Crunchy African Bananas

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Bananas are grown in over 100 different countries throughout the world, and their sweet taste is very popular with children in Africa.

Servings: 2
Prep time: 30 minutes

Ingredients

1 Tbsp butter or margarine
1 Tbsp firmly packed brown sugar
1/4 tsp ground cinnamon
Cooking Spray
2 large bananas, medium-ripe
1/4 cup chopped unsalted peanuts

*__Nutrition info per serving:__ Calories: kcal 310; Fat 16g; Sodium 5mg; Carb 42g; Fiber 5g; Protein 6g; Vit A 6%; Vit C 20%; Calcium 2%; Iron 6%
*Vitamin A, Vitamin C, Calcium and Iron listed as % of daily value based on 2,000 calories

Directions

1. Preheat oven to 350°.
2. In a small bowl, melt butter in the microwave, about 45 seconds.
3. Stir in brown sugar and cinnamon until well blended.
4. Coat a 9 x 9-inch baking pan with cooking spray.
5. Peel bananas; cut each banana lengthwise in half. Place cut-side down in baking pan. Brush with some brown-sugar mixture; sprinkle with chopped peanuts.
6. Bake 20 minutes, or until bananas are lightly browned. Serve warm.

Variation Try using a different variety of banana such as a red banana.

West African Groundnut Stew

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In West Africa peanuts are commonly called groundnuts because they are grown underneath the dirt. Peanuts are found in many West African countries such as Ghana, Ivory Coast and Senegal.

Servings: 6
Prep time: 60 minutes

Ingredients

- 2 cups water
- 1 cup long-grain rice
- 1/2 tsp salt
- 2 Tbsp canola oil
- 1 medium-size onion, chopped
- 3 small sweet potatoes, peeled and cut crosswise into 1/2-inch thick slices
- 1 cup sliced okra
- 2 cups shredded green cabbage
- 1- 13.75 ounce can low-sodium chicken broth
- 1/2 cup natural chunky peanut butter
- 3 bananas, peeled and thinly sliced
- 1 Tbsp chopped parsley
- 1/4 cup chopped unsalted peanuts

*__Nutrition info per serving:__ Calories: kcal 400; Fat 19g; Sodium 340mg; Carb 50g; Fiber 7g; Protein 11g; Vit A 190%; Vit C 35%; Calcium 6%; Iron 8%
*Vitamin A, Vitamin C, Calcium and Iron listed as % of daily value based on 2,000 calories

Directions

1. In a medium pot over high heat, heat water, rice, and salt to boiling.
2. Reduce heat to low; cover and simmer 20 minutes until rice is tender.
3. Meanwhile, in a 12-inch skillet over medium heat, heat the oil. Add the onion. Cook 5 minutes.
4. Add the sweet potatoes, okra and cabbage.
5. Cook 10 minutes longer stirring occasionally.
6. Stir in chicken broth, peanut butter, bananas, and chopped parsley; heat to boiling.
7. Reduce heat to low; simmer, uncovered, 5 minutes until thickened. Serve mixture over rice. Sprinkle with chopped peanuts.

Serving suggestion

Serve Groundnut Stew over rice, and for an extra kick of flavor, add a dash of red pepper.

Japanese Fruit Skewers with Plum Sauce

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Fruit Skewers make a great snack or a side dish to a meal that includes fish. The skewers also make a tasty dessert.

Servings: 4
Prep time: 20 minutes

Ingredients

- 8 6-inch-long wooden skewers
- 2 large bananas, peeled and cut into 1-inch slices
- 1 cup watermelon chunks
- 1 cup canned whole pitted litchi fruit, drained
- 1 cup fresh strawberries, hulled
- 1/2 cup plum sauce

*__Nutrition info per serving:__ Calories: kcal 180; Fat 1g; Sodium 210mg; Carb 43g; Fiber 3g; Protein 2g; Vit A 6%; Vit C 110%; Calcium 2%; Iron 6%
*Vitamin A, Vitamin C, Calcium and Iron listed as % of daily value based on 2,000 calories

Directions

1. Soak eight 6-inch-long skewers in cold water for 30 minutes so they will not burn during cooking.
2. Preheat broiler or grill. Drain wooden skewers.
3. Alternately thread banana chunks, watermelon chunks, litchis, and strawberries on each skewer.
4. Brush fruit with the plum sauce.
5. Place kebabs on rack in the grill or on a broiler pan. Cook 5 minutes, turning frequently.

Helpful tip

Plum sauce can be found in the Asian foods section of your local grocery store.

Muesli

Muesli is a healthy breakfast cereal that was created by a doctor in Switzerland as a hearty breakfast food.

Servings: 1
Prep time: 20 minutes

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Ingredients

- 3 Tbsp rolled oats
- 6 Tbsp water
- 1 apple
- 2 Tbsp lemon juice
- 1 Tbsp raisins
- 1 Tbsp chopped mixed nuts
- 7 Tbsp milk
- 2 tsp honey

*__Nutrition info per serving:__ Calories: kcal 410; Fat 8g; Sodium 65mg; Carb 78g; Fiber 10g; Protein 11g; Vit A 6%; Vit C 40%; Calcium 20%; Iron 15%
*Vitamin A, Vitamin C, Calcium and Iron listed as % of daily value based on 2,000 calories

Directions

1. At night, before you go to bed, put the rolled oats into a large bowl and pour the water on top.
2. In the morning, peel the apple, cut it in half and then grate it. Add it to the bowl and then stir in the lemon juice.
3. Gently stir the apple, raisins and nuts into the softened oats. Pour a small amount of milk on top of the oats, and then drizzle the honey on the top of the milk.

Serving suggestion

Muesli is traditionally eaten at room temperature, but feel free to heat it in the microwave for 30 seconds for a warm breakfast treat.

Norwegian Berry Pudding

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Many different types of berries are grown during the summer months in Norway.

Servings: 4
Prep time: 30 minutes

Ingredients

1 pound of raspberries, blueberries or strawberries, or a mixture of all three
1 Tbsp sugar
2 cups cold water
2 Tbsp cornstarch

*__Nutrition info per serving:__ Calories: kcal 90; Fat 0.5g; Sodium 0mg; Carb 20g; Fiber 7g; Protein 1g; Vit A 0%; Vit C 50%; Calcium 2%; Iron 4%
*Vitamin A, Vitamin C, Calcium and Iron listed as % of daily value based on 2,000 calories

Directions

1. Put the fruit, sugar and water in a pan. Cook over low heat for five minutes until the fruit is soft.
2. Let the fruit cool. Use the back of a spoon to push the berries through a sieve into a bowl. Throw away any bits left in the sieve.
3. Put the cornstarch in a cup. Mix it with a tablespoon of the juices from the cooked berries, until it is smooth.
4. Stir the cornstarch mixture into the fruit. Pour the fruit into a pan and bring it to a boil.
5. Turn the heat down to low. Cook the fruit for five minutes, stirring constantly with a spoon.
6. Pour the pudding into glasses or bowls and chill them in the refrigerator.

Variation Other berries can also be used for the pudding such as cranberries, currants, and blackberries. When using these berries, you may need to add additional sugar to balance the tartness of the berries.

Indian Mango Lassi

A lassi is a traditional Indian drink which is similar to a fruit smoothie.

Servings: 1
Prep time: 10 minutes

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Ingredients

1 small mango, quartered, pitted, and peeled
3/4 cup non-fat plain yogurt
1/3 cup orange juice
2 ice cubes

*__Nutrition info per serving:__ Calories: kcal 250; Fat 0.5g; Sodium 105mg; Carb 58g; Fiber 4g; Protein 9g; Vit A 50%; Vit C 180%; Calcium 25%; Iron 2%
*Vitamin A, Vitamin C, Calcium and Iron listed as % of daily value based on 2,000 calories

Directions

1. Combine all the ingredients in a blender. Blend until smooth and frothy.

Variation

Try using strawberries, bananas or other fruit in place of the mango next time you make a lassi.

Yellow Rice with Potato and Chickpeas

Indians eat rice with many meals. Pay careful attention when preparing this recipe to discover which spice causes the rice to turn yellow.

Servings: 4
Prep time: 40 minutes

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Ingredients

- 2 Tbsp canola oil
- 1 medium-size onion, diced
- 1 medium-size Russet potato, diced
- 3 cups water
- 1 cup basmati or long-grain rice
- 3/4 tsp salt
- 1/2 tsp cumin seeds
- 1/4 tsp ground turmeric
- 1 cup canned chickpeas, rinsed and drained

*__Nutrition info per serving:__ Calories: kcal 260; Fat 8g; Sodium 460mg; Carb 41g; Fiber 4g; Protein 6g; Vit A 0%; Vit C 10%; Calcium 4%; Iron 8%
*Vitamin A, Vitamin C, Calcium and Iron listed as % of daily value based on 2,000 calories

Directions

1. In a 3-quart saucepan over medium heat, heat oil; add onion and potato. Cook 5 minutes, stirring occasionally.
2. Add water, rice, salt, cumin seeds, and turmeric; over high heat, heat to boiling.
3. Reduce heat to low; cover and simmer 20 minutes, or until rice and potatoes are tender. During the last 5 minutes of cooking, stir in chickpeas.

Helpful tip

Basmati rice is a special, toasty-flavored Indian rice. Now, it is also grown in the United States. If you don't find it at the supermarket, use regular, long-grain rice.

Guacamole

Creamy green guacamole is a common after-school snack in many Latin American countries.

Servings: 4
Prep time: 15 minutes

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Ingredients

- 2 Ripe Avocados
- 1/2 cup chopped tomato
- 3 Tbsp chopped onion
- Juice of half a lime
- 1/4 tsp salt

*__Nutrition info per serving:__ Calories: kcal 180; Fat 15g; Sodium 230mg; Carb 13g; Fiber 7g; Protein 3g; Vit A 4%; Vit C 25%; Calcium 2%; Iron 4%
*Vitamin A, Vitamin C, Calcium and Iron listed as % of daily value based on 2,000 calories

Directions

1. Cut each avocado in half lengthwise around the seed in the middle of the avocado.
2. Scoop the seed out of the middle with a spoon.
3. Use the spoon to scoop the avocado flesh into a bowl. Mash the avocado with a fork until smooth.
4. Mix in the remaining ingredients until well combined.

Helpful tip

Avocados must be ripe before they can be used for guacamole. A ripe avocado is black and slightly soft when touched.

Rice and Lentil Salad

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The lentil is a staple food throughout the Middle East. Lentils provide protein and can be substituted for meat.

Servings: 6
Prep time: 50 minutes

Ingredients

- 2 cups water
- 1 14-1/2 ounce can vegetable broth
- 1/2 cup brown lentils
- 1 cup basmati or long-grain rice
- 1/2 tsp salt
- 1 large green bell pepper, seeded and chopped
- 2 large tomato, chopped
- 1 Tbsp capers, drained
- 3 Tbsp olive oil
- 2 Tbsp fresh lemon juice

*__Nutrition info per serving:__ Calories: kcal 290; Fat 11g; Sodium 430mg; Carb 39g; Fiber 8g; Protein 9g; Vit A 15%; Vit C 80%; Calcium 4%; Iron 15%
*Vitamin A, Vitamin C, Calcium and Iron listed as % of daily value based on 2,000 calories

Directions

1. In a 3-quart saucepan over high heat, heat water and vegetable broth to boiling.
2. Add lentils; cover and simmer 25 minutes. Add basmati rice and salt to simmering mixture. Cover and simmer 20 minutes longer or until rice and lentils are tender.
3. Remove from heat; stir in green pepper, tomatoes, capers, olive oil, and lemon juice. Toss to mix well. Serve warm, or refrigerate to serve cold later.

Helpful tip

Lentils come in many different colors such as red and green. Any color can be substituted in this recipe.

Tabbouleh

Bulgur is a grain that has a nutty flavor. It becomes soft as it absorbs the liquid from the salad.

Servings: 4
Prep time: 30 minutes

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Ingredients

- 1 cup bulgur
- 1 cup hot water
- 3 cups fresh flat leaf parsley, chopped
- 4 scallions
- 3 lemons
- 1 garlic clove
- 2 Tbsp olive oil
- 1/2 tsp salt
- 1/4 tsp pepper
- 3/4 cup diced tomatoes

*__Nutrition info per serving:__ Calories: kcal 220; Fat 8g; Sodium 330mg; Carb 35g; Fiber 9g; Protein 6g; Vit A 80%; Vit C 140%; Calcium 10%; Iron 20%
*Vitamin A, Vitamin C, Calcium and Iron listed as % of daily value based on 2,000 calories

Directions

1. Put the bulgur in a medium bowl with 1 cup of hot water. The bulgur will absorb the water.
2. Wash the parsley in a colander under running water. Roll the herbs in paper towels to dry.
3. Wash the scallions and pat dry. On a cutting board, cut off the roots and slice the white portion into 1/4 -inch slices. Finely chop the slices and discard the green tops.
4. Roll the lemons on a flat surface to loosen the membranes. Cut the lemons in half. Squeeze each lemon half over a measuring cup until you have 1/2 cup of juice. Remove seeds.
5. Peel the papery skin off the garlic clove. Slice the garlic with a paring knife and mince.
6. Combine the scallions, lemon juice, garlic, olive oil, salt, and pepper in a small bowl and whisk together. Fold the lemon juice mixture into the bulgur with a spoon. Add the tomatoes and continue stirring until well combined.