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CELEBRATE BLACK HISTORY MONTH WITH SOUL

As BLACK HISTORY month comes to a close, make a point to celebrate by taking a trip to Washington, DC. Start your day with a visit to the African American Civil War Memorial at 1000 U Street, the only national memorial to Colored Troops in the Civil War. The Spirit of Freedom sculpture lists the names of 209,145 US Colored Troops (USCT) who served in the Civil War. Nearby is the museum with educational exhibitions displaying photographs, newspaper articles, replicas of period clothing, uniforms and weaponry. Visitors can search for relatives who have registered in the Descendants Registry, which documents the family trees of more than 2,000 descendants of those who have served with USCT. Admission is free. For museum hours visit http://afroamcivilwar.org or call 202-667-2667.

While in DC also check out the exhibit, “Slavery at Jefferson’s Monticello: Paradox of Liberty.” at the National Museum of American History. The museum is located on the National Mall, at 14th Street and Constitution Avenue, N.W., Washington, D.C.

Music lovers do not want to miss the free, live African American Diversity Concert, from 12-2PM on Monday, February 27 at the US Navy Memorial. Performing will be the U.S. Navy Band’s premier jazz ensemble, featuring 18 of the Navy’s jazz and big band musicians. For location go to www.navymemorial.org or call 202-737-2300

After these cultural adventures gather around with your family for some soul food home cooking. For more recipes consult the National Cancer Institute cookbook, Down Home Healthy Cooking, at http://www.cancer.gov/cancertopics/down-home-healthy-cooking

The University of Alabama houses one of the largest collections of African American cookbooks in the country, dating back to 1827. View the complete list at http://www.lib.ua.edu/lupton/lupton.htm
**QUICK GREENS WITH BACON**

The best tasting greens are cooked from scratch using fresh collards or turnips greens. Fresh greens take ample time to prepare since they have to be washed several times, removed from the stems and torn into pieces. Cooking time takes 1 to 2 hours. Because of the time involved, I suggest making a large batch and freezing in pint containers or freezer bags so you can enjoy them all year long.

If time is limited, try this recipe, which is quick version of the traditional greens with salt pork. It uses bacon, but only a small amount, which gives it wonderful flavor. If health concerns eliminate bacon from your diet, substitute turkey bacon or smoked turkey.

*Ingredients:*
- 16 ounce package of frozen collards or turnip greens
- Boiling water
- 4 slices bacon
- 1/2 teaspoon salt

*Directions:*
Heat water and salt in saucepan. Cook frozen greens for 35 minutes. Drain thoroughly in a colander and return to pan. Fry bacon until crisp; do not drain. Add the bacon and bacon fat to the greens. Serve with cornbread and pepper sauce or vinegar.

**CORNBREAD**

“Southern” cornbread does not have a sweet taste like corn bread typically eaten in this area of the country. If you use buttermilk then the salt can be eliminated.

1 cup yellow cornbread
1/2 cup all white flour
2 teaspoons baking powder
1/2 teaspoon salt
1 1/2 cups skim milk or buttermilk
1 egg or 1 cup egg substitute
2 tablespoons canola oil

Preheat oven to 425 degrees Fahrenheit. In a large mixing bowl, mix together cornmeal, flour, baking powder and salt. Add milk, egg and oil to dry ingredients and stir well until moistened. Pour batter into a black iron skillet or nonstick loaf pan and bake for 30 minutes.
BARBEQUED PULLED PORK

1 pound boneless pork tenderloin
1/2 teaspoon pepper
1/4 teaspoon red pepper flakes
1 tablespoon canola oil
1 cup diced onion
2 cloves garlic, minced
1/2 cup barbeque sauce
1/4 cup catsup
1/4 cup water
1 teaspoon vinegar

Preheat oven to 350 degrees Fahrenheit. Sear the pork tenderloin on all sides in a hot, non-stick skillet. Remove from the heat and season with the pepper and red pepper flakes. Cover the tenderloin with foil and bake for 25 minutes. Heat the oil in a medium saucepan and sauté the onion and garlic for 5 minutes. Add the barbeque sauce, catsup, water and vinegar. Simmer for 10 minutes. Shred the pork with two forks. Add the pulled pork to the sauce. Serve on buns.

Source: The New Soul Food Cookbook for People with Diabetes.

FRIED GREEN TOMATOES

4 firm green tomatoes
1 egg
2 tablespoons milk
1/2 teaspoon salt
1/4 teaspoon pepper
3/4 cup yellow cornmeal
1/2 cups sifted all-purpose flour
1/4 cup canola oil

Wash tomatoes, remove stems and slice each one into four thick slices. Beat egg, milk, salt and pepper until well blended. In another bowl, combine flour and cornmeal. Dip tomatoes in egg mixture coating both sides evenly. Dip into the cornmeal mixture and fry in oil turning only once. Fry for 3-5 minutes until the coating is crisp and golden brown.

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