

85 Faster Healthier Southern Favorites

Looking for ways to make your favorite Southern dishes healthier and faster? Look no further! In this article, we'll share 85 of our favorite recipes that are both delicious and good for you.



Instant Pot Vegan Soul Food Cookbook: 85 Faster, Healthier Southern Favorites by Ashlee Lewis

★★★★★ 5 out of 5

Language	: English
File size	: 6570 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 234 pages
Lending	: Enabled



Appetizers

- Shrimp and Grits Bites
- Collard Green Hummus
- Sweet Potato Fries with Chipotle Mayo
- Deviled Eggs with Sriracha
- Fried Green Tomatoes with Remoulade

Soups and Salads

- Low-Country Boil Soup
- Black-Eyed Pea Salad
- Kale and Collard Green Salad with Lemon Vinaigrette
- Watermelon and Feta Salad
- Cucumber and Tomato Salad

Main Dishes

- Grilled Salmon with Lemon and Herbs
- Slow Cooker Pulled Pork
- Chicken and Dumplings
- Shrimp and Grits
- Meatloaf with Sweet Potato Mash

Sides

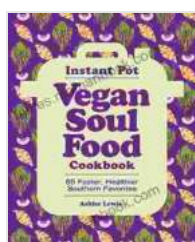
- Mac and Cheese with Cauliflower
- Collard Greens with Smoked Turkey
- Green Bean Casserole
- Mashed Sweet Potatoes
- Cornbread

Desserts

- Peach Cobbler
- Banana Pudding

- Chocolate Chess Pie
- Hummingbird Cake
- Sweet Tea

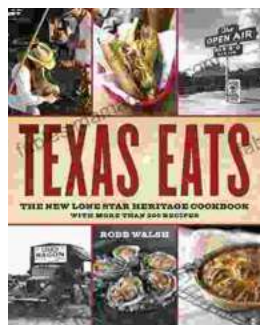
We hope you enjoy these 85 faster healthier Southern favorites! With so many delicious and nutritious options to choose from, you're sure to find something you'll love.



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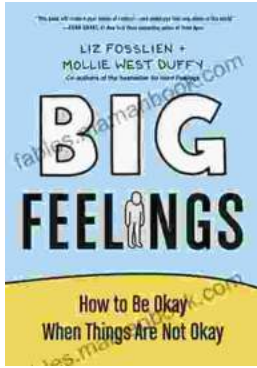
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