



The Black Family Dinner Quilt Cookbook

Dorothy Height, The National Council of Negro Women

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As a shared meal nourishes the body, so a quilt, passed from generation to generation, warms and nourishes the spirit. Both recipes and quilts preserve the culture and history of a people and their social, historic, and artistic connections to their past and their future. Celebrating both these traditions, *The Black Family Dinner Quilt* offers recipes based on both traditional and contemporary African-American cuisine with recipes full of down-home flavor but lower in fat, salt, and sugar. Southern Ham and Shrimp Soup, Country Chicken and Biscuits, Jamaican Pork, Creole Beans and Rice, Creamy Macaroni and Cheese, and even Bethune Sweet Potato Pie are just a few of the healthful and soul-satisfying dishes you'll find in these pages.

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