



This recipe shows how to enjoy classic soul food flavors while creating a more balanced, nutrient rich plate. By focusing on generous servings of vegetables, lean protein and mindful portions of favorite comfort foods, you can enjoy the dishes you love in a way that supports your health.

Instructions

1. Build the Vegetable Base

Fill half your plate with cooked greens such as collards, mustard greens or turnip greens.

2. Add Your Healthy Carbs

Add $\frac{1}{2}$ cup of cooked yams. Prepare by steaming, baking, boiling or air frying. Avoid adding butter, sugar or excess salt. Include $\frac{1}{4}$ cup of macaroni and cheese to your plate.

3. Add Lean Protein

Place 3 ounces of baked or airfried chicken on your plate. Season with salt, pepper, garlic powder, smoked paprika, and oregano.

Ingredients

- 1-2 cups cooked greens
 - Options: collard greens, mustard greens, or turnip greens
- 1/2 cup yams (steamed, baked, boiled, or air fried; no added sugar, salt, or fats)
- 1/4 cup macaroni and cheese (optional carb choice)
- 3 oz baked or air fried chicken
 - Salt & pepper
 - Garlic powder
 - Smoked paprika
 - Dried oregano