

# Manna! Music! And Me!

Health Through Food, Movement and Community

# COOK BOOK



Thanks to the parents, grandparents and teaching artists of the Global Education Center who have contributed recipes from their various cultural heritages to this cookbook. All cookbook contributors are involved in the music and dance classes that take place at Global Education Center West and Global Education Center South.

Thanks to the students at Meharry 12 South Community Clinic for sharing healthy snacking and cooking information with patients and their families who frequent the student-led clinic.

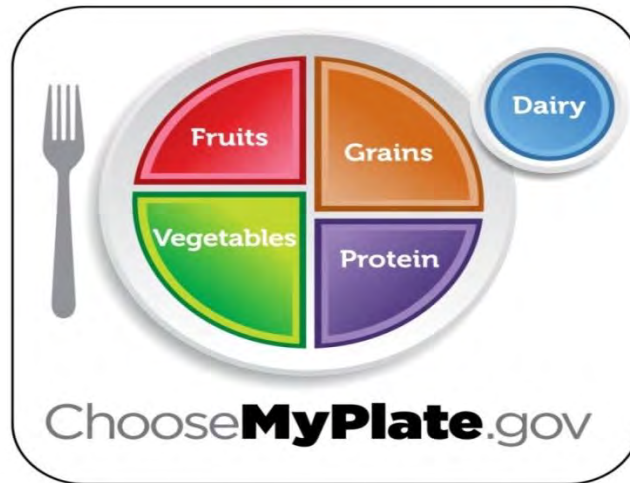
Thanks to the physicians and staff at Meharry Medical College for their support and encouragement throughout the Manna! Music! And Me! Project.

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Russia, Morocco, Nicaragua, El Salvador, China, Honduras, Somalia, Croatia, Peru, Syria, Mexico, Thailand, China, Egypt, Burma – Travel the world in your own kitchen with these healthy or lighter international recipes.

## MyPlate:



### Balancing Calories

- Enjoy your food, but eat less.
- Avoid oversized portions.

### Foods to Increase

- Make half your plate fruits and vegetables.
- Make at least half your grains whole grains.
- Switch to fat-free or low-fat (1%) milk.

### Foods to Reduce

- Compare sodium in foods like soup, bread, and frozen meals and choose foods with lower numbers.
- Drink water instead of sugary drinks



Modified from: <http://www.choosemyplate.gov/>



## Nutrition Tips:

### Meals Tips

- ✓ Eat at least 5 fruits and vegetables each day
- ✓ Eat breakfast daily
- ✓ Eat together as a family
- ✓ Snack on fruits or vegetables 2 times a day
- ✓ Decrease portion sizes by using smaller plates, or by using your child's fist
- ✓ Decrease desserts, candy and "junk foods"
- ✓ Adjust recipes to decrease sugar and fat, and increase fiber and whole grains
- ✓ Prepare less food and remove extras from the table
- ✓ Wait for true physical hunger before eating
- ✓ Stop eating when satisfied (rather than "full") and allow children to stop eating when they lose interest

### Drinks Tips

- ✓ Switch to skim or 1% milk for children older than 2
- ✓ Eliminate sweetened beverages (*sweet tea, soda, sports drinks, fruit punch, lemonade, sweetened coffee drinks*)
- ✓ Drink more water
- ✓ Limit 100% fruit juice to less than 6 ounces a day

### Eating Out Tips

- ✓ Limit eating out, especially at fast food restaurants
- ✓ Eat only half or less of restaurant portions.

### Media Tips

- ✓ Limit distractions like TV, computer, or phone during meals



Modified from: <https://www.aap.org/en-us/Pages/Default.aspx>



## Physical Activity Tips

### Exercise Recommendations:

- ✓ Get at least 60 minutes of physical activity each day (*Can be done in shorter segments throughout the day*)
- ✓ Participate in active sports such as swimming, soccer, running, tennis, basketball, dance, karate, or cycling
- ✓ Walk or ride a bike instead of driving a car for short trips, including to school
- ✓ Be active together as a family
- ✓ Plan indoor activities for inclement weather
- ✓ Visit parks or playgrounds

### Media Tips:

- ✓ Limit screen time (TV, video games, computer, I-pad) to less than 2 hours per day
- ✓ No screen time for children younger than 2
- ✓ Remove TV and computers from the child's bedroom



Modified from: <https://www.aap.org/en-us/Pages/Default.aspx>



## Grocery Store Tips

### BEFORE GOING THE GROCERY STORE

- ✓ Eat something healthy. Don't shop hungry.
- ✓ Make a grocery list.
- ✓ Review store ads, clip coupons, and organize them at home.



### AT THE GROCERY STORE

- ✓ Sign up for your grocery store bonus/discount card for additional savings.
- ✓ Try store brands.
- ✓ Look for the unit price to compare similar foods.
- ✓ Buy in-season fruits and vegetables.
- ✓ Purchase canned (in water, low sodium, in their own juice, not heavy syrup) and frozen fruits and vegetables.
- ✓ Buy milk (fat-free or low-fat) in large containers (gallon or 1/2 gallon).
- ✓ The whole may be cheaper than the parts.
- ✓ Stock up on sale items you can use in a timely manner.
- ✓ Use your food budget wisely.



### AT HOME

- ✓ Assemble healthy snacks at home in small baggies.
- ✓ Do "batch cooking" when the food budget and time allow.
- ✓ Take advantage of planned leftovers to cut preparation time and save food dollars.



Modified from:

[http://health.gov/dietaryguidelines/dga2005/healthieryou/html/tips\\_money\\_saving.html](http://health.gov/dietaryguidelines/dga2005/healthieryou/html/tips_money_saving.html)



## Healthy Substitutes



### Milk and Milk Products

| If you usually buy:                                  | Try these:   |
|--|--|
| Evaporated whole milk                                | Evaporated fat-free (skim) or reduced fat (2%) milk              |
| Whole milk   | Fat-free (skim), low-fat (1%), or reduced fat (2%) milk          |
| Ice cream  | Sorbet and ices, sherbet, and low-fat or fat-free frozen yogurt  |
| Whipping cream                                       | Imitation whipped cream (made with fat-free [skim] milk)         |
| Sour cream   | Plain low-fat yogurt   |
| Cream cheese   | Neufchatel or "light" cream cheese or fat-free cream cheese      |
| Cheese (cheddar, Swiss, or jack)                     | Reduced calorie cheese, low-calorie processed cheeses, etc.      |
| American cheese                                      | 2 % cheese or fat-free cheese                                    |
| Regular cottage cheese                               | Low-fat (1%) or reduced fat (2%) cottage cheese                  |
| Whole milk mozzarella cheese                         | Part-skim milk, low-moisture mozzarella cheese                   |
| Whole milk ricotta cheese                            | Part-skim milk ricotta cheese                                    |
| Coffee cream or non-dairy creamer (liquid or powder) | Low-fat (1%) or reduced fat (2%) milk or non-fat dry milk powder |



Modified from:

[http://health.gov/dietaryguidelines/dga2005/healthieryou/html/tips\\_healthy\\_subs.html](http://health.gov/dietaryguidelines/dga2005/healthieryou/html/tips_healthy_subs.html)



## Healthy Substitutes



### Cereals, Grains and Pastas:

| If you usually buy:              | Try these:   |
|----------------------------------|--|
| Ramen noodles                    | Rice or noodles (spaghetti, macaroni, etc.)                                      |
| Pasta with white sauce (Alfredo) | Pasta with red sauce (marinara)  |
| Pasta with cheese sauce          | Pasta with vegetables (primavera)  |
| Granola                          | Bran flakes, crispy rice, etc.<br>Cooked grits or oatmeal<br>Reduced-fat granola |
| White rice                       | Brown rice   |

Modified from:

[http://health.gov/dietaryguidelines/dga2005/healthieryou/html/tips\\_healthy\\_subs.html](http://health.gov/dietaryguidelines/dga2005/healthieryou/html/tips_healthy_subs.html)





## Healthy Substitutes



### Meat, Fish and Poultry:

| If you usually buy:  | Try these:   |
|--|--|
| Cold cuts or lunch meats (bologna, salami, liverwurst, etc.)         | Low-fat cold cuts (95% to 97% fat-free lunch meats or low-fat pressed meats)             |
| Hot dogs (regular)   | Lower-fat hot dogs   |
| Bacon or sausage   | Canadian bacon or lean ham   |
| Regular ground beef  | Extra lean ground beef such as ground round or ground turkey (read labels)               |
| Chicken or turkey with skin, duck, or goose                          | Chicken or turkey without skin (white meat)  |
| Oil-packed tuna  | Water-packed tuna (rinse to reduce sodium content)                                       |
| Beef (chuck, rib, or brisket)  | Beef (round or loin) (trimmed of external fat)(choose select grades)                     |
| Pork (spareribs or untrimmed loin)                                   | Pork tenderloin or trimmed, lean smoked ham  |
| Frozen breaded fish or fried fish (homemade or commercial)           | Fish or shellfish, unbreaded (fresh, frozen, or canned in water)                         |
| Whole eggs   | Egg whites or egg substitutes  |
| Frozen TV dinners (containing more than 13 grams of fat per serving) | Frozen TV dinners (containing less than 13 grams of fat per serving and lower in sodium) |
| Chorizo sausage  | Turkey sausage, drained well (read label)<br>Vegetarian sausage (made with tofu)         |



Modified from:

[http://health.gov/dietaryguidelines/dga2005/healthieryou/html/tips\\_healthy\\_subs.html](http://health.gov/dietaryguidelines/dga2005/healthieryou/html/tips_healthy_subs.html)



## Healthy Substitutes



### Baked Goods:

| If you usually buy:                               | Try these:  |
|---|---|
| Croissants, brioches, etc.                        | Hard French rolls or soft brown and serve rolls   |
| Donuts, sweet rolls, muffins, scones, or pastries | English muffins, bagels, reduced fat or fat-free muffins or scones                                  |
| Party crackers                                    | Low-fat crackers (choose lower in sodium)   |
| Cake (pound, chocolate or yellow)                 | Saltine or soda crackers (choose lower in sodium)   |
| Cookies   | Cake (angel food, white, or gingerbread)  |
|   | Fat-free or reduced fat cookies (graham crackers, ginger snaps, or fig bars) compare calorie level) |



Modified from:

[http://health.gov/dietaryguidelines/dga2005/healthieryou/html/tips\\_healthy\\_subs.html](http://health.gov/dietaryguidelines/dga2005/healthieryou/html/tips_healthy_subs.html)



## Healthy Substitutes



### Snack, Sweets:

| If you usually buy:                         | Try these:  |
|---|---|
| Nuts  | Popcorn (air-popped or light microwave), fruits, vegetables |
| Ice cream, for example, cones or bars       | Frozen yogurt, frozen fruit, or chocolate pudding bars      |
| Custards or puddings (made with whole milk) | Puddings (made with fat-free milk)                          |



Modified from:

[http://health.gov/dietaryguidelines/dga2005/healthieryou/html/tips\\_healthy\\_subs.html](http://health.gov/dietaryguidelines/dga2005/healthieryou/html/tips_healthy_subs.html)



## Healthy Substitutes



### Fats, Oils, Salad Dressings

| If you usually buy:                   | Try these:   |
|---------------------------------------|--|
| Regular margarine or butter           | Light spread margarines, diet margarine, or whipped butter, tub or squeeze bottle  |
| Regular mayonnaise                    | Light or diet mayonnaise or mustard  |
| Regular salad dressings               | Fat-free or reduced calorie salad dressings, lemon juice, or plain, herb-flavored, or wine vinegar                                     |
| Butter or margarine on toast or bread | Jelly, jam, or honey on bread or toast   |
| Oils, shortening, or lard             | Non-stick cooking spray for stir-frying or sautéing<br>As a substitute for oil or butter, use applesauce or prune puree in baked goods |



Modified from:  
[http://health.gov/dietaryguidelines/dga2005/healthieryou/html/tips\\_healthy\\_subs.html](http://health.gov/dietaryguidelines/dga2005/healthieryou/html/tips_healthy_subs.html)



## Healthy Substitutions



### Miscellaneous:

| If you usually buy:                      | Try these:   |
|--|--|
| Canned cream soups                       | Canned broth-based soups (low-sodium)  |
| Gravy (homemade with fat and/or milk)    | Gravy mixes made with water or homemade with the fat skimmed off and fat-free milk |
| Fudge sauce                              | Dark chocolate syrup   |
| Guacamole dip or refried beans with lard | Salsa  |

Modified from: [http://health.gov/dietaryguidelines/dga2005/healthieryou/html/tips\\_healthy\\_subs.html](http://health.gov/dietaryguidelines/dga2005/healthieryou/html/tips_healthy_subs.html)



## Tips for Using Herbs and Spices:



**Allspice:** Use in meats, fish, poultry, soups, stews, and desserts.

**Anise:** Use in breads, snacks, soups, stews, vegetables, meats, and poultry.

**Annatto Seeds:** Use in vegetables, meats, poultry, and rice.

**Bay Leaf:** Use in soups, stews, meats, poultry, seafood, and sauces.

**Basil:** Use in soups, salads, vegetables, fish, and meats.

**Cayenne Pepper:** Use in meats, poultry, stews, and sauces.

**Chili Powder:** Use in meats, poultry, vegetable, fish and stews.

**Cilantro:** Use in meats, sauces, stews, and rice.

**Cinnamon:** Use in salads, vegetables, breads, and snacks.

**Clove:** Use in soups, salads, and vegetables.

**Cumin:** Use in meats and poultry.

**Curry Powder:** Use in meats, shellfish, and vegetables.

**Dill Weed:** Use in fish, soups, salads, and vegetables.

**Garlic:** Use in soups, stews, salads, vegetables, meats, poultry, seafood, and sauces.

**Garlic Powder:** Use in meats, poultry, fish, vegetables, salads, soups, and stews.

**Ginger:** Use in soups, salads, vegetables, and meats.

**Lemongrass:** Use in soups, stews, meats, poultry, seafood, and sauces.

**Nutmeg:** Use in vegetables and meats.

**Onion Powder/Green Onion:** Use in meats, poultry, seafood, soups, and salads.

**Oregano:** Use in soups, salads, vegetables, meats, and poultry.

**Paprika:** Use in meats, fish, poultry, and vegetables.

**Parsley:** Use in salads, vegetables, fish, and meats.

**Rosemary:** Use in salads, vegetables, fish, and meats.

**Sage:** Use in soups, salads, vegetables, meats, and poultry.

**Thyme:** Use in salads, vegetables, fish, and poultry.

**Vinegar:** Use in soups, salads, vegetables, meats, and poultry.



*Modified from: <http://www.nhlbi.nih.gov/health/educational/healthdisp/pdf/tipsheets/Use-Herbs-and-Spices-Instead-of-Salt.pdf>*



## Hummus (Chickpea dip)



### Ingredients:

2 cups of boiled dry chickpeas/ 1 can of chickpeas  
3 tablespoons of tahini  
3 tablespoons of olive oil  
¼ cup lemon juice  
1 clove of garlic (~1/2 teaspoon of minced garlic or 1/8 teaspoon of garlic powder)  
¼ teaspoon cumin  
Salt and pepper to taste

### Directions:

- ✓ Put all ingredients in the food processor until the mixture acquires the desire consistency.
- ✓ For a thinner consistency water can be added to the mixture.

- ❖ Hummus is a great snack or complement to any meal.
- ❖ Hummus is a dip that can have different variations to add more flavor or more vegetables. Some variations include: adding roasted peppers, chipotle peppers, jalapeños.
- ❖ Also other spices can be added for more flavors such as garlic, basil, cilantro, rosemary, parsley and oregano.



Modified from: <http://www.syriancooking.com/dips/hummus-chickpea-dip>





## Tabouli Salad



### Ingredients:

- 2 bunches of fresh parsley
- 1 cup of finely chopped tomato
- 1 cup of finely chopped cucumber
- ½ cup of bulgur
- ½ cup of fresh mint leaves
- 3 scallions finely chopped
- ½ fresh lemon juice
- 1/3 cup of olive oil
- ½ teaspoon paprika
- Salt and black pepper to taste

### Directions:

- ✓ In a bowl soak bulgur with room temperature water and let it sit for 20 minutes. After 20 minutes drain the water.
- ✓ Combine all ingredients in a bowl except the salt.
- ✓ Keep on the refrigerator until serve. Before serving add the salt.

- ❖ **Tabouli is a staple salad in Syria.**
- ❖ **Tabouli can be served with lettuce, a side to a meal and even as a healthy snack in between meals.**
- ❖ **Some variations include garlic and couscous, quinoa instead of bulgur.**



Modified from: <http://www.syriancooking.com/salad/tabouli-salad>



## Russian Potato Salad



### Ingredients:

- 6 golden potatoes
- 6 medium beets
- 1 red onion
- 2 limes
- ½ cup low fat mayonnaise, olive oil mayonnaise or miracle whip
- salt and pepper to taste

### Directions:

- ✓ Boil potatoes and beets until semi tender.
- ✓ Cube potatoes and beets.
- ✓ Thinly slice onion.
- ✓ Squeeze juice of two limes over potatoes and beets.
- ✓ Stir in mayo.
- ✓ Add salt and pepper to taste.

- ❖ **Regular Russian potato salad includes full fat mayonnaise. Some healthy substitutions include:**
  - low fat mayonnaise (light, olive oil)
  - Miracle whip
- ❖ **Switch regular potatoes for sweet potatoes for more fiber content in the salad.**
- ❖ **Add other vegetables such as peas, celery, carrots, green onions, green beans for more variety and nutrients.**



*Modified from: A recipe from Jeimy Vitor Gilbert*



## Taktouka



### Ingredients:

4 fresh bell peppers (Select one of each color: red, green, orange, and yellow.)  
2 large tomatoes, peeled, seeded and cut into pieces  
1 tablespoon red pepper powder  
½ teaspoon cumin  
3-4 cloves of garlic  
½ cup olive oil  
Salt and pepper to taste  
Hot sauce

### Directions:

- ✓ Sauté all ingredients except for hot sauce for 20-30 minutes.
- ✓ Add hot sauce to taste just before serving.

- ❖ Taktouka is a Moroccan cooked salad that can be serve warm or cold.
- ❖ It can be served with crusty whole wheat bread.
- ❖ For variety try it over brown rice.
- ❖ Taktouka can be garnished with fresh chopped parsley or cilantro.



Modified from: <http://www.caravanserai-arts.org/blog/bring-your-own-bread>



## Curtido o Ensalada de Repollo (Cole slaw)



**Servings:** 4 to 6 servings

**Ingredients:**

- ½ head cabbage, shredded
- 1 carrot, peeled and grated
- 4 cups boiling water
- 3 minced scallions
- ½ cups of white vinegar
- ½ cups water
- 1 minced Jalapeño or 1 teaspoon of red pepper flakes
- ½ teaspoon salt

**Directions:**

- ✓ Place the cabbage and carrots in a large heat-proof bowl. Pour the boiling water into the bowl to cover the cabbage and carrots and set aside for about 5 minutes. Drain in a colander, pressing out as much liquid as possible.
- ✓ Return the cabbage and carrots to the bowl and toss with the remaining of the ingredients.
- ✓ Let it sit at room temperature for a couple hours or overnight. Then chill and serve.

- ❖ **Curtido is a lightly fermented cabbage salad popular in Central America.**
- ❖ **It is usually serve on top of pupusas or baho.**



Modified from: <http://www.whats4eats.com/salads/curtido-recipe>



## Yogurt Cucumber Dip



**Servings:** 6 persons

**Ingredients:**

- 2 cups low fat Greek yogurt
- 1 large cucumber, seeded and grated
- 10 large leaves of mint, minced
- 1 clove of garlic crushed (optional)
- 1/2 tsp salt
- 1/4 tsp cumin powder

**Directions:**

- ✓ Mix all ingredients.
- ✓ Let it sit in the fridge for an hour or serve immediately.

- ❖ Yogurt cucumber dip is an easy dip that has different variations depending of the country.
- ❖ The dip is a staple in places like: Greece, Egypt, Persia, India and Turkish.
- ❖ It can be paired with rice, meat skewers and vegetables.



<http://www.foodofegypt.com/05/14/yogurt-cucumber-dip/>



## Whole Wheat Naan



**Servings:** 4

**Ingredients:**

3 cups whole wheat flour

1 tbsp. sugar

½ tsp instant yeast

1 cup water

3 to 4 tbsps. yogurt

2 tbsps. softened unsalted butter

¾ tsp salt

**Directions:**

- ✓ In a bowl, mix the instant yeast, sugar. add water and stir the mixture.
- ✓ Add 1 cup whole wheat flour and stir or whisk it with the rest of the yeast mixture. Cover and keep aside to leaven for 40 to 45 minutes.
- ✓ Then add the remaining whole wheat flour, salt, butter and yogurt.
- ✓ Knead to a soft and smooth dough.
- ✓ If the dough become sticky, add a few tablespoons of flour and knead again. If the dough is dry, then add some more water.
- ✓ Cover the naan dough and keep aside for 25 to 30 minutes.
- ✓ Divide the dough into medium balls.
- ✓ Rest the dough balls for about 15 to 20 minutes. Cover and keep aside.
- ✓ Lightly dust the dough balls with some flour. Roll them into a small to medium sized rounds.
- ✓ Place the naan on a griddle. When the bottom is partly cooked, flip. When the second side is cooked, remove the naan with a pair of tongs and place the side which was cooked first facing the fire. The naan will puff up. Flip and brown the naan.

- ❖ **Naan is originally from India, Central Asian and Persia.**
- ❖ **Usually is made with white flour, whole milk and butter. A healthier version can be made with whole wheat flour, yogurt and less butter.**



*Modified from:*

<http://www.vegrecipesofindia.com/butter-naan-recipe-whole-wheat-butter-naan/>



## Maraq Fahfah: Somali Soup



### Ingredients:

- |                                |                                 |
|--------------------------------|---------------------------------|
| 3 potatoes                     | 2 tablespoons cilantro, chopped |
| 2 carrots                      | ½ green pepper, chopped         |
| ½ head of cabbage              | 2 green onions, chopped         |
| 1 tomato, chopped              | 2 teaspoons coriander powder    |
| 1 lb. beef loin or leaner meat | 1 green chili, seeded           |
| 1 small onion, chopped         | Juice of half a lemon           |
| 2 cloves garlic, chopped       | Salt and pepper to taste        |

### Directions:

- ✓ In a large pot, cook meat and cover with water until meat is tender. Add potatoes, carrots and cabbage. Cook 10 to 15 minutes.
- ✓ Add the rest of the vegetables and season with salt and pepper.
- ✓ Cook until vegetables are tender.

- ❖ Usually this hearty soup is cooked with lamb or goat meat. For a healthier option it can be done with lean beef, chicken or even fish.
- ❖ Pair this soup with brown rice or whole wheat bread.
- ❖ Soups are perfect dishes to add as many vegetables as possible.



Modified from: [www.mysomalifood.com](http://www.mysomalifood.com)



## Croatian Bean Soup / Stew Recipe - Grah i Varivah



**Servings:** 8

**Ingredients:**

- 4 (15 oz.) can pinto or kidney beans
- 3 cloves peeled and minced garlic
- 1 large chopped onion
- 1 lb. turkey sausage or turkey kielbasa sausage
- 1 smoked turkey leg without skin
- 1 large bay leaf
- Salt, pepper and vegeta to taste

**Directions:**

- ✓ Combine beans, garlic, sausage, turkey leg, bay leaf and seasonings. Bring to a boil, reduce heat and simmer, partially covered, for 2 to 3 hours or until beans and meat are done. Add water, as needed, while cooking, stirring occasionally.
- ✓ Remove bay leaf and discard. Remove bones from turkey leg and return meat to the pot. For a thicker soup continue to simmer until desired consistency is achieved.

- ❖ **Grah I Varivah is a dish that is usually made with smoked meats and sausage for a healthier substitution it can be done with turkey sausage, turkey kielbasa and smoked turkey leg. A healthier substitution will be adding chicken to the soup instead of the smoke meats.**
- ❖ **Pair this soup with brown rice or whole wheat bread.**
- ❖ **Soups are perfect dishes to add as many vegetables as possible.**

*Modified from:*

<http://easteuropeanfood.about.com/od/croatianserbiansoups/r/Croatian-Bean-Soup-Stew-Recipe-Grah-I-Varivah.htm>





## Torta Ahogada



### Ingredients:

- 3/4 oz. dried chiles de arbol (about 30), stemmed and seeded
- 3/4 cup cider vinegar
- 2 tbsp. pumpkin seeds, toasted
- 1 1/2 tbsp. sesame seeds, toasted
- 1 tsp. dried oregano
- 1 tsp. kosher salt
- 1/4 tsp. ground cumin
- 1/8 tsp. ground allspice
- 1/8 tsp. ground cloves
- 2 cloves garlic
- 1 crusty whole wheat bread
- 1 1/2 cups leftover chicken or turkey, shredded
- 1/4 small yellow onion, thinly sliced
- 1 radish, thinly sliced

### Directions:

- ✓ Combine chiles, vinegar, pumpkin and sesame seeds, oregano, salt, cumin, allspice, cloves, and garlic in a blender, and puree until very smooth. Pour through a medium strainer into a bowl, discard solids, and stir in 3/4 cup water.
- ✓ Heat oven to 350°. Split roll and fill bottom half with the chicken or turkey. Place on baking sheet and bake until warmed through and bread is toasted, about 6 minutes. Add onion, radish, and top bun; pour chile de arbol sauce over sandwich, and let sit, so that the sauce soaks in.

- ❖ **Torta ahogada is a traditional dish from Jalisco.**
- ❖ **Usually is made with white crusty bread and leftover pork.**
- ❖ **For a lighter version substitute: crusty whole wheat bread and a leaner protein such as chicken, turkey or fish.**



Modified from: <http://www.whats4eats.com>



## Baho



**Servings:** 8 to 10 servings

**Ingredients:**

4 pounds beef round or loin with trimmed external fat  
 3 tomatoes, seeded and chopped  
 2 green peppers, seeded and thinly sliced  
 3 onions, thinly sliced  
 8-10 cloves of garlic, chopped  
 3 oranges juiced (~1 cup)  
 1 cup of fresh lime juice

Salt to taste  
 4 Green plantains, peeled and halved crosswise  
 4 Ripe plantains or bananas, peeled and halved crosswise  
 2 lbs. Yucca (cassava), peeled and cut into large pieces  
 Banana leaves

**Directions:**

- ✓ In a large non-reactive bowl, mix the beef with the tomatoes, peppers, onions, garlic, orange juice, lime juice and salt. Cover, refrigerate and marinate overnight.
- ✓ Add about 4 inches of water to a *tamalera* or large (5-gallon) pot. Place a rack in the bottom of the pot, or toss in enough wadded up aluminum foil to hold the ingredients out of the water. Place a plate on top of the rack or aluminum foil.
- ✓ Line the plate and the sides of the pot with banana leaves, letting the leaves hang over the edge of the pot. Make sure the pot is fully lined with leaves, with no openings.
- ✓ Lay the green and ripe plantains on the bed of banana leaves. Remove the meat from its marinade and layer it over the plantains. Top the beef with a layer of yucca. Finally, pour the meat marinade and vegetables over the yucca.
- ✓ Take the banana leaves hanging over the edge of the pot and fold them over to completely cover the ingredients in the pot. Cover the pot with a tight-fitting lid.
- ✓ Bring the water to a boil over medium-high flame. Reduce heat to medium and simmer for about 4 hours. Add some water as necessary to keep it from all evaporating.

- ❖ **Baho is a popular dish from Nicaragua.**
- ❖ **Usually is made with beef brisket. A healthier substitution includes beef round or loin with trimmed external fat.**



Modified from: <http://www.whats4eats.com/meats/baho-recipe>



## Chicken and Shrimp and Vegetable Stir Fry



**Servings:** 4

**Ingredients:**

- 1 lb. of chicken breast cut into small pieces
- 8-10 large shrimp, shelled
- 1 sweet pepper, can be red, green or whatever you like, cut into small cubes.
- ¼ cup of light salted peanuts or cashews
- 3 green onions, cut into small pieces
- 3 tablespoons of canola oil
- 1 tablespoon of corn starch
- Salt to taste
- 1 tablespoon of sugar
- ¼ cup of light soy sauce
- 1-2 tablespoons of water

**Directions:**

- ✓ Coat the chicken and shrimp with corn starch with water in different bowls.
- ✓ Heat the non-sticking frying pan with oil, cook the shrimp for a few minutes until it changes color.
- ✓ Take the shrimp out put it on a plate; add oil to the pan, then cook the chicken until fully cooked, add the soy sauce and sugar, stir for a few seconds, set it aside with shrimp.
- ✓ Now add the rest of the oil, put the vegetables in the pan, stir fry for about 2 minutes. Add chicken, shrimp, nuts and green onion, stir for another two minutes.

- ❖ Stir fry is the perfect dish to incorporate different varieties of vegetables in a meal.
- ❖ Using low sodium soy sauce will be a healthier substitution for the regular soy sauce.
- ❖ Using lean protein such as chicken, turkey, fish and flank steak will make the perfect combination for this dish.

*Modified from: Xiaolu Xu's recipe.*



## Baleada



### Ingredients:

- 2 cups of white wheat flour
- 1 teaspoon of canola oil
- 1 teaspoon of baking soda
- 1/2 teaspoon of salt
- 1 egg
- 1 cup of warm low fat milk or water

### Directions:

- ✓ Mix the wheat flour with the warm water or milk, salt, baking soda and oil.
- ✓ Let the dough rest for about 30 min.
- ✓ After the dough is ready, make small balls so that it is easier to make the tortilla.
- ✓ Usually the tortillas are done by hand but you can use a rolling pin to get the final shape.
- ✓ Cook the tortilla in a Comal or a hot pan. The tortilla will be ready when the edges start to separate from the pan, it takes less than a minute. Then turn the tortilla over and wait a few seconds. Then press down on the tortilla with a spatula and let go. Do this several times so that the tortilla inflates.

- ❖ **Baleada is a breakfast staple in Honduras. It is usually served with beans, cheese and meat.**
- ❖ **For a healthier substitution to make the baleada use low sodium canned beans, 2% shredded cheese, turkey sausage and low sodium fat free deli meats.**
- ❖ **Include a variety of vegetables in the baleada such as spinach, tomatoes, mushrooms, jalapeños, onions, peppers and top it with some avocado.**

Modified from: <http://www.honduranarts.com>



## Causa



**Servings:** 4 to 6

**Ingredients:**

9 – 12 Yellow / Gold potatoes

2-3 chicken breasts (or 2 cans of tuna)

1 onion

2 tbsp. low fat mayonnaise or miracle whip or low fat yogurt

3 tsp. Peruvian aji amarillo paste

4 Limes or lemons

2 eggs

Fresh or dry parsley

Lettuce

Salt to taste

**Directions:**

- ✓ Boil chicken
- ✓ Peel and boil potatoes. They cook faster if you dice them into small chunks.
- ✓ Dice the onion into very small pieces and set aside in a large mixing bowl.
- ✓ Drain water from both chicken and potatoes.
- ✓ Put 2 eggs in a pot to hard boil.
- ✓ Mash the potatoes into a smooth but not sticky texture, adding the lime juice (about 2), salt and the aji amarillo paste as you mash. The desired taste is a little spice, a little tart and a little salt, but you can tailor to your own pleasing.
- ✓ When the chicken has cooled enough shred it and put it in the mixing bowl with the onion mixture.
- ✓ Mix the mayonnaise, salt and lime juice (about 2 limes) to form the meat filling.
- ✓ Lightly oil a medium sized baking pan and form a thin, even layer of the potato mixture.
- ✓ On top of this layer of potato, form an even layer of the meat filling (use it all).
- ✓ Then cover the meat with another layer of the potato mixture.
- ✓ Top with the shredded hard-boiled egg and dry parsley, garnish with fresh parsley if desired.
- ✓ Cut into medium sized squares or circles and serve with lettuce.

- ❖ **Causa is a Peruvian appetizer or main course consisting of a bottom layer of potato, a middle layer of chicken and onion filling, and a top layer of potato.**
- ❖ **It is normally served at room temperature and is more popularly consumed on warmer days when hot food may seem less appetizing.**
- ❖ **Regular causa includes full fat mayonnaise. For healthier options it can be switch with low fat mayonnaise, miracle whip and low fat yogurt.**



*Modified from: Jeimy Gilbert's recipe*



## Thai Chicken Sauté



**Servings:** 4

**Ingredients:**

1 1/2 lbs. chicken breast tenders  
 1 tablespoon cornstarch  
 1 tablespoon fish sauce  
 4 teaspoons canola oil, divided  
 1 cup sliced onion  
 2 teaspoons bottled minced garlic  
 1 teaspoon fresh ginger

1/2 cup light coconut milk  
 2 tablespoons Sriracha or hot sauce  
 1 tablespoon sugar  
 1 tablespoon fresh lime juice  
 2 tablespoons chopped fresh cilantro  
 4 lime wedges

**Directions:**

- ✓ Toss chicken with cornstarch and fish sauce. Heat 1 tablespoon oil in a large nonstick skillet over medium-high heat.
- ✓ Add chicken to pan; sauté 5 minutes. Remove chicken from pan.
- ✓ Heat remaining 1 teaspoon oil in pan. Add onion, garlic, and ginger to pan; sauté 1 minute.
- ✓ Return chicken to pan; cook 1 minute or until done.
- ✓ Stir in coconut milk, Sriracha, sugar, and juice; cook 45 seconds or until thoroughly heated.
- ✓ Sprinkle each serving with 1 1/2 teaspoons cilantro. Serve chicken mixture over rice with lime wedges.

- ❖ Thailand traditional flavors includes: fish sauce, Sriracha, fresh ginger, coconut milk, and cilantro.
- ❖ For a lighter version use light coconut milk.
- ❖ Serve on top of brown rice, whole wheat noodles or salad.
- ❖ To add more variety and nutrition to the dish add more vegetables (carrots, broccoli, onions, peppers)



Modified from: <http://www.myrecipes.com/recipe/thai-chicken-saut>



## Baked Churros



**Servings:** 6

**Ingredients:**

2 tablespoons light brown sugar, packed  
 1/2 teaspoon table salt  
 1/3 cup margarine or unsalted butter  
 1 cup all-purpose flour

2 large eggs  
 1 teaspoon vanilla extract  
 1/4 cup sugar  
 1 teaspoon ground cinnamon (or to taste)

**Directions:**

- ✓ Preheat oven to 425°F. Cover two baking sheets with parchment paper; set aside.
- ✓ In a medium saucepan, stir together 1 cup water, brown sugar and salt. Add butter and place over medium-high heat. Heat until butter is melted and mixture starts to boil. Remove from heat and add flour, stirring with a wooden spoon. Mixture will clump and pull away from the sides of the pan. Mix/mash with wooden spoon until no streaks of flour can be seen.  
 In a small bowl, combine eggs and vanilla. Scramble mixture with a fork and then add to the dough-ball in the saucepan. Stir and mash, breaking up the dough until loosened. Stir well until eggs are incorporated and mixture has the appearance of mashed potatoes.
- ✓ Transfer dough to a piping bag fitted with ridge decorator tip.
- ✓ Pipe dough into long thin lengths on the parchment covered pans. Use a pair of kitchen scissors to cut the end of the dough from the piping tip. Leave about 2-inches of space between the churros.
- ✓ Bake for 10-12 minutes or until slightly puffed. Turn oven to broiler setting and watch carefully as churros toast and turn deep golden brown. Remove from oven and let cool slightly.
- ✓ Combine sugar and cinnamon and pour onto a long dish. Roll churros in mixture. Serve.

- ❖ **Churros are popular in Spain, France, Philippines, Ibero-America and Southwestern United States.**
- ❖ **Usually made with lard and then fried.**
- ❖ **For a lighter version use margarine or unsalted butter and bake them.**



Modified from: <http://www.sprinklebakes.com/2013/02/baked-churros.html>





## Grilled Pineapple



**Servings:** 8

**Ingredients:**

- 2 tbsps. dark honey
- 1 tsp olive oil
- 1 tbsp. fresh lime juice
- 1 tsp ground cinnamon
- 8 pineapple slices, 1/2 inch thick

**Directions:**

- ✓ In a small bowl, combine the honey, olive oil, lime juice, and cinnamon and whisk to blend. Set aside.
- ✓ Heat the grill or a grill pan. Lightly coat with cooking spray.
- ✓ Lightly brush the pineapple with the marinade. Grill turning once and basting once or twice with the remaining marinade, until tender and golden, about 3-4 minutes on each side.
- ✓ Serve warm.

- ❖ **Grilled Pineapple is usually a side in Brazilian restaurants.**
- ❖ **Usually made with a lot of sugar. For a lighter version use some honey, cinnamon and lime for flavor.**
- ❖ **Other fruits that can be grilled include: peaches, plums, watermelon, apples, figs, bananas and cantaloupe.**
- ❖ **Can be topped with nuts and some Greek yogurt or low fat yogurt.**



Modified from: <http://www.skinnytaste.com/2008/05/grilled-pineapple-2-pts.html>





## Rice Pudding



**Servings:** 4

**Ingredients:**

6 grains anise seeds  
 4 cloves  
 1 cinnamon stick  
 1 cup brown rice  
 3 cups water  
 ½ cup brown sugar

4 tablespoons grated coconut (unsweetened)  
 4 tablespoons chopped pecans  
 4 tablespoons raisins  
 2 tablespoons Port wine  
 Ground cinnamon, if desired

**Directions:**

- ✓ In a medium pan, cover the rice, anise seeds, cloves, and cinnamon stick with water. Bring to a boil, lower heat to medium, and cook partially covered, until rice is soft, but not mushy (about 35 minutes). Add more water as needed. When rice is ready, turn off the heat.
- ✓ In a small pan, melt the sugar over medium heat, with 3 tablespoons water to make the caramel.
- ✓ Remove spices from the cooked rice. Add the caramel, carefully, nuts, raisins, and coconut. Mix the sugar in well. Serve hot or cold and with ground cinnamon according to your taste.

- ❖ Rice pudding is common in many countries.
- ❖ There are different variations of it but it has the same basis of rice and sugar.
- ❖ For a lighter version use brown rice and more aromatic spices for flavor (e.g. ginger, anise, cloves)



Modified from: <http://www.quericavida.com/recipes/arroz-zambito/5557be36-da68-46ef-b8d1-c367cfa31716>



## Light Brigadeiro



### Ingredients:

- 1 1/2 cups of milk (2%)
- 4 tablespoons unsweetened cocoa powder
- 2 tablespoons butter
- 2 tablespoons sugar

### Directions:

- ✓ Heat the milk and add the chocolate powder. Stir well to dissolve.
- ✓ Add the sugar and butter. Keep stirring well for about 15 minutes, or until it begins to thicken. When it has nearly thickened, lower the heat and stir until the syrup becomes thick.
- ✓ Turn off the heat and leave for 10 minutes.
- ✓ Roll the mixture onto chocolate sprinkles and serve.

- ❖ **Brigadeiro is a Brazilian truffle.**
- ❖ **Usually made with condensed milk, butter and chocolate.**
- ❖ **For a lighter version use low fat milk (2%), unsweetened chocolate and less sugar.**
- ❖ **Instead of butter, ½ of a mashed bananas can be used.**
- ❖ **Sprinkle with unsweetened coconut, almonds and pecans.**



## Citrus Ginger and Green Tea Sorbet

**Servings:** 6**Ingredients:**

- 2 tablespoons fresh ginger, chopped
- 3/4 cup water
- 1 green tea bag
- 1 cup fresh squeezed orange juice
- 1/2 cup fresh squeezed lemon juice
- 1/2 cup water
- 1/4 cup honey

**Directions:**

- ✓ In a small saucepan, add the ginger and water. Bring to boil over medium heat then turn off. Add tea bag and allow to steep for 2-3 minutes. Using a fine mesh sieve or colander, strain the liquid into a freezer-safe medium sized bowl (non-metallic) and discard the solids. Let cool for 30 minutes.
- ✓ Stir in the orange and lemon juices, water and honey and mix thoroughly. Cover and freeze for about 3-4 hours. Using a wooden spoon, break the semi-solid mixture into chunks. Pour the mixture into a mixing bowl and beat with an electric mixer until smooth. Pour back mixture into freezer bowl, cover and chill for 2 hours before serving.
- ✓ Use an ice-cream scoop to serve the sorbet topped with fresh mint.

- ❖ **Sorbet is a frozen dessert.**
- ❖ **Sorbet is basically water, sugar and fruit, while ice cream and gelato are milk/cream, sugar and fruit.**
- ❖ **Both contain sugar but by making them from scratch you can control the amount of sugar in them.**



Modified from: <http://www.shapefit.com/recipes/weight-loss-recipes-citrus-sorbet.html>



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