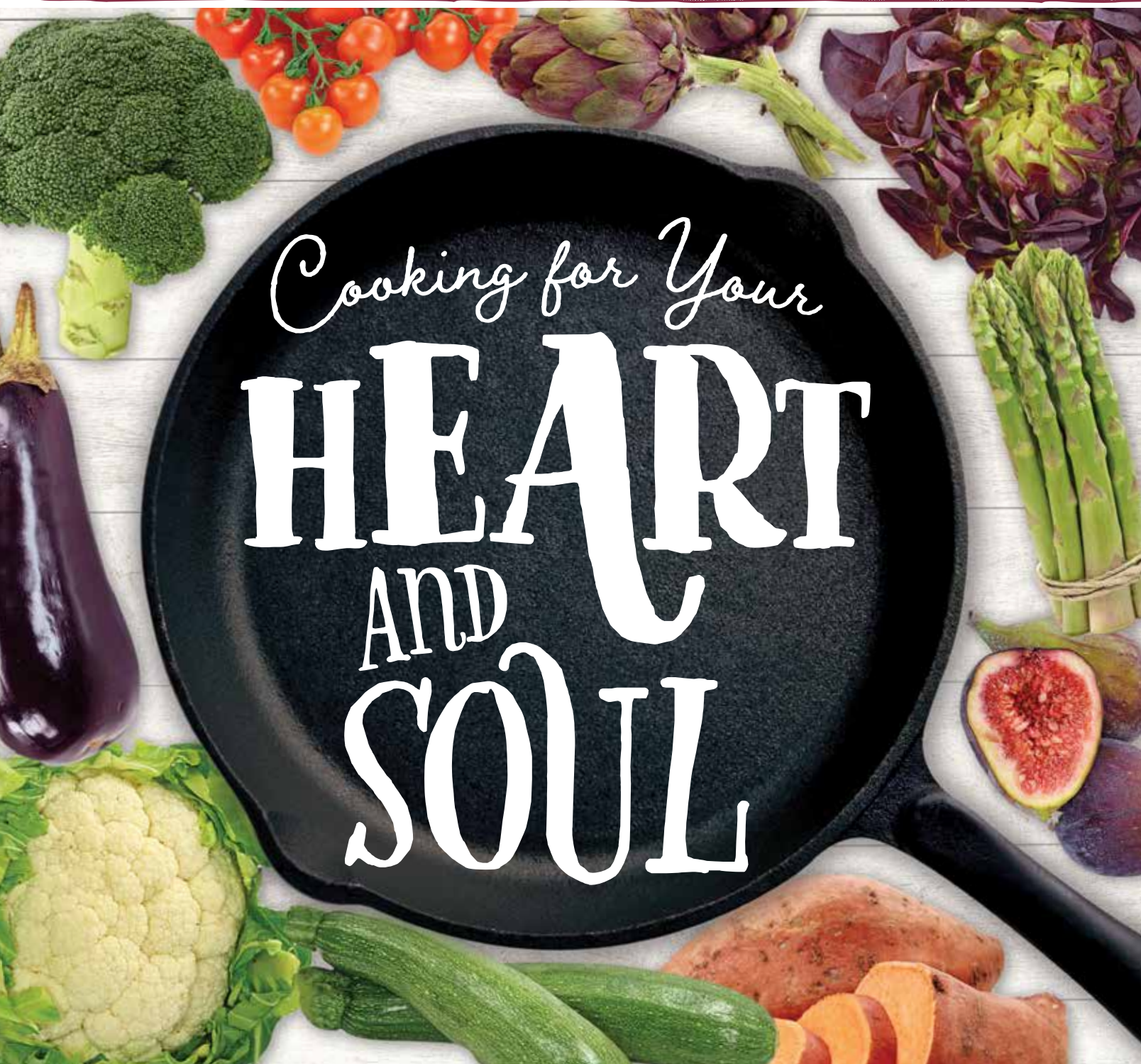


SIMPLE, DELICIOUS RECIPES YOU CAN MAKE
TO HELP KEEP YOUR HEART HEALTHY!





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Plants Power a Healthy Heart!

We know good food contributes to good health and is at the heart of family life and special celebrations. However, many traditional recipes heavy with animal proteins and fats put our heart health at risk.

Enter the power of plant-based nutrition. This cookbook offers familiar foods prepared without any animal products. A plant-based diet offers many health benefits: preventing, treating, and in many instances reversing heart disease while reducing risk for stroke, heart attacks and amputation, by controlling blood sugar and high blood pressure. Heart disease is the leading cause of death in U.S. adults, so healthy eating is important for all. Heart disease and stroke are the first and third leading causes of death among African Americans. By learning to prepare nutritious vegan versions of your favorite meals—and a few new ones—you'll be doing your part in protecting yourself as well as your family's heart health.

We hope you enjoy these new recipes and old favorites that are so delicious, you won't miss the meat. Vegan eating can help keep the heart of your family beating strong.

John M. Fontaine,
MD, MBA, FACC, FHRS
ABC President

Cheryl Pegus, MD, MPH
ABC Board Chair

ASSOCIATION OF BLACK CARDIOLOGISTS, INC.

The Association of Black Cardiologists was founded in 1974 to bring special attention to the unrecognized impact cardiovascular disease had on African-Americans. The ABC is an inclusive organization, with membership open to anyone who is interested in assuring that traditionally underrepresented communities have the opportunity to thrive without the ravages of heart disease and stroke. We strongly feel children should know their grandparents and become great-grandparents themselves. This will only be achieved by lowering the high rate of heart disease and stroke in these communities through:

- Culturally competent healthcare providers
- Equal access to medical care and innovative technologies
- Effective collaboration with industry, government, professional organizations, and individuals

The ABC mission is to save the hearts and minds of a diverse America. Our goal is to reduce cardiovascular disease disparities by 20% by the year 2020.

Association of Black
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Association of Black Cardiologists, Inc.
Saving the Hearts and Minds of a Diverse America

A PLANT-BASED Path

One of the best ways to reduce your risk factors for heart disease is a plant-based, or vegan, diet. Plant-based cooking is a nutritious and delicious way of preparing food that celebrates the goodness of plant-based ingredients. Similar to vegetarian cooking, plant-based cooking uses a full bounty of vegetables, fruits, grains, beans, and nuts, while excluding meat, poultry, and seafood. Plant-based cooking also does not include eggs, dairy products, or honey.

WHY EAT PLANT-BASED?

People choose to eat a plant-based diet for many reasons. Some prefer the animal- and earth-friendly nature of plant-based foods. But a growing number of people are making the switch for another important reason: Plant-based diets are full of health benefits, especially for the heart. You deserve delicious food that is good for you too.

Eating plant-based:

- Helps prevent and treat heart disease
- Helps reduce your risk for stroke
- Helps lower your blood pressure, cholesterol, and risk for blood clots
- Helps you maintain a healthy weight
- Reduces your risk for type 2 diabetes and metabolic syndrome
- May help manage blood sugar levels
- Often helps you feel better internally because food digests more easily

**LEAD
BY EXAMPLE**

A Recipe for Healthy Families:

Help future generations get in the habit of eating more heart-healthy, plant-based foods.



**FILL UP ON
FIBER!**

One reason plant-based diets are thought to be so good for you is that they tend to be fiber-rich. Fiber has many protective powers, including lowering your risk for heart disease, diabetes, and some cancers. A high-fiber diet also can help you maintain a healthy weight because fiber helps you feel full and eat less overall.

NUTRITION KNOW-HOW

By eating a varied diet, and including some fortified foods or supplements, you can easily get the essential nutrients you need from a plant-based diet. You'll also avoid things you don't need, like saturated fat and sodium. Along with protein, here are essential nutrients to look for in the foods you eat:

Iron



Spinach, turnip greens, kidney beans, black-eyed peas, lentils, whole-wheat breads, dried apricots, fortified grains and cereals



Vitamin B-12



Fortified foods (it's often added to cereals, plant milks, veggie burgers, and nutritional yeast), supplements

Zinc



Kidney beans, white beans, chickpeas, wheat germ, pumpkin seeds, fortified cereals

Calcium



Collard greens, turnip greens, kale, fortified foods (plant milks, juices, cereals), supplements



FAVORITE FOODS

VEGAN-IZE IT



Rice and most pasta	Other than egg noodles, these are already vegan! Check the ingredients list.
Chili, stew, jambalaya	Drop the meat! See Page 7 for more tips.
Fried okra or zucchini	If you use egg and breading, replace the eggs with unflavored plant milk. Make it even healthier by baking it in the oven instead of frying.
Mashed potatoes, grits, oats	Use water, vegetable stock, olive oil, or plant milk for the liquid ingredients.
Coleslaw, macaroni salad, potato salad	Use vegan mayo or try oil and vinegar in place of egg-based mayo.
Condiments and dips	Many are already vegan, like ketchup, mustard, hummus, hot sauce, and pickles. Use nondairy substitutes for dips with a sour cream base.
Cakes and desserts	Some are already vegan; if not, use an egg substitute, unsweetened applesauce, or ground and soaked flaxseeds in place of the eggs in sweet quick breads.

Building A Better Plate

As with a traditional diet, the USDA's MyPlate guide at www.choosemyplate.gov is a great place to start when planning a well-balanced plant-based meal. Aim to fill half of your plate with fruits and vegetables, and the other half with grains and protein. You'll also need to include foods high in calcium, like dark leafy greens.

Fruits

Whole fruit is best, but you can also enjoy 100 percent fruit juice or dried fruit. To get a wide range of vitamins, eat a variety of types and colors.



Whole Grains

Boil or steam brown rice, quinoa, millet, or barley to round out your meal. Breads, pastas, and cereals made from whole grains are also full of flavor, fiber, and B vitamins.

Vegetables

Raw or cooked, fresh or frozen, canned or dehydrated—they all count! As with fruit, include veggies in a rainbow of colors.



Proteins

Lentils, peas, soy products, nuts, seeds, and a wide variety of beans and plant-based proteins can provide all the protein you need.

PLUS

Healthy Fats

Nuts, olives, and avocados can all help meet your daily need for healthy fats. For dressings and cooking, choose heart-healthy oils like canola, olive, sunflower, and safflower oil.



SO, HOW DOES IT *taste*?



Re-create the flavors and textures of meat and dairy standbys with these swaps. They make the plant-based versions just as tasty as the real thing.

CREAMY COMFORT



Make a creamy sauce for pasta or a baked potato topper by blending silken tofu or soaked cashews and water in a blender. Add flavor to the sauce with seasonings like garlic powder, onion powder, and nutritional yeast.

GET CHEESY



Good vegan cheese can be hard to find, and it's best as a melty topping. To mimic a cheesy flavor, use nutritional yeast, a flaky yellow seasoning. Add a tablespoon or two to a vegan cream sauce for classic mac and cheese, or mix with ground nuts to create a vegan parmesan-style sprinkle for pasta. It's delicious on popcorn!

SAVOR SMOKINESS



Get better-for-you barbecue flavor with smoked seasonings instead of ham cuts or bacon. Smoked paprika, smoked salt, and liquid smoke are widely available in grocery stores. Combine with soy sauce to re-create a salty-smoky flavor knockout.

SMARTER SAUSAGE



Craving the sage of a breakfast sausage in the morning? Or the bite of fennel in Italian sausage? Put those familiar flavors into your plant-based meals. Try dried sage or ground fennel seeds in tofu, tempeh, or beans. Or roast chopped fennel bulbs to add substance and sweet anise flavor to soups and stews.

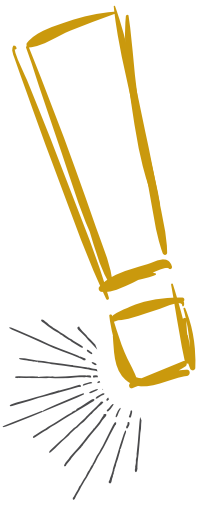
MEAT MATTERS



Get that crumbly texture a few ways. Sauté minced mushrooms in heart-healthy olive oil until they're good and golden, or crumble a block of extra-firm tofu or tempeh. Then add your favorite meaty flavors: sage or fennel for faux sausage, or cumin and chili powder for taco, chili, and enchilada recipes.



Plant milks, also called alt-milks, are made by soaking nuts, grains, or seeds in water, then blending and straining the mixture. Soy, almond, cashew, rice, hemp, flax, and oat milks are common. Choose varieties that are fortified with calcium and vitamin D. These can often swap for cow's milk, but make sure not to use a sweet or flavored version in your savory dishes!



You Can Do This

SMALL STEPS TO SWITCHING

Here are four ways to take your first step toward a plant-based diet:



ONE DISH

at a time.

Commit to making a vegan side with every meal, then start replacing your entrées, too.

ONE MEAL

at a time.

Start with breakfasts, then lunches, then dinners.

ONE DAY

at a time.

Add “meatless Monday” to your weekly meal plan. Then slowly replace a few more meals each week until you are eating plant-based regularly.

ONE INGREDIENT

at a time.

Replace meat with plant-based proteins, then swap milk, then eggs, then cheese with vegan alternatives. Go one item at a time so you can get comfortable with a new ingredient before introducing another.

Ideally, you’ll soon reach a place where you are eating 100 percent plant-based foods. But even if you occasionally use other ingredients, you’ll still benefit by eating plant-based most of the time.


REMEMBER

Not every vegan food is necessarily healthy, particularly processed foods like snacks, desserts, and frozen prepared meals. You’ll still need to check the nutrition label for saturated fats, sugars, sodium, and empty calories.

TIPS FOR MAKING THE SWITCH

PLANT-BASED COOKING ON A BUDGET

Vegan foods may have a reputation for being expensive. Prepared or highly processed foods, such as snack foods and frozen meals, are far more expensive than the ingredients used to make them. They also often include high amounts of sodium, fat, sugar, and additives. The best way to make plant-based meals low-cost is to cook at home using whole foods. Make a meal plan each week to make it easier to cook from scratch, even on busy weeknights.



STOCK UP ON STAPLES

Staples of plant-based cooking, including rice, pasta, legumes, and beans, are already budget-friendly. A pound of vegetables will almost always cost less than a pound of meat. A growing number of supermarkets also offer nuts and grains in bulk bins, so you can buy just what you need for a recipe and enjoy a lower cost per ounce.

TRY FROZEN OPTIONS

Frozen vegetables and fruits are good alternatives if fresh produce is difficult to find. They taste good, keep longer, and are “in season” all year. They are also widely available and inexpensive. Canned varieties—without added salt, sugar, or flavorings—are another good option. You may also be able to order hard-to-find ingredients through an online shopping site or join a service that delivers in-season produce right from the farm to your doorstep.



READY TO START A NEW COMMITMENT TO HEART HEALTH?

Turn the page for tasty plant-based recipes that will help sustain you on your journey. You may discover a new family favorite along the way.



FIERY MANGO SALSA

Ingredients

- 1 fresh mango
- 1 jalapeño, minced, seeds and ribs removed
- 2 tbsp. minced red onion
- 2 scallions, sliced
- ½ cup chopped fresh cilantro

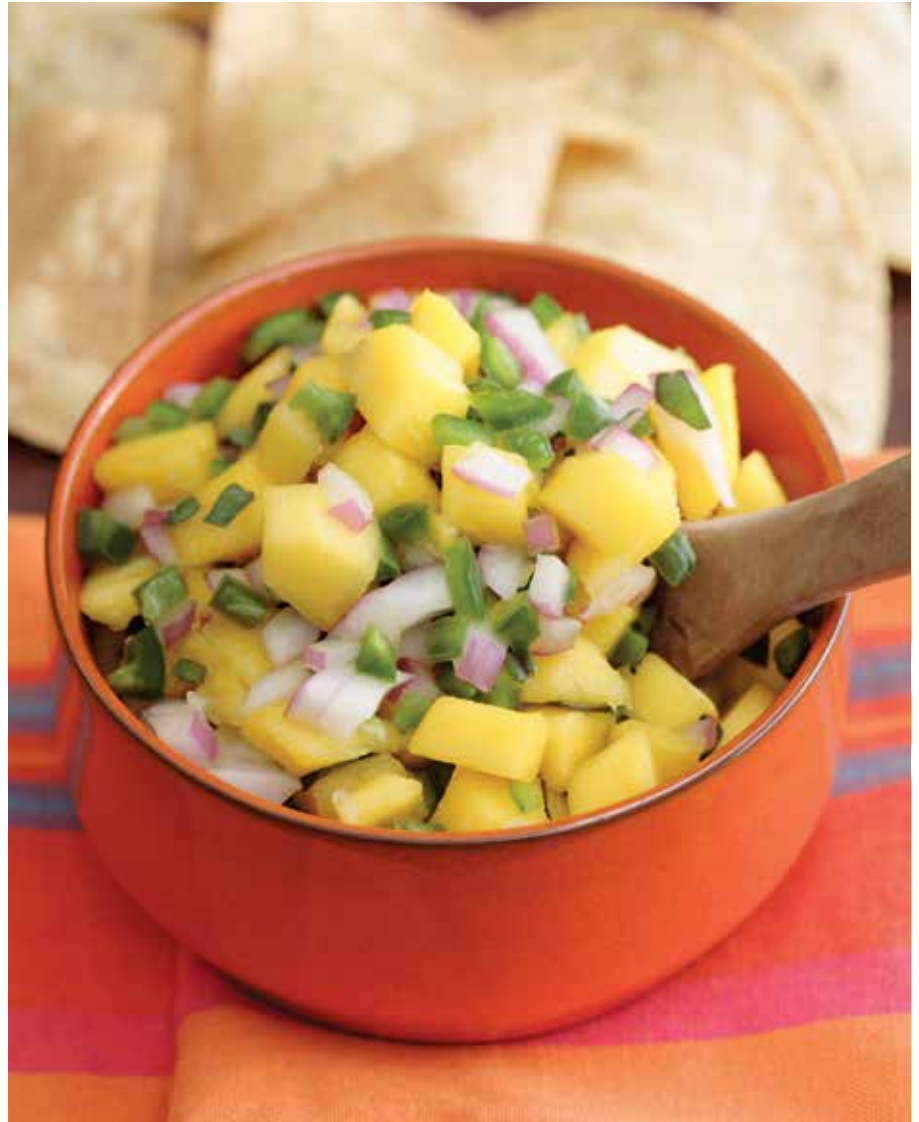
Directions

Peel and chop mango into a small bowl. Add all other ingredients and refrigerate until ready to serve.

NUTRITIONAL INFORMATION

Serves four. Each serving provides: 320 calories, 6 g fat (1 g saturated fat, 0 g trans fat), 0 mg cholesterol, 25 mg sodium, 57 g carbohydrate, 11 g fiber, 12 g sugars, 11 g protein.

Recipe © StayWell.



NOTE

Fiery Mango Salsa can be made more or less spicy by adjusting the amount of jalapeños you include.

PEAR & QUINOA SALAD



Ingredients

- 2 cups cooked quinoa**
- 2 cups chopped pear**
- 2 stalks celery, chopped**
- ¼ cup golden raisins**
- ¼ cup sliced almonds**
- ¼ cup raspberry vinaigrette**
- 4 romaine lettuce leaves, or other leafy green**

Directions

Mix all ingredients and mound into lettuce leaves. Serve at room temperature or chilled.

NUTRITIONAL INFORMATION

Serves four. Each serving provides: 258 calories, 7 g total fat (0 g saturated fat), 0 g cholesterol, 161 mg sodium, 45 g carbohydrate, 7 g fiber, 17 g sugars, 6 g protein.

Recipe © StayWell.

GARDEN VARIETY



These five base recipes will pack tons of flavor into your favorite vegetables. Use any vegetable you like, or try our suggested combinations. Enjoy them on their own as a side dish, or add a protein like sautéed tofu or tempeh for a heartier plate.

Oven-Roasted Vegetables

Oven-roasting is an easy technique that brings out the natural sweetness of vegetables.

Method: Cut or trim ½ lb. of vegetables into uniform 1-inch pieces. Toss with 1½ tsp. extra-virgin olive oil, ¼ tsp. onion powder, ¼ tsp. garlic powder, and ½ tsp. of sea salt. Roast at 425 degrees, stirring once or twice during cooking time until vegetables turn golden brown.

SUGGESTED VEGETABLES AND COOKING TIMES:

Root vegetables or hard squash:

30 to 45 minutes

Cruciferous (broccoli, cauliflower, Brussels sprouts):

20 to 30 minutes

Zucchini, yellow squash, or peppers:

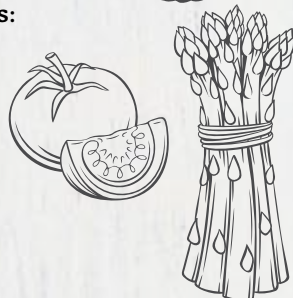
15 to 20 minutes

Mix of tomatoes, eggplant, onions, and whole cloves of garlic:

30 minutes

Asparagus, green beans, or other skinny vegetables:

10 minutes



Per Serving: Makes two ¼- to ½-cup servings. 33 calories, 3.5 g fat (0.5 g saturated fat, 0 g trans fat), 0 mg cholesterol, 145 mg sodium.

SPICE IT UP

Balsamic: Add 1½ tsp. balsamic vinegar when tossing vegetables. (Adds 4 calories, 1 mg sodium, .75 g carbohydrate.)

Honey Mustard: Add 1½ tsp. honey*, ½ tsp. Dijon mustard, and 1½ tsp. lemon juice when tossing vegetables. (Adds 21 calories, 4.5 g sugars, 4.5 g carbohydrate.)

***FOR STRICT VEGANS:** Try replacing honey with maple syrup or agave nectar.



NOTE

Nutrition info per serving is in addition to the vegetables or proteins you add!



Braised Greens

Collards, kale, turnip greens, callaloo, Swiss chard, and spinach all taste great when braised with just a touch of oil and a flavorful liquid. When cooking tender spinach, cut the braising liquid and cooking time in half.

Method: Remove tough stems from ¾ lb. of greens and chop leaves into bite-sized pieces. Add 1 tbsp. olive oil and 3 or 4 cloves of minced garlic to a hot cast-iron or nonstick pan. Cook for one minute. Add greens, ¼ tsp. sea salt, 1½ tsp. honey, and 1½ tsp. apple cider vinegar, and cook two to three minutes more. Add 1 cup of vegetable stock, bring to a boil, add another cup of stock, cover, and reduce heat to medium-low. Cook 20 minutes more or until liquid is evaporated. Add another 1½ tsp. apple cider vinegar before serving.

Per Serving: Serves four. 87 calories, 5 g fat (1 g saturated fat, 0 g trans fat), 0 mg cholesterol, 391 mg sodium, 7 g carbohydrate, 4 g sugars, 2 g protein.

SPICE IT UP

Balsamic: Omit apple cider vinegar; add 2 tbsp. balsamic vinegar to pan with garlic.

Spicy: Add ½ tsp. cayenne pepper or to taste when adding salt.

Veggie Pancakes

Potatoes aren't the only veggie that can get turned into 'cakes. All root vegetables, including sweet potatoes or yams, carrots, parsnips, rutabagas, and turnips, can be grated and flapjacked. These are baked to lower the fat content.

Method: Grate ¼ lb. of vegetables onto a cloth or paper towel, and squeeze out and discard any excess liquid. In a bowl, mix shredded veggies with 1 tsp. onion powder, 1 tsp. garlic powder, and ⅛ tsp. sea salt. In a separate bowl, mix 1 tbsp. egg replacement powder with 2 tbsp. water, then add to shredded vegetables and form three pancakes. Bake on a lined baking sheet greased with ¼ tsp. olive oil at 425 degrees for 16 to 20 minutes, flipping halfway through cooking.

Per Serving: Serves three. 17 calories, 203 mg sodium, 3 g carbohydrate.

SPICE IT UP

Sweet: Replace onion and garlic powders with 1 tsp. honey* or maple syrup. (Adds 7 calories, 2 g sugars, 2 g carbohydrate.)



Slaw



While traditional coleslaw mix with white cabbage works here, you can make an equally delicious slaw with shredded broccoli, cauliflower, and even beets or greens. If that sounds out of your comfort zone, start by mixing in just a half-cup of new vegetables with your go-to cabbage.

Method: Mix ½ cup vegan mayonnaise or plain vegan yogurt with 1 tbsp. honey, 2 tbsp. apple cider vinegar, ½ tsp. celery seed, ½ tsp. Dijon mustard, and ¼ tsp. sea salt. Add 4 to 5 cups of shredded vegetables.

Per Serving: Serves eight to 10. 110 calories, 9 g fat (.5 g saturated fat), 106 mg sodium, 4.5 g sugars, 4.5 g carbohydrate.

SPICE IT UP

Oil and Vinegar: Replace vegan mayonnaise with ½ cup apple cider vinegar and ¼ cup extra virgin olive oil. (92 calories, 7 g fat (0 g saturated fat, 0 g trans fat), 0 mg cholesterol, 153 mg sodium, 7 g carbohydrate, 7 g sugars, 0 g fiber, 0 g protein.)

Honey Mustard: Add 1 extra tbsp. honey* and 1½ extra tsp. Dijon mustard to oil and vinegar recipe. (101 calories, 7 g fat (0 g saturated fat, 0 g trans fat), 0 mg cholesterol, 153 mg sodium, 9 g carbohydrate, 9 g sugars, 0 g fiber, 0 g protein.)



Stir-Fry

Bell pepper strips, sugar snap peas, broccoli, and water chestnuts are a classic combination. Mix things up by adding squash, bok choy, or other quick-cooking favorites. For root vegetables, precook until soft.

Method: Whisk together 1 tbsp. low-sodium soy sauce, 1 tbsp. vegetable broth, and 1 tbsp. rice wine vinegar in a small bowl and set aside. Add 2 tbsp. vegetable or peanut oil to a hot wok or frying pan, then add 1 minced clove of garlic and cook for 10 to 20 seconds. Add 4 cups of vegetables, cut to uniform size. Cook for two to three minutes, stirring constantly. Add sauce and cook for 30 seconds more. Remove from heat, add another ½ tsp. rice wine vinegar, and serve.

Per Serving: Serves four. 69 calories, 7 g fat (1 g saturated fat, 0 g trans fat), 142 mg sodium, 1 g carbohydrate, 1 g sugars, 0 g protein.

SPICE IT UP

Honey Ginger: Add 1 tbsp. honey* to the sauce and 1 to 2 tsp. grated ginger with the garlic.

Sesame: Drizzle ¼ tsp. sesame oil and 1 tsp. sesame seeds at the end with the vinegar. (78 calories, 8 g fat (1 g saturated fat, 0 g trans fat), 143 mg sodium, 1 g carbohydrate, 1 g sugars, 0 g protein.)

Make sure your vegetables and protein are dried after being washed; prep all your ingredients first (it cooks quickly); start with a hot pan.

GREENS AND BEAN RAGOUT



NOTE

This is an excellent way to serve greens when you don't have a mess to cook a pot.

Ingredients

- 2** tablespoons olive oil
- 1** bay leaf
- 2** cloves garlic, smashed and roughly chopped
- ¼** teaspoon crushed red pepper
- 1½** pounds turnip (or other) greens, rinsed and cut into 1-inch slices crosswise
- 1** small red onion, sliced
- 1** lemon, juiced
- ¾** teaspoon kosher salt
- ¼** teaspoon pepper
- 1** 15-ounce can cannellini beans or white beans
- 1** 15-ounce can Pinto beans
- extra-virgin olive oil, for drizzling, optional

Directions

- 1** Heat the olive oil in a large sauté pan and, when hot, add the bay leaf, garlic and crushed red pepper. Sauté until garlic is fragrant, about 30 seconds. Add the greens, red onion and season with salt and pepper. Squeeze the lemon juice over the greens and stir. Fold in the beans, cover and cook until the greens are wilted and cooked through, about 20 minutes.
- 2** To serve, transfer to serving dish and drizzle with extra virgin olive oil if desired.
- 3** Serve with rice, quinoa, grits or cornbread.

NUTRITIONAL INFORMATION

Serves eight. Each serving provides: 110 calories, 0 g total fat, 0 g cholesterol, 130 mg sodium, 21 g carbohydrate, 6 g fiber, 6 g protein.

Recipe courtesy Louise Underwood.

SPLIT PEA & YAM SOUP

Ingredients

- 8½ cups water**
- 2 cups dried, uncooked split peas**
- 1 medium yellow or white onion, chopped (about 2 cups)**
- 1 medium yam, peeled and chopped (about 1½ cups)**
- 1 medium white potato, peeled and chopped (about 1½ cups)**
- 2 stalks celery, sliced (about ⅔ cup)**
- 1½ tsp. dried oregano**
- 1 tsp. granulated garlic**
- ½ tsp. ground cumin**
- ¼ tsp. ground celery seed**
- 5 cups coarsely chopped Swiss chard (or other greens)**

Directions

Bring the water and split peas to a boil in a soup pot over medium-high heat, uncovered. Reduce the heat to medium-low, cover, and cook for 30 minutes, stirring occasionally (so the peas don't stick to the bottom of the pan). Stir in the onion, yam, potato, celery, oregano, garlic, cumin, and celery seed, and bring to a boil over medium-high heat. Reduce the heat to medium-low and continue to cook uncovered, stirring occasionally, for about 20 minutes, or until the potato is soft. Stir in the greens and cook for five minutes more.



NUTRITIONAL INFORMATION

Serves six to eight. Each serving provides: 221 calories, <1 g total fat, 0 mg cholesterol, 86 mg sodium, 42 g carbohydrate, 14.7 g fiber, 7 g sugars, 13 g protein.

NOTE

TEXTURE: Create a smoother soup by using a handheld potato masher or electric immersion blender, or by pouring half or all the soup into a blender or food processor. Cool it a bit first before blending to avoid burning yourself—hot liquids expand in the blender.

POTATOES: Yukon Gold potatoes are best for this recipe, but any kind of white potato can be used. Same for yams: Any type of yam or sweet potato can be used. You can peel the potatoes if you prefer.

SMOKY BEAN SOUP



Ingredients

- | | |
|---|---|
| 3 cups water | 1 cup chopped carrots |
| 1 28-oz. can low-sodium tomatoes, cut up | 1 medium onion, chopped |
| 1 15-oz. can low-sodium kidney beans, drained | 1½ tsp. chopped garlic |
| 1 15-oz. can low-sodium black beans, drained | 1 tbsp. Dijon mustard |
| 1 15-oz. can low-sodium pinto beans, drained | 1 tsp. pepper |
| 1 15-oz. can whole kernel corn, no-salt-added, drained | 1 tsp. ground cumin |
| 1 6-oz. can tomato paste, no-salt-added | 1 tsp. dried oregano |
| | 1 tsp. dried basil |
| | 1 tsp. chili powder |
| | 1 tbsp. extra-virgin olive oil |
| | 1 to 2 dashes liquid smoke, to taste |
| | 1 cup chopped zucchini |

Directions

In a skillet, heat olive oil and sauté chopped carrots, onion, and garlic until tender. In a large pot, combine sautéed vegetable mixture with remaining ingredients, except the zucchini. Bring to a boil. Reduce heat and simmer covered for 10 minutes. Stir in zucchini and simmer covered for 10 more minutes.

NUTRITIONAL INFORMATION

Serves 12. Each serving provides: 167 calories, 2 g fat (0 g saturated fat, 0 g trans fat), 0 mg cholesterol, 252 mg sodium, 32 g carbohydrate, 8 g fiber, 8 g sugars, 8 g protein.

Recipe © StayWell.

HEARTY BEAN GAZPACHO



Ingredients

- 4 cups canned low-sodium pinto beans**
- 1 quart low-sodium tomato juice**
- 4 tbsp. lime juice**
- 2 tsp. vegan Worcestershire sauce**
- 1 tbsp. olive oil**
- 1 16-oz. can stewed tomatoes, no-salt-added**
- 2 cups peeled, seeded, and chopped cucumber**
- 1 cup chopped celery**
- 1 cup chopped onion**
- 1 cup chopped green pepper**
- 2 tsp. minced garlic**
- ½ small avocado, peeled and chopped**
- Optional garnish: chopped basil**

Directions

Process 2 to 3 cups of the beans with the tomato juice, lime juice, olive oil, and Worcestershire sauce in food processor or blender until smooth; pour into large bowl. Mix in remaining beans and ingredients, except avocado. Refrigerate until chilled, about four hours. Mix avocado into soup and pour into bowls; sprinkle with chopped basil, if using.

NUTRITIONAL INFORMATION

Serves six. Each serving provides: 270 calories, 6 g fat (1 g saturated fat), 0 mg cholesterol, 400 mg sodium, 45 g carbohydrate, 15 g fiber, 13 g sugars, 11 g protein.

Recipe © StayWell.



NEW ORLEANS RED BEANS



Ingredients

- 1 lb. dried red beans
- 2 quarts water
- 1½ cups chopped onion
- 1 cup chopped celery
- 4 bay leaves
- 2 cups chopped green bell pepper
- 3 tbsp. chopped garlic
- 3 tbsp. chopped parsley
- 2 tsp. crushed dried thyme
- 1 tsp. salt
- 1 tsp. black pepper

Directions

- 1 Pick through beans to remove bad beans; rinse thoroughly.
- 2 In a 5-quart pot, combine beans, water, onion, celery, and bay leaves. Bring to boiling; reduce heat. Cover and cook over low heat for about 1½ hours or until beans are tender.
- 3 Stir and mash beans against the side of the pan.
- 4 Add green pepper, garlic, parsley, thyme, salt, and black pepper. Cook, uncovered, over low heat until creamy, about 30 minutes. Remove bay leaves.
- 5 Serve with cooked brown rice, if desired.

NUTRITIONAL INFORMATION

Serves eight. Each serving provides: 220 calories, 1 g total fat (0 g saturated fat, 0 g trans fat), 0 mg cholesterol, 20 mg sodium, 41 g carbohydrate, 10 g fiber, 4 g sugars, 14 g protein.

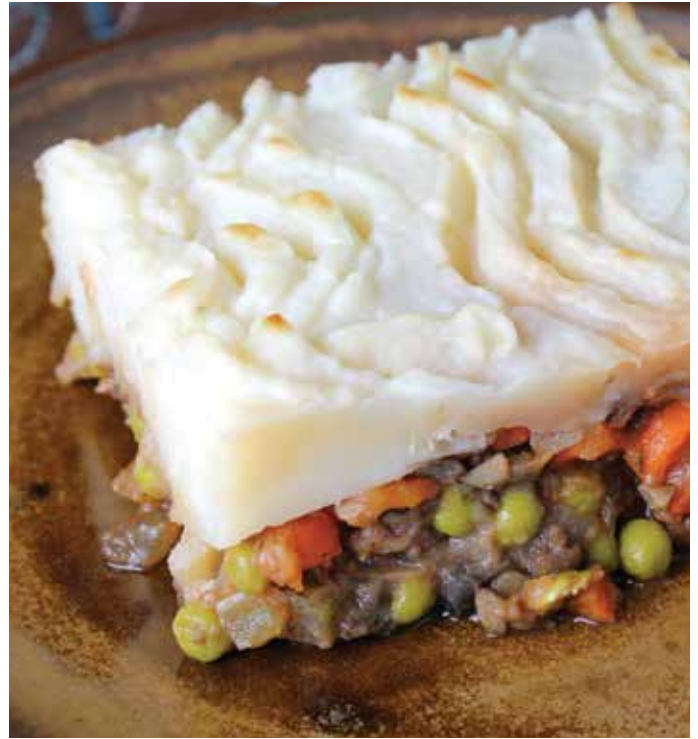
Source: National Heart, Lung, and Blood Institute; National Institutes of Health; U.S. Department of Health and Human Services.

SHEPHERD'S PIE



Ingredients

- | | |
|---|--|
| MASHED POTATOES: | 2 to 3 medium carrots, cut into ¼-inch pieces |
| 3 lbs. russet potatoes, peeled and cut into chunks | 2 ribs celery, chopped |
| 2 tsp. granulated onion | 2 to 3 cloves garlic, finely chopped |
| 1 tsp. granulated garlic | 1½ cups water |
| 1 to 2 cups unsweetened nondairy milk or cooking water, as needed for mixing | 3 tbsp. tomato paste |
| | 1½ tsp. dried thyme (or 1 tbsp. finely chopped fresh thyme) |
| | 2 tsp. paprika |
| VEGETABLE FILLING: | 2 cups green peas |
| 2 large portobello mushrooms, chopped | 1 cup mashed potatoes |
| 1 medium onion, chopped | |



Directions

- 1** In a large pot on high heat, add potatoes with enough water to cover. Stir in the granulated onion and garlic, and bring to a boil uncovered, cooking until tender.
- 2** While potatoes cook, heat a large frying pan on medium-high heat. Add mushrooms, onions, carrots, and celery. Cook while stirring for about three to five minutes, adding the garlic during the last minute. Add water as needed to keep things from sticking.
- 3** Add to the frying pan the 1½ cups water, tomato paste, thyme, and paprika. Stir and cover. Cook on medium-low heat for 10 to 15 minutes, or until the carrots are tender. Stir in the peas. Remove pan from the heat. Preheat oven to 375 degrees.
- 4** When potatoes are tender, drain the cooking water into a bowl (or use a slotted spoon to remove the potatoes), and transfer the potatoes to a separate bowl. Using an electric mixer or potato masher, gradually pour in the 1 to 2 cups of nondairy milk (or cooking water, or a mix) until your desired consistency is reached.
- 5** Stir 1 cup of the mashed potatoes into the vegetable filling. Pour the filling into a 13-by-9-inch baking dish and spread evenly. (The filling should be like a thick stew. If there is extra liquid, just spoon some out.)
- 6** Spread remaining mashed potatoes evenly over the top of the filled dish. Create a pattern in the potatoes using a large serving fork or other utensil, if desired.
- 7** Bake for 25 to 30 minutes, or until potatoes are lightly browned. Let cool for 10 minutes before serving to thicken. Season with black pepper to taste.

NUTRITIONAL INFORMATION

Serves eight. Each serving provides: 242 calories, <1 g total fat (0 g saturated fat), 0 mg cholesterol, 129 mg sodium, 52 g carbohydrate, 8 g fiber, 7 g sugars, 8 g protein.

HEARTY STEW

Ingredients

- 1½ large yellow or white onions, chopped into ¾-inch pieces (about 3 cups)**
- 3 medium carrots, sliced lengthwise and cut into ¾-inch pieces (about 2¼ cups)**
- 3 stalks celery, cut into ¾-inch pieces (about 1 cup)**
- 2 medium portobello mushrooms, cut into ¾-inch pieces (about 4 cups)**
- 1½ tbsp. finely chopped garlic (about 6 medium cloves)**
- 5 cups water**
- 2 lbs. white potatoes, peeled and cut into ¾-inch chunks (about 6 cups)**
- ⅓ cup tomato paste (half of a 6-ounce can)**
- 1 tbsp. dried Italian herb seasoning**
- 1 tbsp. paprika**
- 2 tsp. finely chopped fresh rosemary**
- 1½ cups cooked peas (if frozen, rinse under warm water)**
- ½ cup chopped fresh parsley**



Directions

- 1** Heat 1 tablespoon of water in a soup pot over medium-high heat. When the water starts to sputter, add the onions, carrots, and celery, and cook, stirring frequently, for about eight minutes, adding water as needed.
- 2** Stir in the mushrooms and garlic, and continue to cook while stirring for five minutes more, adding water as needed.
- 3** Add the 5 cups of water, potatoes, tomato paste, Italian seasoning, and paprika, and bring to a boil, uncovered. Reduce the heat to medium-low and stir in the rosemary. Cover and cook for 25 to 30 minutes, stirring occasionally, or until the carrots and potatoes are very tender.
- 4** Add the peas and cook for five minutes more.
- 5** Place 2 cups of the stew (broth and vegetables) into a blender, and blend just briefly. Stir the mixture back into the pot to thicken the stew. Stir in the parsley.

NUTRITIONAL INFORMATION

Serves eight. Each serving provides: 168 calories, <1 g fat (0 g saturated fat), 0 mg cholesterol, 93 mg sodium, 37 g carbohydrate, 7.5 g fiber, 10 g sugars, 6 g protein.

NOTE

PEELING THE POTATOES: You can peel your potatoes before cooking them, but you can also leave the skins on.

FRESH ROSEMARY: Fresh rosemary is wonderful in this stew, but if you only have dried, use ½ teaspoon.

LENTIL & RICE LOAF

Ingredients

- 1¾ cups water**
- ½ cup dry/uncooked brown-green lentils**
- ½ cup dry/uncooked short-grain brown rice**
- 2 tsp. poultry seasoning**
- 1 tsp. granulated onion**
- 1 medium yellow or white onion, chopped (about 2 cups)**
- 5 medium white or cremini mushrooms, chopped (about 2 cups)**
- 1 large rib celery, sliced (about ½ cup)**
- 1 tbs. freshly chopped garlic (4 to 5 medium cloves)**
- ¾ cup old-fashioned rolled oats**
- 1 6-oz. can tomato paste**
- 2 oz. chopped pecans or walnuts (about ½ cup; optional)**
- 1 tbs. minced fresh sage (or 1½ tsp. dried rubbed sage)**
- 2 tsp. minced fresh thyme (or 1 tsp. dried)**
- 1½ tsp. minced fresh rosemary (or ¾ tsp. dried)**



NUTRITIONAL INFORMATION

Serves 10. Each serving provides: 163 calories, 5 g fat (0.5 g saturated fat, 0 mg cholesterol), 26 g carbohydrate, 5 g sugars, 20 mg sodium, 4 g fiber, 6 g protein.

Directions

- 1** Place the water, lentils, rice, poultry seasoning, and granulated onion into a medium saucepan over high heat. Bring to a boil, reduce the heat to low, then cover and simmer for 45 minutes. Remove from the heat and let stand covered for 10 minutes.
- 2** Place 1 tablespoon water into a medium frying pan over high heat. When the water starts to sputter, add the chopped onion, mushrooms, and celery, and cook while stirring for three to five minutes, adding a little water as needed. Add the garlic and stir for two minutes more until the vegetables have softened. If you're using dried herbs, stir them in with the garlic; if using fresh herbs, you will add them in step 4. Remove from the heat and cool for 10 minutes.
- 3** Preheat the oven to 350 degrees. Line a loaf pan with parchment paper.
- 4** Place the oats, tomato paste, and nuts (if using) into a large bowl. If you're using fresh herbs, add them now. Add cooled vegetables, rice, and lentils to the bowl, and stir until all of the ingredients have been mixed thoroughly.
- 5** Place half of the mixture into a food processor. Pulse about three times, then scrape down the sides. Pulse another three times until evenly blended but still somewhat chunky, then spread into the loaf pan. Place the remaining half of the mixture into the food processor and pulse in the same way. Then add to the loaf pan and press the mixture firmly into the pan.
- 6** Cover the pan with aluminum foil and cook for 40 minutes. Remove the foil, and cook for 15 to 20 minutes more, or until the top is browned and the edges look crispy. Remove from the oven, and let cool for 10 minutes before slicing and serving.

PESTO PASTA



NOTE

Some lightly cooked vegetables, such as onions, mushrooms, tomatoes, or summer squash, are delicious added to this dish.

Ingredients

PASTA:

- 1 12-oz. package spaghetti pasta
- 1 oz. cashews, walnuts, or pine nuts, ground (about ¼ cup; for optional garnish)

PESTO SAUCE:

- 3 oz. cashews, walnuts, and/or pine nuts (about ¾ cup)
- 2 tbsp. lemon juice
- 2 tsp. finely chopped garlic (2 to 3 medium cloves)
- 2 oz. fresh basil (about 2 cups chopped)

Directions

- 1 Cook the pasta according to the package instructions. Drain and rinse with cool water, return the pasta to the pot, and set aside.
- 2 To make the pesto, place all the sauce ingredients (nuts, lemon juice, garlic, and basil) into a food processor, and process for one to two minutes, adding a little water, as needed. (You can also use a blender, which blends more quickly and results in a smoother sauce.)
- 3 Stir the pesto sauce into the pot of cooked pasta. Serve immediately as is or topped with ground nuts (use a rotary cheese grater to create a parmesan-like topping).

NUTRITIONAL INFORMATION

Serves four. Each serving provides: 488 calories, 15 g total fat (2 g saturated fat), 0 mg cholesterol, 10 mg sodium, 73 g carbohydrate, 4 g fiber, 4 g sugars, 17 g protein.

A Tribute to

DR. TAZEWELL BANKS

DR. TAZEWELL BANKS (1/7/1932-12/14/2015) was born in Washington, D.C., and attended Howard University, where he was co-captain of the wrestling team, ran cross-country track, and joined Kappa Alpha Psi fraternity. While at Howard he met Myrtle, his faithful bride who would stand by his side for the next 61 years. He remained at Howard to complete his Medical Doctorate while becoming a member of the Alpha Omega Alpha National Medical Honor Society. During his Veterans Administration cardiology fellowship, he realized that he could do much more by teaching. He joined the staff of Howard University College of Medicine and Hospital, and over the years he was appointed to professorship in the department of medicine, division of cardiology.

As a young professor, he stressed the unpopular opinion at the time that cardiovascular exercise and dietary modification were the keys to preventing heart attacks and strokes. Soon his colleagues, predecessors and students became aware of the wisdom in his teachings and began to stress these important factors as well. Dr. Banks pushed hard for diet and exercise classes to be included in the College of Medicine curriculum.

Dr. Banks didn't just talk the talk, he also walked the walk. He boxed for the U.S. Army during his service from 1956 to 1961, and later in life he would bungee-jump, scuba dive, fly a fighter jet (for 20 minutes), participate in eight triathlons, swim the Chesapeake Bay five times, win the Darmstadt 1960 Chess Tournament, cycle across Maryland, Iowa, Western Pennsylvania, Virginia and North Carolina, and win fifth place in a body-building contest.

Dr. Banks served as acting head of Howard staff at the District of Columbia General Hospital. He also served a short term as chief of cardiology at the District of Columbia General Hospital, all the while teaching the Howard University College of Medicine students in addition to lecturing Georgetown University students rotating at the hospital. He was hired to work with Dr. Randall at the urging of the American Heart Association to emphasize effective diets, exercise and meditations used by Pritikin, McDougall, Whitaker, Dean Ornish and others. He retired from Howard University College of Medicine in 1993 and was recognized as a "Magnificent Professor" in 2011.

Dr. Banks received many awards for teaching and published more than 45 articles about diagnosing, preventing and treating heart disease. He was a Life Member of the Association of Black Cardiologists and chaired the Preventive Cardiology and Nutrition Committee. He used his platform to enthusiastically promote the use of nutrition as a therapeutic modality for cardiovascular patients. He steadfastly upheld a "600 calorie vegetarian diet" as the standard all cardiac patients should receive once they were admitted to the hospital.

Dr. Banks was always a gentleman and a treasure to everyone he touched. His students, colleagues and their patients have all benefitted greatly by his undaunted expression of healthy lifestyle to eradicate heart disease. This cookbook, the Association of Black Cardiologists' first vegan cookbook, is dedicated to Dr. Tazewell Banks. May he rest in peace as we carry forth his mission.

HUNGRY FOR MORE?

Check out these resources for more plant-based recipes, meal-planning guides and lifestyle tips.

Nutrition

- *The African American Vegan Starter Guide*, editor Tracye McQuirter, MPH www.farmsanctuary.org/wp-content/uploads/2016/10/AA_VeganStarterGuide_WebVersion.pdf
- *The Traphouse Vegan, Lifestyle Guide* by Eboni Washington and Michele Simmons
- *Prevent and Reverse Heart Disease* by Caldwell B. Esselstyn, Jr., M.D.
- **vrg.org**, The Vegetarian Resource Group, recommended by the American Academy of Family Physicians
- **health.gov/dietaryguidelines**, USDA Dietary Guidelines, including Healthy Vegetarian Eating Pattern

ABC WOULD LIKE TO THANK:

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VIDEOS

- The Grapevine | Should Black People Be Vegan? [youtube.com/watch?v=R-BBpgqTof0](https://www.youtube.com/watch?v=R-BBpgqTof0)
- The Urban Black Vegan | Hello World ... Being Vegan While Black [youtube.com/watch?v=cUP6Q58CAXs](https://www.youtube.com/watch?v=cUP6Q58CAXs)
- SweetPotatoSoul | Damn Good Vegan Meals in UNDER 15 MINUTES [youtube.com/watch?v=Ugwp8wSkVeQ](https://www.youtube.com/watch?v=Ugwp8wSkVeQ)

COOKBOOKS

- *Sweet Potato Soul: 100 Easy Vegan Recipes for the Southern Flavors of Smoke, Sugar, Spice, and Soul* by Jenné Claiborne
- *Vegan Soul Kitchen; The Inspired Vegan; Afro-Vegan: Farm-Fresh African, Caribbean, and Southern Flavors Remixed* by Bryant Terry
- *The Moosewood Cookbook, Enchanted Broccoli Forest* by Mollie Katzen
- *Perfect Vegetables*, by editors of *Cooks Illustrated* magazine

Websites & Blogs

- Tracye McQuirter, byanygreensnecessary.com
- Black Vegans Rock, blackvegansrock.com/blog
- 7 Black vegan chefs you should be following peta2.com/vegan-life/black-vegan-chefs
- BlackDoctor.org, blackdoctor.org/444921/african-american-vegan
- Connoisseurus Veg, connoisseurusveg.com
- Post Punk Kitchen, theppk.com
- Oh She Glows, ohsheglows.com
- Minimalist Baker, minimalistbaker.com
- Forks Over Knives: meal plans, blog, free recipes, *Forks Over Knives: The Cookbook*, "Forks Over Knives" magazine, forksoverknives.com