

# AFRICAN HERITAGE DEMO KIT

If you'd like to introduce your audience to the African Heritage Diet at a health fair or in a class but don't have the opportunity to teach the full 6-week cooking and nutrition class series (*A Taste of African Heritage*), this demo kit is the perfect starting point.

It's also a great way to drum up interest in an upcoming *A Taste of African Heritage* class series by giving participants a taste of what they'll encounter in the full program.

## In this Kit:

### African Heritage Diet Pyramid

### Preparing for Your Demo

### Demo Shopping Guide

### Demo Talking Points

- Introducing the African Heritage Diet: Key Points
- African Heritage Diet Pyramid Walkthrough
- Learning More About The African Heritage Diet

### Participant Handouts

- African Heritage Diet 101
- African Heritage Common Foods
- Setting Up Your First African Heritage Kitchen
- 3 Demo Recipes
  - Oldways After-Chop Fruit Salad—no cooking required; about 10 minutes
  - Cold Black-Eyed Pea Salad—no cooking required; about 20 minutes
  - Sweet Potato Peanut Stew (*Mafé*)—about 35 minutes
- A Taste of African Heritage flyer



# AFRICAN HERITAGE DIET PYRAMID



**Nourish Your Mind, Body, and Soul**  
*Be Physically Active and Enjoy Meals with Others*



## Preparing for Your Demo

This kit is your guide to preparing for and teaching the demo. Read through the talking points carefully to fully understand and effectively communicate them. You may wish to highlight sections to emphasize, or take notes in the margins.

We've included a customizable event sign you can use to promote your demo. Write in information about the time and location, or open the PDF in Adobe Acrobat and type it into the empty space.

Your demo's structure is up to you, but here are a few ideas to get you started:

- Prepare a recipe (or recipes) in advance and have it available in sample cups at your table or booth along with copies of the various handouts. Use the talking points to discuss the African Heritage Diet with interested visitors.
- Cover the talking points while giving a short demonstration of one recipe to an audience; hand out samples and the corresponding recipe.
- Teach the demo in a class setting, similar to an *A Taste of African Heritage* class. Provide a handout packet for each participant, demonstrate all three recipes, and lead an in-depth discussion using the talking points.

## About the Demo Recipes

Serve small tasting portions to your participants, so they can taste firsthand that good food and good health go hand-in-hand. The recipes can be easily scaled up to feed a larger crowd.

Neither the After-Chop Fruit Salad nor the Cold Black-Eyed Pea Salad require a heat source; they are easy to quickly demo in front of an audience. They both can also be made ahead of time and served chilled. In the Cold Black-Eyed Pea Salad, ground cayenne pepper and jalapeño pepper add a bit of heat. You may wish to serve these on the side for participants to add to their own taste.

If a stovetop or hot plate is available, the Sweet Potato Peanut Stew is one of our most popular recipes from the *A Taste of African Heritage* class series; we would be remiss if we didn't share. If you are able to prepare hot food during your demo, we highly recommend including this recipe. It can also be prepared ahead of time and served warm.

## Optional Components

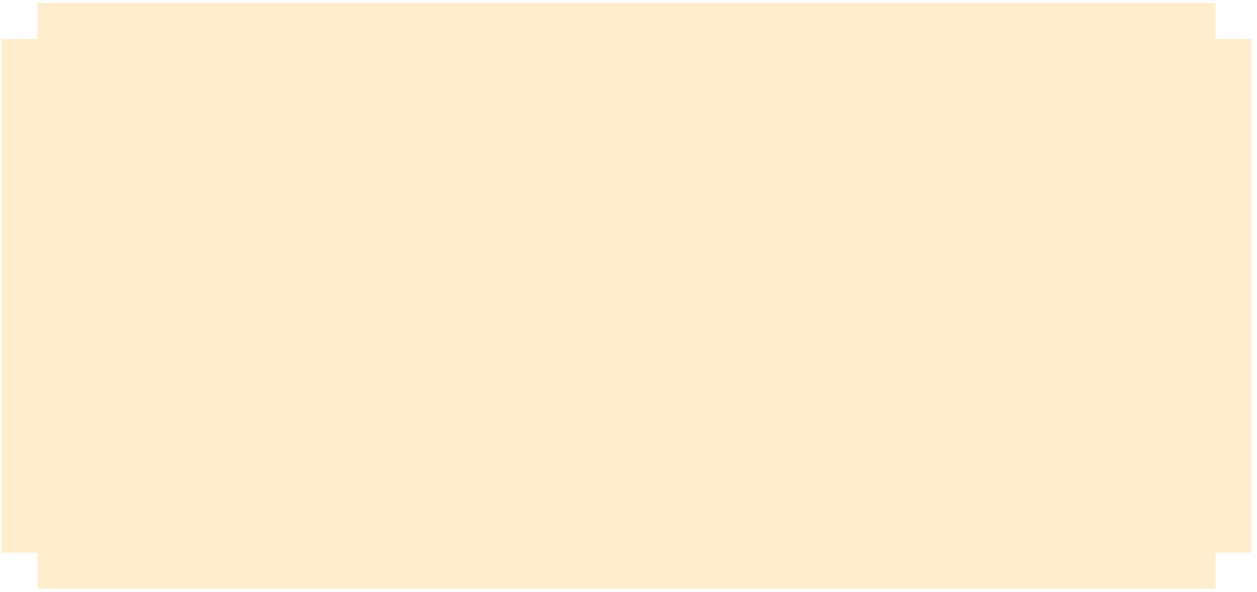
If you plan to teach this demo multiple times, you may find the following items helpful. Visit [OldwaysWebstore.org](https://www.oldwayswebstore.org) for more information and to purchase.

- **African Heritage Diet brochures:** While we've included a printable version of the content in this demo kit, bundles of 100 glossy trifold brochures are also available.
- **African Heritage Diet Pyramid poster:** Many instructors find it easier to discuss the food groups with a larger display of the pyramid.
- **African Heritage Diet Pyramid tabletop banner:** A retractable version of the pyramid poster for easy portability. Pricing available upon request. Dimensions: 11.5" x 16"





JOIN US FOR AN  
**AFRICAN HERITAGE**  
COOKING DEMO



Learn more about the healthy and delicious **African Heritage Diet**  
from Oldways at **OldwaysPT.org**





## Demo Shopping Guide

You will need the following kitchen tools and ingredients to demo the recipes. To streamline a live demo, you may wish to pre-chop any vegetables or fruits.

### After-Chop Fruit Salad

10 to 12 sample servings

#### TOOLS

- Chef's knife
- Cutting board
- Spatula or mixing spoon
- Measuring cups
- Measuring spoons
- Can opener
- Serving bowl and spoon
- Disposable sample bowls and utensils

#### INGREDIENTS

- 1 (15-ounce) can light coconut milk
- 1 jar honey (or agave nectar)
- 1 large pineapple (or 3 [20-ounce] cans of pineapple chunks)
- 3 large mangoes (or 3 to 4 large bananas)

### Cold Black-Eyed Pea Salad

10 to 12 sample servings

#### TOOLS

- Chef's knife
- Cutting board
- Spatula or mixing spoon
- Measuring cups
- Measuring spoons
- Can opener
- Serving bowl and spoon
- Small prep bowl
- Whisk
- Colander
- Disposable sample bowls and utensils

#### INGREDIENTS

- Extra-virgin olive oil
- 1 bottle apple cider vinegar
- 1 jar Dijon mustard
- 1 jar honey (or agave nectar)
- 2 (15-ounce) cans of no- or low-sodium black-eyed peas
- Ground cumin
- Ground cayenne pepper (optional)
- Salt and ground black pepper
- 1 lime
- 1 cucumber
- 1 red bell pepper
- 1 small shallot (optional)
- 1 jalapeño pepper (optional)
- Fresh cilantro (optional)

### Sweet Potato Peanut Stew

10 to 12 sample servings

#### TOOLS

- Chef's knife
- Cutting board
- Spatula or mixing spoon
- Measuring cups
- Measuring spoons
- Can opener
- Large stock or soup pot
- Ladle
- Vegetable peeler
- Hot plate or stovetop
- Disposable sample cups and utensils

#### INGREDIENTS

- Extra-virgin olive oil
- 1 quart of low-sodium vegetable broth
- 1 (15-ounce) can of low- or no-sodium diced tomatoes
- 1 jar of natural peanut butter
- Curry powder
- Fresh or dried thyme
- 1 onion
- 1 bulb of garlic
- 1 large sweet potato
- 2 large carrots
- 2 green zucchini



# Demo Talking Points

## Introducing the African Heritage Diet: Key Points

### What is the African Heritage Diet?

- The African Heritage Diet and Pyramid were developed by nutrition nonprofit Oldways in collaboration with a committee of culinary historians, nutrition scientists, and public health experts—all of whom are experts in African descendant health, history, and/or cuisine.
- The African Heritage Diet celebrates the flavors and pleasures of African heritage foods and ways of eating—ways that also happen to be exceptionally nutritious.
- Each of the four major regions of the African Diaspora contribute characteristics that make this way of eating so delicious. They include continental Africa, the Caribbean, Latin America, and the American South.

### Why is This Eating Pattern Important?

- Many of the diseases that we suffer from today, like diabetes, heart disease, and obesity, were either rare or unknown in earlier times. As people shift away from their traditional diets, chronic diseases arise. Traditional diets and lifestyles comprised of fresh foods and more physical exercise helped protect our ancestors from such diet- and lifestyle-related conditions.
- We all have a healthy heritage worth reclaiming.
- The African Heritage Diet aims at to bring these healthy traditions back to the table. Science shows that a diet based on herbs, spices, fresh fruits, vegetables, leafy greens, beans, nuts, tubers, and a little meat and dairy can help everyone lead a healthier life. This diet incorporates the amazing flavors, health-promoting foods, and culinary histories from the beautifully diverse regions of the African Diaspora in order to help showcase its health benefits to all.

## African Heritage Diet Pyramid Walkthrough

*Have a visual of the African Heritage Diet Pyramid on display. Here are some important points of the pyramid:*

### How to Follow the Pyramid

- The pyramid is a way of eating, rather than a strict “diet.”
- Base your meals mostly on a variety of foods closest to the bottom of the pyramid. Foods closer to the top of the pyramid should be eaten less frequently and in smaller portions.
- Don’t forget about physical activity: our ancestors traditionally led very active lives. Try to incorporate simple movements into your day: walking, jogging, dancing, marching in place—in fact, any activity that gets your heart going.
- Fruits and vegetables should be featured in all of your meals, making up about half of your plate.
- Food is meant to be shared and so is good health. Think of your dinner table as a “healing table,” a place where people come to share beautiful, fresh foods and reinforce a long, happy, and healthy life.
- At a corner store, buy peanuts or fruit; at a lunch buffet, load up your plate with salad, veggies, fruit, and beans. Look to African heritage whole foods, in their natural state, to crowd out processed and packaged “convenience foods.”



## Important Foods and Food Groups

### Leafy Greens

- Leafy greens are at the base of the African Heritage Diet Pyramid because they are such an important part of the diet. They are one of the healthiest foods we can eat, and people of African descent have eaten lots of greens throughout time. Common leafy greens include **chard**, **collard greens**, **kale**, **mustard greens**, **spinach**, and **taro greens**.

### Beans

- Beans are a shelf-stable protein that has nourished our ancestors for centuries. African heritage beans and pulses include **black-eyed peas**, **cowpeas**, **lentils**, **pigeon peas**, **kidney beans (red beans)**, and **chickpeas**. In Afro-Latin cuisine, **black beans** and sometimes **pinto beans** are popular.

### Whole Grains

- A whole grain is a grain that has all three edible parts of its original kernel: the bran, germ, and endosperm. Most of the grain kernel's nutrients—and flavor—are in the bran and germ, which are routinely stripped out to make white flour. The Dietary Guidelines for Americans recommend that we need to make *at least half* of our grains whole. For our ancestors, this was easy: it was expensive and time-consuming to remove parts of the kernel and process the grains into white flour or white rice.
- Many of the “ancient grains” that are popular today actually originated in Africa, such as **teff**, **millet**, **sorghum**, and **fonio**. Looking for the gold and black Whole Grain Stamp on food products is an easy way to find whole grains. The different gram amount on each Stamp tells you how many grams of whole grain are in one serving of the product.

### Herbs and Spices

- Herbs and spices are a great way to add flavor to food without relying on the salt shaker. Spices come from seeds, roots, bark, or flowers of plants, and herbs come from the green parts of plants. They each bring their own personality to the dish. African heritage spices and herbs include **allspice**, **ginger**, **cumin**, **turmeric**, and **cilantro**; common spice blends include **curry powders**, **ras el hanout**, and **berbere**.

### Dairy

- Many people of African descent are lactose intolerant. Nutrients like calcium can also be found in some plant foods like soy milk, kale, and almond butter. If you choose dairy substitutes like soy milk or almond milk, check the label to make sure that they're fortified with calcium and Vitamin D.

### Meat

- Throughout history, meats were expensive and hard to come by, so they were saved for special occasions, like weddings or religious ceremonies. In the African Heritage Diet Pyramid, seafood (like salmon) and poultry (like chicken) is eaten more often than red meat (like beef). In either case, the meat is not the star of the show—it is used as a garnish.

## Learning More About The African Heritage Diet

If you're interested in learning more about the African Heritage Diet, you can find a wide range of African Heritage Diet recipes and resources on the Oldways website ([OldwaysPT.org](https://OldwaysPT.org)).

Oldways' cooking class series about the African Heritage Diet, *A Taste of African Heritage*, is taught around the country. This series covers history, nutrition, and cooking techniques that reconnect participants with vibrant, healthy traditions. To see if this six-week series (or the seven-week series for kids, *A Children's Taste of African Heritage*) is available near you, visit the class directory on the Oldways website. Or, learn about becoming a teacher yourself and bring a class series to your community!

# AFRICAN HERITAGE DIET 101

**GOODNESS REDISCOVERED** through the healthy and delicious cultural eating traditions of African ancestry.

## Your Healthy Heritage

The ancestors of African Americans brought many wonderful food traditions to parts of the Caribbean, South America, and the southern states of the U.S.

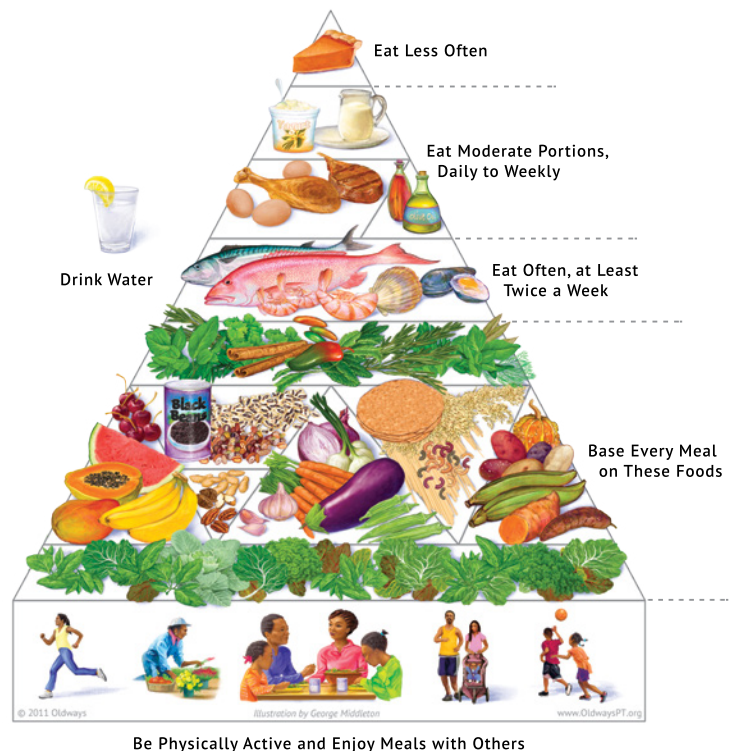
Maybe these were your great, great, great grandparents. Over the generations, many of these food traditions have been lost with the influences of modern, American eating habits. And health has suffered because of this loss.

The African Heritage Diet is a way of eating based on the healthy food traditions of people with African roots. This healthy way of eating is powerfully nutritious and delicious, and naturally meets the guidelines that health professionals promote today.

### African Heritage Diet Pyramid

The African Heritage Diet Pyramid is a visual guide to the healthy traditional diets of African American ancestors. Base your meals mostly on a variety of foods closest to the bottom of the pyramid.

- Greens like spinach, collards, mustards, and turnip greens are a big part of African heritage cuisine. Cook them lightly to retain more of their extraordinary nutrients!
- Every day, enjoy vegetables, fruits, whole grains and cereals, beans, herbs and spices, peanuts and nuts, and healthy tubers like sweet potatoes. These are the core African heritage foods to shop for, prepare, and eat most often.
- Tuna, mackerel, sardines, and salmon are rich in heart-healthy omega-3 fatty acids. Enjoy them grilled, broiled, or lightly pan-cooked in water and a small amount of oil.
- Replace lard, butter, and margarine with healthy oils like olive oil, canola oil, sesame oil, or extra-virgin coconut oil in moderation.
- Eat eggs, poultry, and other meats in small portions, or use them on dishes as garnishes.
- Consume dairy in small portions. If you are lactose intolerant, enjoy calcium-containing foods like greens, beans, and almonds.
- Limits sweets to once a week or at special meals.
- Drink plenty of water throughout the day. If you drink alcohol, stop at one drink per day for women, two drinks for men.



## Healthy Heritage Living

Good health is not just about food.

**Good Health = Healthy Eating + Healthy Living.** Healthy living doesn't just mean joining a gym. Rather, find simple and fun ways to fit physical activity in every day—a walk alone or with family, gardening, or dancing. Consider adding creativity to your life through art and music, writing, cooking or other fulfilling hobbies. Family meals and family time, plus community activities add to well-being. Also, get plenty of sleep every night.

In other words, activate your body, mind, and heart each day to keep your body working at its best.



## Health Through Heritage

The chronic diseases we know today, like diabetes, heart disease, cancer, and obesity, were much less common in earlier times when people ate traditional diets.

The African Heritage Diet Pyramid is based on scientific research that shows eating traditional diets, more like your ancestors, can help you:

- Lower your risk of heart disease, high blood pressure, and stroke
- Avoid or help treat diabetes
- Achieve a healthy weight and avoid obesity
- Improve digestive health
- Reduce risk factors for colon cancer

## Easy Heritage Recipes

Use healthy African heritage foods to style meals like:

- Hearty Pumpkin or Squash Soup
- Delicious Rice and Bean Medleys
- Stewed Tomatoes and Okra
- Healthy Potato Salad
- Maple Sweet Potato Teff Porridge with Pecans
- Flash-Cooked Dandelion Greens

For detailed recipes and additional resources on the African Heritage Diet, visit [OldwaysPT.org](http://OldwaysPT.org)

## 10 Steps for Your Health Through Heritage

### 1. Make Vegetables the Star of Your Plate.

Steamed, sautéed, roasted, grilled, or raw, enjoy veggies like okra, cabbage, green beans, or eggplant in larger portions than the other parts of your meal.

### 2. Change the Way You Think About Meat.

Use lean, healthy meats in smaller amounts for flavor, or try some meat-free meals. With the zesty flavors of African heritage, you may not even notice the meat's not there. There are plenty of vegetarian recipes and a guide to help you on [OldwaysPT.org](http://OldwaysPT.org).

### 3. Boost Flavor with Spice.

Curries, peppers, coconut, fresh herbs, garlic, onions, fresh lemon, and all spices are low-sodium ways to add incredible flavors to grains, beans, vegetables, and seafood.

### 4. Make Rice & Beans Your New Staple.

Fiber-filled rice-and-beans dishes are favorites all over the world. Add African heritage whole grains like millet, sorghum, and teff to your soups, or partner them with peas.

### 5. Mashies & Medleys.

Bake or boil sweet potatoes, yams, and potatoes, or mash them with eggplants, beans, grains, onions, and seasonings. One-pot cooking lets flavors sing together! Let okra, corn, and tomatoes collide in a “mix up,” or add extra color and flavor to your greens with purple cabbage and leeks.

### 6. Jazz Up Fruits for Dessert.

Fresh or frozen fruits like melons, peaches, berries, and mangoes—plain or sprinkled with chopped nuts or coconut—add a sweet taste at the end of a meal.

### 7. Drink to Your Health.

A splash of flavor can make water your go-to drink. As a refreshing alternative to soda and other sugary drinks, add crushed fruits or small amounts of 100% fruit juice to water or sparkling water to make refreshing “-ades” (like lemonade!). Or, garnish unsweetened iced tea with fruit.

### 8. Make Room for Celebration Foods.

We all have special foods that have always been in our families. Some of these foods may fall outside the guidelines of the African Heritage Diet Pyramid. Save these foods of meaning and memory for special occasions and enjoy them whole-heartedly then.

### 9. Family Support & Food Fellowship.

Food is meant to be shared, and so is good health. Think of your dinner table as a “healing table,” a place where people come to share beautiful, fresh foods and reinforce a long, happy, and healthy life.

### 10. Find Real Foods Everywhere.

At a corner store, buy peanuts or fruit; at a lunch buffet, load up your plate with salad, veggies, fruit, and beans. Look to African heritage whole foods, in their natural state, to crowd out processed and packaged “convenience foods.”

# Common Foods & Flavors of the **AFRICAN HERITAGE DIET**

••• eat most often

•• eat moderately

• eat less often

## Vegetables •••

artichoke, asparagus, avocado, beets, broccoli, cabbage, carrots, cauliflower, corn, cucumber, eggplant, garlic, green beans, jicama (yam bean), mushrooms, okra, onions, peppers, pumpkin, shallot, squash, tomato, zucchini

## Beans •••

black-eyed peas (cowpeas), chickpeas, fava (broad) beans, kidney beans, lima (butter) beans, lentils, pigeon peas

## Herbs, Spices, & Sauce Ingredients •••

allspice, apple cider vinegar, basil, bay leaf, berbere, cinnamon, cilantro, cloves, coconut milk, coriander, cumin, curry, dill, ginger, harissa, mint, mustard, oregano, paprika, parsley, peppers, ras el hanout, sage, sesame, thyme, turmeric

## Poultry, Eggs, & Meat ••

chicken, chicken eggs, beef, lamb, turkey

## Fruits •••

ackee, apple, apricot, banana, baobab, blackberries, blueberries, cantaloupe, cherries, dates, figs, grapefruit, grapes, guava, honeydew, kiwi, lemon, lime, mango, orange, papaya, peach, pear, pineapple, plum, pomegranate, raisins, watermelon

## Starches & Whole Grains •••

amaranth, barley, cornmeal, couscous, fonio, injera, Kamut®, millet, oats, quinoa, rice, sorghum, teff, wild rice

## Fish & Seafood ••

bream (porgy), catfish, cod, crappie, crayfish, dried fish, mackerel, mussels, oysters, perch, prawns, rainbow trout, salmon, sardines, shrimp, tuna

## Oils ••

coconut oil, olive oil, palm oil, peanut oil, sesame oil, shea butter

## Leafy Greens •••

beet greens, callaloo, chard, collard greens, dandelion greens, kale, mustard greens, spinach, taro greens, turnip greens, watercress

## Tubers •••

breadfruit, cassava (yuca), plantains, potatoes, sweet potatoes, taro (dasheen), yams

## Nuts & Seeds •••

almonds, Brazil nuts, cashews, coconuts, flax seeds, groundnuts, peanuts, pecans, pumpkin seeds, sesame seeds, sunflower seeds, walnuts

## Dairy ••

buttermilk, milk, yogurt  
non-lactose: almond milk, rice milk, soy milk

## Sweets •

cakes, custards, cobblers, and pies made with fruits, nuts, whole grains, and minimal sugars

# Setting Up Your First AFRICAN HERITAGE KITCHEN

Give your kitchen a healthy uplift by adding these delicious, easy-to-find staples of the African Heritage Diet. Can't find something, or want something different? Just check the *Common Foods & Flavors* for a substitute!

## In Your Cupboards

### Whole Grains

*(The best options list "whole grain" as the first ingredient.)*

- Whole grain couscous and pastas
- Dried grains: brown rice, millet, quinoa
- Whole grain flatbreads like pita bread or tortillas
- Old-fashioned oats or low-sugar instant oatmeal

### Herbs & Spices

*(Try these instead of salt for flavor.)*

- Herbs: basil, coriander, dill, sage, thyme
- Spices: allspice, cayenne pepper, cinnamon, cloves, cumin, paprika, turmeric
- Spice blends: berbere, curry powder, jerk seasoning, ras el hanout

### Nuts, Seeds, & Legumes

- Almonds, peanuts, cashews, pumpkin seeds, sunflower seeds
- Nut butters: peanut, almond, or cashew
- Dried beans and lentils

### Vegetables & Tubers

*(These stay freshest in cool, dark places like cupboards.)*

- Garlic bulbs, onions, ginger roots
- Sweet potatoes, yams, yuca/cassava

### Canned & Non-Perishable Foods

*(Choose low-sodium varieties whenever possible.)*

- Beans: black-eyed peas, kidney beans, chickpeas
- Seafood: salmon, sardines, tuna
- Crushed and diced tomatoes; tomato paste and sauce
- Light coconut milk
- Jams or preserves; pickled vegetables
- Lentil, vegetable, or tomato soups; vegetable stock

### Sauce Ingredients & Oils

- Sweeteners: honey, agave nectar, or molasses
- Apple cider vinegar
- Coconut oil or extra-virgin olive oil



## In Your Fridge

### Leftovers

- Cook double batches, so you'll always have a delicious meal ready to reheat!

### Fruits, Vegetables, & Greens

*(These stay freshest when refrigerated.)*

- Fruits: berries, grapes, watermelon
- Vegetables: okra, zucchini, carrots
- Greens: spinach, kale, collards

### Fish, Poultry, & Dairy

- Fresh fish, seafood, poultry
- Eggs, milk, and low-sugar yogurt; or lactose-free options like soy yogurt, almond milk, or rice milk

### Condiments

- Fresh herbs: cilantro, parsley, mint
- Harissa, hot sauce, hummus, mustard, salsa

### Beverages

- Water, unsweetened tea, seltzer/sparkling water



## In Your Freezer

- Frozen fruits, vegetables, greens
- Frozen fish, seafood, poultry
- Frozen beans and peas
- Whole wheat flours

## On Your Counter or Table

### Fruits & Vegetables

*(Store these at room temperature to help them ripen and to preserve their texture.)*

- Stone fruits: peaches, mangoes, cherries
- Citrus: lemons, limes, grapefruit
- Bananas and plantains
- Tomatoes and hard squashes like butternut or pumpkin



# Oldways After-Chop Fruit Salad

*African heritage desserts have traditionally been based on fruit. A common dessert in West Africa, after-chop is a fresh fruit salad with a bit of coconut, peanuts, and/or honey mixed in.*

**Time: 10 minutes**

**Serves: 6 to 8**

## Ingredients

- 1 large pineapple, or 3 (20-ounce) cans of pineapple chunks, drained of juice
- 3 large mangoes or 3 to 4 large bananas
- 4 tablespoons light coconut milk
- 1 teaspoon honey or agave nectar



1. To cut up a whole pineapple: Slice off the pineapple's top and bottom. Follow the contours of the pineapple to slice off the outer skin. Slice the pineapple lengthwise around its core. Slice the resulting large pieces into chunks.
2. To cut up a mango: slice off the mango's outer skin with a knife or vegetable peeler. Then gently slice the fruit off of the large pit and cut it into bite-size pieces. If using bananas, peel the bananas and cut them into bite-size pieces.
3. In a medium to large bowl, combine the fruits. Add the coconut milk and honey, stir to coat.

## Variations:

You can add any of your favorite fruits to this medley. Papaya, blueberries, and grapes are great options. Sprinkle a small serving of low-sugar granola on top (like in the photo), or mix the fruit with yogurt and granola to make a yogurt parfait. Make sure to use plain yogurt without added sugar.

## Nutritional Information

Calories: 220  
 Total Fat: 1.5g  
 Saturated Fat: 0.5g  
 Sodium: 0mg  
 Carbohydrates: 55g  
 Total Sugars: 44g  
 Fiber: 5g  
 Protein: 2g

## Hungry for more?

You can find a wide range of African Heritage Diet recipes and resources at: [OldwaysPT.org](https://www.OldwaysPT.org)

To see if there is an upcoming *A Taste of African Heritage* class series near you, visit the Class Directory at [OldwaysPT.org/ATOAH](https://www.OldwaysPT.org/ATOAH)

# Cold Black-Eyed Pea Salad

*Black-eyed peas have long been symbolic in African American culture and cuisine. This salad requires no cooking, and its crisp, bright flavor will liven up any table. For a milder salad, omit the ground cayenne pepper and jalapeño pepper, or add in smaller amounts to taste.*

**Time:** 20 minutes

**Serves:** 6

## For the vinaigrette:

- 2 tablespoons apple cider vinegar
- Juice of 1 lime
- 1 teaspoon Dijon mustard
- 1 teaspoon honey or agave nectar
- ¼ cup extra-virgin olive oil
- Half of a small shallot, finely diced (optional)
- ½ teaspoon ground cumin
- ½ teaspoon ground cayenne pepper (optional)
- Salt and ground black pepper

## For the salad:

- 2 (15-ounce) cans no- or low-sodium black-eyed peas, rinsed
- 1 cup diced cucumber
- 1 cup diced red bell pepper
- 2 tablespoons diced jalapeño pepper, seeds removed (optional)
- 2 tablespoons fresh chopped cilantro (optional)



1. To make the vinaigrette: in a small bowl, combine and whisk together the vinegar, lime juice, mustard, and honey. Gradually drizzle in the olive oil, whisking to combine. Add in the shallot (if using), cumin, cayenne, and salt and pepper to taste, whisking to combine.
2. In a medium to large bowl, combine the black-eyed peas, cucumber, peppers, and cilantro (if using). Add the vinaigrette to the black-eyed pea mixture, stirring to coat. Refrigerate to chill before serving. Garnish with additional cilantro if desired.

## Nutritional Information

Calories: 200  
 Total Fat: 10g  
 Saturated Fat: 1.5g  
 Sodium: 50mg  
 Carbohydrates: 22g  
 Total Sugars: 4g  
 Fiber: 5g  
 Protein: 7g

## Hungry for more?

You can find a wide range of African Heritage Diet recipes and resources at: [OldwaysPT.org](https://www.oldwayspt.org)

To see if there is an upcoming *A Taste of African Heritage* class series near you, visit the Class Directory at [OldwaysPT.org/ATOAH](https://www.oldwayspt.org/ATOAH)

# Sweet Potato Peanut Stew (Mafé)

*Mafé, or groundnut stew, is common throughout West and Central Africa. This traditional stew can include meat, vegetables, or seafood, and it is always based on a savory sauce made from peanut butter and tomatoes. This recipe is based on one from Iba Thiam, chef and owner of Cazamance restaurant in Austin, Texas.*

**Time: 35 minutes**

**Serves: 4**

## Ingredients

- |                                                       |                                                            |
|-------------------------------------------------------|------------------------------------------------------------|
| 2 teaspoons extra-virgin olive oil                    | 2 cups low-sodium vegetable broth                          |
| 1 medium-sized yellow onion, diced                    | 1 tablespoon curry powder                                  |
| 2 cloves garlic, minced                               | ¼ cup natural peanut butter<br>(or homemade peanut butter) |
| 1 large sweet potato, chopped into medium-sized cubes | 3 sprigs fresh thyme, minced, or<br>1 teaspoon dried       |
| 2 large carrots, cut into thin rounds                 | Salt to taste                                              |
| 2 green zucchini, cut into thin half-rounds           |                                                            |
| 1 (15-ounce) can no- or low-sodium diced tomatoes     |                                                            |

1. In a large stock pot, heat the olive oil over medium heat. Add the onion and garlic and sauté, stirring occasionally, until translucent, about 3 to 4 minutes.
2. While the onions and garlic cook, chop up the sweet potato, carrots, and zucchini.
3. Add the sweet potato and vegetables to the pot; sauté for 3 to 4 minutes.
4. Add the diced tomatoes, vegetable broth, and curry powder. Raise the heat to medium-high to bring the stew to a boil. Once the water is boiling, turn the heat down to low and cover the stock pot. Let the stew simmer for another 10 minutes, stirring occasionally.
5. After 10 minutes, add the peanut butter and thyme to the stew. Simmer for another 3 to 5 minutes.
6. Salt to taste, serve, and enjoy!



## Nutritional Information

Calories: 240  
 Total Fat: 11g  
 Saturated Fat: 1.5g  
 Sodium: 280mg  
 Carbohydrates: 27g  
 Total Sugars: 11g  
 Fiber: 7g  
 Protein: 7g

## Hungry for more?

You can find a wide range of African Heritage Diet recipes and resources at: [OldwaysPT.org](http://OldwaysPT.org)

To see if there is an upcoming *A Taste of African Heritage* class series near you, visit the Class Directory at [OldwaysPT.org/ATOAH](http://OldwaysPT.org/ATOAH)

# A TASTE OF AFRICAN HERITAGE



## Oldways' 6-Week Cooking and Nutrition Curriculum based on healthy, plant-based foods from the African Diaspora

“ This cooking series has had a positive impact on the community, because many class participants create lasting friendships by learning and cooking together for six weeks, which is great to see. Many participants have expressed their love for the recipes created in class and how their families really enjoyed them when made at home, as well. We look forward to what Oldways has in store for us in the future! ”

–Instructor in Philadelphia, PA

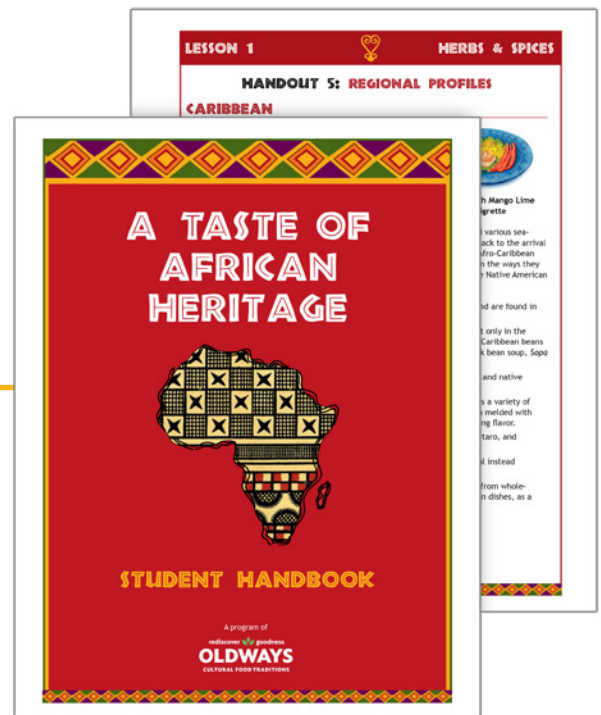
## Bring A Taste of African Heritage to your community

Purchase the teachers manual (\$30) and a bundle of 15 student handbooks (\$200) in our webstore:

[www.OldwaysWebStore.org/curriculum](http://www.OldwaysWebStore.org/curriculum)

OR

Ask us about licensing a digital copy of the curriculum (*starting at \$300/yr*).



## Program Overview

Lesson 1: Herbs and Spices

Lesson 2: Leafy Greens

Lesson 3: Whole Grains

Lesson 4: Beans and Rice

Lesson 5: Tubers and Mashers

Lesson 6: Fruits, Vegetables, and Healthy Lifestyle

[OldwaysPT.org](http://OldwaysPT.org)

## Learn More:

[classes@OldwaysPT.org](mailto:classes@OldwaysPT.org)

[OldwaysPT.org](http://OldwaysPT.org)

rediscover  goodness  
**OLDWAYS**  
CULTURAL FOOD TRADITIONS

© 2020 Oldways