

# Eating better can even taste better.

Here are some new takes on some down-home Delta favorites.

## Blackened Catfish

### **Ingredients:**

4 catfish fillets	1 teaspoon salt
1 teaspoon paprika	½ teaspoon oregano
1 garlic clove, finely minced	½ cup yellow corn meal
½ medium red onion	¼ cup olive oil
1 teaspoon cayenne pepper	juice of 2 lemons
½ teaspoon black pepper	

### **Directions:**

Sprinkle fillets with paprika, garlic, onion, cayenne, black pepper, salt, and oregano, refrigerate for one hour. Heat the olive oil in a skillet. Dredge the catfish in the corn meal. Shake off any excess. Place the catfish in the hot oil and cook 2 to 3 minutes on each side until blackened. Before removing from heat add the lemon juice.

**Serving Size:** 1 fillet



Learn the layout of the store you usually shop at, so you can find foods quickly.

Source: Hebni Nutrition Consultants, Inc.

# Meatloaf

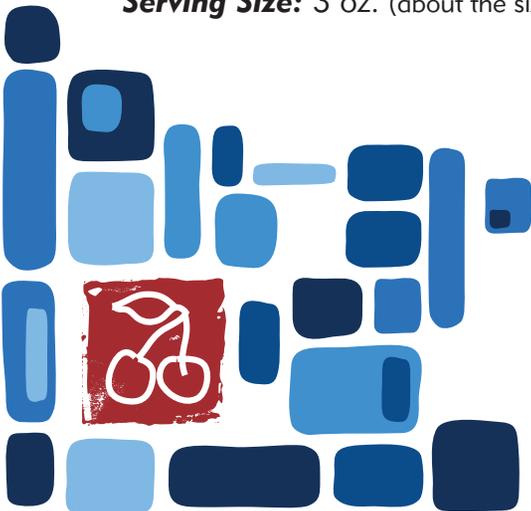
## Ingredients:

2 teaspoons olive oil	2 teaspoons Dijon mustard
1 medium onion, chopped	2 teaspoons Worcestershire sauce
2 garlic cloves, minced	¼ teaspoon hot sauce
1 cup egg substitute	½ cup evaporated skim milk
½ teaspoon dried thyme	2 lbs ground turkey breast
1 teaspoon salt	⅔ cup oatmeal
½ teaspoon ground black pepper	⅓ cup minced parsley

## Directions:

Heat oven to 350°. Heat oil in medium skillet. Add onion and garlic; sauté until softened, about 5 minutes. Set aside to cool. Mix egg substitute with salt, pepper, thyme, mustard, Worcestershire sauce, hot sauce, and milk. Add to meat in large bowl along with oatmeal, parsley, and cooked onion and garlic. Mix with fork until evenly blended and mixture doesn't stick to the bowl. If it sticks, add milk. With wet hands, pat mixture into 9"x5" loaf shape. Place in foil-lined baking pan for easy clean up. Bake about 1 hour. Cool at least 20 minutes and serve.

**Serving Size:** 3 oz. (about the size of a deck of cards)



Buy day-old bread or rolls and use them quickly, freeze them, or use them for cooking.

## Southern Potato Salad

### **Ingredients:**

3 pounds potatoes	1 teaspoon yellow mustard
4 hard-boiled eggs, chopped	¼ teaspoon salt
4 tablespoons low-fat mayonnaise or Miracle Whip	¼ teaspoon pepper
2 tablespoons sweet pickle relish	Paprika, sprinkled over salad

### **Directions:**

Rinse potatoes thoroughly under running water. Place potatoes into a large pot and cover with at least two inches of cold water. Bring water to rolling boil and cook potatoes until tender. Don't allow the water to boil out. Once potatoes are done remove from heat, pour out water, and allow to cool. Clean large pot because you will use it later to mix potato salad.

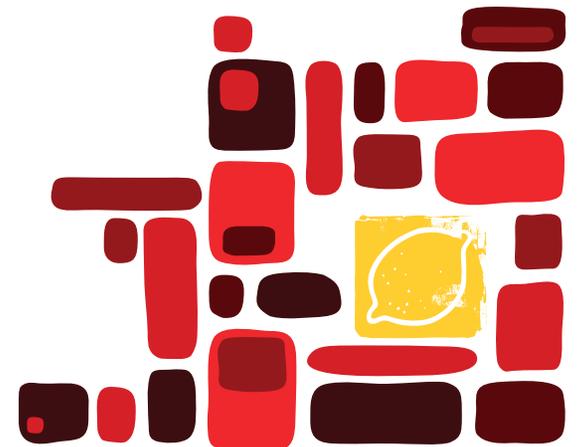
Place eggs into a small pot and add cold water, bring to a rolling boil. Once the water is boiling, turn off the heat, cover the pot and let sit for 20-30 minutes. Remove from pot of water and allow to cool before chopping.

When potatoes have cooled, peel and mash them one at a time into large pot. Add chopped eggs, mayonnaise, yellow mustard, sweet pickle relish, salt, and pepper, and mix thoroughly. Start with the exact measurements and adjust to your desired taste. Spoon the combined mixture into a bowl with lid. For presentation, top mixture with a sprinkle of paprika and parsley. Cover with lid and refrigerate. Serve salad cold.

**Serving Size:** ½ cup



Save money by buying a block of cheese and slicing or grating it yourself.



## Oven Crispy Chicken

### Ingredients:

1 tablespoon each of dried  
sage, thyme, and rosemary  
1 tablespoon dry mustard  
2½ teaspoons onion powder  
1¾ teaspoons curry powder

1¼ teaspoons ground cumin  
1¼ teaspoons ground white pepper  
½ teaspoon garlic powder  
⅓ cup skim milk

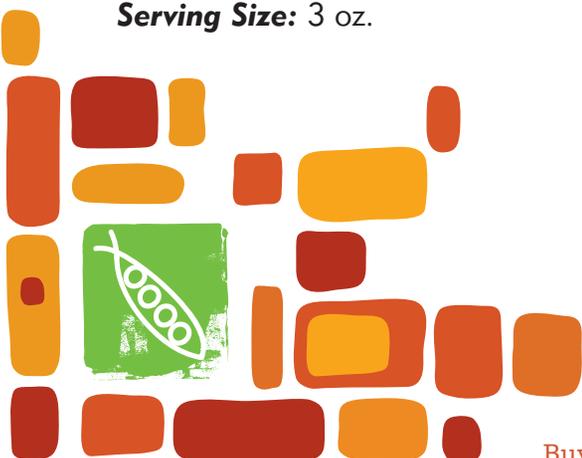
1 cup all-purpose flour  
2 cups bread crumbs  
1 egg  
1 fryer chicken

### Directions:

Combine all dry spices in a plastic bag with bread crumbs. Combine milk and egg and set aside. Cut chicken into about 8 pieces (breasts, legs, thighs, wings). Remove skin and visible fat from chicken pieces. Rinse chicken under cold water and pat dry with paper towels. Pour flour into a separate plastic bag and set aside.

In a large bowl, whisk together milk and egg. To coat each piece of chicken, shake in flour bag, dip in milk and egg mixture, then thoroughly coat by shaking in bread crumb and seasoning bag. Place coated chicken on baking sheet, cover with plastic wrap and refrigerate at least 1 hour. Preheat oven to 350°. Place wire rack in large shallow baking pan and arrange chicken on rack. Evenly space chicken so that it's not touching. Bake 45-50 minutes on oven center rack. Don't turn chicken during baking. The chicken is done when clear juice runs from it when pierced.

**Serving Size:** 3 oz.



Buy some foods in bulk. They are displayed in bins so you can buy only the amount you need.

## Red Beans and Rice

### **Ingredients:**

- 1 cup dried red kidney beans
- 5 cups water
- 1 smoked turkey neck
- 1 teaspoon salt
- ½ teaspoon crushed red pepper flakes
- ½ teaspoon dried thyme
- 2 cups rice uncooked

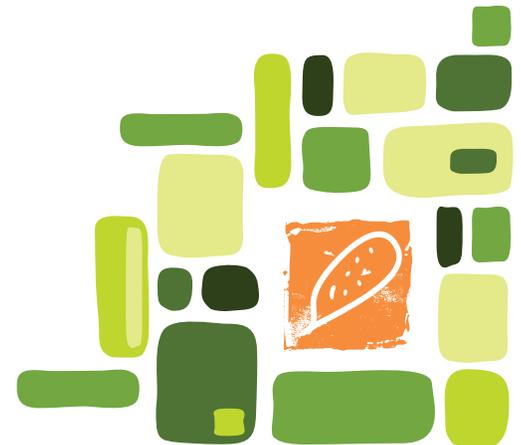
### **Directions:**

Soak the beans overnight in 5 cups of water in a cool place or in the refrigerator. Drain the beans and place them in a 5-quart pot. Add 4 cups of water, the turkey neck, red pepper, and thyme. Heat to boiling, then reduce the heat to a bare simmer. Cover and cook until the beans are almost tender, about 1 hour. Stir 1 cup of water and the rice and salt into the beans. Heat to boiling, reduce the heat to a simmer, and cook, covered, until the rice and beans are tender and the liquid is absorbed, about 25 minutes. Check the seasonings. If you like, remove the meat from the turkey necks and add it to the mix.

**Serving Size:** ½ cup



Plan meals to use the type of products you can buy at a good price.



## Steamed Cabbage

### **Ingredients:**

3 pounds green cabbage

1 tablespoon olive oil

½ cup water

1 teaspoon sugar

1 tablespoon salt

1 green pepper, quartered

½ teaspoon freshly ground black pepper

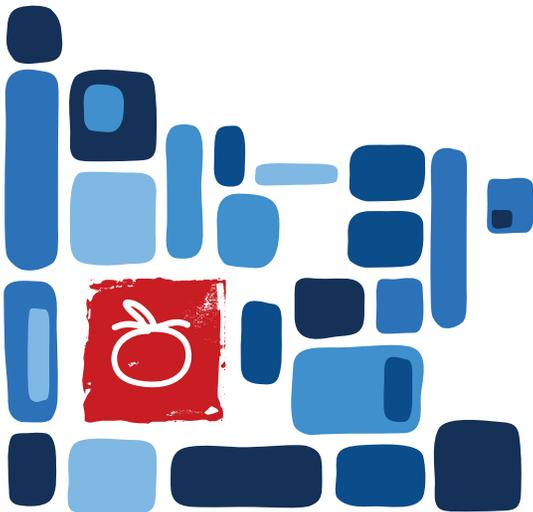
### **Directions:**

Cut the cabbage into quarters and remove any wilted and discolored outer leaves. Next cut out the core from the cabbage pieces and dice the cabbage into 1-inch pieces. Heat the olive oil and sauté green peppers and cabbage. Bring water to a simmer in a 4-quart pot; stir in the cabbage and green peppers, sugar, salt, and black pepper. Cover the pot and cook, stirring occasionally, until the cabbage is tender, about 25 minutes.

**Serving Size:** ½ cup



Buy brown rice or regular white rice, which are often less expensive than instant rice.



## Sweet Potato Soup

### Ingredients:

2 tablespoon extra virgin olive oil  
1 large sweet potato, diced  
1 stalk celery, chopped  
1 medium onion, chopped  
2 carrots, thinly sliced

4 cups vegetable stock or water  
1 ½ teaspoon coriander  
½ teaspoon dried thyme  
¾ cup evaporated skim milk  
Chopped cilantro for garnish

### Directions:

In a soup pot, heat oil and sauté sweet potatoes, onions, celery, and carrots until softened, about 5 minutes. Add the vegetable stock or water, coriander, and thyme and bring to boil. Reduce heat and simmer, covered, for about 1 hour. For a chunkier soup, puree only half the soup in a blender or food processor before simmering; for a creamy soup, puree all the soup. Return to the pot and add evaporated skim milk. Garnish with chopped cilantro.

**Serving Size:** ½ cup



Buy a boneless chuck roast to cut up for soup, stew, and stir-fry.

