



United States Department of Agriculture

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# **MyPlate** **KITCHEN**

## **Kwanzaa**

# Apple Salad

**Make:** 8 servings

## Ingredients:

2 cups apple (diced)  
1 cup celery (diced)  
1/2 cup raisins  
1/2 cup nuts  
2 tablespoons lite mayonnaise-type dressing (or mayonnaise)  
1/16 cup orange juice (1 Tablespoon)

## Directions:

1. Wash hands with soap and warm water.
2. Mix orange juice with salad dressing or mayonnaise.
3. Toss apples, celery, raisins and nuts with the dressing mixture.

# Blue Corn Pan Bread

**Make:** 12 servings

## Ingredients:

3 cups water  
2 cups blue cornmeal (yellow may be used)  
1 cup cornmeal (yellow)  
3/4 cup raisins  
1/2 cup sprouted wheat  
1/3 cup brown sugar

## Directions:

1. Wash hands with soap and water.
2. Preheat oven to 300 degrees. Line 8x8 inch cake pan with foil.
3. Bring water to boil in a large pot. Add each ingredient, one at a time.
4. Stir well until mixture is smooth and pour into foil-lined cake pan. Cover with a piece of foil.
5. Bake for 2 hours. Bread is done when toothpick inserted in center comes out clean.

For nutrition information, please visit MyPlate Kitchen: Blue Corn Pan Bread

source: <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/blue-corn-pan-bread>

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# Mock Southern Sweet Potato Pie

**Make:** 16 servings

## Ingredients:

Crust:

1 1/4 cups flour (all purpose)  
1/4 teaspoon sugar  
1/3 cup milk, non-fat  
2 tablespoons vegetable oil

Filling:

1/4 cup sugar (white)  
1/4 cup brown sugar, packed  
1/2 teaspoon salt  
1/4 teaspoon nutmeg  
3 egg (large, beaten)  
1/4 cup evaporated milk, non-fat (canned)  
1 teaspoon vanilla extract  
3 cups sweet potatoes, cooked, skin removed and mashed

## Directions:

1. Wash hands with soap and water.
2. Preheat oven to 350 degrees.

# Okra and Greens

**Make:** 5 servings

## Ingredients:

1 onion (small, finely chopped)  
2 tablespoons corn oil  
6 cups greens (1 pound, shredded)  
16 okra  
4 chili peppers (finely chopped and crushed)  
1 lemon (juiced)  
1/4 cup water

## Directions:

1. Wash hands with soap and water.
2. In a large heavy pan sauté onions in oil until golden brown.
3. Add remaining ingredients and about 1/4 cup of water. Simmer over low heat, covered, until greens are tender.
4. Squeeze on lemon juice before serving.

# Peanutty Stew

**Make:** 8 Servings

## Ingredients:

1 cup brown rice (instant)  
2 cups chicken broth (reduced sodium)  
1/3 tablespoon dehydrated onion (minced)  
1/2 teaspoon garlic powder  
1/2 teaspoon ginger (ground)  
1/8 cup red pepper (optional)  
1 sweet potato (2 cups, peeled and diced)  
1 can tomatoes (diced, 14.5 ounces, with liquid)  
1/2 teaspoon salt (optional)  
1/2 cup peanut butter (creamy, reduced-fat)  
1 1/4 cups milk (non-fat)  
3 cups baby spinach (coarsely chopped)  
1/4 cup peanuts (roasted, chopped)  
green onion (optional, thinly sliced for garnish)

## Directions:

1. Combine first 9 ingredients in a soup pot. Bring to boil, then turn down to medium low, cover and simmer for 10 minutes.
2. Stir in peanut butter and milk. Return to gentle simmer and cook uncovered for 5 minutes.
3. Stir in spinach and cook until wilted, 2 to 3 minutes. Remove from heat.
4. Ladle stew into bowls and top with peanuts and green onion, if desired.

# Squash Soup

**Make:** 6 servings

## Ingredients:

- 1 tablespoon olive oil
- 2 onions (medium, chopped)
- 2 carrots (medium, chopped)
- 2 garlic cloves (minced)
- 1 cup tomato puree (canned)
- 5 cups chicken or vegetable broth, low-sodium
- 4 cups winter squash (cooked)
- 1 1/2 tablespoons oregano (dried)
- 1 1/2 tablespoons basil (dried)

## Directions:

1. Wash hands with soap and water.
2. In a large saucepan, warm oil over medium heat.
3. Stir in onions, carrots and garlic.
4. Cook for about 5 minutes, covered.
5. Stir in the tomato puree, chicken broth, cooked squash, and herbs.
6. Bring soup to a simmer and cook, covered, for 30 minutes.