

Classic Vegan Collard Greens

INGREDIENTS

2 bunches collard greens, washed and cut
2 Tbs apple cider vinegar
1 tsp salt
6 Tbs olive oil
1 medium red onion
½ red bell pepper, diced
3 cloves garlic, crushed
1/2 tsp red pepper flakes
Smoked paprika or chipotle pepper, ground
1 tomato, seed removed, diced
2 cups vegetable broth
Black pepper and salt to taste



DIRECTIONS: Wash and cut collard greens. Place in large storage bag with apple cider vinegar and salt. Close securely and let marinate. Sauté onion, garlic, red pepper flakes, bell pepper, black pepper, and paprika/chipotle in 4 Tbs olive oil over medium heat in a large saucepan, until onions are translucent. Add remaining olive oil, tomato and simmer for about 5 minutes more. Add collard greens and as they cook down, mix well with the spice and tomato mixture. Sauté for 5 minutes, stirring occasionally. Add vegetable broth and cover. Reduce heat to low and simmer greens for about 40 minutes or until tender.



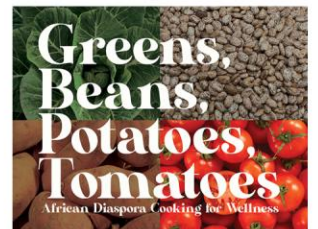
Spicy Kale Salad

INGREDIENTS

2-3 bunches kale, washed and cut
2 Tbs apple cider vinegar
2 Tbs lemon juice
1 ½ tsp salt
3 Tbs olive oil
½ small onion, diced rough
3 cloves garlic
1 tsp honey
1 Tbs nutritional yeast
A couple pinches cayenne, ground
A couple pinches cumin, ground
½ avocado, chopped

DIRECTIONS: Wash and cut kale. Place in large storage bag with apple cider vinegar, lemon juice and salt. Close securely and let marinate. Combine onion, olive oil, garlic, honey, nutritional yeast, cayenne and cumin in blender and pulse until it makes a juicy paste. Add to kale, mix well, and let sit at room temperature for 3 hours, occasionally squeezing the bag to help greens break down. Mix in avocado just before serving.

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Ayo's Cornbread

INGREDIENTS

1 cup cornmeal
1 cup flour
½ tsp salt
½ cup butter
½ cup sugar
1 cup buttermilk
½ tsp baking soda
2 eggs



DIRECTIONS: Preheat oven to 375 °F. In a small mixing bowl, stir buttermilk and baking soda together and let sit for at least 5 minutes (you'll see bubbles rising to the surface of the buttermilk). Mix dry ingredients in a larger mixing bowl. Add butter and sugar to a cast iron skillet, and place in oven to allow butter to melt. Whisk eggs into to buttermilk-baking soda mixture. Remove skillet from oven and stir together butter and sugar. Add liquid ingredients and butter-sugar mixture (hot! be careful!) into the dry ingredients and mix well, then pour into the hot skillet. Bake for about 30 minutes, or until edges of the cornbread start to brown, then remove from oven.

Books

The Cooking Gene: A Journey Through African American Culinary History in the Old South by Michael W. Twitty

In the Shadow of Slavery: Africa's Botanical Legacy in the Atlantic World by Judith A. Carney and Richard Nicholas Rosomoff

In Pursuit of Flavor by Chef Edna Lewis

The New Soul Vegetarian Cookbook by Yafa Asiel

My Work Is That of Conservation: An Environmental Biography of George Washington Carver by Mark D. Hersey

