



PATIENT & CAREGIVER EDUCATION

# African-Inspired Vegetarian, Dairy-Free Menu and Recipes

Meal	Menu
Breakfast	<ul style="list-style-type: none"><li>• Breakfast quinoa *</li><li>• Black tea or coffee</li></ul>
Snack	<ul style="list-style-type: none"><li>• Teff and cocoa bites</li></ul>
Lunch	<ul style="list-style-type: none"><li>• Black beans stew</li><li>• Brown rice</li><li>• Sliced avocado</li></ul>
Snack	<ul style="list-style-type: none"><li>• Green piña colada smoothie *</li></ul>
Dinner	<ul style="list-style-type: none"><li>• African peanut soup with greens *</li><li>• Pounded yam *</li></ul>
Snack	<ul style="list-style-type: none"><li>• Fresh mango and papaya pieces</li></ul>

## Breakfast quinoa

Makes 2 servings.

- Prep time: 5 minutes
- Cook time: 15 minutes
- Total time: 20 minutes

## Ingredients

- ½ cup white quinoa
- 1 cup water
- ½ teaspoon ground cinnamon
- ¼ teaspoon ground clove
- ½ cup sliced dry figs or raisins
- ½ cup chopped almonds (optional)

- ½ cup milk or non-dairy milk
- 1 tablespoon sweetener (such as agave, brown sugar, or honey), or more to taste (optional)

## Instructions

1. Rinse and drain the quinoa.
2. Add the quinoa to a 1-quart saucepan over medium heat. Stir and let the quinoa toast for a few minutes.
3. Add the ground cinnamon and ground clove and mix. Add water, stir, and bring the mixture to a boil. Lower the heat and let the mixture simmer for 15 minutes.
4. Fluff the quinoa and add figs or raisins, almonds, and milk. Mix and let rest for about 5 minutes. Serve with your sweetener of choice.

## Nutrition information

Serving size: 1 cup

- Calories: 367 calories
  - Carbohydrates: 63 grams
  - Protein: 10 grams
  - Fat: 10 grams
  - Sodium: 34 milligrams
  - Potassium: 641 milligrams
  - Added sugar: 9 grams
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## Green piña colada smoothie

Makes 2 servings.

- Prep time: 5 minutes
- Total time: 5 minutes

## Ingredients

- 1 cup coconut milk
- 1 cup fresh spinach
- 1 cup frozen pineapple chunks or canned pineapple
- 1 ripe banana
- ½ cup ice

## Instructions

1. Add all the ingredients to a blender. Blend well.

## Nutrition information

Serving size: 1½ cups

- Calories: 364 calories
  - Carbohydrates: 28 grams
  - Protein: 4 grams
  - Fat: 20 grams
  - Sodium: 30 milligrams
  - Potassium: 474 milligrams
  - Added sugar: 0 grams
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## African peanut soup with greens

Makes 5 servings.

- Prep time: 5 minutes
- Cook time: 15 minutes
- Total time: 20 minutes

## Ingredients

- 1 tablespoon olive oil
- 1 medium onion, chopped

- 1 small green bell pepper, chopped
- 6 garlic cloves, minced
- 1 tablespoon grated fresh ginger root
- ½ teaspoon black pepper
- ½ teaspoon chili powder
- ⅔ cup crunchy peanut butter
- 3 cups kale or collard greens, chopped
- 1 (28 ounce) can no sodium added crushed tomatoes
- 3 cups (24 ounces) vegetable broth
- 1 cup water
- ½ cup chopped cilantro

## Instructions

1. Add the olive oil, onion, and bell pepper to a large pot over medium-high heat. Sauté until the onions look soft, about 4 minutes. Add the garlic, ginger, black pepper, chili powder, and peanut butter. Mix well.
2. Add the kale or collard greens, crushed tomatoes, vegetable broth, and water. Stir, cover, and let the mixture simmer for about 20 minutes.
3. Serve with cilantro on top.

## Nutrition information

Serving size: 2 cups

- Calories: 318 calories
- Carbohydrates: 28 grams
- Protein: 12 grams
- Fat: 21 grams
- Sodium: 508 milligrams
- Potassium: 700 milligrams
- Added sugar: 0 grams

# Pounded yam

Makes 6 servings.

- Prep time: 15 minutes
- Cook time: 20 minutes
- Total time: 35 minutes

## Ingredients

- 3 pounds African yams (about 3 to 4 large yams)
- Water

## Instructions

1. Peel the yams and cut them into chunks.
2. Place the yams in a large pot with water over high heat. Bring to a boil and cook for about 30 minutes until fork tender. Check every 10 minutes.
3. Place the boiled yams in a food processor. Blend by pulsing until you have a smooth dough consistency. Add some of the cooking water if needed for a smoother texture. The mixture should be stretchy and soft.
4. If you don't have a food processor, you can mash the yams using a large mortar and pestle or a hand masher. Mash them until they are a smooth and uniform texture.
5. Scoop about 1 to 2 cups of the mixture into a bowl. Take the bowl with both hands and move it in circles. This motion will move the yam mixture around the bowl, creating a perfect round portion of pounded yam.
6. Serve with your favorite soup or stew.

## Nutrition information

Serving size: 1 (2-cup) yam ball

- Calories: 316 calories
- Carbohydrates: 75 grams
- Protein: 4 grams
- Fat: less than 1 gram
- Sodium: 22 milligrams

- Potassium: 1,823 milligrams
  - Added sugar: 0 grams
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