



Healthy Latino Recipes

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Made with Love



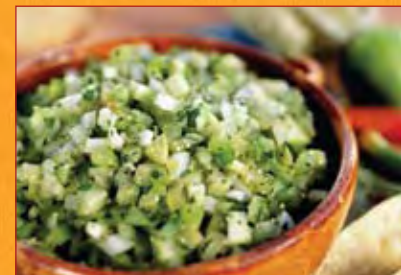


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Be a Champion for Healthy Living



The *Network for a Healthy California—Latino Campaign* invites you to discover the zesty flavors and enticing aromas of healthy Latino cooking. This cookbook provides family favorites that use a variety of colorful fruits and vegetables, while keeping the amount of fat, added sugars, and sodium per serving within healthy guidelines.

Eating the right amount of fruit and vegetables as part of a lowfat, high fiber diet may lower your risk of serious problems like obesity, type 2 diabetes, heart disease, stroke, and certain types of cancer. The amount of fruits and vegetables that is right for you depends on your age, gender, and physical activity level. View the *Recommended Cups of Fruits and Vegetables* chart on pages 5 and 6 to find out how many cups of fruits and vegetables each person in your family needs.

Don't forget to be active, too! Being physically active gives you more energy. It helps lower stress. And, it helps you keep a healthy body weight. To take care of your health and lower the risk of serious health problems, you need at least 30 minutes of moderate-intensity physical activity every day like dancing, walking, or doing yard work. Children need at least 60 minutes of physical activity every day.

Take charge! You hold the power to bring healthy changes at home. Start by using these low-cost and easy-to-make recipes.

For more information about the *Network for a Healthy California*, call 1-888-328-3483 or visit us at **www.cachampionsforchange.net**.

A Handy Guide to Help You Get the Recommended Amount of Fruits and Vegetables

½ cup
of fruit



½ cup of
vegetables



1 cup of fruit



½ cup of
vegetables



¼ cup of
dried fruit



½ cup of fruit
in 100% fruit juice



½ cup of
vegetables



1 cup of raw,
leafy greens



Seasonal Guide to Fruits and Vegetables

It is easy to stay healthy and save money when you buy fruits and vegetables that are in peak season.
Keep it safe! You should always rinse your fruits and vegetables before you eat them.

Spring

apricots
artichokes
asparagus
avocados
bell peppers
collard greens
grapefruit
green peas
guavas
mangos
oranges
papayas
rhubarb
strawberries
Swiss chard



Summer

apricots
avocados
bell peppers
cantaloupe
cherries
corn
grapes
green beans
green peas
honeydew
mangos
nectarines
okra
papayas
peaches
pears
plums
strawberries
Swiss chard
tomatoes
valencia
oranges
watermelon
yellow squash
zucchini



Fall

acorn squash
Brussels sprouts
butternut squash
chayote squash
cherimoya
grapes
green beans
honeydew
kiwifruit
okra
pears
persimmons
pomegranates
pumpkins
sweet potatoes
Swiss chard
tangerines
tomatoes
turnips

Winter

avocados
Brussels sprouts
chayote squash
cherimoya
collard greens
grapefruit
guavas
kiwifruit
mustard greens
oranges
pears
tangerines
turnips



Year-Round

apples
bananas
beets
bok choy
broccoli
cabbage
cactus leaves
canned
fruits and
vegetables
carrots
cauliflower
celery
chili peppers
cucumbers
dried fruit
eggplant
frozen
fruits and
vegetables
garlic
green onion
jicama
kale
leeks
lemons
lettuce
limes
mushrooms
onions
parsnips
pineapples
potatoes
radishes
spinach
tomatillos
100% fruit
juice
100%
vegetable
juice

Recommended Cups of Fruits and Vegetables

How many cups of fruits and vegetables do you need? It depends on your gender, age, and physical activity level. For more information, visit www.mypyramid.gov.

Girls and Women

Moderate Physical Activity includes walking briskly, hiking, gardening/yard work, and dancing. **Vigorous Physical Activity** includes running/jogging, bicycling, swimming laps, and aerobics.

Physical Activity Level: Moderately or vigorously active for less than 30 minutes a day			
Age	Fruits	Vegetables	Total
2-3	1 cup	1 cup	2 cups
4-7	1 cup	1½ cups	2½ cups
8-10	1½ cups	1½ cups	3 cups
11-13	1½ cups	2 cups	3½ cups
14-18	1½ cups	2½ cups	4 cups
19-25	2 cups	2½ cups	4½ cups
26-50	1½ cups	2½ cups	4 cups
51+	1½ cups	2 cups	3½ cups

Physical Activity Level: Moderately or vigorously active for 30 to 60 minutes a day			
Age	Fruits	Vegetables	Total
2	1 cup	1 cup	2 cups
3	1 cup	1½ cups	2½ cups
4-6	1½ cups	1½ cups	3 cups
7-9	1½ cups	2 cups	3½ cups
10-11	1½ cups	2½ cups	4 cups
12-18	2 cups	2½ cups	4½ cups
19-25	2 cups	3 cups	5 cups
26-50	2 cups	2½ cups	4½ cups
51+	1½ cups	2½ cups	4 cups

Physical Activity Level: Moderately or vigorously active for more than 60 minutes a day			
Age	Fruits	Vegetables	Total
2	1 cup	1 cup	2 cups
3-4	1½ cups	1½ cups	3 cups
5-6	1½ cups	2 cups	3½ cups
7-9	1½ cups	2½ cups	4 cups
10-11	2 cups	2½ cups	4½ cups
12-60	2 cups	3 cups	5 cups
61+	2 cups	2½ cups	4½ cups

Recommended Cups of Fruits and Vegetables

How many cups of fruits and vegetables do you need? It depends on your gender, age, and physical activity level. For more information, visit www.mypyramid.gov.

Boys and Men

Moderate Physical Activity includes walking briskly, hiking, gardening/yard work, and dancing. **Vigorous Physical Activity** includes running/jogging, bicycling, swimming laps, and aerobics.

Physical Activity Level: Moderately or vigorously active for less than 30 minutes a day			
Age	Fruits	Vegetables	Total
2-3	1 cup	1 cup	2 cups
4-5	1 cup	1½ cups	2½ cups
6-8	1½ cups	1½ cups	3 cups
9-10	1½ cups	2 cups	3½ cups
11-12	1½ cups	2½ cups	4 cups
13-14	2 cups	2½ cups	4½ cups
15-18	2 cups	3 cups	5 cups
19-20	2 cups	3½ cups	5½ cups
21-60	2 cups	3 cups	5 cups
61+	2 cups	2½ cups	4½ cups

Physical Activity Level: Moderately or vigorously active for 30 to 60 minutes a day			
Age	Fruits	Vegetables	Total
2	1 cup	1 cup	2 cups
3-5	1½ cups	1½ cups	3 cups
6-8	1½ cups	2 cups	3½ cups
9-10	1½ cups	2½ cups	4 cups
11	2 cups	2½ cups	4½ cups
12-14	2 cups	3 cups	5 cups
15	2 cups	3½ cups	5½ cups
16-25	2½ cups	3½ cups	6 cups
26-45	2 cups	3½ cups	5½ cups
46+	2 cups	3 cups	5 cups

Physical Activity Level: Moderately or vigorously active for more than 60 minutes a day			
Age	Fruits	Vegetables	Total
2	1 cup	1 cup	2 cups
3	1½ cups	1½ cups	3 cups
4-5	1½ cups	2 cups	3½ cups
6-7	1½ cups	2½ cups	4 cups
8-9	2 cups	2½ cups	4½ cups
10-12	2 cups	3 cups	5 cups
13	2 cups	3½ cups	5½ cups
14	2½ cups	3½ cups	6 cups
15-35	2½ cups	4 cups	6½ cups
36-55	2½ cups	3½ cups	6 cups
56-75	2 cups	3½ cups	5½ cups
76+	2 cups	3 cups	5 cups

Measurement Chart

Dash = $\frac{1}{8}$ teaspoon or less	
3 teaspoons = 1 tablespoon	1 fluid ounce = 2 tablespoons liquid
2 tablespoons = $\frac{1}{2}$ cup	8 fluid ounces = 1 cup
4 tablespoons = $\frac{1}{4}$ cup	2 cups = 1 pint
5 tablespoons + 1 teaspoon = $\frac{1}{3}$ cup	2 pints = 1 quart
8 tablespoons = $\frac{1}{2}$ cup	4 quarts = 1 gallon
16 tablespoons = 1 cup	16 ounces = 1 pound





Pico de Gallo

Use to season your family meals or serve with tortilla chips.

Makes 6 servings.

½ cup per serving.

Prep time: 20 minutes

Ingredients

- 1 pound ripe tomatoes (about 2 medium tomatoes), chopped
- 1½ cups chopped onion
- ½ cup chopped fresh cilantro
- 3 jalapeño peppers, seeds removed and chopped
- 2 tablespoons lime juice
- 2 cloves garlic, minced
- ¼ teaspoon salt

Preparation

1. Combine all ingredients in a medium bowl.
2. Serve or cover and refrigerate for up to 3 days.

Nutrition information per serving: Calories 34, Carbohydrate 8 g, Dietary Fiber 2 g, Protein 1 g, Total Fat 0 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 105 mg

Tomatillo Salsa

Serve with eggs, quesadillas, or any of your favorite dishes.

Makes 4 servings.

½ cup per serving.

Prep time: 20 minutes

Ingredients

- 18 medium-size tomatillos (about 2 cups), husks removed, washed, and finely chopped
- ½ cup chopped onion
- ½ cup chopped fresh cilantro
- 1 tablespoon fresh lime juice
- ¼ teaspoon salt
- ¼ teaspoon sugar
- 2 serrano chilies, seeds removed and finely chopped

Preparation

1. Combine all ingredients in a medium bowl.
2. Serve or cover and refrigerate for up to 3 days.

Nutrition information per serving: Calories 38, Carbohydrate 9 g, Dietary Fiber 2 g, Protein 2 g, Total Fat 0 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 159 mg



Simmered Beans

Add Pico de Gallo for a spicy twist.

Makes 12 servings.

½ cup per serving.

Prep time: 10 minutes

Cook time: 1 hour and 15 minutes to
1 hour and 45 minutes

Ingredients

- 2 cups dried beans
(pinto, black, or pink),
rinsed
- 8 cups water
- 1 onion, peeled and
chopped
- 1 bay leaf
- ¼ teaspoon salt

Preparation

1. Place beans, water, onion, and bay leaf in a large pot. Cover and bring to a boil over high heat. Reduce heat to low. Simmer for 1 to 1½ hours or until beans are tender.
2. Remove bay leaf and stir in salt. Cook 15 minutes longer.
3. Serve or store beans in refrigerator for up to 3 days in a covered plastic or glass container.

Nutrition information per serving: Calories 112, Carbohydrate 21 g,
Dietary Fiber 7 g, Protein 7 g, Total Fat 1 g, Saturated Fat 0 g,
Trans Fat 0 g, Cholesterol 0 mg, Sodium 53 mg

Refried Beans

Top with Tomatillo Salsa for great flavor and color.

Makes 4 servings.

½ cup per serving.

Prep time: 10 minutes

Cook time: 10 minutes

Ingredients

- 1 tablespoon vegetable oil
- 2 cloves garlic, finely
chopped
- 3 cups Simmered Beans
with broth

2. Stir in beans with part of the broth. Cook 1 minute.
3. Cook and stir, adding additional broth and mashing beans lightly with a fork until bean mixture is a thick paste, but not dry.
4. Serve or store beans in refrigerator for up to 3 days in a covered plastic or glass container.

Preparation

1. In a large nonstick pan, heat oil over medium heat. Add garlic and cook 1 minute.

Nutrition information per serving: Calories 200, Carbohydrate 32 g,
Dietary Fiber 11 g, Protein 10 g, Total Fat 4 g, Saturated Fat 1 g,
Trans Fat 0 g, Cholesterol 0 mg, Sodium 80 mg



Corn Tortillas

Ingredients

- 2 cups masa harina
- 1½ cups warm water

Preparation

1. Place masa harina and water in a large bowl. Mix with your hands until a soft dough is formed. Add a little more water if the dough is dry or cracks. Add a little more masa harina if the dough is sticky.
2. Knead dough about 3 minutes. Form 12 balls of equal size. As you form each ball, cover with plastic wrap to keep it moist.
3. Place one ball between 2 baggies or 2 sheets of plastic wrap. Using a tortilla press, flatten the ball to form a 6-inch circle or use a rolling pin to roll out the circle.
4. Repeat step 3, reusing the 2 baggies or 2 sheets of plastic wrap, until 12 tortillas are formed. As you press each tortilla, cover with plastic wrap to keep it moist.
5. Heat a griddle or heavy pan over medium heat until hot. Cook each tortilla 30 seconds on one side. Turn over and cook 1 minute. Turn over again and cook 30 seconds longer.
6. Place cooked tortillas on a plate or in a basket and cover.

For a serving of vegetables, fill one tortilla with ¼ cup cooked vegetables and ¼ cup Pico de Gallo.

Makes 6 servings. 2 tortillas per serving.

Prep time: 30 minutes

Cook time: 25 minutes

Nutrition information per serving:

Calories 139, Carbohydrate 29 g, Dietary Fiber 4 g, Protein 4 g, Total Fat 1 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 3 mg



Warming Tortillas

Microwave

1. Wrap as many as 12 tortillas in plastic wrap.
2. Microwave on high for 15 to 30 seconds.
3. Turn over stack of tortillas. Microwave 15 to 30 seconds longer or until heated thoroughly.

Oven

1. Wrap as many as 12 tortillas in aluminum foil.
2. Heat in 325°F oven for 20 minutes or until heated thoroughly.

Stovetop

1. Heat a griddle or heavy pan over medium heat.
2. Warm tortillas for 15 seconds on each side or until heated thoroughly.

Purchased or homemade tortillas can be warmed in a microwave, in an oven, or on a stovetop.



Fresh Cactus Leaves

Try fresh cactus in salads, burritos, scrambled eggs, or with refried beans.

Preparation

1. Using a knife or vegetable peeler, peel around the edge of fresh cactus leaves. There's no need to remove all the skin. Scrape off any spines and dark areas.
2. Finely chop cactus leaves.
3. Serve or store cactus in refrigerator for up to 3 days in a covered plastic or glass container.

Roasted Chilies and Bell Peppers

Add roasted chilies and bell peppers to salads, tacos, tostadas, and chicken tortas.

Preparation

1. Under a broiler in a 450°F oven or on a rack over a charcoal fire, place whole chilies and bell peppers. Turn occasionally until blackened on all sides.
2. Place roasted chilies and bell peppers in a plastic bag. Close the bag and let stand until cooled.
3. Remove roasted chilies and bell peppers from the plastic bag. Using a sharp knife, peel off the skin. Remove stems and seeds. Cut chilies and bell peppers into strips.
4. Serve or store roasted chilies and bell peppers in the refrigerator for up to 3 days in a covered plastic or glass container.





Banana Berry Pancakes

Ingredients

- 1 large banana, peeled and sliced
- 1 cup complete pancake mix
- ½ cup water
- nonstick cooking spray

Topping

- 1 cup unsweetened frozen strawberries, thawed and sliced
- 2 tablespoons orange juice

Preparation

1. Place bananas in a medium bowl and mash with a fork.
2. Add pancake mix and water; stir until blended.
3. Spray a large skillet with nonstick cooking spray and heat over medium heat.
4. Pour ¼ cup batter for each pancake into hot skillet. Cook pancakes for about 2 minutes per side until fully cooked.

Topping

1. To make the topping, spray a pan with nonstick cooking spray and heat over medium heat.
2. Cook berries and orange juice for 3 minutes or until the berries are soft.
3. Spoon topping over pancakes and serve.

This recipe promises to be a family favorite. Try fresh, canned, or frozen fruits for different flavors.

Makes 4 servings. 2 pancakes per serving.

Prep time: 10 minutes

Cook time: 10 minutes

Nutrition information per serving:

Calories 109, Carbohydrate 24 g, Dietary Fiber 2 g, Protein 2 g, Total Fat 1 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 3 mg, Sodium 182 mg



Red and Yellow Bell Pepper Omelets

Ingredients

- | | |
|--|------------------------------------|
| 1 teaspoon olive oil | ½ teaspoon dried basil |
| 1 large red bell pepper, seeded and thinly sliced | ¼ teaspoon ground black pepper |
| 1 large yellow bell pepper, seeded and thinly sliced | nonstick cooking spray |
| 4 egg whites | 2 teaspoons grated Parmesan cheese |

Preparation

1. In a large nonstick pan over medium heat, warm oil; add red and yellow bell peppers and cook, stirring frequently for 4 to 5 minutes. Keep warm over low heat.
2. In a small bowl, lightly whisk together egg whites, basil, and ground black pepper.
3. Coat a small nonstick pan with nonstick cooking spray. Warm over medium-high heat for 1 minute. Add half of the egg mixture, swirling the pan to evenly coat the bottom. Cook for 30 seconds or until the eggs are set.
4. Carefully loosen and flip. Cook for 1 minute or until firm.
5. Sprinkle half of the red and yellow bell peppers over the eggs. Fold to enclose the filling. Transfer to a plate. Sprinkle with 1 teaspoon Parmesan cheese.
6. Repeat with the remaining egg mixture, peppers, and cheese. Serve hot.

Colorful red and yellow bell peppers add a healthy twist to this breakfast staple.

Makes 2 servings. 1 omelet per serving.

Prep time: 10 minutes

Cook time: 15 minutes

Nutrition information per serving:

Calories 101, Carbohydrate 8 g, Dietary Fiber 2 g, Protein 9 g, Total Fat 4 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 2 mg, Sodium 145 mg



Papaya Boats

Ingredients

- | | |
|------------------------------------|--|
| 2 papayas, rinsed and peeled | 1 (11-ounce) can mandarin oranges, drained |
| 1 medium banana, peeled and sliced | $\frac{3}{4}$ cup lowfat vanilla yogurt |
| 1 kiwifruit, peeled and sliced | 1 tablespoon honey* |
| 1 cup sliced strawberries | 2 teaspoons chopped fresh mint (optional) |

Preparation

1. Cut papayas in half lengthwise. Scoop out seeds. Place each half on a medium plate.
2. Place an equal amount of banana, kiwifruit, strawberries, and oranges in each papaya half.
3. Combine yogurt, honey and mint; mix well. Spoon over fruit before serving.

*A special morning treat for you and your family.
Add a sprinkle of granola for more crunch.*

Makes 4 servings. *$\frac{1}{2}$ ripe papaya per serving.*

Prep time: 10 minutes

Nutrition information per serving:

Calories 195, Carbohydrate 46 g, Dietary Fiber 6 g, Protein 5 g, Total Fat 1 g,
Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 2 mg, Sodium 40 mg

*Do not give honey to children under the age of one.



Huevos Rancheros with Fresh Salsa

Ingredients

- | | |
|----------------------------|--|
| 4 (6-inch) corn tortillas | 2 tablespoons shredded Cheddar or Monterey Jack cheese |
| ½ tablespoon vegetable oil | |
| nonstick cooking spray | |
| 1½ cups egg substitute | 2 cups Pico de Gallo (see page 8) |
| | ⅛ teaspoon ground black pepper |

Preparation

1. Preheat oven to 450°F.
2. Lightly brush tortillas with oil on both sides and place on a baking sheet. Bake for 5 to 10 minutes or until tortillas are crisp on the edges and starting to brown. Remove from the oven and set aside.
3. Spray a large skillet with nonstick cooking spray.
4. Pour egg substitute into skillet. Cook over medium heat for 2 to 3 minutes until eggs are cooked through.
5. Place an equal amount of eggs on each tortilla and top each with ½ tablespoon cheese.
6. Place under the broiler for about 2 minutes until cheese is melted. Spoon ½ cup Pico de Gallo on each tortilla and top with ground black pepper. Serve warm.

A healthy version of a classic breakfast dish!

Makes 4 servings. 1 tortilla per serving.

Prep time: 15 minutes

Cook time: 15 minutes

Nutrition information per serving:

Calories 146, Carbohydrate 16 g, Dietary Fiber 3 g, Protein 13 g, Total Fat 4 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 3 mg, Sodium 255 mg



Simmered Beans with Roasted Bell Peppers

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Ingredients

- | | |
|---|--------------------------------------|
| 2 cups Simmered Beans, using pinto beans (see page 9) | 1 teaspoon crushed red chili peppers |
| 1 cup finely chopped roasted green bell peppers (see page 12) | |

Preparation

1. In a medium saucepan, mix all ingredients.
2. Cook over medium heat for 10 minutes. Serve.

A quick and easy solution for a healthy morning meal.

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Makes 2 servings. 1 cup per serving.

Prep time: 5 minutes

Cook time: 10 minutes

Nutrition information per serving:

Calories 253, Carbohydrate 48 g, Dietary Fiber 15 g, Protein 15 g, Total Fat 1 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 112 mg





Chicken Tortas

Ingredients

- | | |
|-----------------------------------|--|
| 2 cups cooked, shredded chicken | 4 thin slices white onion |
| 1 teaspoon chili powder | ½ cup shredded reduced fat Monterey Jack cheese |
| 2 cups Pico de Gallo (see page 8) | 2 radishes, sliced |
| 2 cups shredded romaine lettuce | 1 fresh avocado, mashed |
| | 4 bolillos or French bread rolls, cut in half lengthwise |

Preparation

1. In a medium bowl, combine chicken, chili powder, and 1 cup Pico de Gallo.
2. In another medium bowl, combine lettuce, onion, cheese, and radishes.
3. Spread equal amounts of mashed avocado on each roll.
4. Place equal amounts of chicken and lettuce mixtures inside of each roll.
5. Spoon ¼ cup Pico de Gallo over lettuce and close sandwich. Serve immediately.

Serve these sandwiches with sliced jalapeño peppers for a little added heat!

Makes 4 servings. 1 sandwich per serving.

Prep time: 15 minutes

Nutrition information per serving:

Calories 379, Carbohydrate 32 g, Dietary Fiber 6 g, Protein 30 g, Total Fat 15 g, Saturated Fat 4 g, Trans Fat 0 g, Cholesterol 67 mg, Sodium 500 mg



Meatball Soup

Ingredients

- | | |
|--|---|
| 6 cups water | 8 ounces lean ground beef, turkey, or chicken |
| ½ cup brown rice | 1 tomato, finely chopped |
| 3 low-sodium beef- or chicken-flavored bouillon cubes or 1 tablespoon low-sodium bouillon powder | ½ onion, peeled and finely chopped |
| 4 sprigs fresh oregano, finely chopped or 1 tablespoon dried oregano | 1 large egg |
| | ½ teaspoon salt |
| | 2 cups chopped fresh vegetables (carrots, celery, and broccoli) |

Preparation

1. In a large pot, combine water, rice, bouillon cubes, and oregano. Bring to a boil over high heat. Stir to dissolve bouillon. Reduce heat to low and simmer.
2. Meanwhile, in a large bowl, mix ground meat, tomato, onion, egg, and salt. Form into 12 large meatballs.
3. Add meatballs to broth mixture and simmer 30 minutes.
4. Add vegetables. Cook 10 to 15 minutes or until meatballs are cooked and rice and vegetables are tender. Serve hot.

This simple soup with hearty meatballs is a tasty meal you can enjoy at home or reheated at work.

Makes 4 servings.

½ cup broth mixture and 3 large meatballs per serving.

Prep time: 15 minutes

Cook time: 40 minutes

Nutrition information per serving:

Calories 196, Carbohydrate 20 g, Dietary Fiber 4 g, Protein 16 g, Total Fat 6 g, Saturated Fat 2 g, Trans Fat 0 g, Cholesterol 85 mg, Sodium 407 mg



Cactus Salad

Ingredients

- | | |
|---|--|
| 4 cups shredded green cabbage | 1 large tomato, chopped |
| 2 fresh cactus leaves
(about 1 cup), cleaned
and finely chopped | 1 serrano chili, seeds removed
and minced |
| 4 thin slices white onion | 2 tablespoons cider vinegar |
| 4 radishes, thinly sliced | 1 teaspoon oil |
| | 1 teaspoon sugar |

Preparation

1. Mix cabbage, cactus, onion, radishes, tomato, and serrano chili in a medium bowl. Place salad on 4 separate plates.
2. Stir together vinegar, oil, and sugar; drizzle over salad. Serve immediately.

This salad is fresh and festive. Use jarred cactus if you can't find fresh.

Makes 4 servings. 1½ cups per serving.

Prep time: 15 minutes

Nutrition information per serving:

Calories 48, Carbohydrate 9 g, Dietary Fiber 3 g, Protein 2 g, Total Fat 1 g,
Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 20 mg



Veggie Bean Wrap

Ingredients

- | | |
|--|------------------------------------|
| 2 green or red bell peppers,
seeded and chopped | 2 mangos, chopped |
| 1 onion, peeled and sliced | juice of 1 lime |
| 1 (15-ounce) can 50% less salt/
sodium black beans, drained
and rinsed | ½ cup chopped fresh cilantro |
| | 1 avocado, peeled and diced |
| | 4 10-inch fat free flour tortillas |

Preparation

1. In a nonstick pan, sauté bell peppers and onion for 5 minutes over medium heat. Add beans and stir well. Reduce heat to low and simmer about 5 minutes.
2. In a small bowl, combine mangos, lime juice, cilantro, and avocado. Reserve ½ mixture for topping.
3. Fill warmed tortillas with ¼ bean mixture and ¼ mango mixture.
4. Fold ends of the tortillas over. Roll up to make wraps. Top veggie bean wraps with remaining mango mixture. Serve.

Fresh mangos and avocado give this meal a tasty twist.

Makes 4 servings. 1 wrap per serving.

Prep time: 15 minutes

Cook time: 10 minutes

Nutrition information per serving:

Calories 451, Carbohydrate 82 g, Dietary Fiber 22 g, Protein 16 g, Total Fat 10 g, Saturated Fat 2 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 302 mg



Corn and Green Chili Salad

Ingredients

2 cups frozen corn, thawed

1 (10-ounce) can diced tomatoes
with green chilies, drained

½ tablespoon vegetable oil

1 tablespoon lime juice

¼ cup sliced green onions

2 tablespoons chopped
fresh cilantro

Preparation

1. Combine all ingredients in a medium bowl; mix well. Serve.

This salad is easy to prepare. Add some diced cooked chicken to make this side dish a meal, or sprinkle over salad greens.

Makes 4 servings. ¾ cup per serving.

Prep time: 10 minutes

Nutrition information per serving:

Calories 94, Carbohydrate 19 g, Dietary Fiber 3 g, Protein 3 g, Total Fat 2 g,
Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 94 mg



Ceviche

This light dish is great for lunch or to start off a meal.

Makes 4 servings.

¾ cup per serving.

Prep time: 20 minutes

Ingredients

- ½ pound cooked small bay shrimp
- 1 cup diced cucumber
- ½ cup diced avocado
- ½ cup chopped tomatoes
- ¼ cup minced red onion
- ¼ cup frozen corn, thawed
- 3 tablespoons fresh lime juice

3 tablespoons prepared taco sauce

1 serrano chili, seeds removed and finely chopped

Preparation

1. Combine all ingredients in a small bowl and stir well.
2. Spoon into 4 small dishes and garnish with cilantro. Serve.

Nutrition information per serving: Calories 98, Carbohydrate 9 g, Dietary Fiber 3 g, Protein 9 g, Total Fat 4 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 73 mg, Sodium 163 mg

Melon Cooler

For a slushy cooler, simply blend ice with melon and water.

Makes 4 servings.

¾ cup per serving.

Prep time: 10 minutes

Ingredients

- 2 cups chopped melon (cantaloupe, honeydew, or watermelon)
- 2 cups cold water

Preparation

1. Place all ingredients in a blender container.
2. Blend until smooth. Pour into glasses and serve.

Nutrition information per serving: Calories 27, Carbohydrate 7 g, Dietary Fiber 1 g, Protein 1 g, Total Fat 0 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 15 mg



Crispy Taquitos

Ingredients

- | | |
|---|--|
| 2 cups Pico de Gallo, divided
(see page 8) | ½ cup shredded reduced fat
Cheddar cheese, Monterey
Jack cheese, or queso fresco |
| ½ cup cooked, finely chopped
chicken | 12 corn tortillas |
| ½ cup no salt added canned corn
or frozen corn, thawed | 2 teaspoons vegetable oil |
| ¼ cup chopped green onion | |
| ¼ cup chopped green bell pepper | |

Preparation

1. Heat oven to 425°F. In a medium bowl, combine 1 cup Pico de Gallo, chicken, corn, green onion, bell pepper, and cheese.
2. Soften tortillas on the stovetop or in the microwave oven, and spoon a heaping tablespoon of filling onto the center of each tortilla. Roll up tightly and secure each with a toothpick.
3. Place rolled tortillas seam side down on a baking sheet and brush each lightly with oil. Bake for 10 to 15 minutes or until crisp and lightly browned.
4. Place 3 taquitos on each plate and serve with remaining Pico de Gallo.

Great to keep in the freezer. You can heat and eat for a quick snack or side dish! Serve with guacamole for added flavor.

Makes 4 servings. 3 taquitos per serving.

Prep time: 15 minutes

Cook time: 10 to 15 minutes

Nutrition information per serving:

Calories 286, Carbohydrate 41 g, Dietary Fiber 6 g, Protein 14 g, Total Fat 8 g,
Saturated Fat 3 g, Trans Fat 0 g, Cholesterol 24 mg, Sodium 565 mg



Vegetable Quesadillas

Ingredients

nonstick cooking spray	2 tablespoons chopped fresh cilantro
½ cup chopped green bell pepper	4 (6-inch) flour tortillas
½ cup frozen corn, thawed	½ cup shredded reduced fat Cheddar or Monterey Jack cheese
½ cup sliced green onion	
½ cup chopped tomato	

Preparation

1. Spray a medium skillet with nonstick cooking spray. Sauté bell pepper and corn over medium heat until softened, about 5 minutes.
2. Add green onion and tomato; cook for several minutes more until heated through; stir in cilantro.
3. Heat tortillas in a large skillet over high heat. Place equal amounts of cheese and vegetables on each tortilla; fold in half and continue to cook until cheese is melted and tortilla is crisp and lightly browned. Serve while hot.

Enjoy this healthier version of a classic snack.

Makes 4 servings. 1 tortilla per serving.

Prep time: 10 minutes

Cook time: 15 minutes

Nutrition information per serving:

Calories 134, Carbohydrate 20 g, Dietary Fiber 2 g, Protein 7 g, Total Fat 3 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 3 mg, Sodium 302 mg



Quick and Creamy Grape Shake

Serve this shake for a refreshing mid-morning snack.

Makes 4 servings.

1 cup per serving.

Prep time: 10 minutes

Ingredients

- 2 cups green or red seedless grapes
- 2 bananas, peeled and sliced
- 2 oranges, peeled and quartered
- 12-16 ice cubes, crushed

Preparation

1. Place grapes, bananas, oranges, and ice in a blender container.
2. Blend until smooth. Pour into glasses and serve.

Nutrition information per serving: Calories 139, Carbohydrate 36 g, Dietary Fiber 4 g, Protein 2 g, Total Fat 0 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 2 mg

Vegetable Medley with Salsa Dip

A quick and tasty snack you can enjoy throughout the day.

Makes 4 servings.

1 cup vegetables and ½ cup salsa dip per serving.

Prep time: 20 minutes

Ingredients

- 2 carrots, cut into 3-inch sticks
- 2 celery stalks, cut into 3-inch sticks
- ½ jicama, peeled and cut into 3-inch sticks
- 1 bunch radishes, trimmed

- 6 green onions, trimmed
- 1 cup fat free sour cream
- 1 cup Pico de Gallo (see page 8)

Preparation

1. Arrange vegetables on a platter.
2. In a small bowl, mix sour cream and Pico de Gallo. Serve salsa dip with vegetables.

Nutrition information per serving: Calories 100, Carbohydrate 22 g, Dietary Fiber 6 g, Protein 3 g, Total Fat 0 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 5 mg, Sodium 308 mg



Tortilla Pizzas

Ingredients

- | | |
|---|--|
| 12 small corn or flour tortillas | 3 cups chopped vegetables, such as broccoli, mushrooms, spinach, and red bell pepper |
| vegetable oil or margarine | |
| 1 (16-ounce) can refried beans | ½ cup (2 ounces) shredded part-skim Mozzarella cheese |
| ¼ cup chopped onion | ½ cup chopped fresh cilantro (optional) |
| 2 ounces fresh or canned green chili peppers, diced | |
| 6 tablespoons red taco sauce | |

Preparation

1. Brush one side of each of two tortillas with water. Press the wet sides of the tortillas together to form a thick crust for the pizza.
2. Brush the outside of the tortillas with a small amount of oil or margarine. Evenly brown both sides in a heated frying pan. Repeat with the rest of the tortillas. Set aside.
3. Heat refried beans, onion, and half of the chili peppers together in a medium saucepan over medium heat, stirring occasionally. Remove from heat.
4. Spread about ⅓ cup of the bean mixture on each tortilla pizza. Sprinkle with 1 tablespoon taco sauce, then top with ½ cup of the chopped vegetables, 1 teaspoon chili peppers, and 1 tablespoon cheese for each pizza.
5. Return to frying pan and heat until cheese melts. Top with cilantro, if desired. Serve immediately.

Chili peppers and taco sauce give this pizza a spicy twist.

Makes 6 servings. 1 pizza per serving.

Prep time: 15 minutes

Cook time: 10 to 15 minutes

Nutrition information per serving:

Calories 253, Carbohydrate 39 g, Dietary Fiber 8 g, Protein 11 g, Total Fat 5 g, Saturated Fat 2 g, Trans Fat 0 g, Cholesterol 11 mg, Sodium 402 mg



Jicama Piña Breeze

Ingredients

½ cup canned pineapple
chunks, packed in
100% juice, undrained

½ cup fresh jicama, peeled and
cut into small pieces

½ cup fresh orange chunks
2 cups orange juice
ice cubes

Preparation

1. Place all ingredients in a blender container.
2. Blend until smooth. Pour into glasses and serve.

A variety of flavors make up this refreshing drink.

Makes 3 servings. 1 cup per serving.

Prep time: 10 minutes

Nutrition information per serving:

Calories 117, Carbohydrate 28 g, Dietary Fiber 3 g, Protein 2 g, Total Fat 0 g,
Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 5 mg





Vegetable Chicken Enchiladas

Ingredients

- | | |
|---|---|
| nonstick cooking spray | $\frac{3}{4}$ cup red enchilada sauce |
| 1 large onion, peeled and chopped | 2 (8-ounce) cans no salt added tomato sauce |
| 1 green bell pepper, seeded and chopped | 8 (6-inch) corn tortillas |
| 1 large zucchini, chopped | $\frac{3}{4}$ cup shredded reduced fat Monterey Jack cheese |
| 1 cup cooked, chopped chicken breast | |

Preparation

1. Preheat oven to 375°F.
2. Spray a large skillet with nonstick cooking spray. Sauté onion for 5 minutes over medium heat, stirring occasionally. Add bell pepper and zucchini; cook for 5 minutes more. Stir in chicken; set aside.
3. Meanwhile, combine enchilada sauce and tomato sauce in a small bowl; add $\frac{1}{2}$ cup to vegetable and chicken mixture.
4. Soften tortillas on the stovetop or in the microwave oven. Dip each tortilla in sauce and place equal amounts of vegetable and chicken mixture on one side. Roll up and place in a 13 x 9-inch baking pan. Pour any remaining sauce over the top.
5. Cover loosely with foil and bake for 20 to 25 minutes. Remove cover and sprinkle cheese over top; bake for 5 minutes more. Serve while hot.

Unlike traditional enchiladas, these are full of fresh, tasty vegetables.

Makes 4 servings. 2 enchiladas per serving.

Prep time: 10 minutes

Cook time: 35 to 40 minutes

Nutrition information per serving:

Calories 311, Carbohydrate 41 g, Dietary Fiber 7 g, Protein 22 g, Total Fat 8 g, Saturated Fat 3 g, Trans Fat 0 g, Cholesterol 41 mg, Sodium 521 mg



Ancho Chili and Chicken Soup

Ingredients

- | | |
|--|------------------------------------|
| 2 dried ancho chilies, seeded and torn into pieces | 1 medium onion, peeled and chopped |
| 1 cup water | 1 cup cooked, chopped chicken |
| 2½ cups 33% less sodium chicken broth | ¾ cup chopped carrots |
| 2 stalks celery, chopped | 1 teaspoon oregano |
| | ¾ cup chopped chayote squash |

Preparation

1. Place chilies in a hot skillet and cook for about 45 seconds until lightly toasted and fragrant. Cover with 1 cup boiling water and let stand for 20 minutes.
2. Meanwhile, combine broth, celery, onion, chicken, carrots, and oregano in a medium saucepan. Bring to a boil; reduce heat. Cover and let simmer for 20 minutes.
3. Place chilies and liquid in a blender or food processor and puree until smooth. Add chili puree and chayote to broth mixture. Simmer for 5 minutes more. Serve.

A slightly spicy chicken soup, packed full of hearty vegetables.

Makes 4 servings. 1½ cups per serving.

Prep time: 15 minutes

Cook time: 30 minutes

Nutrition information per serving:

Calories 103, Carbohydrate 8 g, Dietary Fiber 3 g, Protein 13 g, Total Fat 2 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 29 mg, Sodium 408 mg



Chili Verde

Ingredients

- | | |
|--|--|
| 1 pound fresh tomatillos, husks removed, washed, and cut into quarters | 2 tablespoons fresh lime juice |
| 3 Anaheim chilies, roasted, peeled, seeded, and diced | 1 teaspoon sugar |
| 3 green onions, sliced | 2 teaspoons oil |
| 2 cloves garlic, chopped | 1½ pounds lean pork tenderloin, cut into ¾-inch chunks |
| 1 jalapeño pepper, seeded and diced | ¼ cup chopped fresh cilantro |
| | ½ teaspoon salt |

Preparation

1. Place tomatillos in a medium saucepan with a small amount of water. Cover and simmer for about 5 minutes until soft.
2. Drain tomatillos and place in a blender container with the Anaheim chilies, green onions, garlic, and jalapeño pepper. Blend on low speed until fairly smooth. Stir in lime juice and sugar and pour back into saucepan; set aside.
3. Heat oil in a large skillet. Add pork to skillet; cook and stir over high heat for about 5 minutes to brown; add to the pan with the sauce. Bring to a boil; reduce heat and simmer, covered, for 50 minutes.
4. Remove cover and cook for 10 minutes more. Stir in cilantro and salt. Serve with ½ cup cooked brown rice.

Serve this dish with a side salad and fruit for a complete meal.

Makes 4 servings. 1½ cups per serving.

Prep time: 15 minutes

Cook time: 1 hour and 10 minutes

Nutrition information per serving:

Calories 413, Carbohydrate 35 g, Dietary Fiber 6 g, Protein 43 g, Total Fat 11 g, Saturated Fat 3 g, Trans Fat 0 g, Cholesterol 108 mg, Sodium 383 mg



Hearty Bean and Vegetable Soup

Ingredients

- | | |
|---|--|
| ½ cup each dried pink beans, dried lentils, dried black beans, yellow split peas, dried kidney beans, and dried blackeye peas | ½ teaspoon each salt and ground black pepper |
| 8 cups water | 1 bay leaf |
| 1 smoked ham hock (about ½ pound) | 1 cup chopped onion |
| 1 teaspoon each dried basil, dried rosemary, dried marjoram, and crushed red chillies | ½ cup chopped carrots |
| | ½ cup chopped celery |
| | 2 (14½-ounce) cans no salt added diced tomatoes, undrained |
| | 1 (8-ounce) can tomato sauce |

Preparation

1. Rinse dried pink beans, lentils, black beans, yellow split peas, kidney beans, and blackeye peas under cold running water. Place beans, lentils, and peas in a large bowl, then cover with water to 2 inches above the mixture. Cover and let stand 8 hours, then drain.
2. Combine drained bean, lentil and pea mixture, water, and ham hock in a large pot; bring to a boil. Add spices, onion, carrots, celery, tomatoes, and tomato sauce. Cover, reduce heat, and simmer 2 hours. Uncover and cook 1 hour.
3. Discard bay leaf. Remove ham hock from soup. Remove meat from bone; shred meat with 2 forks. Return meat to soup and serve.

This healthy meal is sure to please your entire family.

Makes 8 servings. 2 cups per serving.

Prep time: 20 minutes (excludes soaking beans)

Cook time: 3 hours

Nutrition information per serving:

Calories 346, Carbohydrate 50 g, Dietary Fiber 16 g, Protein 22 g, Total Fat 9 g, Saturated Fat 3 g, Trans Fat 0 g, Cholesterol 19 mg, Sodium 455 mg



Potato Sauté with Onions and Bell Peppers

Ingredients

- | | |
|--|---|
| 2 cups water | ½ cup chopped tomato |
| 2 large russet potatoes, cleaned and cut in half | ½ teaspoon oregano |
| 1 tablespoon vegetable oil | ¼ teaspoon each salt and ground black pepper |
| ½ cup chopped onion | ¼ cup crumbled queso fresco or reduced fat Monterey Jack cheese |
| ½ cup chopped green and red bell pepper | |
| ½ cup no salt added canned corn or frozen corn, thawed | |

Preparation

1. Bring water to a boil in a large pan. Add potatoes and cook until crisp-tender, about 15 minutes. Drain well and cut into bite-size pieces.
2. Heat oil in a large skillet. Sauté onion until golden brown and soft. Add potatoes and bell pepper to skillet and cook over medium-high heat, stirring frequently, until golden brown.
3. Stir in corn, tomato, oregano, salt, and ground black pepper. Top with cheese and serve.

This recipe is great as a side dish with dinner or for breakfast.

Makes 4 servings. ½ cup per serving.

Prep time: 15 minutes

Cook time: 30 minutes

Nutrition information per serving:

Calories 217, Carbohydrate 39 g, Dietary Fiber 6 g, Protein 6 g, Total Fat 5 g, Saturated Fat 2 g, Trans Fat 0 g, Cholesterol 5 mg, Sodium 220 mg



Chicken and Rice

Ingredients

- | | |
|--|--|
| 2 pounds boneless, skinless chicken breasts, cut into strips | 2 cups reduced sodium chicken broth |
| 1 medium onion, peeled and chopped | 2 (14½-ounce) cans no salt added diced tomatoes, drained |
| 2 green bell peppers, chopped | ½ cup frozen pea and carrot blend |
| 2 jalapeño peppers, seeded and minced | 1 teaspoon each ground cumin and chili powder |
| 3 cloves garlic, minced | ¾ cup brown rice |

Preparation

1. In a nonstick skillet, sauté chicken strips over medium heat until cooked thoroughly, about 10 minutes. Set aside and keep warm.
2. In a large skillet, bring remaining ingredients to a boil. Cover and simmer about 30 minutes, until rice has absorbed liquid.
3. Remove cover from rice mixture, remove from heat, and let stand for 3 to 5 minutes. Arrange chicken over rice and serve.

Peas and carrots add color and provide a healthy addition to this traditional dish.

Makes 6 servings. 1 cup per serving.

Prep time: 15 minutes

Cook time: 40 minutes

Nutrition information per serving:

Calories 331, Carbohydrate 30 g, Dietary Fiber 6 g, Protein 39 g, Total Fat 0 g, Saturated Fat 2 g, Trans Fat 0 g, Cholesterol 91 mg, Sodium 300 mg



Chicken and Vegetables with Mole Sauce

Ingredients

- | | |
|---|---|
| nonstick cooking spray | 1½ cups fresh tomatillos
(about 7 medium tomatillos),
husks removed, washed, and
diced |
| 6 each skinless drumsticks
and thighs | 2 teaspoons ground cumin |
| 3 dried ancho chilies, seeded
and torn into pieces | ¼ teaspoon salt |
| 2¼ cups canned 33% less sodium
chicken broth | 2 fresh cactus leaves
(about 1 cup), cleaned and
chopped |
| 1 medium onion,
peeled and chopped | ¾ pound fresh trimmed
green beans |

Preparation

1. Place chicken in a large skillet sprayed with nonstick cooking spray. Cook over medium heat for about 10 to 15 minutes per side or until cooked through.
2. While chicken is cooking, prepare mole sauce. Toast ancho chilies in a large skillet over medium-high heat for 1 minute, stirring constantly. Add broth to skillet and set aside.
3. Spray a large saucepan with nonstick cooking spray. Add onion; cook and stir over medium-high heat for 5 minutes. Add chili and broth mixture, tomatillos, cumin, and salt; bring to a boil, then reduce heat and simmer for 10 minutes. Let cool slightly and transfer to a blender container.
4. Puree until smooth and pour over chicken; cook for 5 minutes more.
5. Cook cactus and green beans in boiling water for about 5 minutes; drain. Serve chicken and sauce over cooked vegetables.

A lot faster than a traditional mole and just as good!

Makes 6 servings. 1 drumstick and 1 thigh per serving.

Prep time: 15 minutes **Cook time:** 45 to 55 minutes

Nutrition information per serving:

Calories 239, Carbohydrate 11 g, Dietary Fiber 4 g, Protein 31 g, Total Fat 8 g,
Saturated Fat 2 g, Trans Fat 0 g, Cholesterol 92 mg, Sodium 388 mg



Mexican Rice

Ingredients

- | | |
|---|---|
| 1 tablespoon vegetable oil | ½ teaspoon chili powder |
| 1 cup chopped onion | ¼ teaspoon salt |
| 1 (14½-ounce) can 33% less sodium chicken broth | 1 cup frozen corn, thawed |
| 1 cup white rice | 1 cup frozen pea and carrot blend, thawed |
| ¾ cup chopped tomatoes | |

Preparation

1. Heat vegetable oil in a medium saucepan over medium heat. Add onion and sauté until soft, about 5 minutes.
2. Stir in broth, rice, ½ cup tomatoes, chili powder, and salt. Bring to a boil; reduce heat and simmer, covered, for 25 minutes.
3. Stir in vegetables and let stand for 5 minutes. Spoon remaining tomatoes over top and serve.

With the help of frozen vegetables, this is a tasty, nutritious side dish. Garnish with chopped fresh cilantro or a sprinkle of cheese.

Makes 6 servings. ¾ cup per serving.

Prep time: 5 minutes

Cook time: 30 minutes

Nutrition information per serving:

Calories 200, Carbohydrate 39 g, Dietary Fiber 3 g, Protein 6 g, Total Fat 0 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 279 mg



Spinach Corn Casserole

Ingredients

- 1 (16-ounce) package chopped frozen spinach
- ½ cup minced white onion
- 2 (14¾-ounce) cans creamed corn
- 1 tablespoon margarine
- 2 teaspoons vinegar
- 1 teaspoon salt
- ½ teaspoon ground black pepper

Topping

- ½ cup bread crumbs
- 2 tablespoons grated Parmesan cheese
- 1 tablespoon margarine

Preparation

1. Preheat oven to 400°F. Warm frozen spinach in a saucepan over medium heat. Drain excess liquid.
2. Combine spinach, onion, and creamed corn in casserole dish.
3. Melt 1 tablespoon margarine and add to casserole dish. Add vinegar, salt, and ground black pepper. Mix ingredients together.
4. Spread bread crumbs and Parmesan cheese over top of casserole. Melt remaining margarine and drizzle over topping. Bake for 20 to 30 minutes. Serve while hot.

Serve this vegetable dish alongside your favorite family meal.

Makes 12 servings. ½ cup per serving.

Prep time: 10 minutes

Cook time: 20 to 30 minutes

Nutrition information per serving:

Calories 100, Carbohydrate 18 g, Dietary Fiber 3 g, Protein 4 g, Total Fat 2 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 4 mg, Sodium 419 mg



Fresh Fruit Crepes

Fruit Topping Ingredients

- ¼ cup brown sugar
- juice of 1 lime
- 2 cups sliced fresh strawberries
- ½ cup fresh blueberries

Crepes Ingredients

- 1 cup lowfat ricotta cheese
- 2 tablespoons brown sugar
- ¼ teaspoon cinnamon
- 6 (6-inch) flour tortillas
- 2 teaspoons margarine

Preparation

1. Combine brown sugar and lime juice in a small bowl; stir to dissolve sugar. Stir in fruit and set aside.
2. To prepare crepes, combine cheese, brown sugar, and cinnamon in a small bowl. Spoon an even amount of mixture on half of each tortilla; fold over to enclose filling.
3. Melt 1 teaspoon margarine in a large skillet over medium heat. Place 3 of the filled tortillas in the skillet and cook for several minutes on each side until crisp and lightly browned. Repeat with remaining margarine and tortillas.
4. Spoon fruit topping over crepes and serve while hot.

Serve these crepes for brunch or as a light dessert.

Makes 6 servings. 1 crepe per serving.

Prep time: 10 minutes

Cook time: 10 minutes

Nutrition information per serving:

Calories 146, Carbohydrate 25 g, Dietary Fiber 2 g, Protein 7 g, Total Fat 2 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 3 mg, Sodium 190 mg



Tropical Fruit Platter

Ingredients

- | | |
|---|------------------------------|
| 1 (20-ounce) can pineapple slices, each cut in half | 1 mango, peeled and sliced |
| 1 large papaya wedge, peeled and sliced | 2 cups strawberries, stemmed |
| | juice of 1 lime |

Preparation

1. Arrange pineapple, papaya, mango, and strawberries on a serving platter.
2. Sprinkle lime juice over fruit. Serve.

A quick and easy way to get more fruits into your day.

Makes 6 servings. 1 cup per serving.

Prep time: 15 minutes

Nutrition information per serving:

Calories 119, Carbohydrate 31 g, Dietary Fiber 4 g, Protein 1 g, Total Fat 0 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 4 mg



Rice Pudding

Ingredients

nonstick cooking spray	1 egg white
2½ cups cooked white rice	¼ teaspoon ground cinnamon
¼ cup granulated sugar	⅛ teaspoon ground nutmeg
2 tablespoons margarine, melted	1 cup raisins
1½ cups 1% lowfat milk	8 cups fruit, such as sliced strawberries, blueberries, or chopped mangos
1 egg	

Preparation

1. Heat oven to 350°F. Spray a 13x9-inch baking dish with nonstick cooking spray.
2. Combine rice, sugar, margarine, milk, eggs, cinnamon, nutmeg, and raisins. Mix well.
3. Pour into baking dish. Bake in oven until top is golden brown, approximately 30 minutes. Top pudding with fruit and serve.

Top Rice Pudding with canned fruit packed in 100% fruit juice when fresh berries and mangos are not in season.

Makes 12 servings. ½ cup per serving.

Prep time: 10 minutes

Cook time: 30 minutes

Nutrition information per serving:

Calories 187, Carbohydrate 38 g, Dietary Fiber 3 g, Protein 4 g, Total Fat 3 g, Saturated Fat 2 g, Trans Fat 0 g, Cholesterol 24 mg, Sodium 152 mg

Acknowledgements



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