

Ackee & Spaghetti

Ingredients:

- Coconut oil
- 1 onion, chopped
- 5 garlic cloves, minced
- 1/2 tsp chili flakes
- 300g cherry tomatoes, halved
- 1 tbsp tomato puree
- 360g ackee
- 150-200g brown rice spaghetti
- ¼ cup coconut milk
- Fresh parsley
- Sea salt
- Black pepper
- Olive oil, drizzle

Instructions:

1. Heat some oil in a shallow pan. Add onion and sauté on a medium heat until soft followed by garlic, sea salt and black pepper.
2. Halve the cherry tomatoes and add to the pan. Sauté for 10 minutes or until tomatoes begin to break down.
3. Add cooked spaghetti, chopped parsley, olive oil and coconut milk to the pan and mix well.
4. Gently fold in ackee and leave on a low heat for 5 minutes. Season again with sea salt and black pepper to taste.

Serves 4

AFTER-CHOP FRUIT SALAD

Ingredients

- 1 large pineapple, or 3 (20-ounce) cans of pineapple chunks, drained of juice
- 3 large mangoes or 3 to 4 large bananas
- 4 tablespoons light coconut milk
- 1 teaspoon honey or agave nectar

Instructions:

1. To cut up a whole pineapple: Slice off the pineapple's top and bottom. Follow the contours of the pineapple to slice off the outer skin. Slice the pineapple lengthwise around its core. Slice the resulting large pieces into chunks.
2. To cut up a mango: slice off the mango's outer skin with a knife or vegetable peeler. Then gently slice the fruit off the large pit and cut it into bite-sized pieces. If using bananas, peel the banana and cut them into bite-sized pieces.
3. In a medium to large bowl, combine the fruits. Add the coconut milk and honey, stir to coat.

Serves 4

Variations:

You can add any of your favourite fruits to this medley. Papaya, blueberries, and grapes are great options. Sprinkle a small serving of low-sugar granola on top or mix the fruit with yogurt and granola to make a yogurt parfait. Make sure to use plain yogurt without added sugar.

About the recipe:

African heritage desserts have traditionally been based on fruit. A common dessert in West Africa, after-chop is a fresh fruit salad with a bit of coconut, peanuts, and/or honey mixed in.

BANANA MILLET BREAKFAST PORRIDGE

Ingredients

- 4 cups dried millet, pre-soaked overnight
- 8 cups water
- 2 teaspoons ground cinnamon or ras el hanout spice blend
- 4 large ripe bananas
- 2 cups plain non-dairy milk (like soy, rice, or almond)
- ¼ cup natural peanut butter (or other nut butter of your choice)
- 1 tablespoon and 1 teaspoon honey or agave nectar (optional)

Instructions:

1. Drain the millet. In a large saucepan, toast the millet over a low to medium heat, stirring occasionally, until the millet is slightly browned and gives off a nutty aroma, about 5 minutes. Be careful not to burn the millet.
2. Add the water and cinnamon to the saucepan. Raise the heat to medium-high to bring to a boil. Once the water is boiling, turn the heat down to low and cover the saucepan. Simmer for about 20 to 25 minutes or until the millet becomes creamy and the water has been absorbed. Remove the saucepan from the heat, leaving the cover on.
3. Mash the bananas with a fork and add to the millet. In a small bowl, whisk together the milk and peanut butter. Add to the millet, stirring to incorporate. Return the millet to low heat for 2 to 3 minutes until warmed through. Serve as is, or add extra milk, sliced bananas, or nuts as garnish. If the flavour is not sweet enough, stir in the honey.

Serves 8

Variations:

You can also stir in 4 teaspoons of unsweetened cocoa before serving. Or, instead of banana, use mango, papaya, or pineapple puree, and top with toasted coconut. Use leftover cooled millet and add 1 cup of plain yogurt to make a snack or dessert similar to thiakry (pronounced cha-kree), eaten in Senegal, Gambia, and Nigeria. Adjust the flavour by adding additional honey or

unsweetened cocoa.

About the recipe:

Millet is an important African heritage grain that can be eaten at every meal. Try this breakfast porridge for a sweet, satisfying way to start the day.

COLD BLACK-EYED PEA SALAD

Ingredients

For the vinaigrette:

- 2 tablespoons apple cider vinegar
- 1 lime, juiced
- 1 teaspoon Dijon mustard
- 1 teaspoon honey or agave nectar
- ¼ cup extra-virgin olive oil
- Half of a small shallot, finely diced (optional)
- 1/2 teaspoon ground cumin
- 1/2 teaspoon ground cayenne pepper
- Salt and ground black pepper

For the salad:

- 2 (15-ounce) cans no- or low-sodium black-eyed peas, rinsed
- 1 cup diced cucumber
- 1 cup diced red bell pepper
- 2 tablespoons diced jalapeno pepper, seeds removed (optional)
- 2 tablespoons fresh chopped cilantro (optional)

Instructions:

1. To make the vinaigrette: in a small bowl, combine and whisk together the vinegar, lime juice, mustard, and honey. Gradually drizzle in the olive oil, whisking to combine. Add in the shallot (if using), cumin, cayenne, and salt and pepper to taste, whisking to combine.
2. In a medium to large bowl, combine the black-eyed peas, cucumber, peppers, and cilantro (if using). Add the vinaigrette to the black-eyed pea mixture, stirring to coat. Refrigerate to chill before serving. Garnish with additional cilantro if desired.

Serves 6

GHANIAN RED BEAN STEW

Ingredients

- ¼ cup coconut oil
- 1 large onion, thinly sliced
- 1 tablespoon tomato paste
- 1 (15-ounce) can of no-salt-added diced tomatoes
- 2 cups low-sodium vegetable broth
- 1 (15-ounce) can of no-salt-added black-eyed peas
- 1-inch fresh ginger, minced
- 2 cloves garlic, minced
- 2 chili peppers, seeds removed and finely chopped
- Salt to taste

Instructions:

1. Heat Warm a skillet over medium heat. Add the coconut oil and swirl the pan. Then, add the onions and cook, stirring occasionally, until they are caramelized (about 10 minutes).
2. Stir in the tomato paste, then add the tomatoes and cook until they begin to soften and their liquid reduces (about 5 -10 minutes).
3. Add the vegetable broth, black-eyed peas, garlic, ginger, and chili peppers, and simmer for 30 minutes on low heat. Taste and adjust seasoning, adding salt if needed.

Serves 4

Variations:

Adding protein can such as smoked or dried fish can make flavourful additions to this dish, allowing you to chose between keeping it vegetarian or packing in a little extra protein. This dish is also often paired with roasted plantains or cassava fries for a punch of fibre.

CASSAVA/YUCA FRIES

Ingredients

- 2 pounds yuca (cassava)
- Kosher salt, to taste
- Vegetable oil, or another neutral oil (e.g., canola), for deep-frying
- Freshly ground black pepper, to taste

Instructions:

1. Peel the yuca and cut it lengthwise into 4-inch pieces.
2. Add the yuca to a pot, cover with water, and bring to a boil. When the pot comes to a boil, season with salt to taste. Let yuca cook until fork tender, about 20 minutes.
3. Drain the cooked yuca well and let it cool until it's easy to handle.
4. Cut the yuca pieces in half and remove the hard spine in the middle. Cut the halved pieces into 1/2-inch strips.
5. Add about 2 to 3 inches of oil to a heavy pot or Dutch oven and heat over high until the oil is 350°F. Working in batches, fry yuca pieces until they are gently browned.
6. Using a slotted spoon, remove yuca fries from hot oil and let drain on paper towels. Season with salt and pepper.
7. Serve just as you would French fries with ketchup, mojito garlic dipping sauce, or spicy homemade mayo.

Serves 4

Variations:

Make sure the yuca is properly cooked before eating, as its raw form contains cyanide, which is toxic. We recommend pairing this dish with stewed beans for a flavourful meal.

GREEN BANANA FRITTERS

Ingredients

- 10 green bananas
- 1 teaspoon salt (adjust to taste)
- 1/2 teaspoon black pepper (adjust to taste)
- 1/4 cup finely chopped cilantro
- 1 teaspoon ground turmeric

Instructions:

1. Peel the green bananas and grate them into a large mixing bowl. You can use a box grater or a food processor with a grating attachment.
2. Add desired seasonings, such as turmeric, and salt and black pepper to taste to the grated green bananas. Start with 1teaspoon of salt and 1/2 teaspoon of black pepper, then adjust according to your preferences. Mix well to evenly distribute the seasoning.
3. Preheat your oven to 375°F (190°C). Place the fritters on a baking sheet lined with parchment paper and bake for about15-20 minutes, flipping them halfway through, or until they are golden and crispy.
4. Serve the hot green banana fritters topped with chopped cilantro as a delicious snack or side dish. You can pair them with your favourite dipping sauce or chutney.

Serves 10

Variations:

Oven baking is the healthier option for these fritters, but for a more indulgent recipe, fry in a neutral oil until golden brown and crispy.

GREEN BANANA SALAD

Ingredients

- 3 pounds green bananas, about 5 cups chopped.
- Salt and black pepper to taste
- 1/4 cup mayonnaise
- 1 clove garlic, minced
- 1/3 cup finely diced onions
- 1 tablespoon finely chopped cilantro
- Protein: your choice of tuna or eggs

Optional:

- 1 celery stalk, finely diced
- 1 carrot, peeled and boiled
- 1/3 cup corn kernels

Instructions:

5. Remove the ends of the bananas, leaving the skin on, and cover with water in a pot. Boil until fork tender.
6. Drain and allow bananas to cool. Once they're cool enough to handle, peel and cut into slices.
7. Add bananas, your protein of choice, and the optional celery, carrot, and corn into a bowl.
8. Mix the mayonnaise, salt, black pepper, garlic, and cilantro in small bowl. Add and mix into the banana mixture, with salt and black pepper to taste.
9. Refrigerate to let the flavours combine until you are ready to enjoy.

GREEN SMOOTHIE

Ingredients

- 2/3 frozen cherries or blueberries
- A handful of fresh spinach or other mild greens
- 1 cup milk (dairy or plain alternative)
- 1 teaspoon nut butter
- 1 small banana
- 1/2 cup ice
- A pinch of cinnamon

Instructions:

1. Place all the ingredient into a blender, frozen ingredients first.
2. Blend on high to purée.
3. Serve as desired and enjoy!

Serves 2

Variations:

Adding greens to a smoothie gives a huge kick of nutrition and heritage to your morning routine. Using a mild green, like spinach or lettuce, will keep your greens a secret—you will hardly taste them in the mix. Want an extra chilly smoothie? You can also freeze the bananas for your smoothie. Peel and dice the bananas, spread them out on a plate or tray, and put them in the freezer. Once they have hardened, you can transfer them to a freezer bag for easy access.

MANGO AVOCADO SALAD

Ingredients

- 3 ripe mangoes
- 3 ripe avocados
- 1/2 red onion
- 1 medium cucumber
- ½ cup fresh cilantro
- 2 tbsp olive oil
- 1/3 cup lime juice
- 2 tbsp honey
- 1 tsp cumin
- ½ tsp chili powder
- ½ tsp salt
- ½ tsp black pepper

Instructions:

1. Peel 3 mangoes and chop into small cubes, discarding the pits.
2. Slice 3 avocados in half (length wise), remove and discard the pits and skin, and cube the avocados.
3. Peel and chop ½ red onion.
4. Chop 1 cucumber into medium cubes.
5. Combine mango, avocado, red onion, and cucumber in a large mixing bowl. Mix well.
6. Chop ½ cup fresh cilantro and place in a small bowl.
7. Whisk together 2 tbsp olive oil, 1/3 cup lime juice, 2 tbsp honey, 1 tsp cumin, ½ tsp chili powder, ½ tsp salt, ½ tsp black pepper in small mixing bowl.
8. Pour the dressing over the salad and toss salad using mixing spoon.
9. Top with a sprinkle of fresh cilantro and enjoy!

PLANTAIN & PUMPKIN PANCAKES

Ingredients

- 1 ripe plantain
- 2 tbsp white spelt flour (or substitute with allpurpose flour)
- 1 1/2 tsp baking powder
- 1 tsp cinnamon
- 100-120g pumpkin
- 100mL oat milk
- A drizzle of extra virgin olive oil
- 1 tbsp coconut oil

Instructions:

1. Steam, cool, and drain mashed pumpkin while mixing ingredients.
2. Peel, chop, and mash the plantain in a mixing bowl.
3. Add sieved flour, baking powder, cinnamon, and salt. Mix together until ingredients are combined.
4. Add oat milk, olive oil, and mashed pumpkin, and mix well.
5. Heat the coconut oil in a frying pan and pour in mixture. Fry until both sides are golden.