African Heritage Food Swaps

lf You l	Like	Try Usi	ng
	Spinach		Collards
	Arugula		Mustard Greens
	Pomegranate		Passion Fruit
	Cannellini Beans		Black-Eyed Peas
3	Eggplant		Okra
	Potatoes	Ø	Yuca
ALC ALC	Walnuts	¢.	Groundnuts (Peanuts)
	Quinoa		Millet
	Salmon		Red Snapper
	Hot Sauce		Harissa
	Garlic		Ginger

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