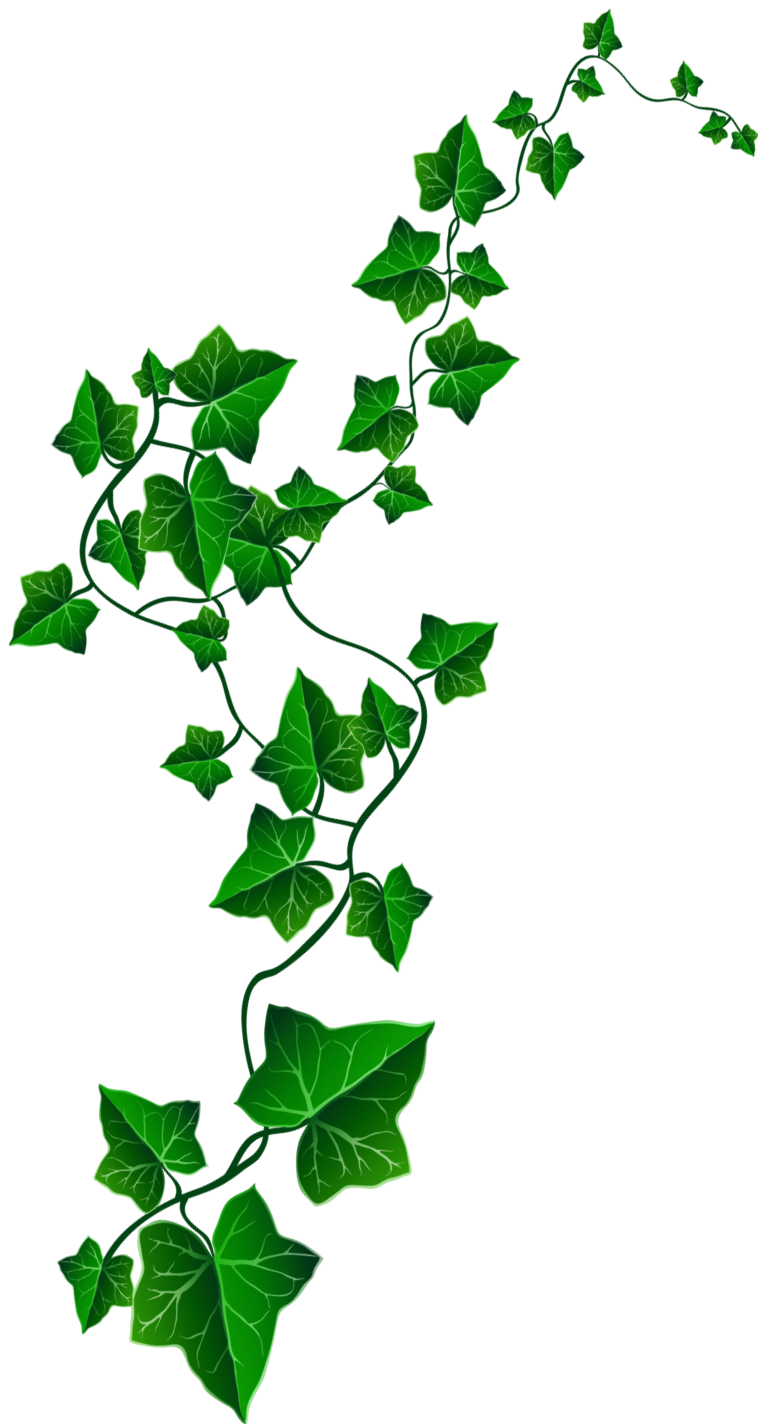
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Starters

Avocado Toast

Submitted by Soror Brittany Harris

"I love this snack because it makes me feel like I've added 5 years to my life, each time I eat it!"

INGREDIENTS:

French bread loaf
Avocado
Crushed red pepper flakes
Salt
1 tsp Lime juice
1 tsp olive oil



DIRECTIONS:

1. Slice French bread to your desired length and width.
2. Brush French bread with olive oil and toast.
3. In a bowl, mash avocado with lime juice.
4. Spread avocado on French bread and season with salt and crushed red pepper flakes.

Serving size-1

Homemade Hummus

Submitted by Soror Brittany Harris

I love hummus! This recipe gives me joy because I can control the salt and flavor elements. Think outside of the box and make some creative hummus!

INGREDIENTS:

- 1 can chickpeas or garbanzo beans
- 1 bag pita chips
- ¼ cup tahini (stir well before adding)
- 3 Tbsp Olive oil
- 1 clove garlic, minced
- ¼ cup lemon juice
- ½ tsp Salt
- 1 tsp Smoked paprika (or more to taste)
- 1 tsp ground cumin
- 2 Tbsp water



DIRECTIONS:

1. Drain and rinse chickpeas in a colander.
2. In a food processor, blend tahini and lemon juice for 1-2 minutes.
3. Add garlic, cumin, olive oil, and salt to the food processor and process for 1-2 minutes.
4. Add chickpeas (1/2 at a time) and process 1-2 minutes.
5. Add water (1 Tbsp at a time) and process until you reach your desired consistency.
6. Season with salt and process to blend all ingredients.
7. Serve with a drizzle of sea salt and smoked paprika.

Servings-4-6

Shrimp Street Tacos

Submitted by Soror Brittany Harris

"I love this recipe because if I were a food, I would be a taco."

INGREDIENTS:

1 lb shrimp (peeled, tail off, deveined)
1 avocado, sliced
2 cups shredded cabbage
1 cup cilantro
1 lime, zested
1 cup plain Greek yogurt
½ tsp ground cumin
½ tsp Cajun seasoning
½ tsp ground coriander
1 jalapeno, seeded and roughly chopped
Street tacos corn tortillas
½ tsp olive oil
2 limes, juiced



DIRECTIONS:

1. Season shrimp with ground cumin, coriander and Cajun seasoning.
2. Heat olive oil on medium heat and sauté shrimp 2 minutes each side.
3. In a food processor, add jalapeno, lime zest, lime juice, cilantro, and process for 1 minute.
4. Add greek yogurt and salt, process until smooth.
5. Toss shredded cabbage in cilantro dressing.
6. Build taco by adding dressed cabbage, sliced avocado, shrimp and additional dressing as needed.

Servings-6-8

Chicken and Rice Soup

Submitted by Soror Robin Butler

"This Chicken and Rice recipe is a favorite during the holidays and throughout the year when my family has leftover turkey or chicken. It's always a traditional favorite after the holidays."

Recipe from FITNESS Magazine. It has been modified to reflect family tradition.

INGREDIENTS:

2 Tbsp. Olive Oil
2 Cloves garlic minced
1 medium onion diced
2 celery stalks diced
2 14 oz. cans reduced-sodium chicken broth
1 15 ½ oz. can diced tomatoes undrained
2 Tbsp Dried Parsley
1 Bay Leaf
2 cups chopped cooked chicken
2 Tbsp brown rice
Dash of Worcestershire sauce
Pepper and salt for taste



Recipe courtesy of FITNESS Magazine - Photo by Scott Little

DIRECTIONS:

1. Sauté garlic, onions, and celery.
2. Add chicken broth, diced tomatoes undrained, dried parsley, and brown rice. Let simmer for 10 minutes.
3. Add chicken, Worcestershire sauce, and bay leaf. Simmer for an additional 5 minutes. Add salt and pepper for desired taste.

Serves 6

Chicken Salad in Red Lettuce Cups

Submitted by Soror Colletta Orr

"It's a great use for leftover (or rotisserie) chicken. I'm from the south and Southern women do not like to waste food. It's a genetic thing. So any recipe that allows us to use up something we already have on hand is an instant favorite. This recipe is healthy and flavorful. "

INGREDIENTS:

- ¼ cup chopped walnuts
- ¼ cup light mayonnaise
- ¼ cup plain fat-free Greek yogurt
- ¼ teaspoon kosher salt
- ¼ teaspoon ground black pepper
- 2 cups shredded skinless, boneless rotisserie chicken breast
- 4 green onions, white and green parts, chopped
- 6 Red lettuce leaves
- ⅓ cup dried cherries



DIRECTIONS:

1. Combine mayonnaise, yogurt, salt, and pepper in a bowl; stir to combine. Set aside.
2. Place chicken, walnuts, and green onions in a large bowl.
3. Add dressing, stirring well to coat.
4. Place 1 lettuce leaf in each bowl. Divide chicken salad evenly among the bowls and top with cherries.



TBell Cobb Salad
Submitted by Soror Tonya Bell

“This is my favorite salad because it is easy to prepare, healthy and delicious.”



INGREDIENTS:

1 cup of mixed greens or butter lettuce
¼ cup of fresh spinach
1 boiled egg
½ cup of mixed green/red pepper, red onion and celery
½ cup cucumbers
2 small grape tomatoes
2 tablespoons of lemon vinaigrette dressing

DIRECTIONS:

Layer the ingredients to your liking and top with your favorite vinaigrette salad dressing.

Serves 1

Veggie Pizza

Submitted by Soror Donna Crawford Townsend

"I enjoy one meal dishes that include lots of veggies. I have enjoyed this pizza for breakfast, lunch and dinner."

INGREDIENTS:

1 piece Tandoori Naan for the crust
Pizza sauce
Low fat mozzarella cheese
Small assorted tomatoes
Portabella mushrooms
1 yellow pepper
Olive oil
Onion
Handful baby leaf Spinach
Saltless seasoning (21 Seasoning Salute - Trader Joe's)



DIRECTIONS:

1. Drizzle Naan with olive oil
2. Add Pizza sauce then mozzarella cheese.
3. Start building pizza with spinach, mushrooms, yellow peppers, onion, tomatoes.
4. Bake at 400F for 20 mins or until the crust is golden.

Serving size 4

Chopped Spinach/Arugula Salad

Submitted by Soror Jacqueline McGlen

"I have been a Vegan for the past two years and have experienced numerous delicious and fantastic heart healthy recipes. I have lost 30 pounds and am still maintaining. This Spinach/Arugula Salad recipe is my version of Tabitha Brown, the Vegan Social Media Superstar's salad."



INGREDIENTS:

1 container of spinach/ arugula salad mix or ½ of each individual bag
small diced purple onion
1 medium sweet red pepper diced
Handful of halved grape tomatoes
1 small cucumber sliced and halved
Chopped bread & butter pickles or dill (your preference)
Sliced black olives
Shredded carrots
1/2 can of rinsed beans for protein (chickpeas or black beans)



DIRECTIONS:

1. Chop salad greens and add all other ingredients and mix.
2. Add your favorite vinaigrette or salad dressing.

Serves 4

Heart-Healthy Tomato Soup

Submitted by Soror Laura Richards

"I love tomato soup as a winter comfort food but want to skip the high sodium content of commercial brands. This "souper" easy recipe gives all the comfort with none of the downside."

INGREDIENTS:

4 to 5 cups chopped tomatoes, canned or fresh
4 to 5 cups roughly chopped Vidalia onions
12-16 oz vegetable broth or water
½ tsp salt
¾ tsp roasted red pepper flakes, or to taste.
Fresh ground black pepper to taste
5 tbsp powdered coffee creamer or milk
1 tbsp sugar
1 tbsp unsalted butter



DIRECTIONS:

1. Slow cook tomatoes, onions and broth with salt, red and black pepper and butter for 4 hours. Don't skimp on the red pepper, which brings out the flavor normally provided by salt.
2. Add sugar after 3 hours or so
3. After 4 hours, blend soup in a food processor or blender to desired level of smoothness
4. Add creamer (or milk) and mix well. Season to taste and enjoy.

Prep time: 30 minutes – mostly chopping onion and blending -- more if you're using fresh tomatoes. **Cook time:** 4 hours

Optional add-ins: Basil, fresh or dried; chopped roasted red peppers; chopped sun-dried tomatoes, garlic. For added kick, try a dash of fresh ginger. Use seasonings selectively – if you use them all, your soup may morph into marinara sauce.

Yield: about 8 cups (8-oz)

Mussels Marinara
Submitted by Soror Leslie Gofney

“My cousin gave me this recipe. This is a quick appetizer that’s enjoyable with friends and a glass of white wine. It says I’m at the beach or in full relaxation mode.”

INGREDIENTS:

2 lbs fresh mussels
2 tbsp olive oil
1.5 tbsp fresh minced garlic
1 small-med, diced sweet onion
½ cup dry white wine (leftover wine is fine)
1 cup chicken broth (can use ½ tsp Better than Bouillon and reconstitute with 1 cup hot water)
1 – 27 oz can diced tomatoes
1/8 cup finely cut fresh parsley
Pepper to taste



DIRECTIONS:

- 1** Wash and brush the mussels twice thoroughly to remove sand/grit. Remove the beard. Re-wash. Discard those with open shells or those that do not close when you tap them (do not eat them!!).
- 2** In a separate pot, combine the oil, garlic, onions and mussels.
- 3** Cover the pot. Simmer the contents slowly for 3-4 minutes. Stir the contents to allow all to reach the pan bottom. Agitate the pan over the heat occasionally making certain all mussels reach pan bottom.
- 4** Add remaining ingredients to the pot and allow it to simmer for 9 minutes to let the wine cook down. Mussels will open when ready. Don't overcook or they toughen.
- 5** Save cooking juice and serve with mussels over linguine cooked in heavily salted water or eat separately with garlic bread.

Serves 3-4



Entrees & Sides

Broccoli-Rice Casserole

Submitted by Soror Barbara White

"This Southern Broccoli-Rice Casserole is the perfect side dish for a meal. It is a favorite in my family for all holiday gatherings. I have now passed it on to the next generation."

INGREDIENTS:

Two packages of frozen chopped broccoli
1 (10 $\frac{3}{4}$ oz.) can condensed cream of mushroom soup
1 package of success rice
1 package of 8oz sharp cheese (chopped or shredded)
 $\frac{1}{2}$ stick butter, melted



DIRECTIONS:

1. Unthaw frozen broccoli packages
2. Cook package of success rice for 10 minutes
3. Preheat oven to 350 degrees
4. In a large mixing bowl, place unthawed broccoli, can of cream of mushroom soup, package of success rice, package of cheese, melted butter and mix well. Place in a 9x13 baking dish or pan and bake for 35-45 minutes

Yield: many portions.

Heart healthier options are lowfat versions of mushroom soup and cheese

Grilled Salmon

Submitted by Soror Brittany Harris

"I love this recipe because it reminds me of summer grilling, roof-top or backyard cooking, and time with friends and family. It's also delicious and healthy!"

INGREDIENTS:

Cedar grilling plank
Whole salmon filet
1 tbsp olive oil
¼ cup chopped parsley
1 tsp lemon zest
2-3 lemon wedges
1-2 cloves garlic, minced
Salt
Pepper



DIRECTIONS:

1. Soak grilling plank in water for 30 min to 1 hour.
2. Rub salmon with olive oil.
3. Season with salt, pepper and lemon zest.
4. Garnish salmon with lemon wedges and chopped parsley.
5. Heat grill to 400 degrees.
6. Place the plank on the grill and close the lid, leave for 5 minutes.
7. Remove the plank and place the salmon (skin side down) on the plank.
8. Place plank and salmon on the grill and cook for 15 minutes, or until it reaches your desired internal temperature.

Servings-4

Lean Turkey Pasta

Submitted by Soror Brittany Harris

“This is my go-to, I’m so busy this week, meal. It is very flavorful and requires few ingredients. It also tastes even better the next day. I hope this recipe fills your heart and stomach!”

INGREDIENTS:

1 lb lean ground turkey
1 green bell pepper, diced
1 clove garlic, minced
1 cup whole grain pasta noodles
¼ cup fresh cilantro, chopped
1 tbsp Cajun seasoning
1 tsp salt and pepper
1 tsp olive oil



DIRECTIONS:

1. Bring 2 cups of salted water to a boil.
2. Cook pasta to al dente, drain and set aside.
3. Season ground turkey with salt, pepper and cajun seasoning.
4. Heat 1 tsp olive oil in a pan.
5. Sauté diced bell pepper and garlic until garlic is soft , remove and save.
6. Place ground turkey in a pan and cook until browned.
7. Add bell pepper and garlic to ground turkey.
8. Toss pasta with ground turkey and garnish with cilantro.

Servings-4-6

Pan Seared Sea Scallops

Submitted by Soror Brittany Harris

“Scallops are the perfect meal to cook when you don’t have much time. Paired with a steamed vegetable, they are packed with proteins, vitamins, and minerals for a complete meal!”

INGREDIENTS:

1 lb Sea scallops
¼ cup chopped cilantro
Salt and pepper to taste
1 tsp avocado oil (or high smoke point oil)

DIRECTIONS:

1. Rinse and completely dry sea scallops.
2. Season scallops with salt and pepper, press seasonings into meat.
3. Heat 1 tsp avocado oil in a pan on high.
4. When oil starts to smoke slightly, add scallops to the pan and cook 2 min on each side.

Servings-2-4



White Bean Soup with Turkey Sausage

Submitted by Soror Cheryl Campbell

“When the weather turns cold, I run for this soup. It is a take on a Sausage and Lentil Soup I used to make from Ina Garten's recipe. I added the kale and changed the lentils to white Great Northern Beans.”



INGREDIENTS:

1 lb smoked turkey Kielbasa sausage, sliced
(2) 14 oz cans of Great Northern beans, rinsed and drained
2 cups diced onions
2-3 stalks chopped celery
1-2 diced carrots
2 cloves garlic, chopped
(1) 14 oz can tomatoes, chopped
1 small bunch of kale, washed, stems removed and chopped
½ tsp thyme
3 tbsp olive oil
8 cups Chicken or vegetable stock, reduced sodium
Salt and Pepper to taste

DIRECTIONS:

1. In a large Dutch oven pot, heat the olive oil and brown the sausage. Remove and drain on paper towel.
2. Add onions, celery, and carrots to pot and a little more oil if needed. Once onions are translucent, about 4 – 5 minutes, add chopped garlic, salt, pepper, and thyme and stir about 1 minute.
3. Add the tomatoes and stir. Cook 5 minutes.
4. Add the drained beans and stock, then add the chopped kale, and season again with salt and pepper, if necessary. Cook for about 15 minutes until the kale is almost tender.
5. Return the sausage to the pot and cook at least another 20 minutes.

Yield: 8-10 servings

Lemon-Garlic Shrimp and Broccoli over Noodles

Submitted by Soror Kim Lincoln-Stewart

"I like the recipe because it is quick, easy, and takes few ingredients that I usually have available."

INGREDIENTS:

½ cup juice from 1 large lemon or concentrate
3 tbsp Extra Virgin Olive Oil (EVOO)
4 cloves of garlic chopped
1 lb. of peeled/deveined fresh shrimp
1 tbsp of salt-free lemon pepper (or to taste)
½ box of angel hair pasta
2 large broccoli heads chopped (if frozen 1 bag)
½ tsp salt (optional) *



DIRECTIONS:

1. In a pot, heat water to steam broccoli. Steam until cooked to your liking.
2. In another pot, boil water and cook pasta.
3. In a large skillet, heat the EVOO and garlic. Once garlic is translucent, add the shrimp and cook until pink. Add broccoli, the lemon pepper, and lemon juice and let simmer in the pan occasionally stirring for 3-4 minutes. Add noodles and stir. Serve while hot. If the dish is not as moist as you'd like you can add EVOO and lemon juice.

*To lower sodium intake, use as little salt as possible.

The dish serves 4.

Grilled Salmon with Avocado Salsa

Submitted by Soror Jennifer Padgett

"I love this recipe because guacamole is my favorite food, and this is salmon with the most delicious guacamole! This recipe is full of healthy fats, and is simple, flavorful, and heart healthy. I also appreciate that the recipe is flexible. You can add extra cilantro if you love it or use lemon instead of lime if that's what you have handy and the dish will still be delicious. It's also low in carbohydrates."

Source: thecookierookie.com

INGREDIENTS:

Salmon:

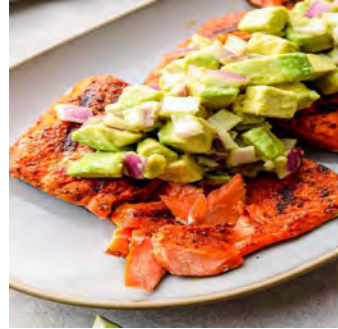
2 lbs. salmon
1 tsp olive oil
1 tsp salt
1 tsp ground cumin
1 tsp paprika
1 tsp onion powder
1/2 tsp ancho chili powder
1 tsp black pepper

Avocado salsa:

1 avocado, cubed
1/2 red onion, diced
1 lime, juiced
1/8 cup fresh cilantro, chopped

DIRECTIONS:

1. Combine the salt, chili powder, cumin, paprika, onion and black pepper. Cut the salmon into four filets. Rub the salmon with olive oil, then coat with spice mixture.
2. Chop the avocado, onion, lime juice, and cilantro and combine.
3. If using a grill or grill pan, grill the salmon to desired doneness, usually about 5-6 minutes per side. If broiling, broil on high approximately 6 minutes, or until fish reaches desired doneness.
4. Top with avocado salsa and enjoy. Serves 8.



Grilled Shrimp and Veggies
Submitted by Soror Donna Crawford Townsend

“This is a light one dish meal packed with flavor. You can eat a lot and not feel guilty.”

INGREDIENTS:

1 Salmon Filet
4 large size shrimp
½ lb. baby leaf spinach
½ cup yellow Corn
1 med onion
5 slices portobello mushrooms
5 Cherry tomatoes sliced
Spices for blackening
1 Tbsp No salt butter
1 Tbsp olive oil



DIRECTIONS:

1. Sauté salmon and shrimp butter and olive oil using Blacken seasoning in a cast iron pan using.
2. After Salmon is cooked to your liking and shrimp are a bright pink removed from pan and set aside.
3. Add all other ingredients to the pan(don't wash the pan) sauté return salmon and shrimp to the pan. Place under the broiler for 3 mins.

Serving size 2

Go To Chicken and Noodles

Submitted by Soror Earline Davis

"I like this recipe because it's easy to make, it's healthy for the soul and it won't break your pocketbook. It's a simple all year around dish that can be paired with your favorite salad or vegetable."



INGREDIENTS:

1 1/2 pound boneless, skinless chicken (your favorite pieces)
1 bunch celery hearts, cut into 1 inch pieces
2 large onions, cut into quarters
3 cups of "No Yoke" egg white pasta (Noodles)
2 cups of Chicken Broth (low sodium)
Granulated Crushed Garlic (several shakes)
Sea salt
Black pepper



DIRECTIONS:

1. Cut the chicken pieces and season with garlic, salt and pepper.
2. Place chicken in 3 quart saucepan, cover with water and 1 cup of broth. Cook on medium heat for 20 minutes or until chicken is tender. Add the celery and onions, simmer for 5 minutes.
3. Cook noodles in separate pan of boiling water with a pinch of salt, drain and add to main pan with the chicken.
4. Add the remaining cup of broth and simmer for 5 minutes. Season with salt and pepper, if desired.

4 - 6 Servings

Whole Wheat Waffles

Submitted by Soror Earline Davis

"I like this recipe because it gives me a tasty, healthy choice to a frozen waffle and it takes the same amount of time to prepare."

INGREDIENTS:

1 3/4 cups skim milk.
3/4 cup egg substitute or 3 eggs.
1/4 cup heart-healthy light butter spread
1 teaspoon salt
2 cups whole wheat flour
2 teaspoon baking powder

DIRECTIONS:

1. Place milk , egg substitute, butter spread and salt into blender.
2. Blend for 10-15 seconds.
3. Add flour and baking powder.
4. Blend for 15 seconds or until mixed.
5. Let batter sit 5-10 minutes before cooking to yield best texture and flavor.

Garnish with your favorite fruit or nuts

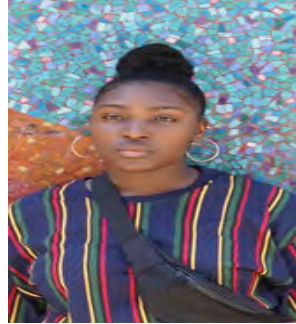
Serving: 10-12 waffles
Preparation -5 minutes



Cod w/ Crispy Green Beans
Submitted by Soror Kazzidy Stewart

INGREDIENTS:

1 lb of green beans
2 tbsp of olive oil
¼ c. grated parmesan
1 ¼ lb of cod (4 pieces of cod)



DIRECTIONS:

1. Heat oven to 425 degrees F. On a baking sheet toss green beans in 1 tbsp of olive oil, parmesan and unsalted seasoning of your choice. Roast in the oven until golden brown, about 10 minutes.
2. Heat skillet with remaining olive oil. Season cod with garlic powder and onion powder. Sear cod on each side for 3-4 minutes or until golden brown and fully cooked.
3. Plate green beans and cod.

Special Note: I like to add basil pesto on top of cod after plating for additional flavor.

Makes 4 servings
Prep-20 minutes

Veggie Breakfast Wrap

Submitted by Soror Madison Townsend

"I like this recipe because it is quick and easy yet still healthy and delicious."

INGREDIENTS:

1/3 Bell Pepper
1 Egg (substitute egg whites for healthier option)
2 tablespoons Low fat Cheese
1 tortilla
1/3 cup spinach
Cooking spray



DIRECTIONS:

1. Lightly coat a skillet with non-stick cooking spray and place on low heat. Crack egg and beat it in a bowl. Pour egg into skillet and cook for 2-3 minutes. Then remove it from the pan and place onto a plate.
2. Wash pepper, onion, and spinach and place on a cutting board. Chop 1/3 of onion, bell pepper, and spinach. Add the veggies to the pan coated with non-stick cooking spray and cook for 5-7 minutes. Once the veggies are brown, place on the plate with the eggs.
3. Place the tortilla on a plate and sprinkle cheese in the center. Add egg and veggies, fold the tortilla inward and tuck it.
4. Coat the pan once again with non-stick cooking spray, place the wrap without it unraveling into the pan. Cook for 3 minutes on both sides until golden brown. Once golden brown, place on a plate, cut in half and ENJOY!



Serving size: 1

Curried Chicken Salad with Grapes and Walnuts

Submitted by Soror Eleanor Padgett

"I love this recipe because it's a great summer salad and can be doubled or tripled for a crowd or party."



INGREDIENTS:

24 oz (2 large cans) white meat chicken breast
2 cups white seedless grapes, cut in half
 $\frac{3}{4}$ cup chopped walnuts
 $\frac{3}{4}$ cup mayonnaise (light mayonnaise is acceptable.
Also delicious with half light mayonnaise and half
fat-free Greek yogurt)
2 tablespoons ground curry (more if you like it spicy)
2 stalks celery, chopped finely
Salt and pepper to taste



DIRECTIONS:

1. Put chicken in large mixing bowl and break into small chunks (drain if using canned chicken).
2. Add sliced grapes, walnuts, celery, and mayonnaise and combine.
3. Season with curry powder, add salt and pepper and mix well. Serve chilled.

Serves 6.

One-Ingredient Slow-Cooker Chicken

Submitted by Soror Ellen Griffiths

This recipe delivers the most delicious payoff imaginable — meat so tender and juicy it practically falls right off the bone.

INGREDIENTS:

1 (3- to 4-pound) whole chicken
1 teaspoon kosher salt
1/2 teaspoon fresh ground black pepper



DIRECTIONS:

1. Create a base in the bottom of the slow cooker. Place a small metal rack, heatproof trivet, or three balls of aluminum foil (each about 3 inches wide) in the bowl of a 6-quart or larger slow cooker. This is the base that the chicken will sit on top of during cooking.
2. Remove the giblets. Discard them, or save to make stock or [gravy](#) later on.
3. Pat the chicken dry. Use paper towels to pat the chicken dry. Make sure to absorb any liquid behind the wings or legs. Blot inside the body cavity to get the chicken as dry as possible.
4. Season the chicken with salt and pepper all over.
5. Place the whole chicken, breast-side up, on top of the trivet or balls of aluminum foil so that it's not sitting on the bottom of the slow cooker. Keep the chicken in the center of the slow cooker as much as possible.
6. Cover the slow cooker and cook on the HIGH setting for 2 1/2 to 3 1/2 hours or on the LOW setting for 4 to 5 hours. The exact cooking time will depend on the size and type of your chicken.
7. The chicken is done when it registers [165°F](#) in the thickest part of the thigh, when the wings and legs wiggle loosely, and when the juices run clear.
8. Broil for crispy skin (optional). Broil for 3 to 5 minutes — just until the skin reaches your desired level of crispiness.
9. Rest the chicken for 15 minutes. Once the chicken has finished cooking, transfer it to a clean cutting board. Let it rest for about 15 minutes before carving.

Mary's Cincinnati Chili Submitted by Soror Mary Pitman

This recipe is special to me because it is taken from my mother, who served it often when I was growing up. However, I have enhanced it by using ground turkey as the meat, adding more vegetables and a lot more spices. I serve it over spaghetti since I am from Ohio and chili with spaghetti, known as Cincinnati Chili, is an "Ohio thing!"



INGREDIENTS:

½ cup Extra Virgin Olive Oil
3 stalks celery
1-2 bell peppers
1 large onion
1 package sliced fresh mushrooms
Whole garlic pieces
Jalapeno Peppers
Ground turkey
2 large cans dark red kidney beans
2 large cans whole tomatoes
Spices Ground Cumin, Hot Mexican Chili Powder, Ground Red Pepper, Basil, Oregano, Salt, Pepper



DIRECTIONS:

1. Heat a large pot. Add olive oil to cover bottom of pot and heat. Cut celery, onions and green pepper into small pieces and sauté until fairly soft. Add ground turkey and season with cumin, chili powder, ground red pepper. Sauté everything until ground turkey is browned.
2. Add kidney beans, mushrooms, tomatoes, sliced jalapeno peppers and sliced garlic. Crush the whole tomatoes through your hand/fingers as you add them to the pan. Add more cumin, chili powder, red pepper and then add basil, oregano, salt and pepper to your liking. Cover and cook on low heat for about 2 hours or until done. Serve over spaghetti.

Note: You can substitute garlic powder for whole garlic if you like or use both. I usually use both. You can also substitute ground beef for the ground turkey, but it will not be as healthy. Ground beef has much more fat. You can also substitute canned mushrooms for fresh ones, but fresh is always my first choice.

Chef Garvin's Collard Greens with Smoked Turkey Bacon

Submitted by Soror Mary Pitman

"This recipe is special as I had been looking for a collard green recipe that differed from my mother and grandmother's use of ham, fatback, and bacon. Their greens were great tasting but I was looking for something great tasting but less fattening. I decided to try this recipe after watching a cooking show with Chef Garvin. He had an episode that featured collard greens with smoked turkey bacon. It was a huge hit with my daughter, her father who gave up eating pork long ago and other friends and family. I've been using this recipe ever since. Hope you try it!!!"



INGREDIENTS:

2 pounds collard greens
2 cups chicken stock
½ cup white wine
1 cup water
1 large onion, sliced
4-6 chopped cloves of garlic
3 small chopped shallots
½ pound smoked turkey bacon, chopped
¼ cup olive oil
Salt
Pepper

DIRECTIONS:

1. Heat a large pan and add olive oil.
2. Sauté turkey bacon, onions, garlic and shallots in a pan. Stir Occasionally.
3. Separate and rinse collard green leaves under water.
4. Roll 2-3 leaves together, slice into thin strips.
5. Add collard greens to sautéed ingredients in the pan.
6. Pour in white wine, chicken stock and water.
7. Cover pan and let cook for 30 minutes on medium heat or to desired tenderness.
8. Stir every few minutes to distribute the smoked meat taste evenly.
9. Taste to confirm the tenderness you prefer.
10. Add salt and pepper to taste.



Garlicky Spinach

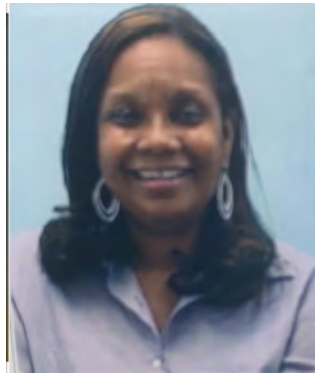
Submitted by Soror Donna Crawford Townsend

"I enjoy this dish because it is quick and easy and nutritious. Spinach is packed with minerals and vitamins. It's an excellent source of calcium, magnesium and iron."



INGREDIENTS:

1 lb baby leaf spinach
1 clove of fresh garlic
1 tbsp. of butter
2 tbsp. of olive oil
2 tbsp. of garlic powder
2 tbsp. of onion powder
salt free seasoning to taste



DIRECTIONS:

1. Sauté garlic in butter and oil with both onion powder and garlic powder in a large pot.
2. When garlic sizzles (about three minutes), drop in spinach (No need to cover)
3. Toss all ingredients until spinach is wilted.

Serving size: 4

General Tso's Cauliflower
Submitted by Soror Donna Crawford Townsend

"Had this at a restaurant and loved it! Tried to copy it and it worked."

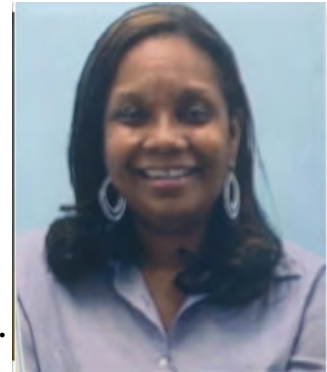
INGREDIENTS:

1 head of cauliflower
2 eggs
1 cup of flour
Panko bread crumbs
Garlic powder
Onion powder
General Tso's Sauce



DIRECTIONS:

1. Cut one head of fresh Cauliflower into small pieces.
2. Set dredging station with flour in a pan.
3. Second pan with eggs beaten well.
4. Third pan panko bread crumbs.
5. Lightly coat cauliflower with flour.
6. Dredge in egg and then on the panko.
7. Place on an aluminum foil covered baking sheet.
8. Cook for 20 minutes in the oven at 400.
9. Remove cauliflower from the pan, place in large bowl and coat well in General Tso's sauce. Return cauliflower to the baking sheet for an additional 10 minutes or until the cauliflower has a crispy coating.



Serves 6

Turkey or Vegetarian Chili

Submitted by Soror Zakiya Mabery

“Growing up in Germany it was extremely cold. My mother used to make chili as comfort food on those below zero days. So, I have modified her recipe to be leaner without losing the fabulous taste!”

INGREDIENTS:

2 tablespoons extra-virgin olive oil
2 medium red onion, chopped
1 large red bell pepper, chopped
1 large yellow pepper chopped
4 cloves garlic, pressed or minced
2 tablespoons chili powder
1/2 tablespoon of cayenne pepper
2 teaspoons ground cumin
1/4 cup of honey
1 1/2 teaspoons smoked paprika
1 large can (28 oz) or 2- 15oz small cans no sodium diced tomatoes
2 cans (15 ounces each) no sodium added black beans, rinsed and drained
2 cans (15 ounces) no sodium kidney beans, rinsed and drained
1 cup low sodium vegetable broth or water
1 24 oz jar of organic marinara sauce
2 tablespoons chopped fresh cilantro, plus more for garnishing
2 pounds of ground Turkey or two bags of meatless grounds



DIRECTIONS:

1. In a pot over medium heat, warm the olive oil until shimmering. Add turkey and cook for 10 minutes. Add garlic, chili powder, cayenne pepper, ground cumin, smoked paprika.
2. Let simmer for 7- 12 minutes on medium heat while stirring. Add chopped onions, bell pepper, yellow pepper and stir for 3 minutes. Add diced tomatoes and their juices, drained black beans, kidney beans, vegetable broth, honey and jar of organic marinara sauce. Let mixture come to a simmer. Continue cooking, stirring occasionally and gently simmer for 20 minutes. Top & serve. Garnish with only one tablespoon of anything you'd like, then devour!

Serving size-6 large bowls or 8 moderate bowls

Ginger-marinated Grilled Portobello Mushrooms

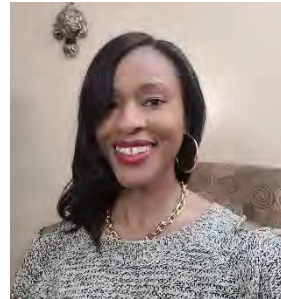
Submitted by Soror Regina Gill

"I love ginger! This recipe offers a ton of flavor and kick with fresh ginger and pineapple. Mushrooms are hearty and filling, I don't even miss the meat. Mushrooms are a great low calorie and low-fat substitute for meat in any dish. Give it a try! Recipe adopted from the Mayo Clinic."



INGREDIENTS:

1/4 cup balsamic vinegar
1/2 cup pineapple juice
2 tablespoons chopped fresh ginger, peeled
4 large portobello mushrooms (about 4 ounces each), cleaned and stems removed
1 tablespoon chopped fresh basil



DIRECTIONS:

1. In a small bowl, whisk together the balsamic vinegar, pineapple juice and ginger.
2. Place the mushrooms in a glass dish, stemless side up. Drizzle the marinade over the mushrooms. Cover and marinate in the refrigerator for about 1 hour, turning mushrooms once.
3. Preheat a grill pan or broiler on medium heat. Away from the heat source, lightly coat the grill pan or broiler pan with cooking spray. Position the cooking rack 4 to 6 inches from the heat source.
4. Grill or broil the mushrooms on medium heat, turning often, until tender, about 5 minutes on each side. Baste with marinade to keep from drying out.
5. Using tongs, transfer the mushrooms to a serving platter. Garnish with basil and serve immediately.

Serves 4

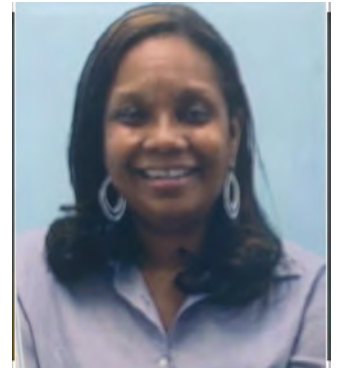
Shrimp and Veggie Quiche

Submitted by Soror Donna Crawford Townsend

"I have been making this for years. This is the first time writing the recipe down! It is a hit at every brunch, Enjoy!"

INGREDIENTS:

Pie crust(store bought or homemade)
2 eggs
3 egg whites
1 red pepper
1 yellow pepper
1 small onion
1 pt lowfat half and half
10 large shrimp
1 box of frozen broccoli
Garlic powder to season
One package of low fat Mexican shredded cheese



DIRECTIONS:

1. Let pie crust stand at room temperature.
2. In a large bowl mix eggs, egg whites and half and half.
3. Chop peppers and onions and layer in the bottom of the pie crust.
4. On top of the peppers and onions layer shrimp and broccoli
5. Sprinkle with garlic powder
6. Layer cheese on top of shrimp and broccoli. Evenly pour egg mixture over the entire dish.
7. Cook for 45-55 minutes at 375 degrees

Serves 6

Aromatic Quick Quinoa

Submitted by Soror Robin Davis

"I was first introduced to this recipe through a culinary medicine program five years ago. Although quinoa is not technically a whole grain, it is a protein powerhouse, easy to prepare and can be served at any meal of the day."



INGREDIENTS:

1 cup quinoa
juice of 1 lemon
3 tbsp tamari
2 zucchini
1 small broccoli head
1 tbsp tahini
1 tsp olive oil
Salt and pepper



DIRECTIONS:

1. Place quinoa in a sauce pan with 1.5 cups of water, the juice of the lemon and 1 tbsp tamari. Bring to a boil for 1-2 minutes then simmer covered until all water is absorbed and quinoa is fluffy.
2. Slice zucchini in half lengthwise then chop into half-moons. Cut broccoli into florets.
3. Heat pan with olive oil and saute' zucchini and broccoli with 1 tbsp tamari, salt and pepper for 7 minutes.
4. Once the quinoa has cooked, stir in 1 tbsp of tahini and 1 tbsp of tamari.
5. Mix in the vegetables with quinoa and drizzle with olive oil.

Serves 6

Roasted Tomatoes

Submitted by Soror Ellen Griffiths

INGREDIENTS:

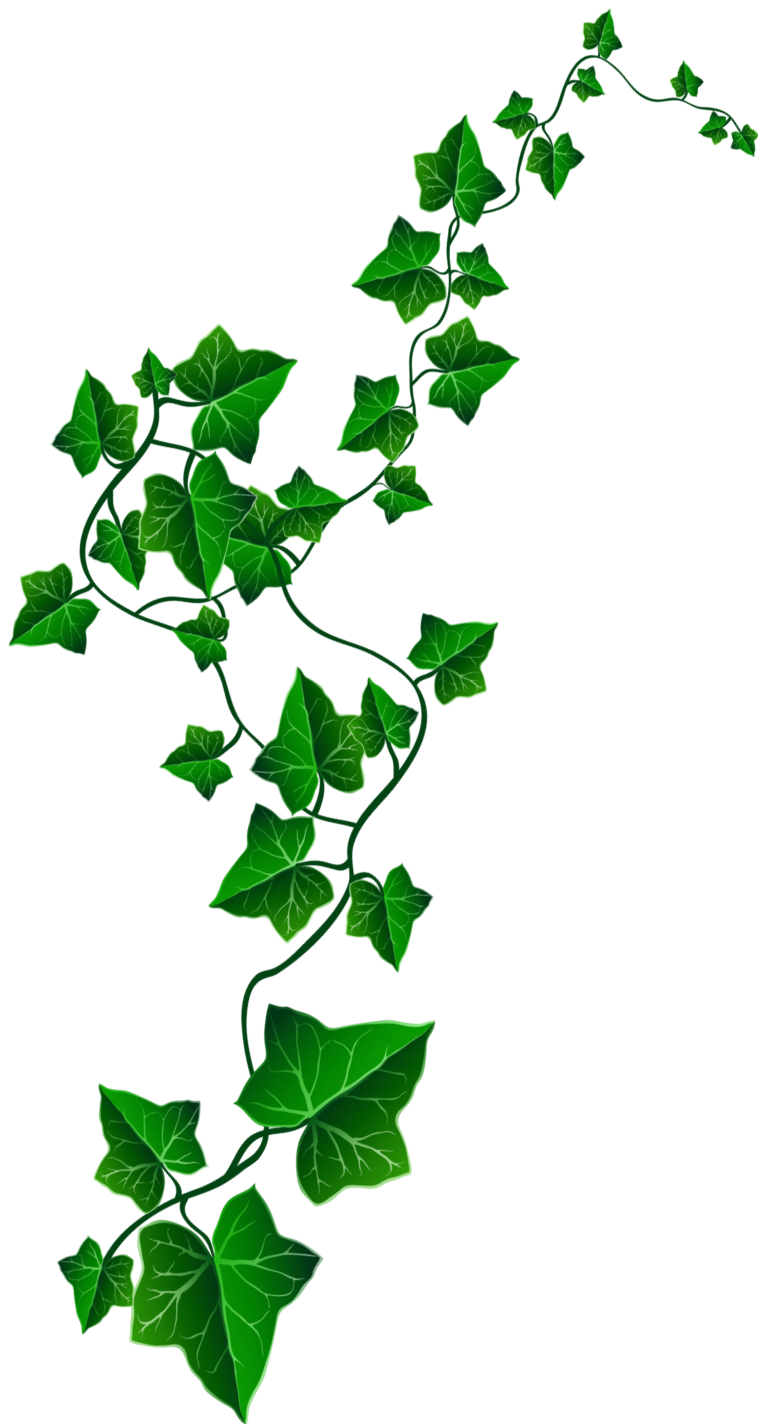
¼ cup olive oil
1 small onion, chopped
2 garlic cloves
1 Tbsp dried rosemary
1 Tbsp dried parsley
6 medium ripe tomatoes, chopped
2 tsp balsamic vinegar
Salt and pepper to taste



DIRECTIONS:

1. Drizzle half the olive oil in the bottom of a roasting pan.
2. Add the onion, garlic, rosemary and parsley and toss to coat well.
3. Add the tomatoes and drizzle with the remaining olive oil and vinegar. Sprinkle with salt and pepper.
4. Roast at 475 degrees for 20 minutes. Broil for about 5 minutes longer, watching carefully.

Serves 4



Desserts

Angel Food Cake

Submitted by Soror Leslie Gofney

"My grandmother shared this with me many years ago. These down-home country recipes came with love, laughter and family gatherings. Top it with fresh berries or sliced peaches, chocolate sauce or other. Add a glass of sauterne or cup of light tea to your table while you're gazing at the Blue Ridge mountains, and your worries melt away."

INGREDIENTS:

- 1 ½ cup egg whites
- 1 ½ cup granulated sugar
- 1 teaspoon cream of tartar
- 1 cup *sifted cake flour*
- ¼ teaspoon salt
- ½ teaspoon almond flavoring
- ½ teaspoon vanilla (may substitute 1 vanilla bean pod)



If you want to make a chocolate angel food cake substitute with 2/3 cup of cake flour + 1/3 cup of cocoa and sift together.

DIRECTIONS:

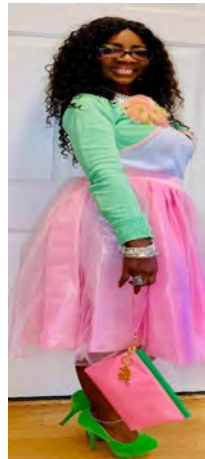
1. SIFTING is very important. Do not skip it.
2. Beat egg whites slightly for 10 seconds. Sprinkle in cream of tartar and beat until whites create a stiff peak.
3. In a separate bowl, sift flour, sugar and salt together four (4) times. FOLD this into the egg whites GRADUALLY and add almond and vanilla.
4. Add batter to UNGREASED angel food cake or bundt pan. Put in cold oven and gradually heat to 350 degrees. Cook for 45 minutes to 1 hour depending on the accuracy of your oven.
5. After cooled, remove from pan, slice and top with your favorites!

Serves 16

Green Key Smoothie

Submitted by Soror Crystal Williams

“This recipe brings happiness to my palate as I recall a time when I was not able to eat solid foods as a Hodgkin’s Survivor and this provided me with the daily nourishments I needed.



INGREDIENTS:

2 Avocado (or as much as you like)
Kale (as much as you like)
2 Bananas (as many as you like)
Ice

DIRECTIONS:

1. Peel your fruit/clean your Kale
2. Blend all the ingredients in a high-speed blender until smooth
3. Pour in a special glass and add a pink and green umbrella!

Serving size- 1

Blueberry Smoothie

Submitted by Soror Lennie Peters

“Everyone in the family loves smoothies. We would enjoy making them together for dessert or as a snack. I like smoothies because they are healthy, can be enjoyed as a meal anytime of the day, and on the go.”

INGREDIENTS:

1 cup vanilla yogurt
2 tablespoons lemon zest
2 tablespoons lemon juice
1 ½ tablespoons grated fresh ginger
2 tablespoons honey
1 ½ cups blueberries (fresh or frozen)
1 cup ice cubes
Optional: 1 Banana (fresh or frozen). 1
tablespoon Flaxseed



DIRECTIONS:

1. In a blender combine all ingredients, blend until smooth.
2. Serve immediately.

Serving size -2

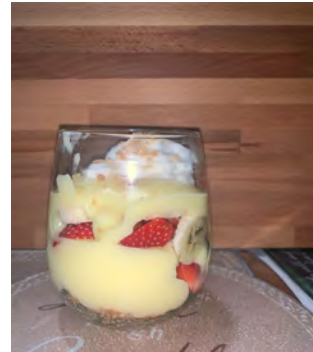
Strawberry Banana Parfaits

Submitted by Soror Donna Crawford Townsend

"A light dessert that won't weigh you down."

INGREDIENTS:

5 oz. box of Jello instant pudding-banana cream
3 medium bananas
5 strawberries
1 sleeve of Graham cracker
2 tbsp of butter



DIRECTIONS:

1. Melt butter and add graham crackers in a bowl, mix well
2. Prepare pudding according to package
3. Press graham cracker mix in the bottom of a glass
4. Layer sliced bananas and strawberries
5. Layer pudding on top
6. Repeat steps until glass is almost full
7. Top with Ready Whip and sprinkle graham cracker crumbs on top

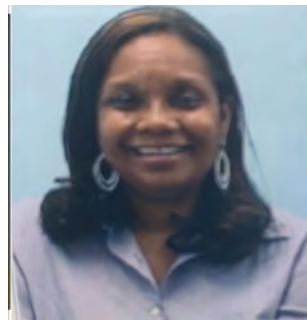
Serves 6

Weight Watchers - Mini Cherry Cheesecakes
Submitted by Soror Donna Crawford Townsend

"I enjoy these little cheesecakes because they are rich, filling and delicious."

INGREDIENTS:

¾ cup Graham cracker crumbs
2 Tbsp light butter
2/3 cup Low Fat cream cheese
6 Tbsp Fat Free cream cheese
3 Tbsp fresh lemon juice
2 large egg whites
1 ½ tsp Vanilla extract
½ cup sugar
¾ cup Light fruit pie filling(cherry)



DIRECTIONS:

1. Place 12 cupcake liners in a cupcake pan.
2. Preheat the oven to 375F.
3. In a bowl combine graham cracker crumbs with butter and mix well. Press mixture in the bottom of the liners.
4. In a medium bowl using an electric mixer beat both kinds of cream cheese until fluffy.
5. Add lemon juice, egg whites, vanilla extract and sugar until smooth
6. Spoon cream cheese evenly into cupcake liners. Bake about 15 minutes.
7. Remove from oven and allow to cool
8. Top each with pie filling

Serves 12

Frozen Mango Smoothie

Submitted by Soror Earline Davis

"I like this smoothie because it's refreshing , delightful and easy to make. Also provides nutrients and electrolytes."

INGREDIENTS:

1 cup coconut water
1 lime peeled, halved
2 tablespoon raw sugar or sugar substitute
1 cup frozen mango chunks
1 cup frozen pineapple chunks
1 cup ice cubes.



DIRECTIONS:

1. Place all ingredients into the blender in the order listed and secure lid.
2. Start on low or slow.
3. Increase speed to high.
4. Blend for 1 minute
5. Garnish with slice lime or mango.

Serves 3

Passion Fruit and Olive Oil Sorbet

Submitted by Soror Robin Davis

"I was excited to learn that sorbet which is one of my favorite desserts could be made with olive oil."

INGREDIENTS:

- 1 $\frac{3}{4}$ cups of water
- 1 $\frac{1}{2}$ cups sugar
- 1 $\frac{3}{4}$ cups passion fruit puree
(or whatever flavor you choose)
- 1 $\frac{1}{4}$ cups extra-virgin olive oil
- 1 large egg white only
- 1 pinch of salt
- 1 tsp lemon zest

DIRECTIONS:

1. Heat the water and sugar together until they boil and form a syrup. Remove from the heat and allow the syrup to cool
2. Add the remaining ingredients to the syrup and whisk together to combine. Place the mixture into an ice cream freezer and churn according to manufacturer's instructions

Serves 4



Vanilla Nice Dream with Real Vanilla Bean

Submitted by Soror Robin Davis

"This is a great alternative to ice cream because the flavor is there without all of the calories."

INGREDIENTS:

1 vanilla bean, split lengthwise
5 medium bananas, peeled, sliced and frozen
¼ to ½ cup unsweetened plant based milk
(almond, coconut, etc)



DIRECTIONS:

1. Using a small sharp knife, scrape seeds from vanilla bean.
2. In a food processor, combine vanilla seeds, frozen bananas and ¼ cup of milk. Cover and process until smooth adding as much milk as you desire.
3. Serve immediately for soft serve ice cream or freeze for 4 hours for scoopable ice cream.

Yields: 4 ½ cups

For the sweetest results, be sure to freeze bananas when they are very ripe.



Heart Healthy Tips



Exercise regularly at varying intensity. The heart is made of muscle so exercise is important to keep it strong. Aerobic activity at 150 minutes per week has been shown to release endorphins and have other health benefits. **Contact your physician before starting an exercise regimen.**



Reduce triggers to stress. Practice relaxation techniques. Consider meditation and low impact activities like yoga or Tai Chi. Get adequate sleep. Set reasonable goals.



Reduce your sodium intake. This is important to maintaining a normal blood pressure. Eat more fresh fruits and vegetables. Limit intake of canned, pre-packaged and prepared foods that may have a high salt content. Read package labels to help guide your decision-making.



Limit and/or remove saturated fats and high cholesterol containing foods from your diet. Avoid intake of fatty meats and fried foods when possible. Include meals with fish at least twice per week



Take your medications as prescribed by your physician. Talk to your pharmacist or nurse to better understand your regimen and optimize your healthcare.



Limit your alcohol intake and stop using tobacco products. This helps to reduce your risk for certain cancers and other chronic conditions.

Adapted from The American Heart Association 2021 Healthy Diet Guidelines

Visit www.americanheartassociation.org or www.goredforwomen.org for additional information

Submitted by:

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