

## Jerk Lentils

Makes 6 servings

### INGREDIENTS

1 red onion  
1/2-inch cube of ginger, minced  
3 sprigs of thyme  
2 spring onions, sliced  
4 cloves of garlic, minced  
1 tablespoon maple syrup  
1 1/2 tablespoons jerk seasoning  
2 cups chopped tomatoes  
2 1/2 cups low-sodium vegetable stock  
1 3/4 cups dried green lentils  
salt and black pepper, to taste

### INSTRUCTIONS

Saute red onions, spring onions, ginger, and garlic in water. Add jerk seasoning. Once soft, add lentils, tomatoes, and vegetable stock.

Add salt, pepper, and maple syrup. Bring to a boil. Cook until lentils are desired texture.

Per serving: Calories: 228; Fat: 1 g; Carbohydrate: 42 g; Protein: 16 g; Fat: 3.5%; Cholesterol: 0 mg; Fiber: 11 g; Beta-Carotene: 532 mcg; Calcium: 68 mg; Sodium: 66 mg; Potassium: 841 mg

Source: Recipe inspired by and adapted from RachelAma.com.

## Mango and Papaya After-Chop

Makes 1 serving

### INGREDIENTS

1/2 papaya or 1 peach, chopped into cubes  
1 mango, skin peeled and chopped into cubes  
1 tablespoon coconut milk  
1/2 teaspoon maple syrup  
1 tablespoon chopped peanuts

### INSTRUCTIONS

Cut open the papaya. Scoop out the black seeds in the center. Slice the skin with a serrated knife. Slice lengthwise into quarters and chop into bite-size cubes.

Peel the mango with your knife or a peeler. Slice the fruit from the pit and chop the mango chunks into bite-size cubes.

Place the fruit in a bowl. Drizzle the coconut milk, maple syrup, and peanuts over the fruit. Stir to coat.

Per serving: Calories: 88; Fat: 2.2 g; Carbohydrate: 17.8 g; Protein: 1.5 g; Fat: 21%; Cholesterol: 0 mg; Fiber: 2.2 g; Beta-Carotene: 762 mcg; Calcium: 20 mg; Sodium: 5 mg; Potassium: 235 mg

Source: Recipe inspired by and adapted from OldwaysPT.org.

## Cornbread

Makes 10 servings

### INGREDIENTS

1 cup yellow corn grits or cornmeal  
1 cup whole-wheat flour  
3 teaspoons baking powder  
1 teaspoon sea salt  
6 teaspoons sugar  
1 cup soy milk  
1/4 cup unsweetened applesauce

### INSTRUCTIONS

Preheat the oven to 400 F.

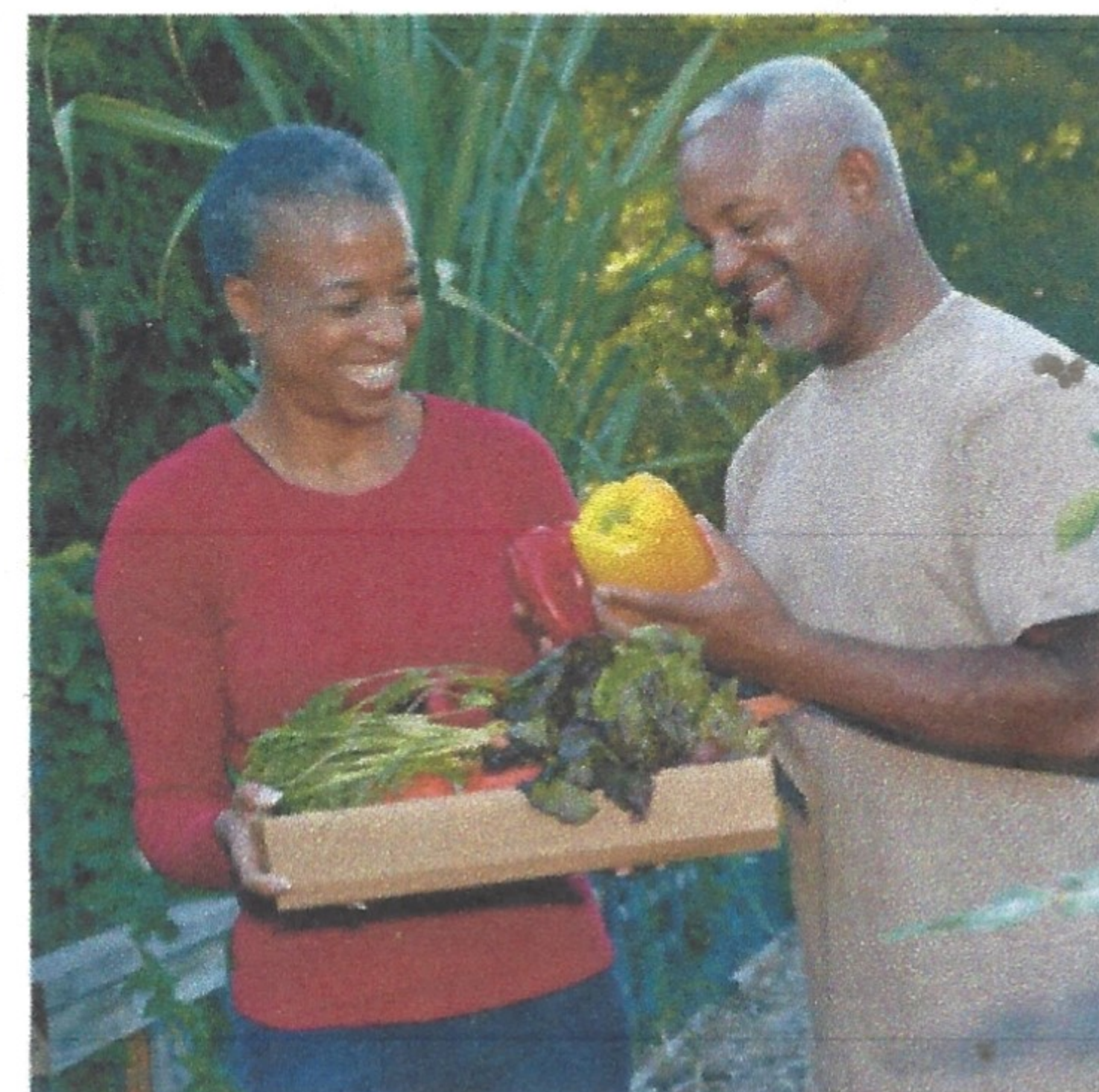
In a medium bowl, mix dry ingredients.

In a separate bowl, combine soy milk and applesauce.

Pour wet mixture into dry ingredients and stir. Do not overmix.

Pour into an 8-by-8-inch square baking dish that is nonstick or lined with parchment paper. Bake for 20 minutes.

Per serving: Calories: 145; Fat: 1.6 g; Carbohydrate: 30.6 g; Protein: 3.2 g; Fat: 9%; Cholesterol: 0 mg; Fiber: 4.5 g; Beta-Carotene: 11,664 mcg; Calcium: 49 mg; Sodium: 76 mg; Potassium: 518 mg



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