

Cooking Healthy

Latino Style!



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Notes to Readers

We are grateful to the individuals who shared their expertise, recipes and love for Latino cooking with us. This cookbook was a collaborative effort of many community members, and represents the great spirit of food and family that is central to the Latino culture. A special thanks to all who shared recipes, ideas, and tips for this book.

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The nutrient analysis for the recipes was done by a registered dietitian using the FoodWorks Version 9.0 copyright 2007. Nutrient values were rounded according to federal rules for declaring nutrients—the same rules used for food labeling. Please consider the nutrient values as estimates with some degree of variation possible depending on the specific brand names of ingredients used. Optional ingredients were not included in the analysis. Where two or more ingredients are suggested, the first was used in the analysis. Also, when the number of servings for a recipe appears as a range (for example, 4 to 6 servings), the nutrient analysis applies to the per person portion for the first number (i.e., per person for 4 servings).

Please direct any comments, suggestions, and questions about this publication to Jacqui Zimmerman, RD, LDN, jxzimmer@LancasterGeneral.org.



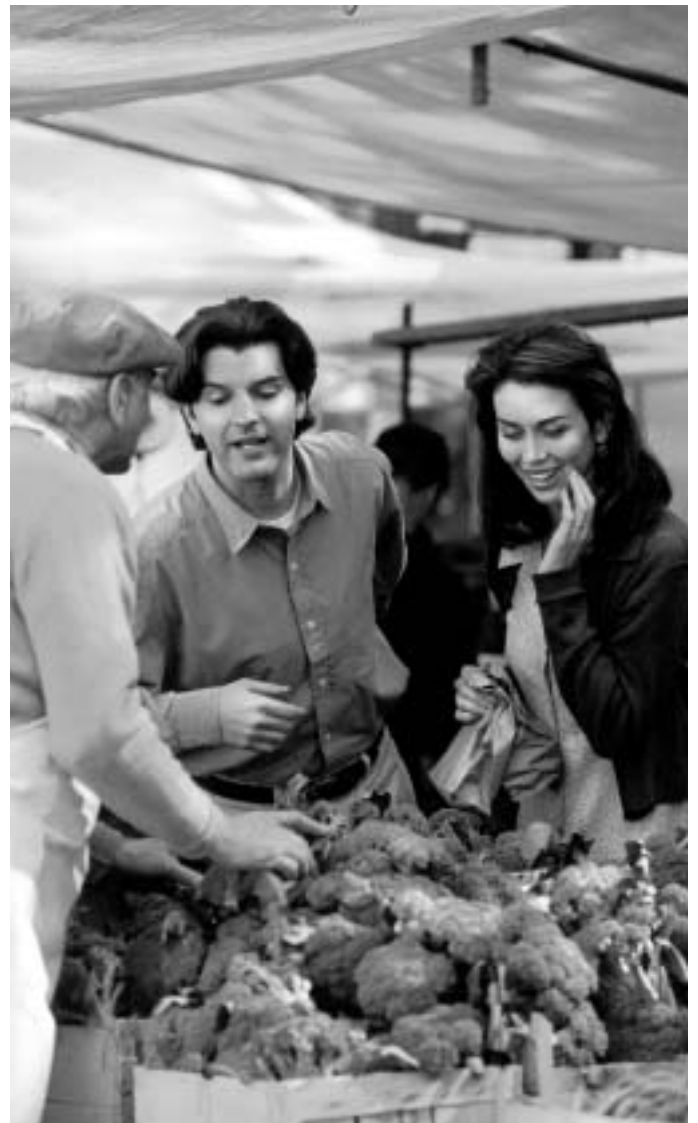
Introduction

According to the US Census Bureau, as of July 2006, Latinos are America's largest minority group. Latinos come from various Spanish-speaking countries in Central and South America as well as from Spain. Each nation's cuisine is unique to the style of cooking widely used in the area, and ingredients vary depending on regional availability. Traditional Latino cooking features many different flavors and healthy ingredients such as brightly colored fruits and vegetables, beans and grains, and fresh herbs.

The recipes in this cookbook reflect many Latino cultures in Lancaster County. The recipes were contributed by various members of the Latino community, and a local restaurant owner to provide the reader with a variety of traditional, healthy Latino fare. In this cookbook you will find familiar ingredients as well as some new ingredients you may not have tried before. For Latinos living in Lancaster County, we hope this cookbook will serve not only as a collection of recipes, but also as a guide to assist you in making changes that may help you to live a healthier lifestyle.

For those who are unfamiliar with Latino cooking, we hope that you will try "spicing up" your diet by trying some of these dishes. Many of the recipes in this book are full of unique flavors, bright colors, and nutrients important to overall health. This book is only a small sampling of what Latino cooking has to offer, but we hope it inspires you to learn more about this rich and flavorful cuisine. We have included a glossary of terms and typical ingredients, as well as a "Healthy Food Staples" list so that just about anyone can learn to cook Latino style!

The information in this cookbook is geared toward the general public of adults and children over age two. It is not intended as a substitute for consulting with your physician or other qualified healthcare professional.



Glossary of Terms

Achiote: Seeds that are often ground and used in foods to give a yellowish color and flavor, also added to spice blends.

Adobo: Marinade or dry-rub. Can be used on meat, fish or poultry, or to flavor other dishes.

Aji: A small hot pepper, also known as the Peruvian hot pepper. They come in many different varieties and colors.

Arroz: Spanish word for rice. Long grain white rice is traditionally used.

Arroz con Pollo: Spanish phrase for rice with chicken. This dish is common in most Latino cultures, and the recipes vary widely depending on country of origin.

Bacalao: Cod that has been dried and salted. It is typically soaked in a large amount of water to remove salt prior to use in a recipe.

Calabaza: May also be called a West Indian pumpkin, since it is similar in size and color to a regular pumpkin. Large and round, with a flavor similar to that of butternut squash. Some markets will sell calabaza pre-chopped.

Flan: A custard dessert that is usually coated in caramelized sugar.

Gandules: Spanish word for pigeon peas, a type of legume. Arroz con gandules, or rice with pigeon peas, is a very traditional Latino dish.

Malanga: A root vegetable that resembles a yam in shape and size. It has rough brown skin and beige colored flesh.

Mango: A fruit that is native to Asia, with juicy sweet flesh and a large flat seed. Remove the tough skin before eating.

Picadillo: A dish that is popular throughout Latin America, Mexico and Cuba. It is usually a mixture of ground beef, onions, garlic and tomatoes. Recipes

vary depending on the region of origin. Typically served with bread or rice.

Plantain: This fruit is a member of the banana family and looks like a large banana. Plantains are a starchy fruit similar to a potato, and are always cooked prior to eating. They have green skins that turn black as they ripen. They can be eaten at any stage of ripeness, and become sweeter as they ripen.

Sancocho: A stew made with meat or poultry and vegetables; usually contains different root vegetables.

Salsa Verde: Spanish for “green sauce,” and made with a mixture of tomatillos, peppers and other seasonings. Used in a variety of Mexican dishes.

Sazon: A mixture of salt and other seasonings that is typically used in Puerto Rican and other Latino dishes. Found at the supermarket in the ethnic food section among other Latino ingredients.

Sofrito: A mixture of vegetables that may include peppers, onion, garlic, herbs and spices. It may either be sautéed or simply pureed together in a food processor. It is used to add flavor to a number of dishes, including rice, soups, and stews. Easy to make but it is also available pre-made (fresh, jarred or frozen).

Tortilla: In Mexico, a tortilla is a flat disk made of flour or corn meal dough, the definition familiar to most people. In Spain, a tortilla is an egg omelet that is cut into pieces like a pie.

Tomatillo: A green tomato that is popular in Mexico. It is encased in a papery skin, which should be removed before using. The main ingredient in salsa verde.

Yucca: A starchy vegetable that has brown skin that looks like bark and white flesh. Remove skin before using. You may also find it under the name cassava or manioc in some markets.

Healthy Food Staples: Latino Style!

Grains:

Include at least some whole grains. Look for the word “whole” with the grain.

- Long grain rice
- Brown rice (or instant brown rice)
- Whole grain and corn tortillas
- Quinoa, bulgur wheat, or other grains
- Oatmeal and whole grain cereals
- Whole grain bread

Beans:

Stock up on both canned and dry beans. Both have a long shelf life, and are a low-cost source of many nutrients and fiber.

- Kidney
- Chickpeas
- Gandules
- White
- Black
- Pinto
- Lentils (red, green and brown)

Healthy Oils

Even healthy oils are pure fat and therefore high in calories. Always measure the amount needed for a recipe.

- Olive
- Canola

Herbs and Spices

Always have some fresh and some dried on hand.

- Annatto seeds
- Cilantro
- Cumin
- Pepper
- Cayenne pepper
- Fresh garlic and garlic powder
- Onion powder
- Cinnamon
- Vanilla

Dairy/Eggs

Dairy products contain saturated fat, so choose low-fat or fat free dairy most often.

- 1% or skim milk
- Light or non-fat yogurt
- Reduced fat cheeses
- Eggs

Seafood

Choose fish at least 2 times per week. Oily fish, like salmon, contain Omega-3 fatty acids that are healthy for your heart.

- Salmon (canned or fresh)
- Tuna (canned or fresh)
- Tilapia
- Any other favorites

Poultry and Meat

Choose fish and poultry more often than red meat, and choose lean cuts.

- Chicken, with bone, or boneless and skinless.
- Beef, lean cuts
- Pork, lean cuts

Fruits

Choose fresh, frozen, unsweetened dried, and canned in light syrup. Keep a variety on hand; here are just a few:

- Avocado
- Bananas
- Plantains
- Oranges
- Papaya
- Guava
- Mango
- Pineapple
- Prickly Pear

Vegetables

Choose fresh, frozen, and canned with no-added salt. Keep a variety on hand, here are just a few:

- Tomatoes and tomatillos
- Carrots
- Peppers, bell and hot peppers
- Onions
- Green beans
- Peas
- Sweet potatoes and white potatoes
- Yucca
- Zucchini
- Squash
- Corn



Make Your Recipes Healthier

Eating healthier shouldn't have to mean giving up all of your favorite foods. Instead of not using those recipes, think about modifying them to make them healthier. Many times you can create a healthier recipe that tastes just as good as the original. Don't worry about changing all of your favorite recipes in order to eat healthier. If you have a recipe that you make only once a year or for special occasions, then you may not need to be concerned about changing it. Instead, focus on recipes that you prepare on a regular basis. This will help to ensure that your overall diet is healthy.

There are many ways that you can change a recipe to make it healthier. You might consider changing the cooking method since foods that are deep-fried tend to have higher amounts of fat than foods that are grilled, baked or broiled without added fat. Foods can also be cooked with a smaller amount of oil or a fat free liquid (such as water or broth) in a non-stick pan.

Portion size is also key to eating healthier. A larger portion size means more calories. If you eat more calories than you burn you will gain weight. When you don't think that you can modify a recipe, simply try to eat a smaller portion. Balance is important, so when you serve a high fat or high calorie item, offer healthy, lower calorie side dishes like vegetables and fruit. Paying attention to portion size is very important to maintaining a healthy weight.

Another way to modify recipes is to do something about the ingredients. Identify which ingredients you could change to make the recipe healthier. Look for ways to decrease total fat (especially saturated fat), sodium and sugar. If you use less fat and sugar in a recipe, you will significantly cut calories. You might also look for ways to add to the nutritional content of the product, possibly by adding fruits, vegetables, whole grains, or beans (legumes). Here are a few suggestions that will help you make your recipes healthier:

Reducing Saturated Fat:

Beef and Pork:

- Look for the leanest varieties; you may see "round" or "loin" in the name. Generally, the less marbling the meat has, the less saturated fat it contains.
- Trim all visible fat prior to cooking.
- Cut back on the amount of meat in the recipe and add or increase the amount of beans.
- Choose select or choice grades of meat over prime which contains the most fat.

Poultry:

- Remove the skin.

Whole Milk and whole milk yogurt:

- Use instead 1% low-fat or fat-free (skim) milk or soy milk (soy milk is lactose free).
- Use low fat or fat free yogurt.

Evaporated Milk (canned)

- Replace with evaporated skim milk (canned).

Cheese

- Reduce the amount or omit it completely.
- Replace with a reduced fat cheese (made with 2% or 1% milk).
- Use a smaller amount of a cheese that is stronger in flavor (such as sharp cheddar rather than regular cheddar cheese).

Light or Heavy Cream

- Replace with evaporated skim milk.
- For cream soups, puree some of the vegetables or beans after they have cooked and add back into the soup to thicken, instead of adding cream.

Sour Cream

- Use light or fat-free sour cream.
- Replace with plain, fat-free yogurt.
Note: To prevent curdling if you plan to heat the fat free dairy product, mix 1 tablespoon cornstarch into 1 tablespoon of the dairy product, then mix in the remaining dairy product and add to your dish.

Make Your Recipes Healthier

Cream Cheese

- Use instead reduced fat or fat-free cream cheese.
- Yogurt cheese: Drain low-fat or fat-free yogurt in a strainer lined with cheesecloth. Place strainer over a bowl and refrigerate for several hours. With much of the liquid drained off, the thickened yogurt has the consistency of cream cheese.

Butter for sautéing

- Use a minimal amount of oil, like canola or olive oil, or spray oil.
- Use a non-stick pan and fat-free liquids, such as defatted stock or low-sodium broth, fruit juice, or water.

Butter, shortening, stick margarine or lard

- In baked goods, replace half the amount with applesauce, pureed prunes, mashed banana, or canned pumpkin
- Replace with $\frac{2}{3}$ the amount of oil. For example, if the recipe calls for 1 cup butter, use $\frac{2}{3}$ cup oil.

Whole eggs

- Use 2 egg whites instead of 1 whole egg.
- Use $\frac{1}{4}$ cup cholesterol-free egg substitute in place of 1 whole egg.

Reducing Sugar Content:

Fruit canned in heavy syrup

- Use fruit canned in juice, water or extra light syrup.
- Drain off heavy syrup and rinse fruit with water.

White sugar or brown sugar

- Reduce the amount by $\frac{1}{4}$ or $\frac{1}{3}$ cup. Increase the amount of cinnamon, vanilla extract, or dried fruits to increase sweetness.
- Use only 1 teaspoon of sugar per cup of flour in yeast breads.
- Replace some of the sugar with a sugar substitute that is suitable for baking; look at packaging for instructions on how to use in baked goods.

Honey or other liquid sweeteners

- In muffins and quick breads, reduce the amount by $\frac{1}{4}$ cup.

Reducing Sodium (Salt) Content

Salt or sea salt

- Reduce the amount or omit it.
- Use fresh herbs such as cilantro, parsley or rosemary.
- Finish foods with a squeeze of fresh lemon juice to brighten the flavors.

Garlic or onion salt

- Use fresh garlic, fresh onion, garlic powder or onion powder.

Store bought seasonings that contain salt

- Make your own spice blend with ground pepper, garlic powder, onion powder, and only a pinch of salt.
- Use a salt-free seasoning blend.

Canned broth or stock

- Low sodium broth or other low-sodium liquid, like water, fruit juice, low sodium vegetable juice, and homemade stock without salt.

Foods canned with salt

- Use no added salt versions of canned vegetables, tomatoes, and tomato sauce.
- For canned beans, drain and rinse to remove some of the salt, or use dry beans that have been soaked. A few types of canned beans are available with no added salt.

Salted snack foods (pretzels, nuts, crackers)

- Choose unsalted or reduced-sodium snack foods.

Seasonings & Appetizers



Sofrito



Here are 2 versions of Sofrito. Sofrito is used in several recipes in this cookbook and adds great flavor to any dish, without the need for salt or fat. The first recipe is more traditional and the second recipe uses ingredients that you may already have on hand.

Version 1:

- 1 green bell pepper, chopped
- 1 small onion, chopped
- 1 clove garlic, crushed
- ½ cup fresh cilantro leaves, coarsely chopped
- ½ cup recajo leaves
- ½ cup aji (small, round, sweet, green pepper)

Version 2:

- 1 green bell pepper, chopped
- 1 medium tomato
- 1 small onion
- 1 clove garlic, crushed
- ½ cup fresh cilantro leaves, coarsely chopped
- 2 teaspoons dried oregano

1. Roughly chop ingredients and place in a blender or food processor. Blend all ingredients until smooth.
2. Store sofrito in the refrigerator for up to 3 days.

Special Note

Freeze what you won't use in ice cube trays. Once frozen, pop cubes out into a plastic freezer bag and store until ready to use. Each "cube" is about one tablespoon.

Nutrition Facts

Serving size	1 tablespoon
Calories	10
Total fat	0 g
Saturated fat	0 g
Trans fat	0 g
Cholesterol	0 mg
Sodium	0 mg
Total carbohydrate	2 g
Dietary fiber	less than 1 g

Pico de Gallo

Yield: 5 cups

Delicious served with baked tortilla chips, as a side salad, or a topping for grilled chicken or fish, tacos, or quesadillas.

- 2 large ripe tomatoes, chopped, about 4 cups
- ½ large onion, chopped, about 1½ cups
- ½ cup fresh cilantro, chopped
- 2-3 jalapeño peppers, seeds removed (see note), and chopped
- 2 cloves garlic, chopped
- Juice of 1 lime
- ¼ teaspoon salt
- Freshly ground pepper to taste (optional)

1. Combine all ingredients in a large bowl. Chill and serve.

Special Note

The heat of a pepper resides in the seeds and the inner membrane; remove them for less heat, keep them in for some extra kick!

Nutrition Facts

Serving size	1 cup
Calories	10
Total fat	0 g
Saturated fat	0 g
Trans fat	0 g
Cholesterol	0 mg
Sodium	30 mg
Total carbohydrate	2 g
Dietary fiber	less than 1 g



Fresh Tomato Salsa

Nutrition Facts

Serving size	½ cup
Calories	20
Total fat	0 g
Saturated fat	0 g
Trans fat	0 g
Cholesterol	0 mg
Sodium	125 mg
Total carbohydrate	5 g
Dietary fiber	1 g

Fresh salsa is a delicious way to enjoy fresh from the garden tomatoes. Eat with baked tortilla chips or use as a topping for your favorite Mexican fare, or grilled chicken or fish.

4 cups diced tomatoes (5-6 medium)	1-2 jalapeños, seeded and minced
¾ cup finely diced red onion	½ cup chopped fresh cilantro
¼ cup red wine vinegar	½ teaspoon salt

1. Combine all ingredients in a large bowl. Cover and refrigerate for up to 3 days.

Salsa Verde

Yield: 2 cups



Contributor Note

Roasting the tomatillos and peppers to make this recipe gives the salsa a unique flavor!

Use this salsa just as you would any other salsa—top eggs, tacos, a baked potato, or just eat it plain with baked tortilla chips.

6-8 tomatillos	1 or 2 cloves garlic
2 Serrano peppers	Juice of ½ a lime
¼ cup cilantro	¼ teaspoon salt

Nutrition Facts

Serving size	¼ cup
Calories	10
Total fat	0 g
Saturated fat	0 g
Trans fat	0 g
Cholesterol	0 mg
Sodium	75 mg
Total carbohydrate	2 g
Dietary fiber	less than 1 g

1. Roast or boil the tomatillos and the peppers. To roast them: heat oven to 375° F. Remove papery skins from tomatillos. Place tomatillos and whole peppers on a cookie sheet and place in the oven. Roast for 10-15 minutes or until soft. To boil them: Bring a large pot of water to a boil. Boil whole peppers and tomatillos until soft, about 10-15 minutes.
2. Cut stem ends from peppers. Place all ingredients in a food processor or blender and blend well. Adjust seasonings as needed. Chill and serve.

Lentil & Veggie Tostadas

Yield: 16 tostadas



A delicious way to eat nutrient-rich whole grain corn tortillas and lentils. Great as an appetizer or light meal.

- 1¾ cups water
- ¾ cup red lentils, rinsed and drained
- ¼ cup chopped onion
- ½ teaspoon salt
- 2 cloves garlic, minced
- ½ teaspoon ground cumin (optional)
- 1 to 2 tablespoons snipped cilantro
- 16 corn tortillas
- Non-stick cooking spray
- 2 cups (or more) assorted chopped vegetables (such as broccoli, tomato, zucchini and/or yellow summer squash)
- 2 cups shredded reduced fat, or 2% milk cheese (cheddar or Mexican blend)

1. Turn oven on to preheat to 375° F.
2. In a medium saucepan stir together the water, lentils, onion, salt, cumin (if desired), and garlic. Bring to boiling; reduce heat. Simmer, covered, for 15-20 minutes or until lentils are tender and most of the liquid is absorbed. Use a fork to mash the cooked lentils; stir in cilantro.
3. While lentil mixture simmers, place corn tortillas on cookie sheets and spray with non-stick cooking spray. Bake in 375° oven until crisp, about 15-20 minutes. Rotate trays halfway through baking.
4. Spread lentil mixture on tostada shells; top with vegetables and cheese. Place on a large baking sheet. Broil 6 inches from the heat about 2 minutes or until cheese melts.

Nutrition Facts

Serving size	1 tostada
Calories	90
Total fat	2.5 g
Saturated fat	1 g
Trans fat	0 g
Cholesterol	10 mg
Sodium	310 mg
Total carbohydrate	12 g
Dietary fiber	2 g

Healthy Tip: Get “Back to the Basics”

“Getting back to the basics” of healthy eating is important because it can help lower the risk for preventable illnesses. The Centers for Disease Control and Prevention predicts that 2 out of 5 Latinos born in the year 2000 in the United States are at risk for developing diabetes during their lifetimes. But, healthy eating and activity can help reduce this and other related health risks. There are many benefits of eating healthy, traditional ingredients. Below is a list of some of the health benefits of typical ingredients.

Beans and Lentils:

(examples include red, kidney, black, white, chickpeas, and lentils) Beans are an excellent source of fiber and protein. High fiber foods help you feel full on fewer calories, which can help you manage your weight. The type of fiber in beans helps to keep blood cholesterol levels within healthy ranges, which is good news for heart health. Choose dried beans or canned. Just be sure to rinse canned beans to remove some of the salt.

Grains:

(examples include tortillas, whole grain and corn; rice; brown rice; corn; quinoa; whole grain cereals) Grains make up a large part of our diet. They provide many vitamins and minerals, plus carbohydrates for energy. Whole grains are more nutritious and have more fiber than “refined” grains like white rice and white flour tortillas. Try using brown rice, whole grain cereals like oatmeal, corn or whole wheat tortillas more often. Whole grains have the added benefit of helping to control blood sugar levels.

Oils:

(examples include olive oil, canola oil, and other vegetable oils) Not all fat is bad. Most oils contain highly unsaturated fat which can actually be healthy for your heart. Try to replace solid fats like butter and lard with oils, especially olive and canola. Even though the oils are healthier for your heart, be careful how much you use. Eating too much fat can contribute to weight gain.

Herbs and Spices:

(examples include garlic and onion, cilantro, hot peppers, and annatto) These wonderful ingredients add intense flavor and even color to many traditional dishes. Cooking with herbs and spices can help to add a lot of flavor without the need for lots of salt. Lowering your intake of salt can help to keep blood pressure at a healthy level.

Fruits and Vegetables:

(examples include tropical fruits, tomatoes, jícama and other root vegetables) Fruits and vegetables contain many of the vitamins and minerals, as well as fiber, that we need for overall health. Eating a diet rich in fruits and vegetables may help to prevent many chronic diseases including heart disease, stroke, and certain types of cancer.





Soups/Salads & Sides



Black Bean Soup

Yield: 6-8 servings



This soup makes a delicious and well-balanced meal when served with whole grain bread or crackers and a side salad. Canned beans make it quicker to prepare, just be sure to rinse them so that they aren't too salty.

- 2 tablespoons olive oil
- 1 cup onion, diced
- $\frac{3}{4}$ cup celery, diced
- 1 cup carrots, diced
- $\frac{1}{4}$ cup green peppers, diced
- 3 cloves garlic, minced
- 4 (14½ oz) cans black beans, rinsed and drained
- 4 cups water or low sodium chicken broth
- 4 teaspoons sodium-free chicken flavor granulated bouillon (omit if using broth)
- 2 teaspoons apple cider vinegar
- 2 teaspoons chili powder
- $\frac{1}{4}$ teaspoon cayenne pepper
- $\frac{1}{2}$ teaspoon cumin
- Light sour cream (optional)
- Diced green onions (optional)

Special Note

Low sodium broth contains 140 mg sodium or less per cup, making it a much better choice than either reduced sodium broth (450 mg sodium per cup) or regular broth (900-960 mg sodium per cup).

Nutrition Facts

Serving size	1 cup
Calories	350
Total fat	4 g
Saturated fat	1 g
Trans fat	0 g
Cholesterol	0 mg
Sodium	700 mg
Total carbohydrate	55 g
Dietary fiber	16 g

1. In a large pot, sauté onions, celery, carrots, green peppers and garlic in oil about 10-15 minutes on low heat. Meanwhile, puree 3 cups of beans with 1 cup of water in a food processor or blender.
2. Add pureed mixture and all remaining ingredients through cumin, to the pot. Bring to a boil, lower heat and simmer for 45-60 minutes. Garnish with light sour cream and green onions, if desired.

Sancocho

Yield: 6 servings



This hearty soup is a meal in itself. The potato, which is more readily available, replaces the malanga and yucca that are traditionally used.

- 1 tablespoon olive or canola oil
- ¼ cup sofrito
- 2 large green plantains, peeled and cut into 1-inch pieces
- 1 teaspoon light adobo seasoning
- 2 quarts low-sodium chicken stock
- 1 medium-large potato, cut into pieces, about 2 cups
- ½ pound carrots cut into rounds, about 2 cups
- 2 cups butternut squash or calabaza, cut into chunks
- 1 pound chicken breasts, skin removed

1. In a large pot, heat oil over medium-high heat. Add sofrito, plantains, and adobo; sauté until well combined. Add chicken stock and bring to a boil.
2. Add the remainder of the vegetables to the pot. With a heavy cleaver or sharp knife, cut each chicken breast into 2-3 pieces. Add chicken pieces to the pot.
3. Cook until chicken is cooked through and vegetables are soft (about 30 minutes), stirring often. Skim off any foam that rises to the top.

Nutrition Facts

Serving size	1
Calories	330
Total fat	7 g
Saturated fat	2 g
Trans fat	0 g
Cholesterol	65 mg
Sodium	480 mg
Total carbohydrate	38 g
Dietary fiber	4 g

Broccoli-Avocado Salad

Yield: 8 servings



Blanching the broccoli, by cooking it for a few minutes in boiling water, really brightens the green color, making it look just as wonderful as it tastes!

- 8 cups of broccoli florets, rinsed
- 2 tablespoons olive oil
- ½ tablespoon red wine vinegar
- 1 teaspoon Dijon mustard
- 1 clove garlic, peeled and finely minced
- Fresh ground pepper to taste
- 1 fully ripened avocado

1. Bring a large pot of water to a rolling boil. Drop broccoli florets into water and boil 2-3 minutes, until bright green in color. Remove broccoli from boiling water and immediately place into a bowl of ice water. Drain broccoli on paper towels.
2. Meanwhile, mix dressing ingredients in your serving bowl. Blend the oil, vinegar, mustard, garlic, and pepper with a wire whisk or fork.
3. Cut avocado in half and remove pit. Scoop out flesh with a spoon and cut into cubes. Add to bowl with dressing.
4. Place broccoli in bowl and toss gently to coat with dressing and to combine with avocado pieces. Serve immediately.

Nutrition Facts

Serving size	1
Calories	100
Total fat	7 g
Saturated fat	1 g
Trans fat	0 g
Cholesterol	0 mg
Sodium	85 mg
Total carbohydrate	8 g
Dietary fiber	4 g

Mango & Edamame Salad

Yield: 4-5 servings



This colorful salad pairs some traditional Latino flavors with edamame, a vegetable often used in Asian cooking.

1½ cups frozen, shelled edamame, thawed (½ of a 16 oz bag)

1 ripe mango, peeled and diced

1 ear of fresh corn, uncooked, cut off cob (1 cup)

1 medium tomato, diced (1 cup)

¼ cup chopped red onion

¼ cup fresh lime juice (about 1½ limes)

½ tablespoon extra virgin olive oil

½ teaspoon salt

Fresh ground pepper to taste, optional

Chopped cilantro, optional

1. Combine all ingredients in a large bowl and refrigerate at least 1 hour before serving. Garnish with chopped fresh cilantro if desired. This salad looks best the day it is prepared.

Nutrition Facts

Serving size	1
Calories	155
Total fat	5 g
Saturated fat	0.5 g
Trans fat	0 g
Cholesterol	0 mg
Sodium	85 mg
Total carbohydrate	23 g
Dietary fiber	5 g



Contributor Note

A ripe mango will smell sweet and should give a little when pressed with your thumb.

Gazpacho Salad

Yield: 4-5 servings



This colorful salad is sometimes made with bacalao, which is cured in salt and needs to be soaked or boiled to remove some of the sodium. In this recipe, canned tuna makes a quick and lower sodium substitute for the bacalao.

- 2 large tomatoes, chopped (about 4 cups)
- 1 onion, chopped (about 1 cup)
- 1 green pepper, chopped
- 12 oz can of tuna packed in water, drained
- 1 avocado
- Juice of one lemon
- 1 tablespoon olive oil
- Freshly ground pepper, to taste



Contributor Note

A ripe avocado should give slightly when pressed, but shouldn't be mushy. The skin should be uniform in color and without blemishes. Use immediately after cutting to prevent browning.

1. Mix chopped tomatoes, onions, peppers and tuna in a large bowl. Cut avocado, remove seed and cube the flesh. Add it to the bowl with the other ingredients and gently mix.
2. In a separate small bowl, add lemon juice, olive oil and freshly ground pepper. Whisk together to combine. Pour dressing over salad. Serve immediately.

Nutrition Facts

Serving size	½ cup serving
Calories	65
Total fat	0.5 g
Saturated fat	0 g
Trans fat	0 g
Cholesterol	0 mg
Sodium	105 mg
Total carbohydrate	11 g
Dietary fiber	4 g

Pinto Beans

Yield: 5½ cups



This basic recipe for preparing beans from scratch allows you to control the salt. Soaking the beans and discarding the soaking liquid helps to remove some of the compounds that cause intestinal gas. Enjoy cooked beans as a side dish or add them to soups, salads, or entrees. Or, puree them with a little water or lime juice and your favorite herbs and spices to make a dip for veggies or baked tortilla chips.

- 1 lb of dry pinto beans
- ½ head of garlic (head-not clove)
- 1 teaspoon of olive oil
- 2-3 bay leaves depending on size of leaf

1. Put beans in a colander and clean well under running water; remove any broken beans and any small stones.
2. In a large pot, add the clean beans and enough water to cover. Bring to a boil; boil for 2-3 minutes. Turn off heat, cover and allow to soak for one hour.
3. Throw away this water and add enough fresh water to cover the beans 2-3 inches. Add the garlic, oil and bay leaves. Cover pot and return to a boil, then lower the heat, cover, and simmer until beans are soft. Keep an eye on the beans, adding more boiling water as needed.
4. Add salt to taste when beans are already cooked.



Contributor Note

Leftover beans can be refried. Sauté 1/4 cup onion in a tablespoon of oil until brown. Remove the onion, add the beans and smash. Thin with bean broth or water to desired consistency. Use refried beans as a side dish or rolled up in a tortilla with melted reduced-fat cheese. Cooked beans may also be frozen.

Nutrition Facts

Serving size	1 cup
Calories	10
Total fat	0 g
Saturated fat	0 g
Trans fat	0 g
Cholesterol	0 mg
Sodium	30 mg
Total carbohydrate	2 g
Dietary fiber	less than 1 g

Rice & Beans

Yield: 8 servings



This is a basic rice and beans recipe, and you can use any type of bean. Try using gandules for the beans to make a very traditional dish.

- 1 tablespoon canola oil
- ½ cup low-sodium tomato sauce
- 1 packet sazón seasoning
- 1 tablespoon sofrito
- ½ teaspoon pepper
- ½ teaspoon garlic powder
- 14.5 oz can beans, drained and rinsed
- 2 cups long grain white rice
- 1½ cups hot water

1. In a large deep skillet or saucepan, heat oil, tomato sauce, and seasonings over medium-high heat. Fold in beans and dry rice until well combined.
2. Add water, and bring mixture to a boil. Reduce heat to medium-low and cover. Cook until all liquid is absorbed.
3. Once liquid is absorbed, uncover and stir rice by turning in a folding motion from the bottom all the way around. Reduce heat to low to prevent scorching. Cover and cook for 10 minutes. Turn rice again and cook for an additional 10 minutes or until rice is tender.

Special Note

You don't need to rinse white rice before using. If it is vitamin fortified, rinsing may wash away some of the nutrients.

Nutrition Facts

Serving size	1
Calories	235
Total fat	2 g
Saturated fat	0 g
Trans fat	0 g
Cholesterol	0 mg
Sodium	180 mg
Total carbohydrate	47 g
Dietary fiber	4 g

Yucca

Yield: 5-6 servings



This colorful side dish is easy to prepare and tastes as good as it looks!

- 1½ pound bag of frozen, ready to cook yucca
- 1 red pepper
- 1 green pepper
- 1 medium white onion (about 1½ cups)
- 1 tablespoon olive or canola oil
- 1 tablespoon cider vinegar
- ¼ teaspoon ground black pepper
- ¼ teaspoon salt
- 1 teaspoon oregano

1. Bring 2 to 2½ quarts water to a boil (should be enough to cover yucca). Place yucca in water and cook until soft, about 20-30 minutes.
2. While the yucca is cooking, slice red and green pepper and onion into strips. Heat oil and vinegar in a large skillet over medium heat. Add sliced peppers and stir-fry until slightly tender. Add onions and cook until all vegetables are tender. Stir in ground pepper, salt and oregano.
3. Drain yucca when done. Serve with peppers and onion on top.

Nutrition Facts

Serving size	1
Calories	273
Total fat	3 g
Saturated fat	0.5 g
Trans fat	0 g
Cholesterol	0 mg
Sodium	140 mg
Total carbohydrate	59 g
Dietary fiber	4 g

Healthy Tip: Increasing Fruits & Vegetables the Latino Way!

Traditional Latino cooking incorporates a wide variety of nutritious fruits and vegetables. Unfortunately, many adults and children do not eat enough of them. Different colored fruits and vegetables have different benefits for your health so try to eat as many different colors as you can. Here are some ideas for getting more fruits and vegetables the Latino way!

- Keep plenty of fruits and vegetables on hand. Stock your refrigerator, pantry and freezer with various types.
- For breakfast, make a Spanish omelet with lots of chopped peppers, onions and thinly sliced potato. Serve along with some pineapple, papaya, and mango slices for a very colorful and filling meal.
- Top scrambled eggs with fresh salsa, Pico de Gallo, or Salsa Verde, and wrap in a corn tortilla to make a delicious breakfast burrito.
- Blend some fresh or frozen tropical fruit with plain yogurt and 100% fruit juice or milk for a wonderful tropical smoothie. Make a large batch, pour into cups, cover and place into the freezer. Put a frozen smoothie into the refrigerator in the evening—it will be thawed enough by morning to enjoy as a quick breakfast on the go!
- Serve a salad or vegetable plate at lunch and/or dinner. Try adding some different vegetables such as peeled and sliced jicama or cactus leaves. Also try hearts of palm. Rinse first if canned to remove some of the sodium content.
- Add extra fresh or frozen vegetables to soups, stews, and casseroles. Experiment with adding vegetables such as carrots, peas, or frozen mixed vegetables to rice dishes.
- Use fresh or frozen fruits to top low-fat yogurt, pudding or custard desserts to make them even more nutritious and flavorful.
- Use fresh salsa or Pico de Gallo to top grilled mild-flavored fish, such as tilapia, or grilled chicken breast.
- Add pineapple or mango to your salsa for something sweet and spicy!
- Whenever you go to the store, have someone in the family pick up a fruit or vegetable that you have never tried. You may find a new favorite!
- Serve fresh fruit as a sweet dessert or snack instead of a high-fat dessert or sugary candy.





Main Dishes



Arroz con Pollo

Yield: 4-6 servings



There are many variations to this traditional dish. This recipe contains lots of vegetables and is made with brown rice for more fiber and nutrients.

- 1 lb. boneless, skinless chicken breast halves cut in half or thirds
- 4 teaspoons canola or olive oil
- 1 cup uncooked long grain brown rice
- ½ cup chopped onion
- ½ cup chopped red bell pepper
- ½ teaspoon minced garlic
- 1¼ cups low sodium chicken broth, warmed
- ½ teaspoon salt
- ½ teaspoon ground black pepper
- ½ teaspoon dried basil
- ½ teaspoon ground saffron (or a pinch of saffron strands)
- ½ teaspoon ground turmeric
- 1 bay leaf
- 1 tablespoon fresh lime juice
- 1 cup chopped fresh tomatoes
- 1 cup frozen green peas, thawed

Nutrition Facts

Serving size	1
Calories	400
Total fat	8 g
Saturated fat	1 g
Trans fat	0 g
Cholesterol	65 mg
Sodium	440 mg
Total carbohydrate	48 g
Dietary fiber	5 g

1. Heat olive oil over medium-high heat in a large Dutch oven. Add chicken and cook, turning, for about 5 to 10 minutes or until brown on all sides. Remove chicken to a covered dish.
2. Add rice, onion, peppers, and garlic to Dutch oven; stir fry 4 minutes.
3. Add warmed chicken broth, salt, pepper, basil, saffron, turmeric, bay leaf and lime juice. Stir. Bring to boil; add chicken on top. Cover immediately, reduce heat to medium-low and cook without lifting lid for 45 minutes. Stir in tomatoes and peas. Cover and cook on low for another 5 to 10 minutes.

Calabazitas

Yield: 5-6 servings



The perfect meal for summer time, when the vegetables are fresh and delicious!

- 1 lb pork roast, trimmed of fat and cut into 1 inch cubes
- 1 medium onion, chopped (about 1 cup)
- 4 cloves of garlic, peeled
- 1 large tomato or 14 oz can of diced tomatoes
- 2 medium zucchinis cut into 1 inch pieces
- 2 ears of fresh corn, cut from cob or ½ bag of frozen corn
- 1 tablespoon olive oil
- ¼ teaspoon salt (may omit if using canned tomatoes)

1. Place pork cubes into a cold pan or skillet, with half the chopped onion and 3 cloves of garlic (smash lightly to release more flavor). Pour enough water into the pan to barely cover the pork cubes. Heat to a simmer over medium heat and simmer pork cubes until tender, about 30 minutes.
2. When meat is almost done, heat oil in another large pan or skillet. Cook onion and chopped remaining clove of garlic, until onion is soft. Add the cooked pork and lightly brown, reserve cooking broth for later use.
3. Once meat is lightly browned, add tomatoes and cook for about 3 minutes. Add zucchini and cook until it begins to soften. Stir occasionally and baste with pork broth if desired, to add more liquid. Once zucchini begins to soften, add corn and cook until done.

Nutrition Facts

Serving size	1
Calories	230
Total fat	11 g
Saturated fat	3 g
Trans fat	0 g
Cholesterol	60 mg
Sodium	190 mg
Total carbohydrate	15 g
Dietary fiber	3 g

Serving suggestion: Great served over brown rice, add a dollop of light sour cream if desired.

Picadillo

Yield: 4-6 servings



This is a very traditional dish often served with rice. Try serving it instead with whole grain bread for increased nutrition. Stretch the meal by serving green beans or other green vegetable as a side dish.

- 1 lb of ground lean beef or ground turkey breast
- 1 cup chopped onion (¼ of a large vidalia onion)
- 3 cloves of garlic
- 1 to 2 tablespoons water
- 2 tomatoes or 14 oz can of diced tomatoes
- 3 carrots diced (2 cups)
- 1¼ lbs. potatoes, unpeeled, cut into bite-sized pieces (4 cups)
- ½ teaspoon dried oregano
- ⅛ teaspoon ground black pepper

1. Brown meat in a large skillet over medium heat. Drain meat into a colander over the sink. Rinse meat and skillet with hot water. Keep meat in colander.
2. Return skillet to burner and turn heat to medium. Add onion, garlic, and 1 tablespoon of water. Cook and stir occasionally, adding another tablespoon of water if needed to prevent sticking. Cook until onions become more translucent.
3. Return meat to skillet. Add all remaining ingredients. Gently stir to mix well. Cover with a lid and turn heat to medium-low. Cook, stirring occasionally, until vegetables tender, about 15 to 20 minutes.

Nutrition Facts

Serving size	1
Calories	230
Total fat	4 g
Saturated fat	2 g
Trans fat	0 g
Cholesterol	45 mg
Sodium	240 mg
Total carbohydrate	28 g
Dietary fiber	4 g

Spinach & Bean Enchiladas

Yield: 12-14 servings



A delicious meal full of nutrients!

- 1 teaspoon canola oil, divided
- 1 cup chopped onion
- 1½ cups frozen chopped spinach (see contributor's note)
- Two 8 oz cans tomato sauce (use no-salt added for less sodium)
- One 10-12 oz can of red enchilada sauce
- One 14-16 oz can pinto beans, rinsed and drained
- 1 teaspoon chili powder
- 1 teaspoon dried oregano
- 12 corn tortillas
- 8 oz shredded reduced fat cheddar cheese
- Garnishes (optional): shredded lettuce, chopped tomato, and plain non-fat yogurt or fat-free sour cream.

1. Preheat oven to 350°.
2. In a 3 to 4 quart pot or large skillet, heat ½ teaspoon oil over medium heat. Add onion; sauté for 3 minutes. Reduce heat to medium-low. Add spinach and cook until ice crystals melt. Add tomato and enchilada sauces, beans and seasonings. Mix well. Bring mixture to a boil; reduce heat to medium-low and simmer about 5 minutes, uncovered.
3. Spread remaining ½ teaspoon oil on bottom and sides of a 9 x 13-inch baking dish (or use cooking oil spray). Place a layer of 6 corn tortillas, overlapping as necessary. Pour half of the sauce mixture (about 3 cups) over the tortillas. Top with half of the cheese. Repeat layers, finishing with cheese. Bake, uncovered, for 25 minutes. Allow casserole to sit for 10 minutes before serving.

Nutrition Facts

Serving size	1
Calories	134
Total fat	4 g
Saturated fat	2 g
Trans fat	0 g
Cholesterol	10 mg
Sodium	330 mg
Total carbohydrate	15 g
Dietary fiber	3 g



Contributor Note

Buying frozen vegetables in bags rather than boxes allows you to take out only the amount you need and return the rest to the freezer.

Sweet Plantain Casserole

Yield: 6-8 servings



A sweet and savory combination that is surprisingly tasty!

- Non-stick cooking spray
- 4 large ripe plantains
- 1 lb lean ground turkey or beef
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon Adobo Light (low-sodium)
- ½ teaspoon ground pepper
- 2 tablespoons Sofrito
- 1½ cups reduced fat shredded cheese (cheddar, or Mexican blend)

Special Note

Plantains are sweetest when the skins start to turn black. Don't worry—they aren't spoiled, they are just ripe!

Nutrition Facts

Serving size	1
Calories	350
Total fat	11 g
Saturated fat	4 g
Trans fat	0 g
Cholesterol	75 mg
Sodium	640 mg
Total carbohydrate	47 g
Dietary fiber	3 g

- Preheat oven to 350° F. Peel plantains and cut into ¼ inch slices lengthwise. Spray a non-stick pan with cooking spray and place plantain slices in a single layer to lightly brown over medium heat, both sides. Repeat until all slices are golden brown. Set aside.
- Mix garlic powder, onion powder, adobo and black pepper together in a small bowl.
- Cook meat in a non-stick skillet with spice mixture and sofrito until no longer pink.
- To assemble dish, coat a 9x13 pan with non-stick spray. Place half of the plantain slices to cover the bottom of the pan. Cover with half of the meat mixture and half of the cheese. Repeat with remaining plantain slices, meat and cheese.
- Cover with foil and bake until cheese melts and heated through, about 15 minutes.

Healthy Tip: Being More Active



What you eat impacts your health. So does your activity level. Leading an inactive lifestyle puts you at higher risk for developing heart disease, certain kinds of cancer, diabetes, and overweight/obesity. Many people are less active since modern technology makes life much easier. Latinos who come to the US tend to be less active here than they were in their native country.

There are many benefits to exercise, including more stable blood sugar, healthier cholesterol levels, improved mood, weight control, and increased energy. Physical activity does not mean you have to join a gym either! Finding ways to be more active everyday can help. Here are some ways to fit exercise in:

- Walk to the store or market instead of driving
- When you drive to the store, park as far away from the store as you can
- Walk your children to school
- Use the stairs instead of the elevator
- Turn on music and dance in your house
- Clean your house at a vigorous pace
- Spend family time being active: go to the park, go swimming or take a walk

If you need to lose weight, it will help to do regular exercise. Just remember to start slow, just 15-20 minutes at first, and then gradually increase minutes until you reach 30-60 minutes. Try to choose things that you enjoy like taking a dance class, biking, or just walking. Exercising with a friend may make it more fun, and may make you more likely to stick with it. If you regularly schedule social time with friends, consider doing something active during that time. Before you start any type of exercise program, it is important to check with your doctor to be sure it is safe.

Desserts



Arroz con Leche (Rice Pudding) *Yield: 9 servings*



Coconut flavoring gives this pudding lots of tropical flavor. The brown rice was used to increase nutrition and add some whole grain! Give it a try

- 1 cup brown rice
- 2½ cups water
- ¼ cup sugar
- 2 tablespoons tub margarine, melted
- 1½ cups skim milk
- 1 egg, lightly beaten
- 1 egg white, lightly beaten
- ¼ teaspoon ground cinnamon
- ⅛ teaspoon ground nutmeg
- ½ teaspoon coconut extract
- ½ cup raisins
- Sliced fresh fruit, optional

1. Cook rice in water according to package directions, or use 2½ cups leftover cooked rice, and omit water.
2. Heat oven to 350°F. Spray an 8 x 8 baking dish with non-stick cooking spray. Combine cooked rice, sugar, margarine, milk, eggs, cinnamon, nutmeg, and raisins. Mix well.
3. Pour into prepared baking dish. Bake until set, approximately 35 minutes. Garnish with sliced fruit, if desired.

Nutrition Facts

Serving size	1
Calories	170
Total fat	3 g
Saturated fat	1 g
Trans fat	0 g
Cholesterol	25 mg
Sodium	50 mg
Total carbohydrate	31 g
Dietary fiber	1 g

Bread Pudding

Yield: 9 servings



Enjoy this delicious dessert, it is full of fiber and whole grains

- 12 slices whole wheat bread, cut into squares
- ½ cup raisins
- ¼ cup sugar
- ¼ cup brown sugar
- 1½ cups cholesterol-free egg substitute
- ½ cup skim milk
- 1 tablespoon cinnamon
- ¼ teaspoon nutmeg
- ⅛ teaspoon ground ginger (optional)
- 1½ teaspoons vanilla or coconut extract

1. Preheat oven to 350° F. Place bread squares in a large bowl.
2. In a separate bowl, mix remaining ingredients together. Pour over bread squares and mix until bread is well moistened. Press mixture into an 8x8 baking pan that has been coated with non-stick cooking spray.
3. Bake until firm, about 30-40 minutes.

Nutrition Facts

Serving size	1
Calories	200
Total fat	30 g
Saturated fat	0 g
Trans fat	0 g
Cholesterol	0 mg
Sodium	270 mg
Total carbohydrate	36 g
Dietary fiber	3 g

Cinnamon Flan

Yield: 8-10 servings



This traditional Spanish delight got a skinny make-over but still tastes smooth and sweet.

- ½ cup sugar
- ¼ cup water
- 2¼ cups skim milk
- ¾ cup fat free sweetened condensed milk
- 2 cinnamon sticks or ½ teaspoon cinnamon
- 1 teaspoon vanilla extract
- 4 large eggs, lightly beaten
- 1 egg white, lightly beaten

1. Preheat oven to 350° F. Place rack in middle of oven.
2. Combine sugar and water in a medium saucepan. Bring to a boil over medium-high heat; cook, shaking the pan occasionally, until golden, 12-15 minutes. Immediately pour the caramel into a 9-inch deep-dish glass pie plate; tilt the pan evenly to coat. Set aside to cool and harden.
3. Meanwhile, combine the skim milk, condensed milk, cinnamon sticks (or cinnamon) and vanilla in a saucepan. Cook over medium heat, stirring, until almost simmering. Remove from the heat; let stand 15 minutes. Remove the cinnamon sticks, if using. Beat the eggs and egg white in a bowl; add a little of the milk mixture to the eggs slowly. Whisk in the rest of the milk mixture until well combined. Pour into the pie plate.
4. Place the flan into a roasting pan and fill with enough hot water to come halfway up the sides of the pie plate. Bake until the custard is set but jiggles in the center, 50-55 minutes. Transfer to a rack; let cool 1 hour. Refrigerate the flan for at least 3 hours. To unmold, run the tip of a knife around the edge of the flan. Invert a large flat plate on top of the flan and flip it over. Lift off the pie plate. Cut into wedges and serve.

Nutrition Facts

Serving size	1
Calories	180
Total fat	3 g
Saturated fat	1 g
Trans fat	0 g
Cholesterol	105 mg
Sodium	100 mg
Total carbohydrate	30 g
Dietary fiber	0 g

Tropical Smoothie

Yield: 4 servings



A delicious dessert that can even be served as a nutritious breakfast! Try it with other types of fruit such as mixed berries

- 2 medium bananas, fresh or frozen
- 1 cup frozen pineapple chunks
- 1 cup frozen mango chunks
- 2 cups plain non-fat yogurt
- 1 cup 100% orange juice

1. Blend all ingredients in a blender until smooth. Pour equal amounts into glasses. Serving is slightly less than 1½ cups.

Special Note

If you would like to use fresh fruit to make a smoothie, add ice cubes to turn it into an icy treat, or try freezing the fruit juice to make cubes, and to avoid watering it down.

Nutrition Facts

Serving size	1
Calories	190
Total fat	0.5 g
Saturated fat	0 g
Trans fat	0 g
Cholesterol	less than 5 mg
Sodium	95 mg
Total carbohydrate	41 g
Dietary fiber	3 g



Healthy Dining Out

Knowledge about modifying recipes isn't just for use at home. You can use this knowledge to "modify" menu items when you dine out by making special requests. Many restaurants are willing to honor your requests to meet your needs. The more often you dine out, the more important it is to choose foods wisely in order to have an overall healthy eating pattern. Look for restaurants that offer a wide variety of foods, including healthy options. Think ahead about what you might order so that you won't be tempted by less healthy fare. And do not skip meals just because you are going out to eat. You will be more likely to splurge if you are famished! Balance restaurant meals with healthy low fat, low sodium, high fiber meals and snacks at home.



Use the extra tips below to help you to make healthy choices when dining out:

- Ask how menu items are prepared. Choose foods that have been broiled, baked, grilled, steamed, or poached, but realize that this does not mean that they have been prepared without added fat. Ask for foods to be prepared with no added fat: no butter, margarine, oil, or other fat. Squeeze fresh lemon over vegetables, fish or meat, instead.
- Ask for sauces, gravies, and salad dressing to be served on the side, so that you can control the amount. Ask if low fat versions are available.
- Consider splitting an entrée with your dining partner, or ask for a to-go box at the start of your meal so that you won't be tempted to finish the entire super-sized serving. Forget the clean plate club! Stop eating when you are comfortably full, not overstuffed, even if you have to leave some food on your plate!
- Ask if you can have applesauce or apple slices, a tossed salad, or baked chips instead of the French fries, regular potato chips, or other high fat sides.
- Skip the mayonnaise and cheese sauces on sandwiches. Or, ask for a lower fat substitute like low-fat mayonnaise, mustard, salsa, raw vegetables (like onion, tomato, and cucumber slices) or low-fat dressing "on the side."
- Choose whole grains whenever possible. For cereals, choose oatmeal and other whole grain cereals like Raisin Bran instead of refined grain cereals like corn flakes, crispy rice cereal, and grits. Request sandwiches made on whole grain bread, ask for brown rice instead of white, and whole grain pasta instead of standard white flour pasta, if available.
- Try a legume-based meatless option for a change. Choose vegetarian soups made with barley, lentils and beans (like navy beans, black beans, kidney beans); try Spanish beans and rice, a bean burrito (without high fat cheese or sour cream), a meatless burger, or tofu-vegetable stir-fry.



Additional Resources



Lancaster General Wellness Center Programs

Lancaster General Wellness Center offers a number of programs designed to promote healthy lifestyles. These include:

Color Me Healthy: A curriculum to promote healthy eating and physical activity among preschool-age children attending preschool and/or a childcare center, group daycare, or family daycare. Workshops teach childcare providers how to use the curriculum and supplemental materials created by Lancaster General.

Shapedown: A nationally recognized, 10-week weight management program for children and teens ages 5 through 17. Led by a team which includes a dietitian, nurse, and exercise physiologist. Children attend weekly group classes with a parent. Teens attend one-on-one consultations and exercise sessions.

LEARN: A nationally recognized, 12-week weight management program for adults. Led by a dietitian. LEARN stands for Life-style, Exercise, Attitude, Relationships, and Nutrition.

For more information on these programs, contact the Wellness Center at (717) 544-3138.

Lighten Up Lancaster County

Coalition of concerned individuals, organizations and employers who want to increase the number of children and adults in Lancaster County who are at a healthy weight. For more information on the coalition, call (717) 544-3202

Internet Sites

Lancaster General

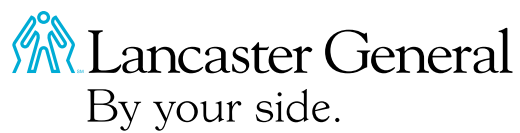
www.LancasterGeneral.org

Information on programs and services of Lancaster General; online registration available for most programs; health library.

Nutrition.gov

www.Nutrition.gov

Gateway to government-sponsored food and human nutrition information for consumers. Links to information on MyPyramid, Dietary Guidelines for Americans, food safety, food labeling, USDA nutrient database (calories and nutrients in foods), weight control, fruits & veggies – more matters™ campaign, and much more.



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