



PCOM'S Healthy Heart Initiative
Presents
COOKING WITH PRIDE:
EDITION I



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Cooking With Pride

The Pride Center of Maryland



The Pride Center of Maryland (PCOM) is the state's primary source for guidance, education, cultural competency, and services to improve the quality of life for youth, adults, elders, and allies of all backgrounds, ethnicities, perspectives, genders, sexualities, and cultures. Through youth development, harm reduction, mental health, violence prevention, support services, and trauma-Informed care programs, PCOM advocates for equity, justice, and safe access to well-being and protection while building bridges and understanding between diverse communities.

Our Time Kitchen

Founded in 2020 by two chefs and longtime friends, Chef Cat (Just Call Me Chef) and Chef Kiah (Wilde Thyme), Our Time Kitchen was born from a shared vision to reimagine the shared kitchen experience in Baltimore. As underfunded food entrepreneurs ourselves, we understand how hard it is to turn a profit when high kitchen costs and event fees eat away at your bottom line. Our Time is a kitchen built for us, by us, a space rooted in collaboration, resilience, and lived experience. We're not inventing something new, we're transforming existing systems into something more accessible, equitable, and community-focused.



Cooking With Pride

PCOM aims to educate community members on the importance of cardiovascular health. We aim to educate individuals on cardiovascular health through various programs, such as fitness, yoga, and cooking classes. Through these programs, we educate community members on not only how to cook and diet healthier but also how to exercise properly to maintain a healthy weight. In this cookbook, you will not only learn how to cook meals, but also how ingredients are beneficial to heart health.

About The Chef



About Chef Maynard McMillan

Chef Maynard's passion for cooking began in childhood, helping with family meals and baking alongside his grandmother. After studying at Morehouse College and serving briefly in the Navy, he earned his culinary degree from The Art Institute of Washington in 2013. He refined his skills at New York's Aquagrill and Zuma before returning to DC to spend four years at The Source by Wolfgang Puck. His experience in Japanese fine dining instilled a lasting respect for honoring ingredients, a principle that continues to guide his culinary approach. Chef Maynard has developed a wide array of skills and techniques throughout his career and is now the Owner and Executive Chef of Nafasi Catering. Launched in October 2020 during the height of COVID, Nafasi has grown into an upscale catering company based in Baltimore. Chef Maynard participates in weekly local farmers markets and caters private events, bringing his unique culinary vision to a wider audience. When away from the kitchen, he enjoys watching historical documentaries and researching food history.

Dishes

Chef Maynard served as our first chef for the Cooking with Pride series in January. For the menu, he curated a 3 course meal. The dishes were Honey Pomegranate Glazed Salmon, Mixed Greens Salad with Honey Vinaigrette Dressing, and Dark Chocolate Souffles.

<https://www.nafasicatering.com/>



@Nafasi_Catering

RECIPE

Honey & Pomegranate Glazed Salmon



Ready in **45 minutes**

Serves **6 people**

Ingredients

- ¼ cup Diamond Crystal or 2 Tbsp plus 2 tsp Morton Kosher Salt
- 1 tbsp sugar
- 1 Tbsp of finely chopped thyme
- 3-5 small oranges (juiced)
- 6- 5 or 6 oz of salmon fillets deboned
- 2 Cinnamon sticks
- 5-6 star anise
- ½ cup soy sauce
- ¼ cup pomegranate molasses
- ¼ cup honey
- ¼ cup balsamic vinegar
- Freshly grounded black pepper

Preparation

1. Preheat oven to 325 degrees. Pat the salmon. Season lightly with salt & pepper. Lightly oil the pan with neutral-flavored oil (Avocado or Grapeseed Oil)
2. Squeeze all oranges into a measuring glass until you have 1 ½ cups. Once that is done, Combine orange juice, 2 cinnamon sticks, and star anise pods, ½ cup of soy, ¼ cup of honey, thyme, and ¼ cup of balsamic vinegar in a small saucepan; stir until pomegranate molasses and honey are well incorporated.
3. Bring to a boil over medium heat, then reduce heat to medium-low and simmer, stirring occasionally, until it is the consistency of loose syrup for 15-20 minutes.
4. While the glaze is reducing, place your salmon on a prepared sheet the oven for 13-15 minutes. Once glaze reduces, taste and adjust seasonings if needed. Remove glaze from heat and allow it to cool slightly. Remove the salmon from the oven, brush the glaze on all sides of the salmon, then place salmon back in the oven for 5-7 minutes.
5. Remove from the oven, brush the top of the salmon with remaining glaze, and serve warm.



Nutrition Guideline



Wild Caught Salmon

About Me

Hi, I'm Salmon! I'm a flavorful, tender fish loaded with heart-healthy omega-3s and high-quality protein. Whether I'm grilled, baked, or smoked, I bring delicious nutrition to every plate.



Vitamins + Minerals

- OMEGA-3 FATTY ACID
- VITAMIN B12
- SELENIUM
- POTASSIUM
- PHOSPHORUS
- VITAMIN D

Benefits

- Supports Heart Health
- Excellent Source of Protein
- Promotes Skin Health
- Strengthens Bones
- Boost Brain Function

Classic Pairings

- Lemon, Dill,
- Asparagus, Garlic,
- Cream Cheese,
- Capers



RECIPE

Mixed Green Salad With Honey Vinaigrette Dressing



Ready in 15 minutes
Serves 2 people

Ingredients

- 5oz of spring mix
- 2 TBSP of dried thyme
- 1/4 cup of rice vinegar
- 1/4 cup of olive oil
- 1-1/2 teaspoons of honey
- 1/4 teaspoon of salt
- 1/8 teaspoon of pepper
- 3 carrots, shaved
- 2 corn cobs, shucked & hulled
- 1 pint of cherry tomatoes, halved
- 4 TBSP of fresh lemon juice

Preparation

1. In a blender, combine vinegar, olive oil, and honey until well incorporated. Season with salt and pepper
2. Place mixed greens in a large bowl with the remainder of vegetables. Add vinaigrette to the greens and gently toss. Grab greens, twist in a cupping motion, and place mixed greens on a plate.
3. Arrange vegetables around greens and serve.

Nutrition Guideline



Honey

About Me

Hi, I'm Honey! I'm a golden, sweet treat made by bees, loved for my natural flavor and healing properties. Whether drizzled on toast, stirred into tea, or used in skincare, I bring a touch of nature's goodness wherever I go.



Vitamins + Minerals

VITAMIN C
CALCIUM
IRON
RIBOFLAVIN
NIACIN

Benefits

- Natural Energy Booster
- Aids Digestion
- Rich in Antioxidants
- Supports Wound Healing
- Soothes Sore Throats

Classic Pairings

Tea, Lemon,
Yogurt, Cheese,
Nuts, Oatmeal



RECIPE

Dark Chocolate Souffles



Ready in **30 minutes**

Serves **8 people**

Ingredients

- 5 ounces bittersweet chocolate, chopped
- 3/4 cup whole milk
- 1 tablespoon unsalted butter
- 1/4 teaspoon pure vanilla extract
- 1/4 cup plus 3 tablespoons sugar
- 4 large egg yolks

Preparation

1. Preheat oven to 350°F. Place diced strawberries in a bowl with sugar & lemon juice, and let sit. Bring milk and vanilla to boil in heavy small saucepan. Place chocolate and butter in medium bowl.
2. Whisk 1/4 cup sugar, flour, and cocoa powder in small bowl. Gradually whisk hot milk mixture into sugar mixture to blend. Return mixture to same saucepan. Cook over medium-high heat until thick paste forms, stirring constantly, about 2 minutes. Scrape mixture into bowl with chocolate and butter; stir until chocolate is melted (mixture may look curdled). Add egg yolks and whisk until mixture looks shiny and creamy.
3. Butter eight 3/4-cup soufflé dishes or custard cups; dust with sugar. Using electric mixer, beat egg whites until frothy. With mixer running, gradually add 3 tablespoons of sugar, then salt; beat just until soft peaks form. Fold 1/3 of whites into soufflé base until well combined. Gently fold in remaining egg whites just to blend (some white streaks may remain).
4. Divide batter among prepared dishes. Place dishes on rimmed baking sheet. Bake soufflés until puffed above rim of dish, tops are flat, and edges are set, about 12 minutes. Serve immediately w/ macerated strawberries

Nutrition Guideline



About Me

Hi, I'm Dark Chocolate! I'm rich, bold, and slightly bittersweet, packed with antioxidants and deep flavor. Whether enjoyed as a treat or used in recipes, I bring indulgence with a healthy twist.

Dark Chocolate

Vitamins + Minerals

MAGNESIUM
IRON
COPPER
ZINC
MAGANESE

Benefits

- Rich in Antioxidants
- Improves Mood
- Supports Heart Health
- Boost Brain Function
- Supports Skin Health

Classic Pairings

Raspberry, Almonds,
Sea Salt, Orange,
Chili, Coffee



About The Chef



About Keona Hogan “Chef Key”

Keona “Chef Key” Hogan is an accomplished chef, wellness advocate, and entrepreneur with over a decade of leadership experience in the culinary and hospitality sectors. As the founder and CEO of Life Support Foods, Keona has successfully expanded her business while fostering community connections on a global scale. She is highly regarded for her expertise in indigenous and sustainable practices and her dedication to empowering underserved communities through wellness and conscious consumption.

Her work has garnered national media attention, and she gained further recognition through her appearances on Fox’s Hell’s Kitchen, where her unique culinary vision reached millions. Keona’s commitment to combining business acumen with cultural advocacy has positioned her as a sought-after voice in both the wellness and business communities. As a single mother of two, she continues to build a legacy grounded in innovation, culture, and social responsibility.

Dishes

Chef Key served as our second chef for the Cooking with Pride series in February. For the menu, she curated a 3 course meal. The dishes were Southern Fried Fish, Braised Collard Greens, and Southern Baked Squash Mac & Cheese.

<https://www.lifesupportfood.com/>



RECIPE

Southern Fried Fish



Ready in **20 minutes**

Serves **10 people**

Ingredients

- 10-15 pieces of white fish (catfish, whiting, trout, flounder, etc)
- 2 cups organic unbleached all-purpose flour
- 2 cups stone ground cornmeal
- 2 tbsp cajun or creole seasoning
- salt + pepper
- high smoke point oil for frying (grapeseed, refined coconut, palm, light olive oil, avocado)

Preparation

1. **Prepare the drenching mixture** by mixing flour, cornmeal, and cajun seasoning until combined.
2. **Make sure your oil is heating in a shallow frying pan.** (cast iron works best)
3. **Season fish** with salt and pepper and a drizzle of oil. Just enough to coat the fish.
4. **Drench the fish** by covering it fully with your drenching mixture front and back. Once you have about 4 pieces coated, and your oil is hot (you can test it by splashing a few drops of water and if you hear crackling, it's ready) you can begin frying.
5. **Fry fish** on each side for about 2-3 minutes or until golden brown.
6. **Once done, use a spider or spatula** to transfer fish to a wire rack or a sheet pan lined with paper towel.



Nutrition Guideline



WILD CAUGHT FLOUNDER

About Me

I'm a flat fish that lives on the ocean floor. I am a white fish with a mild, sweet taste. I'm similar to tilapia in texture.



Vitamins + Minerals

- OMEGA-3 FATTY ACID
- ZINC
- VITAMIN B12
- SELENIUM
- MAGNESIUM
- VITAMIN B
- IRON

Benefits

- Lean and protein rich
- Low in mercury
- Anti-inflammatory
- Anti-hypertensive
- Reduce blood pressure

Classic Pairings

lemon, capers, butter, breadcrumbs, potato, asparagus, dill, artichoke, spinach, rice, salad



RECIPE

Braised Collard Greens



Ready in **1 hour**

Serves **15 people**

Ingredients

- 4-5 bunches of collard greens (add a variety of greens for a more complex flavor, like dandelion, kale, chard, etc)
- 1 large onion, small diced
- 1-2 inch piece of ginger, grated
- 4 cloves of garlic, minced
- 2 bell peppers, small diced
- 1 chilli pepper (scotch bonnet/habenero, serrano, etc)
- 2 quarts of vegetable broth
- 1-2 tbsp liquid smoke
- 1-2 tbsp vinegar
- salt + pepper to taste
- 2 tbsp oil

Preparation

1. **De-stem the greens** by holding the thickest part of the stem and pulling the leaves in the opposite direction away from the stem. You can also cut the stems out with a knife.
2. Chop the greens into 1-2 inch pieces or tear them for larger pieces.
3. **Heat your vegetable broth.** This allows the greens to continue cooking, at a consistent temperature as you add the broth.
4. **Heat oil on medium heat in a medium to large stock pot.** Once hot, add your aromatics. (onion, chilli, garlic and ginger) Saute until translucent and then add a pinch of salt.

5. Add your greens and stir until thoroughly combined. Place a lid onto the pot and allow the greens to simmer on medium to low heat, stirring occasionally, for about 30 min-1 hour.
6. Check greens for tenderness and season with vinegar, salt and liquid smoke to your liking.
7. Enjoy!





Nutrition Guideline



**DANDELION, KALE +
COLLARD GREENS**

About Us

We are a powerhouse of dark leafy greens that can help with many aspects of your health, including bone health, heart health, and cancer prevention.



Vitamins + Minerals

IRON
MAGNESIUM
VITAMIN A
VITAMIN C
VITAMIN K
POTASSIUM

Benefits

- Healthy detoxification
- Builds immunity
- Anti-inflammatory
- High in fiber
- Improves gut health
- Regulates blood sugar

Classic Pairings

garlic, onion, vinegar, olive oil, tomato, lean meats, pasta, cornbread, potato, beans, fish



RECIPE

Southern Baked Squash Mac n' Cheese



Ready in **1 hour**

Serves **10-12 people**

Ingredients

- 16 oz (one box) of cavatappi noodles
- 2 cans of full-fat coconut milk
- ¼ of a large butternut squash or about ½ cup of squash puree
- ½ cup vegetable broth
- ⅜-¼ cup all-purpose flour
- 4-5 tbsp or ¼ cup of unsalted butter
- 1 ½ -2 pounds of cheese, shredded (for best flavor, get a variety of cheese like sharp cheddar, parmesan, gouda, etc) * *make sure to shred your cheese for the cheese sauce, to ensure it melts properly!*
- ½ tsp ground nutmeg
- salt + pepper to taste
- 1 tsp ground mustard powder
- 1 tbsp chopped parsley

Preparation

- 1. Cut and season your squash** with salt and pepper, then coat with olive oil. Spread on a sheet pan and roast at 425 degrees for 20-30 minutes. Remove from the oven when it is fork-tender, then peel and use a stick blender or standard blender to puree.
- 2. Prepare your bechamel cheese sauce** by first cooking your roux. Melt your butter in a medium sauce pot on low-medium heat until frothy. Add your flour and nutmeg then mix until a thin paste forms. You may need to add additional butter if the paste is too thick to avoid burning. Stir continuously until the mixture begins

3. **Boil your macaroni** as you wait for your milk to heat and the sauce cooks. Heavily salt your water (it should taste a bit salty) and once boiling, add your pasta and cook until al-dente (about 10 minutes) to ensure it doesn't overcook when it's time to bake it.
4. Switch to a whisk and slowly pour your milk into the pot. Once the milk begins to heat and thicken, add all but $\frac{1}{2}$ - $\frac{3}{4}$ cup of your shredded cheese and then mix. Then add your pureed squash. Once your cheese is melted, add mustard powder, salt and pepper to taste.
5. **Assemble your macaroni** by mixing your cooked sauce with your cooked pasta. Then pour it into your baking dish and top with the remaining shredded cheese.
6. Bake at 425 degrees for 20 minutes or until the cheese is bubbling and the top is crisp and golden brown.
7. Allow to cool for 10-15 minutes and enjoy!





Nutrition Guideline



BUTTERNUT SQUASH

About Me

I'm a winter squash with a sweet, nutty taste and creamy texture. I'm used in cuisines all over the world and used in a variety of dishes from soups to stews.

Vitamins + Minerals

POTASSIUM
VITAMIN A
VITAMIN C
BETA-CAROTENE

Benefits

- High in fiber
- High in antioxidants
- Supports immune function
- Balance blood sugar
- Reduce blood pressure

Classic Pairings

Sage, coconut milk,
cinnamon, nutmeg, nuts,
curry, parmesan, garlic,
thyme, rosemary, feta



About The Chef



Background

DeVaughn Woods, known as Chef Vaughn, hails from Baltimore, MD, where his passion for cooking began early. Inspired by preparing meals for family, he knew from a young age that cooking was his true calling. He studied commercial baking at Mergenthaler Vo-tech and gained foundational experience working at a retirement home during high school. In 2021, Chef Vaughn pursued his dream at The Culinary Institute of America, the nation's top culinary school. There, he honed advanced skills in cooking, food photography, styling, farming, and recipe development, and led as President of the Black Culinarian Society.

Dishes

Chef Vaughn served as our third chef for the Cooking with Pride series in March. For the menu, he curated a 3 course meal. The dishes were Jamaican Curry Chicken, Rice & Peas, Steamed Cabbage, and Caribbean Green Seasoning to make the perfect Caribbean dish!



@ChefVaughn

RECIPE

Jamaican Curry Chicken



Ready in **1 hour**

Serves **15 people**

Ingredients

- 1 SMALL YELLOW ONION, SLICED
- 1/2 SCOTCH BONNET OR HABANERO CHILE, SLICED
- 1 TABLESPOON CURRY POWDER
- 4 CHICKEN LEGS AND THIGHS (OR 4 PIECES OF CHICKEN, ABOUT 2 LBS)
- 11 TABLESPOON VEGETABLE OIL
- 1 1/2 CUP CHICKEN BROTH OR STOCK
- 2 MEDIUM YUKON GOLD POTATOES, PEELED AND CUBED
- 1 TABLESPOON LIME JUICE
- 1 TEASPOON KOSHER SALT (ADJUST TO TASTE)
- 2 GREEN ONIONS, SLICED (FOR GARNISH)

Preparation

1. Rinse the chicken pieces with water and pat them dry with paper towels. After that, rub the chicken with lime juice and salt to enhance flavor and reduce any gamey taste.
2. In a bowl, combine the sliced onion, Scotch bonnet or habanero chile, and curry powder. Coat the chicken pieces evenly with the seasoning mixture. Let it marinate for at least 30 minutes (or overnight for deeper flavor).
3. Heat 1 tablespoon of vegetable oil in a large pan or Dutch oven over medium-high heat. Add the marinated chicken pieces, skin-side down, and brown them for 3-4 minutes per side until golden.

RECIPE

Jamaican Curry Chicken



Ready in **1 hour**

Serves **15 people**

Preparation

4. Pour in 1 1/2 cups of chicken broth or stock and bring to a simmer. Reduce the heat to medium-low, cover the pan, and let the chicken cook for 20 minutes, stirring occasionally.
5. Stir in the cubed Yukon Gold potatoes and continue cooking for another 15-20 minutes, or until the potatoes are fork-tender and the curry has thickened.
6. Taste and adjust salt if needed. Garnish with sliced green onions for a fresh pop of flavor. Serve hot with steamed white rice or Jamaican rice and peas for an authentic experience.



Nutrition Guideline



Chicken

About Me

I'm chicken, a lean, versatile source of protein that can be grilled, baked, fried, or roasted. Mild in flavor, I pair well with countless spices and sauces, making me a staple in cuisines around the world.



Vitamins + Minerals

Niacin
Phosphorus
VITAMIN B3
IRON

Benefits

- High in protein
- Promotes Heart Health
- Aides Weight Management
- Boost Immunity
- Support Bone Health

Classic Pairings

Garlic and herbs, lemon and pepper, soy sauce and ginger, chili and lime, rosemary and thyme, butter and garlic.



@ChefVaughn

RECIPE

Caribbean Green Seasoning



Ready in **15 minutes**

Serves **30 people**

Ingredients

- 1/4 CUP FRESH CILANTRO, CHOPPED
- 1/4 CUP CELERY, CHOPPED
- 1 SMALL SCOTCH BONNET OR HABANERO CHILE, SLICED (USE LESS IF YOU PREFER LESS HEAT)
- 1 SMALL YELLOW ONION, CHOPPED
- 1 TABLESPOON VEGETABLE OIL
- 1 TABLESPOON FRESH GINGER, GRATED
- 2 SPRIGS FRESH THYME
- 3 GARLIC CLOVES, CRUSHED OR MINCED

Preparation

1. Wash and pat dry the cilantro, celery, and thyme. Roughly chop the cilantro, celery, and onion. Slice the Scotch bonnet or habanero (remove seeds if you want less heat). Grate the ginger and mince or crush the garlic
2. In a blender or food processor, add all the chopped ingredients. Pour in the vegetable oil to help with blending.
3. Pulse or blend on low speed until the mixture becomes a smooth paste. If needed, add a small amount of water (1 teaspoon at a time) to help with blending.
4. Transfer the green seasoning to an airtight container or glass jar. Store in the refrigerator for up to one week, or freeze in small portions for longer storage.



Nutrition Guideline



Ginger

About Me

Hi, I'm Ginger! I'm a warm, zesty, and slightly spicy root with a bold personality. Whether I'm adding flavor to your favorite dish or soothing your stomach in tea, I bring both heat and healing wherever I go.



Vitamins + Minerals

Zinc
Calcium
Manganese
Calcium
Vitamin B2

Benefits

- Reduces Inflammation
- Aids Digestion
- Lowers Blood Sugar
- Supports Heart Health
- Relieves Menstrual Cycle

Classic Pairings

Garlic, Lemon,
Honey, Soy Sauce,
Turmeric, Cinnamon



@ChefVaughn

RECIPE

Caribbean- Style Steamed Cabbage



Ready in **1 hour**

Serves **15 people**

Ingredients

- 1/2 LARGE CABBAGE (ABOUT 3 CUPS SHREDDED)
- 1 ONION, SLICED
- 1 SCALLION, CHOPPED
- 2 SPRIGS THYME
- 2 CLOVES GARLIC, CRUSHED OR SLICED
- 1/8 SCOTCH BONNET PEPPER, SLICED THIN (ADJUST FOR SPICE LEVEL)
- 3/4 TBSP OLIVE OIL
- 1 ALLSPICE BERRY (PIMENTO)
- 1/4 TSP BLACK PEPPER
- 1/4 TSP SALT (ADJUST TO TASTE)
- 1/2 VEGETABLE STOCK CUBE, CRUSHED

Preparation

1. Shred the cabbage into thin strips. Slice the onion and scallion, then crush or slice the garlic. Thinly slice the Scotch bonnet pepper (wear gloves if sensitive to spice). Once completed, then Crush the vegetable stock cube.
2. In a large pan or skillet, heat the olive oil over medium heat. Sauté Aromatics. Add the sliced onion, scallion, and garlic to the pan. Stir and cook for about 2 minutes until fragrant.
3. Add the thyme sprigs, allspice berry, and Scotch bonnet pepper. Stir and cook for another minute to release the flavors. Add the shredded cabbage to the pan. Sprinkle in the black pepper, salt, and crushed vegetable stock cube.
4. Reduce the heat to low. Add 2-3 tablespoons of water to the pan. Cover the pan with a lid and let the cabbage steam for about 5-7 minutes, stirring occasionally.
5. The cabbage should be tender but still have a slight crunch. Taste and adjust seasoning if needed. Remove the thyme sprigs and allspice berry. Serve warm as a side dish to complement your meal.



Nutrition Guideline



**Scotch Bonnet
Pepper**

About Me

Hi, I'm Scotch Bonnet! I'm small, fiery, and full of bold Caribbean flavor. My heat comes with a hint of sweetness, and I love bringing spice and personality to sauces, stews, and marinades.



Vitamins + Minerals

Vitamin C
Vitamin A
Vitamin B6
Iron
Potassium

Benefits

- Rich in Vitamin C
- Anti-Inflammatory Properties
- Boosts Metabolism
- Supports Heart Health
- Contains Antioxidants

Classic Pairings

Garlic, Onion,
Thyme, Ginger, Lime,
Allspice



RECIPE

Rice & Peas



Ready in **1 hour**

Serves **15 people**

Ingredients

- 1 TABLESPOON UNSALTED BUTTER
- 1 CUP JASMINE RICE
- 1 1/2 CUPS WATER
- 1 TEASPOON KOSHER SALT
- 1/2 CUP CANNED OR COOKED PIGEON PEAS

Preparation

1. Place the jasmine rice in a fine-mesh strainer and rinse under cold water until the water runs clear. This removes excess starch and helps prevent the rice from becoming sticky.
2. In a medium saucepan over medium heat, add the unsalted butter and let it melt completely. Add the rinsed jasmine rice to the melted butter. Stir for 1-2 minutes, allowing the rice to lightly toast and absorb some of the butter's flavor.
3. Pour in the 1 ½ cups of water. Add the kosher salt and stir to combine. Once combined, stir in the ½ cup of pigeon peas, ensuring they are evenly distributed throughout the rice.
4. Increase the heat to high and bring the mixture to a rolling boil. Once boiling, reduce the heat to low, cover the saucepan with a tight-fitting lid, and let it simmer for 15 minutes. Avoid removing the lid during this time to ensure proper steaming.
5. After 15 minutes, turn off the heat and let the rice sit, covered, for an additional 5 minutes. This helps the rice absorb any remaining moisture.
6. Use a fork to gently fluff the rice, mixing the peas evenly and serve warm with your favorite Caribbean dish!



Nutrition Guideline



Pigeon Peas

About Me

Hi, I'm Pigeon Peas! I'm a small but mighty legume packed with protein and fiber. Earthy and nutty in flavor, I'm a staple in many Caribbean, African, and Indian dishes. Whether in stews, rice, or soups, I bring heartiness and tradition to every meal.



Vitamins + Minerals

Vitamin A
Potassium
Magnesium
Calcium
Vitamin B6

Benefits

- High in Fiber
- Boost Energy
- Strengthens Immunity
- Rich in Protein
- Helps Manage Blood Sugar

Classic Pairings

Rice, Coconut Milk,
Onions, Garlic,
Thyme, Scotch
Bonnet Peppers



About The Chef



Background

Chef Brittany Fields is the founder and culinary force behind The Veggie Table, a fully vegan catering and meal prep service based in Baltimore, Maryland. With a passion for plant-based cuisine, she offers cooking classes, personal chef services, and hosts popular vegan brunch pop-ups on Saturdays. Her mission is to make vegan food accessible and delicious for everyone, showcasing the versatility and flavor of plant-based ingredients.

Dishes

Chef Brittany served as our fourth chef for the Cooking with Pride series in April. For the menu, she curated a 3 course meal. The dishes were Vegan Chicken Fettucine Alfredo, Caesar Salad, and Lemon Glazed Blueberry Cake.



RECIPE

Vegan Caesar Dressing



Ready in 10 minutes

Serves 8 people

Ingredients

- 1/2 cup of raw cashews (soaked overnight, drained, and rinsed)
- 2 fl oz water
- 1 fl oz extra virgin olive oil
- 1 Tbsp lemon juice
- 1/8 Tbsp Dijon mustard
- 1/2 tsp garlic powder
- 1 garlic clove
- 1/2 tsp vegan Worcestershire sauce
- 2 tsp capers
- salt + pepper to taste

Preparation

- 1. Add all ingredients (except salt)** to a high speed blender. Blend all ingredients on high until you get a smooth and creamy consistency.
- 2. Season with salt** and adjust other ingredients to taste. Set aside or refrigerate until ready to use.



Nutrition Guideline



Cashews

About Me

Hi, I'm Cashew! I'm a creamy, crescent-shaped nut with a buttery texture and naturally sweet flavor. Whether I'm blended into sauces, snacked on raw or roasted, or turned into dairy-free cheese, I always bring richness and versatility to the table.

Vitamins + Minerals

- Vitamin E
- Phosphorus
- Zinc
- Copper
- Vitamin K

Benefits

- Heart Healthy
- Bone Strength
- Support Brain Function
- Aids Energy Production
- Improves Skin Health

Classic Pairings

- Coconut, Chocolate,
- Curry, Dried Fruit,
- Honey, Stir-Fried
- Vegetables



RECIPE

Nut & Seed “Parmesan Cheese”



Ready in 10 minutes

Serves 8 people

Ingredients

- 1/3 cup of raw cashews
- 2 Tbsp hulled hemp seeds
- 1 garlic clove
- 1 Tbsp nutritional yeast
- 1/2 fl oz extra virgin olive oil
- 1/2 tsp garlic powder
- salt + pepper to taste

Preparation

1. Add cashews and garlic into a food processor, blender, or spice grinder. Pulse until finely chopped.
2. Add remaining ingredients and pulse again until well combined. Taste and adjust other ingredients to taste.
3. Store in an airtight container.



Nutrition Guideline



Hemp Seeds

About Me

Hi, I'm Hemp Seeds! I'm tiny but packed with nutrition, offering a perfect balance of protein, healthy fats, and essential minerals. I'm great sprinkled on salads, blended into smoothies, or mixed into your favorite snacks to give you a natural energy boost.



Vitamins + Minerals

Vitamin E
Potassium
Zinc
Calcium
Iron

Benefits

- Heart Healthy
- Aids Digestion
- Lowers Blood Sugar
- Strengthens Immunity
- Complete Protein Source

Classic Pairings

Smoothies, Yogurt,
Oatmeal, Salads,
Trail Mix, Granola



RECIPE

Caesar Salad



Ready in **10 minutes**

Serves **8 people**

Ingredients

- 5 cups of baby kale
- 10 cups chopped romaine lettuce
- Croutons
- Vegan Caesar dressing
- Nut & Seed “Parmesan Cheese

Preparation

- 1. Wash and Dry kale and romaine** thoroughly. Place kale and romaine lettuce in a separate bowl after you wash and dry greens.
- 2. Add the Caesar dressing** and toss until fully coated.
- 3. Top with croutons and vegan parmesan cheese.** Serve immediately and enjoy!



Nutrition Guideline



Kale

About Me

Hi, I'm Kale! I'm a leafy green powerhouse packed with vitamins, minerals, and antioxidants. Whether tossed in salads, blended into smoothies, or baked into crispy chips, I bring vibrant nutrition and a bit of a peppery punch to your meals.



Vitamins + Minerals

- Vitamin A
- Vitamin C
- Vitamin K
- Calcium
- Potassium

Benefits

- High in Antioxidant
- Supports Eye Health
- Aids Digestion
- Support Heart Health
- Rich in Vitamins

Classic Pairings

- Garlic, Lemon, Olive Oil, Parmesan, Apples, Walnuts



RECIPE

Vegan Creamy Garlic Herb Sauce



Ready in **10 minutes**

Serves **12 people**

Ingredients

- 1 tbsp extra virgin olive oil or vegan butter
- 1 small shallot or ½ of small onion, finely diced
- 3-4 garlic cloves, minced
- 1 tbsp fresh thyme
- 1/2 cup of raw cashews (soaked in hot water for 20 minutes, then drained)
- 1/2 cup of unsweetened plant milk (almond, soy, etc.)
- 1 tbsp nutritional yeast
- 1 tsp lemon juice
- Salt & black pepper to taste

Preparation

- 1. Heat oil in a pan.** Sauté shallots (or onions) along with garlic cloves for 2-3 minutes or until fragrant. Once fragrant, add thyme and parsley, then cook for one more minute.
- 2. Transfer sautéed aromatics to a blender** with soaked cashews, plant milk, nutritional yeast, and lemon juice. Blend until smooth and creamy.
- 3. Return to the pan and heat gently,** seasoning with salt and pepper to taste



Nutrition Guideline



Shallots

About Me

Hi, I'm Shallots! I'm a small, flavorful bulb with a mild, sweet onion taste and a hint of garlic. I add depth and subtlety to sauces, dressings, and sautés, making every dish more delicious.



Vitamins + Minerals

- Vitamin C
- Vitamin B6
- Folate
- Manganese
- Potassium

Benefits

- Reduces Inflammation
- Aids Digestion
- Boost Immunity
- Supports Heart Health
- Rich in Antioxidants

Classic Pairings

Butter, Thyme,
Garlic, Vinegar,
Mushrooms, Beef



RECIPE

Sautéed Oyster Mushrooms



Ready in **10 minutes**

Serves **12 people**

Ingredients

1 1/2 cups oyster mushrooms,
roughly chopped or torn

- 1 tbsp olive oil
- Salt & pepper to taste
- Optional: splash of white wine or lemon juice while sautéing

Preparation

- 1. Heat oil in a pan.** Sauté mushrooms in oiled pan for 6-8 minutes, or until mushrooms are browned and tendered to your desired texture.
Season with salt, pepper, and a splash of lemon juice or white wine if desired. Serve with alfredo
- 2.**

RECIPE

Fried Oyster Mushrooms



Ready in **15 minutes**

Serves **12 people**

Ingredients

- 1 oyster mushrooms, torn into strips
- 1/2 cup of plant milk
- 1/2 cup of flour (or cornstarch for extra crisp)
- Salt & black pepper
- 1/2 tsp Garlic Powder
- 1/2 tsp Paprika
- 4 cups neutral based cooking oil

Preparation

1. **Heat oil in a shallow pan.** While oil is heating, season flour with salt, black pepper, garlic powder, & paprika.
2. **In a separate bowl,** put plant milk in that bowl in order to batter mushroom strips. Then dip strips in milk, then dip them in the seasoned flour until fully coated. Once battered, place on a rack and let the strips rest for 3 minutes.
3. **Place battered mushrooms in oil in small batches** and let them cook for 4-6 minutes or until they are floating to the top of the grease. To test, take one floating mushroom out and place it on a paper towel to drain excess grease. before tasting
4. **Once mushrooms are finished cooking,** place remaining mushrooms on paper towel to drain grease and serve with alfredo



Nutrition Guideline



Oyster Mushroom

About Me

Hi, I'm Oyster Mushrooms! I'm soft, savory, and slightly sweet with a delicate texture that soaks up flavor beautifully. Whether sautéed, grilled, or added to soups and stir-fries, I bring a meaty, plant-based boost to any dish.



Vitamins + Minerals

Vitamin B3 (Niacin)
Vitamin B5
(Pantothenic Acid)
Iron
Potassium
Phosphorus

Benefits

- Boost Immunity Supports
- Heart Health High Protein
- and Fiber Rich in Vitamins
- and Minerals Anti-
- Inflammatory Properties

Classic Pairings

Garlic, Soy Sauce,
Ginger, Olive Oil,
Thyme, Green
Onions



RECIPE

Lemon Glazed Blueberry Cake



Ready in **1 hour**

Serves **12 people**

Ingredients

- 2 cups flour (all-purpose or gluten-free blend)
- 1 1/2 tsp baking powder
- 1/4 tsp baking soda
- 3/4 tsp salt
- 1 cup sugar (or xylitol for sugar-free)
- 3/4 cup plant-based milk
- 1/2 cup vegan mayo
- 1/4 cup oil (or applesauce for lower fat)
- 1/4 cup fresh lemon juice
- Zest of 1 large or 2 small lemons (about 1 tbsp)
- 1 tsp pure vanilla extract
- 1 to 1 1/4 cups fresh or frozen blueberries (do not thaw if frozen)
- 1 tbsp flour (for tossing blueberries before folding in)

RECIPE

Lemon Glazed Blueberry Cake



Ready in 1 hour

Serves 12 people

Preparation:

- 1. Preheat oven to 350°F.** Grease and flour a standard loaf pan.
- 2. In a large bowl,** whisk together flour, baking powder, baking soda, salt, and sugar. In a separate bowl, mix milk, vegan mayo, oil/applesauce, lemon juice, lemon zest, and vanilla until smooth.
- 3. Combine the wet and dry ingredients,** stirring gently until just mixed (do not overmix). Toss blueberries with 1 tbsp flour (to prevent sinking), then gently fold into the batter.

Pour batter evenly into prepared loaf pan and smooth the top.
- 4. Bake for 40-50 minutes** or until a toothpick comes out clean. Cool in the pan for 10 minutes, then invert onto a rack to cool completely.
Optional: Drizzle with lemon glaze once cooled.
- 5.**



Nutrition Guideline



Lemon

About Me

Hi, I'm Lemon! I'm bright, zesty, and full of tangy flavor. Whether I'm adding a splash of freshness to your food or a boost of vitamin C to your day, I bring a burst of sunshine wherever I go.



Vitamins + Minerals

Vitamin C
Vitamin B6
Potassium
Calcium
Magnesium

Benefits

- Supports Hydration
- Aids Digestion Boost
- Immunity Promotes
- Skin Health
- Detoxifies Body

Classic Pairings

Honey, Garlic, Olive
Oil, Chicken, Mint,
Berries



About The Chef



About KaTisha Smith “Chef Tish”

KaTisha J. Smittick is a bold DMV native, U.S. Army vet turned culinary artist and creative powerhouse. As the founder of Mental Meals and CEO of Mental Mayhem Photography, she fuses flavor, storytelling, and soul to create unforgettable experiences. Armed with a global perspective and degrees in General Studies, Photographic Imaging, and Culinary Arts (with honors), she’s been featured on FOX 5 News and collaborates with brands and communities alike to bring visions to life. A passionate mentor and activist, KaTisha is on a mission to feed minds, fuel creativity, and empower others to live their truth, because for her, belief means action.

Dishes

Chef Tish served as our last chef for the Cooking with Pride series in May. For the menu, she curated a Blackened Chicken lettuce taco with Pineapple Pico De Gallo, Guacamole, & Cilantro Lime Crema Sauce.



RECIPE

Blackened Chicken



Ready in 20 minutes

Serves 6 people

Ingredients

- 2 boneless, skinless chicken breasts
- 1 tsp smoked paprika
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp dried oregano
- 1/2 tsp thyme
- 1/2 tsp cayenne pepper
- 1/2 tsp salt
- 1/2 tsp black pepper
- 1-2 tbsp olive oil

Preparation

- Coat chicken in spices in the ingredients section.
- Sear in olive oil 5-6 mins per side. Let rest, slice, or dice.

Nutrition Guideline



Thyme

About Me

Hi, I'm Thyme! I'm a fragrant herb with earthy, slightly minty notes that add depth to savory dishes. Whether sprinkled on roasted veggies, infused in soups, or paired with meats, I bring warmth and aroma to your cooking.



Vitamins + Minerals

Vitamin C
Vitamin A
Vitamin K
Iron
Manganese

Benefits

- Supports Respiratory Health
- Aids Digestion
- Antibacterial and Antifungal
- Anti-Inflammatory Properties
- Boost Immunity

Classic Pairings

Garlic, Lemon,
Rosemary, Olive Oil,
Chicken, Mushrooms



RECIPE

Guacamole



Ready in **10 minutes**

Serves **12 people**

Ingredients

- 2 ripe avocados Juice of 1 lime
- 1/2 cup cilantro
- 1/2 cup red onion
- 1 garlic clove, minced
- 1/2 tsp salt
- 1/2 tsp black pepper
- 1 tsp Total Seasoning
- 1/2 tsp ground cumin
- Cooked blackened chicken, folded in (Optional)

Preparation

1. Mash avocados with lime juice, cilantro, red onion, minced garlic, salt, pepper, Total Seasoning, and cumin together.

(Optional) Fold in chicken.

Nutrition Guideline



Avocado

About Me

Hi, I'm Avocado! I'm creamy, buttery, and packed with healthy fats and nutrients. Whether sliced on toast, blended into smoothies, or mashed into guacamole, I bring rich flavor and nourishing goodness to every bite.

Vitamins + Minerals

Vitamin K
Vitamin E
Vitamin C
Potassium
Folate

Benefits

- Supports Heart Health
- Aids Digestion
- Aids Weight Management
- Boost Skin Health
- Rich in Nutrients

Classic Pairings

Tomato, Lime,
Cilantro, Onion,
Garlic, Chili Peppers



RECIPE

Pineapple Pico De Gallo



Ready in **15 minutes**

Serves **12 people**

Ingredients

- 1 cup diced pineapple
- 1/2 cup red onion
- 1 jalapeño, minced
- 1/2 cup cilantro
- Juice of 1 lime, salt to taste
- Optional: chili powder or Tajín

Preparation

Dice pineapple and red onion, then mix with minced jalapeño and chopped cilantro.

Nutrition Guideline



Pineapple

About Me

Hi, I'm Pineapple! I'm sweet, juicy, and bursting with tropical flavor. Whether fresh, grilled, or blended into smoothies, I bring a bright, refreshing zing that livens up any dish.

Vitamins + Minerals

Vitamin C
Manganese
Vitamin B6
Copper
Thiamine (Vitamin B1)

Benefits

- Rich in Vitamin C
- Aids Digestion
- Anti-Inflammatory Properties
- Supports Bone Health
- Boosts Energy

Classic Pairings

Ham, Coconut,
Lime, Chili, Mint,
Ginger



RECIPE

Cilantro Lime Crema Sauce



Ready in **10 minutes**

Serves **12 people**

Ingredients

- 1/2 cup plain Greek yogurt Juice of
- 1 lime
- 2 tbsp cilantro
- 1 garlic clove
- Salt to taste, water to thin if needed

Preparation

- 1.** Whisktogether Greek yogurt with lime, cilantro, garlic, salt. Thin with water if needed.

Nutrition Guideline



Greek Yogurt

About Me

Hi, I'm Greek Yogurt! I'm thick, creamy, and packed with protein and probiotics. Whether enjoyed plain, with fruit, or in savory dishes, I bring a tangy richness that's both delicious and nourishing.



Vitamins + Minerals

Calcium
Vitamin B12
Phosphorus
Riboflavin (Vitamin B2)
Potassium

Benefits

- High in Protein
- Supports Digestive Health
- Rich in Calcium
- Boosts Immune System
- Helps Regulate Blood Pressure

Classic Pairings

Honey, Cucumber,
Dill, Berries, Granola,
Lemon

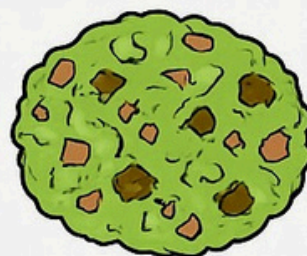


BUILD YOUR OWN TACO

- 1** START WITH
ROMAINE
LETTUCE



- 2** ADD
GUACAMOLE
Guacamole Tossed
throughout Chicken



- 3** TOP WITH
PINEAPPLE PICO



- 4** FINISH WITH
CILANTRO
LIME CREMA



MENTAL
meals



This cookbook, *Cooking with Pride*, is a celebration of love, culture, and community, and it wouldn't be possible without the support of so many beautiful souls. To our PCOM family, thank you for inspiring this journey with your strength, authenticity, and pride—your stories, resilience, and shared meals are the heart of this book. To the chefs and Our Time Kitchen, thank you for your creativity and for allowing us to use your space to create a memorable event for our community. To The Pride Center of Maryland and all of our community partners, thank you for believing in this vision and uplifting queer voices through food. And to every reader who picks up this cookbook, we hope these recipes nourish your body, bring joy to your table, and remind you that food is a powerful form of self-love, connection, and pride.



To be updated on our latest events, including the upcoming “Cooking with Pride” Cooking Classes, please follow us on all social media platforms at Pride Center of MD. Again, we thank our community partner, Our Time Kitchen, along with Maryland Community Health Resources Commission (MCHRC), who helped sponsor this initiative for all to come and enjoy themselves with a memorable experience and memorable food.

*with gratitude & love,
The Pride Center of
Maryland*


BON APPETIT!

To Find Us, Please Look at The Following Information
Below

Pride Center of Maryland
2418 Saint Paul Street, Baltimore, MD, 21218
443-869-6740

 www.Pridecentermd.org

 info@pridecentermd.org

 @pridecenterofmd

 Pride Center of Maryland



The Pride Center of Maryland

Recipes Meant For You

