

# Healthy Soul Food

*In the Kitchen with LiveWELL*





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# Kicken' Cornbread

Jill Ashburner – Atrium Health Greater Charlotte



## Ingredients

1 package of Jiffy Corn Muffin Mix (omit eggs and milk to make Vegetarian)  
1/3 can of creamed corn  
1/3-1/2 cup of nonfat plain yogurt  
1 tsp crushed red pepper flakes  
1 dash or 2 of hot sauce

## Instructions

Preheat oven to 400 degrees. Spray muffin tin (6 cup) with non-stick spray. Mix all above until dry ingredients are incorporated.

Fill each muffin cup with an equal amount of mixture.

Bake in oven for about 15 minutes or until top is golden brown and center of muffins are firm.

Let cook before removing from pan.

Serve warm or cool.

[Click HERE for Video](#)

# Collard Greens

Tara Cox – Atrium Health Greater Charlotte

Makes 8 servings

## Ingredients

1-2 T. Avocado or canola oil  
16 oz of smoked Turkey Sausage, quartered  
and sliced  
1 onion, cubed  
2 cloves of garlic, minced  
32 oz of no salt added chicken stock  
2 bunches of collard greens (medium to large)

## Preparation

Wash collard greens, taking care to remove all dirt. Remove and discard hard stems. Roll up greens in small bunches; cut crosswise into thin strips

Heat avocado oil in Dutch oven or small stockpot on medium heat. Add sausage, onions and garlic, stir. Cook for 5 mins or until onions are tender and sausage starts to brown, stirring frequently. Still in broth, bring to a boil. Add collard greens; stir. Simmer, covered on medium-low heat for 20-30 minutes or until greens are tender, stirring occasionally.

[Click HERE for  
Video](#)



# Hoppin' John

Lisa Seneker – Atrium Health Navicent



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**1** Turn your pressure cooker to SAUTE. Add the olive oil and once heated, add the onions and bell peppers. Cook until softened and set aside.

**2** Place dried black-eyed peas, bacon, chicken broth, bay leaves, garlic, and salt in the pressure cooker pot and stir together.

Place lid on pressure cooker and lock in place. Turn pressure release valve to seal it. Set pressure cooker to cook on high for 20 minutes.

**3** When cooking time has ended let it natural release for 15 minutes. Then vent the remaining steam before opening the pot.

Stir in cooked onions and peppers and serve.

*This can be served with rice or, for a healthier option, Quinoa (see additional video).*



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## Ingredients

- 1 TBSP Olive oil
- 1 cup Onion small diced
- 1 Green pepper small diced
- 1 Red pepper small diced
- 1 pound Black eyed peas dried
- ½ pound Bacon uncooked and cut into bit-sized pieces
- 5.5 cups Chicken broth
- 2 Bay laves
- 2 cloves Garlic
- ½ tsp Salt
- 4 cups rice or quinoa

[Click HERE for Part 1](#)

[Click HERE for Part 2](#)

# Healthy Salmon Patties in the Air Fryer

Cindy Vice – Atrium Health Floyd

## Ingredients

1 12oz can of salmon  
1 cup cooked quinoa  
1 egg, slightly beaten  
1 Tbsp lemon juice  
1 Tbsp of dill  
Following spices to taste:  
Garlic salt, pepper, cumin, onion powder, creole seasoning

## Instructions

Combine all ingredients until moist, refrigerate for 15-20 minutes.

Form into patties using ½ cup of mixture.

Place in air fryer, spray with olive oil.

Fry at 390 for 10-12 minutes.

Can also bake at 400 for 10-12 minutes or pan fry in avocado oil.

[Click HERE for Video](#)



# Banana Pudding

Gretchen Bayne – Atrium Health Wake Forest Baptist



## Ingredients

- 3 bananas
- ½ box reduced fat Nilla Wafers
- 8 oz fat free or low-fat sour cream
- 1 container of sugar-free Cool Whip
- 1 large box of instant sugar-free vanilla pudding
- 3 cups skim milk

## Preparation

Mix milk and vanilla pudding, add Cool Whip add sour cream and stir until mixed.

In dish add a layer of wafers, a layer of bananas and then a layer of pudding and repeat. Eat immediately or refrigerate.

[Click HERE for Video](#)