

Written by  
Monday, 15 June 2009 15:25

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African Americans are twice as likely to suffer a stroke as white Americans. Stroke is the number three killer and leading cause of long-term disability in the United States. But knowing your family health history, your risk factors and making healthy lifestyle choices such as exercising most days of the week, not smoking, eating a diet rich in vegetables and low in fat and salt, and monitoring your risk for high blood pressure and diabetes can significantly reduce your risk for suffering a stroke.

In time for family reunions and summer cook-outs, the American Heart and Stroke Association is offering a FREE Family Reunion Tool-kit that includes a Family-Health Tree that can be downloaded at [www.PowerToEndStroke.org](http://www.PowerToEndStroke.org) as well as a few heart-healthy recipes. You can get more delicious recipes with soul by purchasing online the "Power To End Stroke 2009 Soul Food Cookbook" at [www.ShopPower.org](http://www.ShopPower.org).

### **Pot Luck Black-Eyed Peas**

Serves 16; 1/2 cup per serving

1 pound dried black-eyed peas, sorted for stones and shriveled peas and rinsed

4 ounces Canadian bacon

2 medium onions, chopped

2 medium ribs of celery, chopped

1 6-ounce can no-salt-added tomato paste

1 medium garlic clove, chopped

1 small bay leaf

1/4 teaspoon cayenne

Pepper to taste

Put the peas in a large saucepan. Cover with water and let soak for 45 minutes. Pour into a colander and drain.

Meanwhile, in a medium skillet over medium-high heat, cook the Canadian bacon until crisp. Drain well on paper towels. Chop the Canadian bacon.

Return the peas to the saucepan. Add just enough fresh water to cover. Stir in the Canadian bacon and remaining ingredients. Bring to a boil over medium-high heat. Reduce the heat and simmer, covered, for 3 hours, or until tender.

### **Nutrients per Serving**

Calories 115

Total Fat 0.5 g

Saturated 0.5 g

Trans 0.0 g

Polyunsaturated 0.0 g

Monounsaturated 0.0 g

Cholesterol 4 mg

Sodium 114 mg

Carbohydrates 20 g

Fiber 6 g

Sugars 5 g

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Protein 8 g  
Dietary Exchanges  
1 starch  
1 vegetable  
1/2 very lean meat

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### **Chewy Apple Pie**

Serves 8; 1 slice per serving  
Cooking spray  
3/4 cup sugar  
2 large egg whites  
1 teaspoon baking powder  
1 teaspoon vanilla extract  
1/2 cup all-purpose flour  
1 cup diced peeled apples  
1/2 cup chopped walnuts, dry-roasted

Preheat the oven to 350° F. Lightly spray an 8-inch pie pan with cooking spray.

In a large mixing bowl, using an electric mixer on medium speed, beat the sugar, egg whites, baking powder, and vanilla until smooth and fluffy. Beat in the flour until smooth and well blended. Stir in the apples and nuts. Transfer to the pie pan.

Bake for 30 minutes. The batter will puff up slightly as it bakes, then collapse as it cools. Serve warm or at room temperature.

### **Nutrients per Serving**

Calories 163  
Total Fat 5.0 g  
Saturated 0.5 g  
Trans 0.0 g  
Polyunsaturated 3.5 g  
Monounsaturated 0.5 g  
Cholesterol 0 mg  
Sodium 64 mg  
Carbohydrates 28 g  
Fiber 1 g  
Sugars 21 g  
Protein 3 g  
Dietary Exchanges  
2 carbohydrate

## American Heart Association provides healthy recipes and tools for family reunions this summer

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1 fat

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