

Soul Food Love Healthy Recipes Inspired By One Hundred Years Of Cooking In A Black Family

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Soul Food Love: Healthy Recipes Inspired by One Hundred Years of Cooking in a Black Family is an extensively well-researched historical account of struggles and successes. The kitchens include: Dear's Kitchen G Alice Randall and Caroline Randall Williams, a mother-daughter team, published, through Clarkson Potter, a 224 page "cookbook" that is truly a tale of five kitchens.

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Chicken & Cornmeal Dumplings. 1. This version of chicken and dumplings provides plenty of vegetables with 5 grams of fiber per serving. Dumplings are made with 1 part flour and 1 part cornmeal to make them stand out from a traditional flour dumpling. This hearty dinner option is the perfect comfort meal.

[Healthy Soul Food Recipes - EatingWell](#)

A mother-daughter duo reclaims and redefines soul food by mining the traditions of four generations of black women and creating 80 healthy recipes to help everyone live longer and stronger. NAACP IMAGE AWARD WINNER • "Soul Food Love has preserved our traditions but reinvented how they're prepared. Its focus on health is a godsend ...

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In a large bowl, mix the oregano, red pepper flakes, garlic powder, salt, and nutmeg. Add the turkey and mix with a spatula or your hands. Slick a large skillet with the olive oil and heat it over...

[A Healthy Breakfast Casserole Recipe From 'Soul Food Love'](#)

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