



COOPERATIVE EXTENSION

NEWSLETTER

A Weekly Newsletter about the Kentucky State University Cooperative Extension Program

February 26, 2021

Healthy Soul Food for the Heart

It's an honor to pay homage and celebrate Black History Month every February. Soul food is a traditional African American cuisine with roots in the South that families enjoy throughout the year and at large gatherings (Moore, 2020). Fried chicken, macaroni and cheese, greens cooked with pork and sweet potato pies are some common examples of traditional soul food dishes. Although tasty, these food tend to be high in fats and sugar, and health professionals encourage eating these foods in small portions and in moderation. For soul food flavor with a healthier alternative, find some tips that can help below (Moore, 2020):

- Consume the vegetable sides such as greens, sweet potatoes, and mashed potatoes first.
- Use heart-healthy cooking oils.
- Substitute fats and cooking lard with healthier meats or oils.
- Use low-fat cheese, low-fat milk alternatives.
- Use sugar alternatives such as maple syrup or brown sugar.
- Oven fry foods instead of deep-fried.
- Slow cook greens in vegetable broth and heart-healthy oils instead of pork fat.
- Use fresh herbs.
- Watch the salt and or/sea salt-free seasonings.
- Try something new.



I hope you enjoy all of the soul food traditions with a fresh new way of creating a new tradition with your family!

Reference: Moore, M. (2020, January 24). Healthy Soul Food, Your Way. Retrieved November 17, 2020, from

<https://www.eatright.org/health/lifestyle/culture-and-traditions/healthy-soul-food-your-way>

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Easy Okra and Tomatoes Recipe

Ingredients

- 1 tablespoon extra-virgin olive oil
- 1 large onion, chopped
- 2 cloves garlic, minced
- 1 14½-ounce can stewed tomatoes*
- 1 1/4 pounds fresh okra cut in 2-inch pieces, or
1 16-ounce package frozen cut okra, thawed**

*Substitution option: reduced-sodium stewed tomatoes.

**If using frozen okra, reduce simmering time to 15 minutes.

Directions

Before you begin: Wash your hands.

1. Heat the oil in a medium-size saucepan over low heat.
2. Cook the onion and the garlic for 3 minutes or until soft.
3. Add the tomatoes; bring to a boil.
4. Add the okra and cook, covered, 10 minutes.
5. Uncover and simmer for 20 minutes or until the okra is tender.



Nutrition Information

Serves 6

Calories: 60

Calories from fat: 45

Total fat: 5g

Saturated fat: 0.5g

Trans fat: 0g

Cholesterol: 0mg

Sodium 150mg

Total carbohydrate: 5g

Dietary fiber: 1g

Sugars: 3g

Protein 1g

Credit: Napier,

Kristine, MPH, RD, Editor, American Dietetic

Association Cooking Healthy Across America. New

York: John Wiley and Sons, 2005 Tags

Food Planning and Prep Recipes

Reference:

Moorachian, M. (2018, February 4). Easy okra and tomatoes recipe. Retrieved February 23, 2021, from <https://www.eatright.org/food/planning-and-prep/recipes/easy-okra-and-tomatoes-recipe>