Healthy Corner Stores for Healthy New Orleans Neighborhoods

A Toolkit for neighborhood groups that want to take action to improve their food environment

This toolkit was prepared by Sarah Custer, with input from community leaders in New Orleans and healthy corner stores advocates nationwide. Sarah Custer is a Fellow with the Congressional Hunger Center. For more information contact scuster@hungercenter.org.
This is a Healthy Option

Low Fat
This is a Healthy Option

High in Fiber
Low in Salt

This is a Healthy Option
This is a Healthy Option

Low in Sugar
Healthy Red Beans and Rice

This vegetarian main dish is cholesterol-free and virtually fat-free!

Ingredients:

- 1 lb dry red beans
- 2 qt water
- 1 1/2 C chopped onion
- 1 C chopped celery
- 4 bay leaves
- 1 C chopped green pepper
- 3 Tbsp chopped garlic
- 3 Tbsp chopped parsley
- 2 tsp dried thyme, crushed
- 1 tsp salt
- 1 tsp black pepper
- 8 C cooked brown rice

Directions:

1. Pick through beans to remove bad beans; rinse thoroughly.
2. In a large pot combine beans, water, onion, celery, and bay leaves. Bring to a boil; reduce heat. Cover and cook over low heat for about 1-1/2 hours or until beans are tender. Stir. Mash beans against side of pan.
3. Add green pepper, garlic, parsley, thyme, salt, and black pepper. Cook, uncovered, over low heat till creamy, about 30 minutes. Remove bay leaves.
4. Serve with hot cooked brown rice.

Yield: 8 servings--Serving Size: 1-1/4 cup

Recipe from the National Heart Blood and Lung Institute.