

African Heritage Food Swaps

If You Like...	Try Using...
 Spinach	 Collards
 Arugula	 Mustard Greens
 Pomegranate	 Passion Fruit
 Cannellini Beans	 Black-Eyed Peas
 Eggplant	 Okra
 Potatoes	 Yuca
 Walnuts	 Groundnuts (Peanuts)
 Quinoa	 Millet
 Salmon	 Red Snapper
 Hot Sauce	 Harissa
 Garlic	 Ginger

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