

# The GoodNEWS Dining Experience



## Featured Menu

### Main Course

*Dirty Rice with Red Beans and Turkey Sausage*  
*Green Salad*  
*Cornbread*

### Dessert

*Fruit and Yogurt Parfaits*

### Beverage

*Bottled Water*

(Both recipes below from: American Heart Association Healthy Soul Food Cookbook– Vol. 1, No. 42, June 9, 2009)

### *Ingredients: Dirty Rice with Red Beans and Turkey Sausage*

(Serves 4– 1 1/4 cup servings)

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|---|--|-----|---|
| 1 | teaspoon canola or corn oil                              | 2   | medium garlic cloves, minced                            |
| 6 | ounces turkey breakfast sausage links, casings discarded | 1/2 | 15-ounce can no-salt added red beans, rinsed            |
| 1 | medium green bell pepper, finely chopped                 | 1/2 | cup snipped fresh parsley                               |
| 1 | medium onion, finely chopped                             | 1   | teaspoon Worcestershire sauce (lowest sodium available) |
| 1 | medium rib of celery, thinly sliced crosswise            | 1/4 | teaspoon salt   |
| 1 | 10-ounce package frozen brown rice                       | 1/8 | teaspoon cayenne  |



### *Directions:*

In a large skillet, heat the oil over medium-high heat, swirling to coat the bottom. Cook the sausage for 2 minutes, or until no longer pink, stirring constantly and breaking up any large pieces with the spoon. Stir in the bell pepper, onion, and celery. Cook for 4 minutes, or until the onion is soft, stirring frequently.

Meanwhile, prepare the rice using the package directions, omitting the salt and margarine.

Stir the garlic into the sausage mixture. Cook for 30 seconds. Add the remaining ingredients, stirring gently. Remove from the heat. Stir in the rice and serve. Makes 4 servings.

### Nutritional value:

*Calories - 220, Total Fat- 5.5g, Saturated Fat- 1.0, Trans Fat- 0.0g, Cholesterol- 32mg, Sodium- 443mg, Carbohydrates- 29g, Sugar- 4g, Protein- 13g*



### *Sweet Cornbread Mini-Muffins*

### *Ingredients:*

- Cooking Spray
- 1 cup all-purpose flour
  - 1 cup yellow cornmeal
  - 2 to 3 tablespoons sugar
  - 1 tablespoon baking powder
  - 1/4 teaspoon salt
  - 1 cup low-fat buttermilk
  - 4 large egg whites
  - 1/4 cup canola or corn oil

Preheat the oven to 425 degrees. Lightly spray two 12 cup mini muffin pans with cooking spray. In a medium bowl, whisk together the flour, cornmeal, sugar, baking powder, and salt. Make a well in the center.

In a small bowl, whisk together the buttermilk, egg whites, and oil. Pour into the well in the flour mixture, stirring just until moistened. Do not over mix. Spoon into the muffin cups.

Bake for 10-12 minutes, or until a cake tester or wooden toothpick inserted in the center comes out clean and the muffins are golden. Remove from the pan. Serve warm or let cool completely on a cooling rack before serving. Store any leftovers in an airtight container at room temperature for up to two days or freeze in an airtight freezer bag for up to two months.

### Nutritional value:

*Calories– 146; Total Fat– 5.0; Trans Fat- 0.0g; Polyunsaturated Fat- 1.5; Cholesterol– 1mg; Sodium– 189; Carbohydrates– 22g; Fiber– 1g; Sugars– 4g; Protein– 4g.*