

✂ (cut)

Healthy Recipes

Makes 4 servings.

1½ cups per serving.

Prep time: 10 minutes

Cook time: 10 minutes

Nutrition information per serving:

Calories:	182
Carbohydrate:	34 g
Dietary Fiber:	7 g
Protein:	6 g
Total Fat:	4 g
Saturated Fat:	0 g
Trans Fat:	0 g
Cholesterol:	0 mg
Sodium:	144 mg

Sautéed Okra with Onions and Tomatoes



INGREDIENTS

- 2 teaspoons vegetable oil
- 1 small onion, chopped
- 1 pound okra, ends trimmed, rinsed, and cut into ½-inch thick slices or 1 (16-ounce) package frozen okra
- 1 (14½-ounce) can diced tomatoes
- 1 teaspoon Soulful Seasoning
- ½ teaspoon hot sauce
- ¼ teaspoon ground black pepper
- 4 cups cooked brown rice

PREPARATION

1. Heat oil in a large skillet over medium-high heat.
2. Sauté onion until tender, about 3 minutes.
3. Add remaining ingredients and cook, stirring frequently until okra is slightly tender, but not mushy, about 5 minutes.
4. Serve 1 cup okra over ½ cup of brown rice.

Makes 12 servings.

1 tablespoon per serving.

Prep time: 5 minutes

Soulful Seasoning

INGREDIENTS

- 3 tablespoons onion powder
- 4 tablespoons garlic powder
- 1 tablespoon ground red pepper
- 1 tablespoon chili powder
- 1 tablespoon paprika
- 1 teaspoon ground black pepper
- 2 teaspoon ground thyme

PREPARATION

1. Mix all ingredients together to make ¾ cup of seasoning.
2. Store in an airtight container and use in place of seasoning salts.

Recipe courtesy of BOND of Color.

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Healthy Recipes

Makes 2 servings.

½ potato per serving

Prep time: 10 minutes

Cook time: 25 minutes

Nutrition information per serving:

Calories:	109
Carbohydrate:	20 g
Dietary Fiber:	3 g
Protein:	5 g
Total Fat:	1 g
Saturated Fat:	0 g
Trans Fat:	0 g
Cholesterol:	0 mg
Sodium:	90 mg

Sweet Potato Fries



INGREDIENTS

- nonstick cooking spray
- 1 large sweet potato, peeled
- ¼ cup egg substitute
- 1 teaspoon nutmeg

PREPARATION

1. Place an oven rack in the middle of the oven. Preheat oven to 425°F.
2. Spray a baking sheet with nonstick cooking spray and set aside.
3. Slice the sweet potato into ½-inch thick fries and place in a medium bowl.
4. Pour egg substitute over the sweet potato fries and sprinkle nutmeg on top; toss until well coated.

5. Place the fries on the baking sheet so that they do not touch.
6. Bake until the edges of the potatoes start to turn crispy and brown, about 25 minutes.
7. Remove fries from the oven and serve while hot.

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