

Peanut Crusted Chicken and Vegetable Suya Skewers with Peanut Cilantro Relish

4 Servings



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OLDWAYS
CULTURAL FOOD TRADITIONS

Suya Spice Mix

¾ cup, peanuts, ground and roasted
Pinch of cayenne pepper
¼ teaspoon pimentón
½ teaspoon ginger, ground
½ teaspoon nutmeg, ground
¼ teaspoon garlic powder
¼ teaspoon cloves, ground
¼ teaspoon cinnamon, ground
½ teaspoon salt

Skewers

3-4 tablespoons suya spice mix
3 tablespoons canola oil, plus extra for brushing
1 pound chicken breast, trimmed, cut in 1 inch cubes
2-3 bell peppers, red and green, cored, deseeded, cut into 1 inch pieces
1 red onion, cut in 1" pieces
Salt as needed (optional)
Black pepper as needed

Peanut Cilantro Relish

1 garlic clove, small, smashed to a paste with salt
2 teaspoon ginger, minced
¼ teaspoon cumin, toasted, ground
2 teaspoon sambal oelek
¼ cup canola oil
4 green onions, chopped
½ cup cilantro, sliced
¼ cup peanuts, salted, chopped
Juice of 1 lime
Salt and black pepper as needed

1. Suya Spice Mix: Mix all the ingredients in a bowl. Transfer to an airtight container in a cool, dark place. Store for up to one month. If you have added fresh ingredients, store in the fridge and use it within a week.
2. Season the chicken with salt and pepper.
3. Toss the chicken with suya spice mix to coat and massage the mixture thoroughly into the meat. Thread the chunks of pepper, onion and chicken on to your skewers. Let marinate overnight.
4. Preheat a grill. Take the skewers out of the fridge

and leave them to sit at room temperature for a few minutes. Drizzle oil on skewers.

5. Grill the skewers until the chicken is cooked through and the vegetables are slightly charred.
6. For the Peanut Cilantro Relish: In a small bowl, combine the garlic, ginger, cumin, chile paste, a pinch of salt, and oil. Stir in green onions, cilantro, and peanuts. Adjust seasoning with salt, pepper and lime juice. Serve skewers with a side of relish.

This recipe was produced by The Culinary Institute of America for National Peanut Board



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Shrimp Creole

6-8 Servings



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Ingredients

2 celery ribs, sliced
1 medium onion, chopped
½ green pepper, chopped
½ red bell pepper, chopped
4 to 5 cloves garlic, minced
½ teaspoon dried thyme, crushed
3 tablespoon olive oil

1 (16-ounce) can crushed tomatoes
(low sodium)
½ cup chicken broth
2 to 3 teaspoon hot pepper sauce
Salt and pepper to taste
2 pounds shrimp, shelled and deveined
2 cups cooked brown rice

Instructions

1. In a sauté pan, cook celery, onion, green pepper, red bell pepper, garlic and thyme in oil until tender (about 10 minutes).
2. Stir in crushed tomatoes, broth, hot pepper sauce, salt and pepper.
3. Heat to boiling.
4. Reduce heat to low; cover and simmer for 5 minutes.

5. Add shrimp; cook until shrimp are done, about 5 minutes.
6. Serve over hot rice.

Recipe courtesy of Denine Rogers MS, RDN, LD, FAND, Integrative & Functional Registered Dietitian Nutritionist and Owner of Living Healthy. Oldways photo.



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"Everything Green" Chickpea Salad

4 Servings



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Ingredients

- 1 can chickpeas, drained and thoroughly rinsed
- ¼ cup mint, finely chopped
- 2 tablespoons chives, finely chopped
- 2 scallions, finely chopped
- Juice of 3 lemons
- 3 tablespoons extra virgin olive oil
- 2 teaspoons dried oregano

Instructions

1. In a large salad bowl or mixing bowl, combine all ingredients.
2. The salad can be served at room temperature or chilled. It will taste best when given a few hours or overnight to chill in the refrigerator, to allow the flavors to come together.

An Oldways recipe and photo, courtesy Sara Baer-Sinnott.



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"Three Sisters" Wild Rice Salad

4 Servings



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CULTURAL FOOD TRADITIONS

Ingredients

2 ears corn, kernels removed from cob
2½ cups diced butternut squash
2 tablespoons olive oil, divided
¼ teaspoon salt, plus more to taste
¾ teaspoon chili powder
1 cup wild rice

Instructions

1. Preheat oven to 425°F. Toss the corn kernels and butternut squash with 1 tablespoon of the olive oil, along with the salt and chili powder. Spread the seasoned veggies in a thin layer over a parchment-lined baking sheet and bake for 25-35 minutes, until golden, tossing halfway through.
2. While the veggies are baking, cook wild rice according to package instructions, then drain off any excess water.

1 (15-ounce) can black beans, drained and rinsed
Juice of 1 lime
4 ounces queso fresco (can substitute feta), crumbled or diced
Pepper to taste

3. In a large bowl, combine the cooked wild rice with the roasted corn and squash. Add the black beans, pepper, lime juice, and queso fresco, along with the remaining 1 tablespoon olive oil. Taste and adjust seasoning (salt and pepper) if necessary.
4. Divide into 4 portions, and serve warm or chilled.

An Oldways recipe, courtesy of Kelly Toups



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Accara: Black-eyed Pea Fritters from West Africa

8 Servings



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Ingredients

- 1 pound dried black-eyed peas
- 4 cups water, or enough to cover the beans to soak overnight
- $\frac{3}{4}$ cup chopped shallots or onion

- 2 tablespoons chopped garlic (optional)
- Salt
- $\frac{1}{4}$ teaspoon black pepper
- 3 tablespoons unrefined coconut oil

Instructions

1. Soak the black-eyed peas overnight in enough water to cover them and cover. The next day, drain them and remove their outer skins by rubbing them together with the palms of your hands. This is done easily by filling the bowl with water and pouring the water and the skins—which float to the top.
2. Take the skinless peas and put them in a food processor or blender. Puree it to a fine paste—not too runny, not too thick. Keep adding water slowly while the processor is running. Add the shallots or onion and garlic; pulse until they have become part of the paste.

3. Season to taste with salt and black pepper.
4. Meanwhile in a skillet, heat oil over medium-low heat until hot. Spoon the accara mixture into lemon-sized balls and cook in the oil, flipping the fritter over once or twice, until golden brown on both sides—5 to 7 minutes.
5. Fry the accara in small batches until golden brown all over, turning once. Remove with a slotted spoon and drain on paper towels.
6. Serve at room temperature with kanni hot sauce (<https://oldwayspt.org/recipe/kanni-hot-sauce-accara-black-eyed-pea-fritters/>).

Recipe by Marie Claude-Mendy, Chef and Owner of Teranga. Thanks to WGBH and Teranga for photo.



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Adobo-Inspired Vegetables

6 Servings



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Ingredients

- 1 medium head cauliflower, cut into florets
- 2 small zucchini, halved lengthwise and cut into half-moon shapes
- 4 medium carrots, sliced into rounds
- 2 tablespoons olive oil
- ¼ cup water
- ¼ cup rice vinegar
- ¼ cup fresh lime juice

Instructions

1. Preheat the oven to 425°F. Arrange the chopped cauliflower, zucchini, and carrots on a baking sheet. Drizzle lightly with olive oil and roast for 15 minutes.
2. Mix together water, vinegar, lime juice, soy sauce, sugar, garlic, black pepper, bay leaf, and chile in a large pan over medium heat.

- 2 tablespoons reduced sodium soy sauce
- 2 teaspoons brown sugar
- 5 cloves garlic, minced
- 2 teaspoons ground black pepper
- 1 bay leaf
- 1 Thai red chile, seeded and diced

Optional for serving: chopped fresh herbs, such as parsley or scallions; and/or cooked rice

Add the roasted vegetables, cover, and let cook 5 minutes.

3. Uncover and cook 10–15 minutes more, stirring occasionally, until the vinegar sauce thickens and the vegetables are soft.
4. Sprinkle with herbs and serve warm, with rice if desired.

An Oldways recipe, courtesy Hannah Depin



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Adrak Masoor Dal (Ginger Pink Lentils)

4 Servings



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Ingredients

¾ cup pink lentils

3 cups water

1 tablespoon ginger, grated

1/2 teaspoon turmeric

¾ teaspoon salt

1 cup tomatoes, finely chopped

2 teaspoons lemon juice

Seasoning (Chaunk):

2 teaspoons vegetable oil

⅛ teaspoon asafetida powder

½ teaspoon cumin seeds

1 teaspoon ground coriander

½ teaspoon cayenne pepper,
to taste



Instructions

1. Wash lentils in 3 to 4 changes of water. Soak for 1 hour, or longer. (The soaking step can be skipped if you do not have enough time, but soaking will help reduce the time it takes to cook the lentils). Drain lentils after soaking.
2. In a medium saucepan, add the lentils, tomatoes, water, ginger, turmeric, and salt. Bring to a boil, reduce heat and simmer for 20–25 minutes, until the lentils are completely soft.
3. Prepare the seasoning: in a small frying pan, heat the oil on medium-high heat. Add the asafetida and cumin seeds. Cook for a few

seconds until the cumin seeds are golden brown. Remove from the heat, and add the ground coriander and cayenne pepper.

4. Add this seasoning to the cooked lentil mixture. Stir in the lemon juice, and transfer to a serving bowl. Serve hot.

**Note for step 1: For pressure cooker instructions, go to <https://oldwayspt.org/recipe/adrak-masoor-dal-ginger-pink-lentils>. Follow steps 2 to 4 as above.*

*Recipe by Madhu Gadia, MS, RD
www.CuisineOfIndia.com*

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Oldways Callaloo Soup

4 Servings



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CULTURAL FOOD TRADITIONS

Ingredients

- 2 tablespoons butter or coconut oil
- 4 shallots, finely diced
- 2 large carrots, quartered and finely diced
- 2 habanero or scotch bonnet peppers, sliced in half and deseeded

Instructions

1. Heat the butter on medium-low heat in a soup pot or Dutch oven. Add the shallots, carrots, and peppers, and slowly cook, stirring occasionally for a good 5 minutes, covered, until the carrots are soft and the aromas are full-blast.
2. Pour 2 cups of the vegetable broth into your blender. Add two handfuls of greens and blend, until totally pureed. Keep adding greens, and as much broth as needed each time, until you've blended your bunch.

- 4 cups low-sodium vegetable broth
- 1 bunch or 16-ounce box of spinach (or callaloo if you can find it)
- ½ cup coconut milk
- 1 tablespoon ground allspice
- 1 teaspoon sea salt

3. Add the pureed greens and the rest of your vegetable broth to the pot. Add the coconut milk and sea salt. Cover and simmer on medium heat for 10 minutes, stirring occasionally.
4. Serve in a cup or bowl as a starter, side or main dish. The soup's delicious with a slice of bread for dipping.
5. *Note: Habanero and Scotch Bonnet peppers pack a ton of heat. Leave your peppers in the pot to lend their heat. Remove them once the soup is ready to be served.

An Oldways recipe and photo.



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African Heritage Spicy Chickpeas

8 Servings



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CULTURAL FOOD TRADITIONS

Ingredients

1 tablespoon extra-virgin olive oil
1 medium yellow onion
1 teaspoon ginger
¼ teaspoon allspice
A pinch of cayenne pepper

1 teaspoon curry powder
1 (15-ounce) can diced tomatoes, no salt added
2 (15-ounce) cans chickpeas, no salt added, or
thoroughly rinsed and drained
Salt

Instructions

1. In a deep pan, shallow pot, or Dutch oven, heat one tablespoon olive oil on medium heat. Add the diced onions and let them simmer in their juices, stirring just a couple of times, until they are translucent (about 4 minutes).
2. Add the ginger, allspice, cayenne pepper and curry powder to the onions, stirring for about 2 minutes, until the spices are incorporated and fragrant.
3. Add the diced tomatoes, with their liquid, and cook for another 2 minutes. Add the two cans of chickpeas and toss to cover; let them simmer on medium-low for 7–10 minutes, stirring occasionally.
4. Finally, add a pinch or two of salt to taste.

Oldways recipe and photo. This recipe is from our cooking program, A Taste of African Heritage. Watch our video about the program here: <https://oldwayspt.org/recipe/african-heritage-spicy-chickpeas/>!



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Black-Eyed Peas and Okra Stew (Red Red)

10 Side Servings



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CULTURAL FOOD TRADITIONS

Ingredients

2 tablespoons extra-virgin olive oil
1 medium onion, sliced thin
1 to 2 teaspoons fresh grated ginger
(more to taste, we like a lot!)
1 clove of garlic

¼ teaspoon or more cayenne or Berbere spice
1 large can of crushed tomatoes
2 (15-ounce) cans black-eyed peas, drained
8 ounce of cut, frozen okra, thawed
Salt



Instructions

1. Heat oil in pan. Fry onions in the oil until it softens.
2. Add ginger, garlic, and cayenne, and fry the spices for 1 minute. Don't burn the ginger.
3. Add the tomatoes (with all juices), black-eyed peas, and okra. Bring to a simmer and let it cook until the okra is nice and soft.
4. Add salt until it tastes right.
5. Serve with fried bananas or plantains. Or rice. Or anything.

Recipe by David Wilcoxon. Photo by Sarah Anderson

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Oldways Jollof Rice With Black-Eyed Peas

8 Servings



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CULTURAL FOOD TRADITIONS

Ingredients

- 1 (15-ounce) can diced tomatoes, drained (save liquid)
- 4 cups liquid (see step 1)
- 2 cups uncooked brown rice
- 2 tablespoons 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 (15-ounce) can black-eyed peas, drained and rinsed
- 1 teaspoon turmeric
- 1 teaspoon thyme
- ½ teaspoon red pepper flakes
- Parsley, for garnishing

Instructions

1. Drain liquid from diced tomatoes into a measuring cup. Add enough water to equal 4 cups of liquid total. Put in a medium pot with the brown rice. Bring to a boil, cover and simmer until rice is tender, about 30 to 35 minutes.
2. While the rice cooks, heat the oil in a large pan. Cook onions and garlic until onion is soft and pale, about 5 minutes.

3. Add chopped carrots, cabbage, tomato paste, tomatoes, black-eyed peas, and spices. Simmer with the lid on for a few minutes on low heat until the vegetables are done to your taste. Adjust spices until you're happy with them.
4. When the rice is done, serve with the vegetables and beans. Garnish with a little parsley.

An Oldways recipe and photo.



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Passion Fruit and Guava Sorbet

4 Servings



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Ingredients

1 cup cold water

¼ cup ice

1 piece fresh ginger root (optional)

Agave to taste (optional)

½ cup passion fruit (fresh or frozen)

½ cup guava (fresh or frozen)

⅛ teaspoon ground cloves

⅛ teaspoon ground allspice

¼ teaspoon ground nutmeg

½ teaspoon ground cinnamon

1 teaspoon vanilla extract

Instructions

1. Place ginger and water into food processor or blender. Process until ginger is finely chopped.
2. Add ice, agave, passion fruit, guava, cloves, allspice, nutmeg, cinnamon, and vanilla to the container with ginger mixture. Blend until fully incorporated or desired consistency. Do not over mix or melting will occur.
3. Serve immediately or freeze unused portion for later use and enjoy!

Recipe and photo courtesy of Five Loaves Two Fish Healthy Teaching Kitchen.



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Southern Wild Rice Pilaf

6-8 Servings



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CULTURAL FOOD TRADITIONS

Ingredients

- 1½ cups wild rice
- 2 cups water
- 2¼ cups vegetable stock
- ½ tablespoon unsalted butter
- ⅔ cup chopped pecans
- ¾ cup finely chopped fresh parsley

- 2 garlic cloves, peeled and minced (about 1 teaspoon)
- 1 cup dried cherries
- 2-3 tablespoons chili oil
- 1 teaspoon coarse salt
- Large pinch ground black pepper

Instructions

1. Rinse the wild rice until the water runs clear. Combine the wild rice, water, stock, and butter in a heavy medium saucepan. Bring to a boil at medium-high heat. Turn the heat down to low and simmer. After 20 minutes, uncover and stir. Let cook another 20 minutes without uncovering. Remove pan from heat.
2. Uncover rice and let rest 5 minutes. The rice should maintain a slightly firm texture. Drain off excess water.
3. Meanwhile, toss pecans into a 12-inch skillet,

- over medium heat. Shake skillet to move nuts around. Toast for 10 minutes. Set aside.
4. Place parsley and garlic in a large mixing bowl. Add the dried cherries and pecans.
 5. In the cooled rice, stir in 1 tablespoon chili oil. Taste, and if spicy enough, stick with just the 1 tablespoon (heat will vary based on chilies used). Add rice to mixing bowl and combine. Sprinkle with salt and black pepper.

Recipe courtesy of Nicole Taylor, excerpted from her cookbook The Up South Cookbook: Chasing Dixie in a Brooklyn Kitchen. Photography by Noah Fecks.



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Suya-spiced Salmon

6 Servings



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Ingredients

- ¼ cup peanut powder (or ¼ cup of dry roasted peanuts, finely ground)
- 1 tablespoons ground ginger
- 1 teaspoon cayenne pepper
- 1 tablespoon onion powder
- 2 teaspoons garlic powder
- 1 tablespoons paprika
- 1 teaspoon salt

Instructions

1. To make the Suya Spice, combine all spice ingredients and store in a sealed container. Recipe makes ½ cup.
2. To make the salmon, preheat the oven to 400°F. Place salmon, skin side down, on a foil- or parchment-lined baking tray. Brush the top with olive oil, then season with the suya spice blend and salt.

- 1 teaspoon black pepper
- ¼ teaspoon ground cloves

Ingredients for the Salmon

- 1 (2-pound) salmon fillet
- 2 tablespoon olive oil
- 3 tablespoons Suya Spice (recipe above)
- 1 teaspoon salt
- Optional garnish: lemon slices

3. Place the tray in the oven and bake for 10–20 minutes, depending on the thickness of your salmon.
4. Remove salmon from the oven, garnish with lemon slices if desired, and serve.

An Oldways recipe and photo, created in partnership with The Peanut Institute.



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Walnut Crusted Chicken with Collard Greens and Tomatoes

6 Servings



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CULTURAL FOOD TRADITIONS

Ingredients

For the Chicken:

½ cup walnuts
½ cup whole wheat breadcrumbs
2 tablespoons freshly grated
Parmigiano-Reggiano
½ teaspoon paprika
¼ teaspoon salt

1½ pounds thin-sliced boneless,
skinless chicken breast (about
6 pieces)
1 egg, beaten
1½ tablespoons olive oil

For the Collard Greens:

2 teaspoons olive oil

2 cloves garlic, minced
2 bunches collard greens, stems
removed and leaves chopped or
torn into bite-sized pieces
1 pint cherry tomatoes, halved
½ teaspoon salt
1 teaspoon paprika



Instructions

Preheat the oven to 425°F. Pulse the walnuts in a food processor until they reach a breadcrumb-like consistency. If you don't have a food processor, put walnuts in a zip-top bag and roll a rolling pin or can over them until they are crushed. In a small, shallow bowl, combine the crushed walnuts, whole wheat breadcrumbs, Parmigiano-Reggiano cheese, paprika, and salt, and stir until combined. Take each chicken breast and brush each side with the beaten egg, then dip into the breadcrumb mixture until both sides of the chicken is fully coated. Repeat with remaining pieces of chicken. Heat a large skillet over medium heat. Add the olive oil to coat the pan, then arrange the chicken in a

single layer in the skillet so that no pieces overlap. (You may need to work in batches.) Cook for 2-3 minutes on each side, so that the crust turns a golden brown. On a parchment lined baking sheet, arrange the browned chicken in a single layer. Bake for 10-15 minutes, until the chicken is cooked through, and a meat thermometer reaches 165°F when inserted in the thickest part of the chicken. While the chicken is baking, heat a large saucepan over medium-low heat. Add the olive oil and garlic, then add the collards and tomatoes. Cook, tossing often with tongs, until greens are wilted, about 5 minutes. Add the salt and paprika. Serve the greens alongside the baked chicken.

An Oldways recipe, courtesy of Kelly Touns

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Yuca Fries

8 Servings



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Ingredients

- 2 medium yuca roots, peeled
- 2 tablespoons extra-virgin olive oil
- Sea salt
- Ground black pepper
- Dried or fresh thyme

Instructions

1. Preheat oven to 375°F. Peel the waxy brown skin from the yuca roots and chop each one in half, width-wise at the middle, to make 4 pieces.
2. Place yuca in a medium 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. When cooked, drain the water and place the yuca on a paper towel. When cool enough, pat the yuca dry and chop the pieces into "French fry" sticks.
4. Place the fries on a baking sheet. Lightly drizzle with olive oil, and season with sea salt, pepper, and thyme to taste. Use as much thyme as needed to dust each fry.
5. Bake the fries in the oven for 20 minutes, until golden, turning once. Enjoy!



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Vegetable Medley

4 Servings



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Ingredients

2 teaspoons peanut or extra-virgin olive oil
1 large onion, chopped
2 cloves garlic, minced
1 can (8 ounces) tomato sauce
½ cup water
2 teaspoons chili powder

½ teaspoon salt
1 head of cauliflower (about 2½ pounds), broken into large florets
2 carrots, cut into ½-inch slices
1 green pepper, cut into 1½-inch pieces
¼ cup creamy peanut butter

Instructions

1. In a 5-quart Dutch oven, heat the oil over medium-high heat. Add the onion and garlic and cook, stirring frequently, 3 to 5 minutes, or until the onion is translucent.
2. Stir in the tomato sauce, water, chili powder and salt. Add the cauliflower, carrots, and green pepper. Bring to a boil. Reduce the heat, cover, and simmer for 15 minutes.

3. Stir in the peanut butter, cover, and simmer for 5 minutes longer or until the vegetables are tender.

*Courtesy of Best Foods and the Peanut Institute.
Photo by Sarah Anderson.*



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Trinidadian Callaloo

8 Servings



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CULTURAL FOOD TRADITIONS

Ingredients

- 1 tablespoon olive oil
- 2 (10-ounce) bags frozen spinach
- 1 (5-ounce) bag frozen okra
- 1 small winter squash (such as acorn or butternut), peeled, seeded, and chopped
- 1 large carrot, chopped
- 6 garlic cloves, minced
- 1 onion, finely chopped

- 7 sprigs of thyme
- 4 scallions, sliced
- 1 habanero pepper
- 2 cups low sodium vegetable stock
- 1 (13.5-ounce) can light unsweetened coconut milk
- 1½ teaspoons salt
- 1 teaspoon black pepper

Instructions

1. Pour olive oil in a large saucepan on medium-low heat. Add spinach, okra, squash, carrots, garlic, onion, thyme, scallions, and habanero. Pour in vegetable stock, coconut milk, salt, and pepper. Reduce heat to low and let the callaloo cook for 1 hour.
2. Stir every 15–20 minutes to prevent food

from sticking to the pan, being careful not to burst the pepper.

3. Remove and discard the habanero pepper, then taste and adjust seasoning before serving. (Note: If the soup is too thick for your liking, thin it by adding additional water)

An Oldways recipe, courtesy of Brianne Brathwaite



Hand Heart + Soul Project
handheartsoulproject.org
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Mission: The Hand, Heart and Soul Project cultivates wellness in Clayton County through equitable access to nutrient dense foods, holistic education, and advocacy.

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