Nuestra Cocina Saludable
Recipes from Our Community Kitchen

INSTITUTE FOR HEALTH PROMOTION RESEARCH
UT Health Science Center
SAN ANTONIO
Acknowledgements

Nuestra Cocina Saludable: Recipes from Our Community Kitchen was adapted and produced by the Institute for Health Promotion Research (IHPR) at The UT Health Science Center at San Antonio.

The IHPR received funding support from:
- Redes En Acción: The National Latino Cancer Research Network, an initiative funded by the National Cancer Institute (NCI) to combat cancer among Latinos (Grant U54 CA 153511-03)
- The Cancer Therapy & Research Center (CTRC), an NCI-designated Cancer Center at The University of Texas Health Science Center at San Antonio (Grant P30 CA 054174-19S3)

The IHPR would like to thank the faculty and students of the Department of Nutrition and Dietetics at The University of Texas-Houston Health Science Center for preparing and tasting recipes. The IHPR also would like to thank our volunteers from San Antonio and Eagle Pass, Texas, for sharing their recipes: Rosita Arreguín, Maria Brooks, Consuelo Cárdenas, Sandra Córdova, Amelia Durán, Elena Durán, Guadalupe Escandón, Rosa García, Laura González, Lupe González, Rosie González, Martha Hernández, Vicki Hernández, Anita Rivas, Alicia Rocha, Aurora Rodríguez, Gloria Rodríguez, Sylvia Rodríguez, and Diana West. The IHPR also would like to thank Amanda Sintes and Cliff Despres for content development and Jeffrey Heinke for design.

ABOUT US:
Institute for Health Promotion Research (IHPR)

The Institute for Health Promotion Research (IHPR), founded in 2006 at The University of Texas Health Science Center at San Antonio, investigates solutions to cancer and chronic disease disparities to improve Latino health in South Texas and the nation.

The IHPR, led by international Latino health expert Dr. Amelie G. Ramirez, has more than 40 faculty and staff dedicated to improving Latino health by:
- Conducting research studies on Latino health, including cancer (Redes En Acción, www.redesenaccion.org) and childhood obesity (Salud America!, www.salud-america.org);
- Training scientists and mentoring students; and
- Communicating findings and tools with researchers, academics and the public using websites, social media (@SaludToday), news, scientific publications, and more.

Institute for Health Promotion Research (IHPR)
The University of Texas Health Science Center at San Antonio
7411 John Smith Drive, Suite 1000
San Antonio, Texas 78229
Phone: (210) 562-6500  Fax: (210) 562-6545
E-mail: ihpr@uthscsa.edu
Website: http://ihpr.uthscsa.edu
About this Cookbook

Did you know what we eat can help us fight cancer?

Scientists find new proof of this every day.

This cookbook, *Nuestra Cocina Saludable: Recipes from Our Community Kitchen* from the Institute for Health Promotion Research at the UT Health Science Center at San Antonio, can serve as a guide on how to eat to help protect yourself and your family from cancer.

Inside are **46 recipes for healthy, delicious foods** straight from real Latina kitchens.

The cookbook started when Latinas from local communities shared with us their mouth-watering recipes, often noting to be sure to sprinkle in “just a dash of this” or a “handful of that.”

With help from these women, dietician Rosie Gonzalez added actual measurements. Gonzalez also suggested ways to improve the recipes and make them healthier. The changes created recipes that were lower in fat and/or richer in fiber and vitamins.

Some foods may look a little different or taste slightly different from traditional Mexican-American cuisine, but they are still delicious.

How do we know?

We spent many hours preparing and taste-testing all recipes to make sure they reach both the highest level of flavor and cancer-fighting ability possible.

Enjoy good food and good health!
Table of Contents

Eating to Prevent Cancer ........................................................................................................6-8
Tips to Eat Healthier .................................................................................................................9-10
Measuring Made Easy ..............................................................................................................11

Bread and Rice Dishes ............................................................................................................12
  Breads, Cereals, and Grains .................................................................................................13-14
  Recipes:
   Amelia’s Whole Wheat Tortillas .......................................................................................15
   Sandra’s Whole Wheat Tortillas .......................................................................................16
   Whole Wheat Bread ..............................................................................................................17
   Whole Wheat Muffins ...........................................................................................................18
   Lowfat Tortilla Chips ..........................................................................................................19
   Lupe’s Spanish Rice .............................................................................................................20

Soups, Salads, and Beverages ..............................................................................................21
  Fruits and Vegetables ...........................................................................................................22-25
  Recipes:
   Rosita’s Chicken Soup ........................................................................................................26
   Maria’s Vegetable Chicken Soup .......................................................................................27
   Guadalupe’s Vegetable Soup ...............................................................................................28
   Armandina’s Fish Soup for Four .......................................................................................29
   Rosita’s Tortilla Soup ..........................................................................................................30
   Lupe’s Pico de Gallo ...........................................................................................................31

Aurora’s Taco Salad ..................................................................................................................32
  Healthy Potato Salad ..........................................................................................................33
  Healthy Tuna Salad ..............................................................................................................34
  Juanita’s Chicken Salad ........................................................................................................35
  Martha’s Fruit Salad .............................................................................................................36
  Amelia’s Lemon and Mint Tea ...............................................................................................37
  Amelia’s Chamomile Tea .......................................................................................................38
  Rosita’s Papaya’s Juice .........................................................................................................39
  Consuelo’s Fresh Fruit Punch ...............................................................................................40
  Strawberry and Banana Milkshake .......................................................................................41

Main Dishes ............................................................................................................................42
  Meat, Poultry, Fish, Dry Beans, Eggs, and Nuts ................................................................43-46
  Recipes:
   Anita’s Beans – “A la Charra” ..........................................................................................47
   Aurora’s Beans with Cactus ..............................................................................................48
   Maria’s Beans with Spinach ..............................................................................................49
<table>
<thead>
<tr>
<th>Recipe</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Diana’s Quesadillas</td>
<td>50</td>
</tr>
<tr>
<td>Juanita’s Cheese Enchiladas</td>
<td>51</td>
</tr>
<tr>
<td>Rosita’s Tacos (Taquitas de Salpicon)</td>
<td>52</td>
</tr>
<tr>
<td>Elena’s Chicken Tacos</td>
<td>53</td>
</tr>
<tr>
<td>Gloria’s Tostadas</td>
<td>54</td>
</tr>
<tr>
<td>Chilaquiles</td>
<td>55</td>
</tr>
<tr>
<td>Rosy’s Beef Stew (Carne Guisada Al Vapor)</td>
<td>56</td>
</tr>
<tr>
<td>Laura’s Chicken and Brown Rice</td>
<td>57</td>
</tr>
<tr>
<td>Patricia’s Chicken with Rice</td>
<td>58</td>
</tr>
<tr>
<td>Lupe’s Zucchini and Turkey Casserole</td>
<td>59</td>
</tr>
<tr>
<td>Maria’s Baked Catfish</td>
<td>60</td>
</tr>
<tr>
<td>Sophie’s Tuna Patties</td>
<td>61</td>
</tr>
<tr>
<td>Sylvia’s Fish and Vegetables</td>
<td>62</td>
</tr>
<tr>
<td>Lupe’s Spanish Style Vegetables</td>
<td>63</td>
</tr>
<tr>
<td>Trinidad’s Broccoli and Rice Casserole</td>
<td>64</td>
</tr>
<tr>
<td>Desserts</td>
<td>65</td>
</tr>
<tr>
<td>Fats and Sugars</td>
<td>66-68</td>
</tr>
<tr>
<td>Recipes:</td>
<td></td>
</tr>
<tr>
<td>Rosita’s Bread Pudding (Capirotada)</td>
<td>69</td>
</tr>
<tr>
<td>Rosita’s Rice Pudding (Atole de Arroz)</td>
<td>70</td>
</tr>
<tr>
<td>Alicia’s Frozen Banana Treats</td>
<td>71</td>
</tr>
<tr>
<td>Vickie’s Banana Pie</td>
<td>72</td>
</tr>
<tr>
<td>Sylvia’s Banana Dessert (Rosca con Platano)</td>
<td>73</td>
</tr>
<tr>
<td>Consuelo’s Sweet Bread (Rosca de Reyes)</td>
<td>74</td>
</tr>
<tr>
<td>Milk, Yogurt, and Cheese</td>
<td>75-76</td>
</tr>
<tr>
<td>Other Ways to Get Healthier Every Day</td>
<td>77</td>
</tr>
<tr>
<td>Salt-Cured, Smoked, and Nitrite-Cured Foods</td>
<td>77</td>
</tr>
<tr>
<td>Alcohol</td>
<td>78</td>
</tr>
<tr>
<td>Exercise Tips</td>
<td>79</td>
</tr>
<tr>
<td>Healthy, Money-Saving Shopping Tips</td>
<td>80</td>
</tr>
<tr>
<td>Appendix</td>
<td>81</td>
</tr>
<tr>
<td>Resources</td>
<td>82</td>
</tr>
<tr>
<td>Recipe List</td>
<td>83</td>
</tr>
</tbody>
</table>
A great way to avoid cancer is to maintain a healthy weight through exercise and proper nutrition. If you are overweight or obese, adopting healthier habits can reduce your risk.

Obesity is on the rise in both adults and children, especially among Latinos.

Obesity, which occurs when a person has an unhealthy amount of fat in their body, is measured using a scale called body mass index (BMI). Calculate your BMI at [http://1.usa.gov/XBIO5L](http://1.usa.gov/XBIO5L).

Below are BMI categories for adults (age 20 or older):

<table>
<thead>
<tr>
<th>BMI</th>
<th>BMI Categories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Below 18.5</td>
<td>Underweight</td>
</tr>
<tr>
<td>18.5 to 24.9</td>
<td>Normal</td>
</tr>
<tr>
<td>25.0 to 29.9</td>
<td>Overweight</td>
</tr>
<tr>
<td>30.0 and above</td>
<td>Obese</td>
</tr>
</tbody>
</table>

Obesity raises the risk for many health consequences, including:

- Stroke, high blood pressure, and heart disease
- Diabetes
- Arthritis
- Sleep apnea
- Infertility
- Cancer

The cancer-obesity relationship is complex. Excess body weight may impact cancer risk by affecting your immune system, the levels of certain hormones in your body, the regulation of cell division, and how the body uses certain hormones.

**These cancers have been linked to obesity:**

- Esophagus
- Colon and rectum
- Gallbladder
- Thyroid
- Pancreas
- Breast
- Kidney
- Endometrium (lining of the uterus)
The Link between Inflammation, Cancer, & Diet

Science has now taught us that healthy eating involves combinations of good foods; these are much more powerful together than in isolation. This is what nature intended. Introduce anti-inflammatory edibles into everyday eating!

Inflammation is the process your body uses to protect itself in response to infection or injury, adding nourishment or immune activity.

But when inflammation is chronic or unresolved, it can increase risk of cancer.

Dietary choices—even specific foods—can positively or negatively influence the inflammatory process.

**EAT DAILY**
Here are some anti-inflammatory foods:

- Deep marine fish (salmon, sardines, mackerel, etc.)
- Flax (either as a seed or in oil format)
- Dark green leafy vegetables
- Walnuts
- Bright multi-colored vegetables
- Citrus fruits
- Black and green teas
- Onion, garlic, chives, shallots
- Certain spices and herbs (Ginger, Rosemary, Tumeric, Oregano, Cayenne, Clove, and Nutmeg)

**AVOID DAILY**
Here are some inflammatory foods:

- Red meats
- Dairy products
- Oils (corn, cottonseed, peanut, safflower, coconut, soy and sunflower)
- Processed foods and snacks (chips, crackers, etc.)
- White breads
- White rice
- White pasta
- Rice and corn cereals
- Sugar from any source

Fiber and Cancer Prevention

Fiber is essential to a healthy, cancer-fighting diet.

Fiber—all parts of plant foods that your body can’t digest or absorb—helps:

- Maintain a healthy weight
- Lower blood sugar and cholesterol levels
- Maintain good bowel health

Most importantly, fiber helps prevent all cancer types, especially colorectal cancer.

Why is fiber so good?

There are two types of fiber, soluble (dissolves in water) and insoluble.

Soluble fiber—found in oats, beans, apples, carrots, and citrus fruits—can help lower cholesterol and blood sugar levels.

Insoluble fiber—found in whole grains (whole wheat flour, wheat bran), breads, pastas and rice, nuts, beans, and vegetables—helps move food through the digestive system. It is helpful for those with constipation or irregular bowel movements.

So how much fiber do you need?

Men and women should get between 21-38 grams of fiber a day, although the specific amount of fiber depends on your age and sex.

Bottom line: Try to eat fiber at every meal.

Find out how much fiber is in the foods you eat by reading the Nutrition Facts Label. Also be sure to drink plenty of liquids, at least eight 8-ounce glasses (water, tea, coffee, 100% fruit juice, etc.) a day, when adding more fiber to your diet. This will help move food through your digestive system.

If you are constipated avoid taking laxatives and suppositories unless supervised by a doctor. These can cause long-lasting constipation and other serious health problems.
**Tips to Eat Healthier**

The USDA’s food guidance system is comprised of the new MyPlate (English) and MiPlato (Spanish) symbols and other materials to help Americans make healthy food choices and be active every day. Visit the website at [http://www.choosemyplate.gov/](http://www.choosemyplate.gov/).

### For adults…

1. Keep portion sizes small.
2. Eat 21-38 grams of fiber a day. Make sure that fiber-rich, plant-based foods (vegetables, fruits, whole grains and legumes) make up the majority of what you eat. Switch from flour tortillas to corn or whole grain.
3. Eat 5-9 servings of fruits and vegetables a day.
4. Eat more low-fat foods, such as low-fat dairy products, lean meat, poultry, and fish. Fat should be less than 30% of your total calories.
5. Eat fewer foods that are salt-cured (i.e., bacon), salt-pickled, smoked (i.e., barbeque), or processed (i.e., deli meats, sodas, breakfast cereals).
6. Eat fewer sweets, such as pan dulce, churros, and empanadas.
7. Drink fewer sugar-sweetened beverages, such as horchata and soda; drink more water and agua frescas with less sugar added.
8. If you drink alcohol, limit it to one or two drinks a day.

### With kids in mind…

1. Model the types of food you want your children to eat. Children are more likely to eat fruits, vegetables, and whole grains if they see you do it.
2. Let your children help you in the kitchen.
3. Never give up trying to introduce new foods to your child. It takes a child about 10 different times being exposed to a food for them to decide if they like that food. Try to make that food in different ways; raw, steamed, baked, broiled, in soups, use a dipping sauce, etc.
4. Make mealtimes a positive experience. Turn off the TV, sit at the table and talk with your children. Do not argue or force them to eat certain foods.
5. Do not reward your children with food. Rewarding a child with unhealthy food teaches them to believe that these foods are better than other foods.
6. Consider giving your child a vitamin supplement. Children can be really picky and can resist certain foods, despite your best efforts. Vitamins do not replace healthy foods, but may help keep them healthy.
7. Offer the same foods to everyone. Remember your home is not a restaurant. You cannot please everyone all of the time. It is easier to plan family meals when everyone is eating the same thing.
Measure Portion Sizes

The amount you eat or drink plays an important role in your energy balance strategy. Most people eat and drink more when served larger portions. Choosing smaller portions can help you lose weight and keep it off.

<table>
<thead>
<tr>
<th>Everyday Items</th>
<th>=</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 deck of cards</td>
<td>3oz of me at, fish or chic ken</td>
</tr>
<tr>
<td>1 quarter in diameter</td>
<td>1 tablespoon of oil</td>
</tr>
<tr>
<td>1 light bulb</td>
<td>1 cup of raw vegetables</td>
</tr>
<tr>
<td>1 tennis ball</td>
<td>1 medium piece of fruit</td>
</tr>
<tr>
<td>1 cd</td>
<td>1 pan cake or waffle</td>
</tr>
</tbody>
</table>
Measuring Made Easy

Glossary

T = tablespoon
tsp = teaspoon
c = cup
pt = pint
oz = ounce
qt = quart
L = liter
lb = pound
g = gram

dl = liter

Volume

3 tsp = 1 T = ½ 2c = 1 pt = ½ L
2 T = ⅛c = 1 oz
4 T = ¼ c = 2 oz
8 T = ½ c = 4 oz
12 T = ¾ c = 6 oz
16 T = 1 c = 8 oz
1 qt = 2 pt = 1 L
4 qt = 1 gal = 4 L
1 L = 34 oz = 1 qt

Weight

8 oz = .50 lb (½ lb) • 16 oz = 1 lb

Measurements

“Un poco” (a little) .................................................a dash or about 1 tsp
“una ramita” .................................................................sprig (of fresh herb)
“una cuchara” (a spoon) .............................................1 tablespoon
“una chucharita” (a small spoon) ..............................1 teaspoon
“una chucharita grande” (large spoon) .........................4 tablespoons or about ¼ cup
“un puno” .................................................................a handful or about ¼ cup
“bastante” .................................................................2 handfuls or ½ cup
“piscachito” ...............................................................pinch or about ½ tsp

Nuestra Cocina Saludable: Recipes from Our Community Kitchen
BREAD & RICE RECIPES

Breads, Cereals, and Grains Group

ChooseMyPlate.gov
BREADS, CEREALS, & GRAINS

*Make at least half your grains whole grains

Breads, cereals, and grains are very important because they give you energy and they supply many important vitamins, minerals, and fiber.

Not all breads, cereals and grains are high in fiber, so try to choose the best sources by reading labels. The amount of grains you will need will depend on your age, your sex, and your level of physical activity.

How many grain foods are needed daily?

<table>
<thead>
<tr>
<th></th>
<th>Daily recommendations</th>
<th>Daily minimum amount of whole grains</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Men</strong></td>
<td>19-30 years old</td>
<td>8 ounce equivalents</td>
</tr>
<tr>
<td></td>
<td>31-50 years old</td>
<td>7 ounce equivalents</td>
</tr>
<tr>
<td></td>
<td>51+ years old</td>
<td>6 ounce equivalents</td>
</tr>
<tr>
<td></td>
<td></td>
<td>4 ounce equivalents</td>
</tr>
<tr>
<td></td>
<td></td>
<td>3 ½ equivalents</td>
</tr>
<tr>
<td></td>
<td></td>
<td>3 ounce equivalents</td>
</tr>
<tr>
<td><strong>Women</strong></td>
<td>19-30 years old</td>
<td>6 ounce equivalents</td>
</tr>
<tr>
<td></td>
<td>31-50 years old</td>
<td>6 ounce equivalents</td>
</tr>
<tr>
<td></td>
<td>51+ years old</td>
<td>5 ounce equivalents</td>
</tr>
<tr>
<td></td>
<td></td>
<td>3 ounce equivalents</td>
</tr>
<tr>
<td></td>
<td></td>
<td>3 ounce equivalents</td>
</tr>
<tr>
<td></td>
<td></td>
<td>3 ounce equivalents</td>
</tr>
</tbody>
</table>

What counts as an ounce-equivalent of grains?
- 1 slice of bread
- 1 cup of ready to eat cereal
- ½ cup cooked rice, pasta or cereal
- If you are interested in knowing what counts as an ounce for a specific type of grain, please visit [www.choosemyplate.gov](http://www.choosemyplate.gov)

How much fiber is enough in cereals?
- **Excellent:** 8 or more grams of fiber per serving
- **Very Good:** 4-5 grams per serving
- **Good:** 2-3 grams per serving
Examples of Grain Fiber Choices

Excellent
8 grams or more per serving

- Fiber 1® cereal ................................................................. ½ cup
- All Bran® cereal ................................................................. ½ cup
- Raisin Bran® cereal ............................................................ 1 cup
- Kashi® cereal ................................................................. ¾ cup
- Wheat Bran® cereal ......................................................... ½ cup

Very Good
4-5 grams or more per serving

- Quaker® Oatmeal ........................................................... ½ cup
- Nabisco/Post® Shredded Wheat cereal ......................... 1 cup
- Smart Start® cereal ......................................................... 1 cup
- Grape Nuts® cereal .......................................................... ½ cup
- Triscuits ........................................................................ 7
- Whole wheat spaghetti ................................................... 1 cup cooked

Good
2 grams or more per serving

- Brown rice .................................................................... ½ cup
- Cornmeal, stoneground .................................................. ¾ cup
- Popcorn ......................................................................... 1 cup
- Whole wheat bread ....................................................... 1 slice
- Tortilla, corn 6” .............................................................. 1
- Tortilla, whole wheat 8” .................................................... 1
Amelia’s Whole Wheat Tortillas

From the kitchen of Amelia Duran, San Antonio
Preparation Time: 1:30 hours
Number of servings: 20 tortillas

Ingredients:
2 cups white flour
1 cup whole wheat flour
1 ½ teaspoon baking powder
½ teaspoon salt
½ cup applesauce
1 cup warm water

Preparation:
1. In a large bowl, mix flour, baking powder, and salt.
2. Make a dip in the center of the dry ingredients. Add applesauce and warm water.
3. Knead with your hands for about 15 minutes to form dough. Let dough stand covered for 15 minutes.
4. Form 20 balls out of the dough. Set aside for 5 more minutes.
5. Put a small amount of flour on a cutting board and roll each ball out to about 4-5 inches round.
6. Cook each side on a hot griddle or skillet for 1-2 minutes or until covered with bubbles. If bubbles get too big, press them down with a dry, clean dish cloth.

Nutrition information per serving:
FAT: 4% of calories from fat (low)
FIBER: 1 gram (med)
CALORIES: 43

TIP
Add applesauce instead of lard or oil to reduce most of the fat.
Sandra’s Whole Wheat Tortillas

From the kitchen of Sandra Cordova, Eagle Pass
Preparation time: 1:30 hours
Number of servings: 25 tortillas

Ingredients:
- 2 cups white flour
- 1 cup whole wheat flour
- 1 teaspoon baking powder
- 1 teaspoon salt
- ½ cup vegetable oil
- ¾ cup warm water

Preparation:
1. In a large bowl, mix flour, baking powder and salt.
2. Make a dip in the center of the dry ingredients. Add oil and water.
3. Knead with your hands for about 5 minutes to form dough. Let dough stand covered for 15 minutes.
4. Form 25 balls out of the dough. Set aside for 5 minutes.
5. Put a small amount of flour on a cutting board and roll each ball out to about 5 inches round.
6. Cook each side on a hot griddle or skillet for about 1-2 minutes or until covered with bubbles. If bubbles get too big, press them down with a dry, clean dish cloth.

Nutrition information per serving:
- FAT: 50% of calories from fat (high)
- FIBER: 1 gram (med)
- CALORIES: 90

TIP

Using whole wheat flour when making tortillas adds more fiber.
Whole Wheat Bread

From the kitchen of Rosie Gonzalez, Houston
Preparation time: 2 hours
Number of servings: 2 loaves, 20 slices each

Ingredients:
3-5 cups all-purpose flour
2 cups whole wheat flour
3 tablespoons sugar
2 teaspoon salt
2 packages active dry yeast
2 cups water
3 tablespoons margarine

Preparation:
1. Mix 2 cups all-purpose flour, sugar, salt, and yeast in a large bowl.
2. Heat water and margarine until hot (about 120°F).
3. Slowly add liquid to the above mentioned dry ingredients. Beat 2-3 minutes with an electric mixer.
4. Gradually add all wheat flour until well blended. Then, slowly add the rest of the flour to form a soft dough. Don’t add too much flour, or dough will be tough.
5. Put dough into lightly floured board and knead for 10 minutes.
6. Place dough in lightly oiled bowl, turning once to lighted coat dough with oil. Cover with a clean cloth and let rise in a warm place until dough doubles in size, about 60 minutes.
7. Punch dough to remove air and divide in half. Let rest for 3-5 minutes.
8. Shape into two loaves and place into lightly oiled 9x5-inch loaf pans.
9. Cover and let rise again for about 40-50 minutes.
10. Bake in a preheated 400°F oven for 30 minutes or until lightly browned.

Nutrition information per serving:
FAT: 12% of calories from fat (low)
FIBER: 2 grams (high)
CALORIES: 144

TIP
Look for the words “whole wheat” or “whole grain” in the ingredients when buying bread at the store.
Whole Wheat Muffins

From the kitchen of Rosie Gonzalez, Houston
Preparation time: 30 minutes
Number of servings: 8

Ingredients:
\[
\begin{align*}
\frac{2}{3} \text{ cups yellow cornmeal} \\
\frac{2}{3} \text{ cups whole-wheat flour} \\
1 \text{ tablespoon sugar} \\
\frac{1}{8} \text{ teaspoon salt} \\
\frac{2}{3} \text{ cups skim milk} \\
2 \text{ egg whites or egg substitute equivalent to 1 egg} \\
2 \text{ tablespoons vegetable oil}
\end{align*}
\]

Preparation:
1. Preheat oven to 400°F.
2. In a bowl, mix all dry ingredients. Mix egg, milk, and oil in another bowl.
3. Add egg mixture to dry ingredients. Stir until dry ingredients are moistened.
4. Spray muffin tin (for 8 muffins) with cooking spray. Spoon in batter until each tin is two-thirds full.
5. Bake for 20 minutes or until lightly browned.

Nutrition information per serving:
FAT: 29% of calories from fat (low)
FIBER: 2 grams (high)
CALORIES: 123

TIP
Use less fat when making muffins, quick breads, and biscuits. The minimum amount for best results is 1-2 tablespoons per cup of flour.
Low-fat Tortilla Chips

From the kitchen of Rosie Gonzalez, Houston
Preparation time: 10-15 minutes
Number of servings: 6

Ingredients:
12 corn tortillas
1 cup water or chicken broth
Chili powder or Mrs. Dash seasoning (optional)

Preparation:
1. Preheat oven to 500°F.
2. Line a cookie sheet with foil and spray with cooking spray.
3. Cut each tortilla into six pieces.
4. Pour water or chicken broth into a bowl and dip tortilla pieces into water.
5. Arrange individually onto cookie sheet. Sprinkle lightly with chili powder or Mrs. Dash seasoning, if desired.
6. Bake 3-4 minutes per side. Watch chips carefully because they burn easily. Serve immediately.

Nutrition information per serving:
FAT: 10% of calories from fat (low)
FIBER: 2 grams (low)
CALORIES: 134

TIP
Serve with salsa or pico de gallo as a great alternative to high-fat chips.
Lupe’s Spanish Rice

From the kitchen of Lupe Gonzalez, San Antonio
Preparation time: 40 minutes
Number of servings: 4-6

**Ingredients:**
- 1 tablespoon of margarine
- 1 cup uncooked rice
- 1 garlic clove
- 1 small onion, sliced
- ½ green pepper, diced
- 2 cups stewed tomatoes with juice
- 1 cup water
- 1 teaspoon salt or 1 chicken bouillon cube
- 1 teaspoon pepper

**Preparation:**
1. In a medium saucepan, sauté onion, green pepper, garlic, and rice in margarine for 3-4 minutes.
2. Add stewed tomatoes, water, salt (or bouillon cube), and pepper. Mix well.
3. Bring to a boil then cover over low heat 30 minutes.

**Nutrition information per servings:**
- FAT: 19% of calories from fat (low)
- FIBER: 2 grams (high)
- CALORIES: 109

**TIP**
Brown rice will add more fiber. Brown rice takes about 15-20 minutes longer to cook than white rice.
SOUPS, SALADS & BEVERAGES

Fruits and Vegetables Group
Fruits and Vegetables

*Make half your plates fruits and vegetables

Fruits and vegetables are very important for overall good health.

They supply important vitamins, like vitamins A and C, minerals, water, and fiber.

Eating more fruits and vegetables may help reduce your risk for developing certain cancers, such as colorectal, stomach, esophagus, larynx, and lung cancers.

How much fruits and vegetables are needed per day?

<table>
<thead>
<tr>
<th></th>
<th>Daily Recommendations for Fruit</th>
<th>Daily Recommendations for Vegetables</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Men</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>19-30 years old</td>
<td>2 cups</td>
<td>3 cups</td>
</tr>
<tr>
<td>31-50 years old</td>
<td>2 cups</td>
<td>3 cups</td>
</tr>
<tr>
<td>51+ years old</td>
<td>2 cups</td>
<td>2 ½ cups</td>
</tr>
<tr>
<td><strong>Women</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>19-30 years old</td>
<td>2 cups</td>
<td>2 ½ cups</td>
</tr>
<tr>
<td>31-50 years old</td>
<td>1 ½ cups</td>
<td>2 ½ cups</td>
</tr>
<tr>
<td>51+ years old</td>
<td>1 ½ cups</td>
<td>2 cups</td>
</tr>
</tbody>
</table>

What counts as a cup of fruits and vegetables?

- 1 cup of fruit
- 100% fruit juice
- ½ cup of dried fruit
- 1 cup of raw or cooked vegetables
- 1 cup of vegetable juice
- 2 cups of raw leafy greens
- If you want to know how much counts as a cup for a specific fruit or vegetable, please visit [www.choosemyplate.gov](http://www.choosemyplate.gov).
## Why Eat the Colors of the Rainbow?

### Red Fruits & Vegetables
- Rich in the antioxidant lycopene
- Helps prevent cancer
- Helps improve heart health
- Helps improve memory
- Helps improve urinary tract function

<table>
<thead>
<tr>
<th>Tomatoes</th>
<th>Cherries</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pomegranates</td>
<td>Beets</td>
</tr>
<tr>
<td>Watermelons</td>
<td>Apples</td>
</tr>
<tr>
<td>Cranberries</td>
<td>Strawberries</td>
</tr>
<tr>
<td>Red Peppers</td>
<td>Radishes</td>
</tr>
<tr>
<td>Red Onions</td>
<td>Red Potatoes</td>
</tr>
</tbody>
</table>

### Green Fruits & Vegetables
- Rich in lutein, zeaxanthin, and indoles
- Helps prevent cataracts

| Kiwi | Honeydew |
| Avocado | Broccoli |
| Spinach | Celery |
| Asparagus | Limes |
| Green Pears | Cabbage |
| Cucumbers | Zucchini |

### Orange & Yellow
- Rich in carotenoids and Vitamin C
- Helps promote immunity
- Helps promote good vision
- Helps promote heart health
- Helps reduce some cancers

| Sweet Potatoes | Cantaloupe |
| Grapefruit | Mango |
| Yellow Peppers | Corn |
| Oranges | Pineapples |
| Carrots | Squash |
| Peaches | Tangerines |

### White/Tan
- Rich in anthoxanthins and allicin
- Helps promote heart health
- Helps prevent certain cancers

| Garlic | Cauliflower |
| Onions | Mushrooms |
| Potatoes | |

### Blue/Purple
- Rich in anthocyanins, phenolics, and resveratrol
- Helps promote heart health
- Helps prevent certain cancers
- Helps improve memory

| Blueberries | Blackberries |
| Raisins | Eggplant |
| Plums | Prunes |
| Figs | Purple Grapes |
Fiber & Fruit

What fruits are good sources of fiber?

Remember, you need 21-38 grams of fiber each day.

<table>
<thead>
<tr>
<th>Fruits</th>
<th>Size</th>
<th>Grams of Fiber</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Excellent Sources</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pear, with skin</td>
<td>1 medium</td>
<td>4.6</td>
</tr>
<tr>
<td>Apple, with skin</td>
<td>1 medium</td>
<td>3.5</td>
</tr>
<tr>
<td>Prunes</td>
<td>3</td>
<td>3.0</td>
</tr>
<tr>
<td><strong>Very Good Sources</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Apple, peeled</td>
<td>1 medium</td>
<td>2.7</td>
</tr>
<tr>
<td>Strawberries</td>
<td>1 cup</td>
<td>2.7</td>
</tr>
<tr>
<td>Orange</td>
<td>1</td>
<td>2.4</td>
</tr>
<tr>
<td>Pear, canned</td>
<td>2 halves</td>
<td>2.2</td>
</tr>
<tr>
<td><strong>Good Sources</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Banana</td>
<td>1 medium</td>
<td>1.9</td>
</tr>
<tr>
<td>Raisins</td>
<td>¼ cup</td>
<td>1.6</td>
</tr>
</tbody>
</table>
Fiber & Vegetables

What vegetables are good sources of fiber? Remember, you need 21-38 grams of fiber each day.

<table>
<thead>
<tr>
<th>Vegetables</th>
<th>Size</th>
<th>Grams of Fiber</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Excellent Sources</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Brussels sprouts</td>
<td>½ cup</td>
<td>3.2</td>
</tr>
<tr>
<td><strong>Very Good Sources</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Peas</td>
<td>½ cup</td>
<td>2.8</td>
</tr>
<tr>
<td>Broccoli</td>
<td>½ cup</td>
<td>2.7</td>
</tr>
<tr>
<td>Potato, with skin</td>
<td>1 medium</td>
<td>2.5</td>
</tr>
<tr>
<td><strong>Good Sources</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Carrots</td>
<td>½ cup</td>
<td>2.0</td>
</tr>
<tr>
<td>Spinach</td>
<td>½ cup</td>
<td>2.1</td>
</tr>
<tr>
<td>Zucchini</td>
<td>½ cup</td>
<td>1.8</td>
</tr>
<tr>
<td>Sweet Potato</td>
<td>½ medium</td>
<td>1.7</td>
</tr>
<tr>
<td>Corn, canned</td>
<td>½ cup</td>
<td>1.6</td>
</tr>
<tr>
<td>Potato, peeled</td>
<td>1 medium</td>
<td>1.6</td>
</tr>
</tbody>
</table>

**Cruciferous Vegetables (cabbage family)**

Eating more cruciferous vegetables may help further reduce your risk for cancer and should be eaten several times per week.

- Broccoli
- Brussel sprouts
- Cabbage
- Cauliflower
- Collards
- Kale
- Kohlrabi
- Mustard greens
- Radish greens
- Spinach
Rosita’s Chicken Soup

From the kitchen of Rosita Arreguin, San Antonio
Preparation time: 1 hour
Number of servings: 8

**Ingredients:**
- 4 chicken breasts
- 8 cups water
- ¼ cup rice
- ½ can tomato sauce
- ¼ small onion, chopped small
- 2 cilantro sprigs
- 1 lemon

**Preparation:**
1. Remove skin and bones from chicken breasts.
2. Boil chicken in water until fully cooked. Remove from water and set aside to cool.
3. Add rice, tomato sauce, and onion to chicken broth. Cook over low heat until rice is ready (about 25 minutes). Add cilantro.
4. Cut cooled chicken into small pieces.
5. When serving, put pieces of chicken at the bottom of each bowl. Then pour desired amount of soup with rice into each bowl. Squeeze a few drops of lemon on each serving.

**Nutrition information per serving:**
- FAT: 7% of calories from fat (low)
- FIBER: less than 1 gram (med)
- CALORIES: 58

**TIP**
Skinless and/or boneless chicken is more costly than removing the skin and bones yourself.
Maria’s Vegetable Chicken Soup

From the kitchen of Maria Brooks, San Antonio
Preparation time: 1:30 hour
Number of servings: 23

*Ingredients:*

- Water
- 4 pounds of chicken breast (remove the skin), cut into pieces
- \( \frac{1}{4} \) cup tomato sauce
- 4 medium potatoes cut in halves
- 4 medium carrots cut in quarters
- 2 medium tomatoes cut in quarters
- 1 onion cut in quarters
- 2 stalks celery, cut into large slices
- 1 head cabbage, cut into wedges
- 4 large ears corn, cut in halves
- 2 small squash, cut into large wedges
- 1 cup green beans, fresh or frozen
- 4-6 sprigs of cilantro, coarsely chopped

Salt to taste (optional)

*Preparation:*

1. Fill large pot with water and boil chicken breast for 30-40 minutes. Leave lid slightly cracked to prevent boiling over.
2. Add tomato sauce and vegetables. Cook until vegetables are tender, about 30-40 minutes.
3. When potato is tender (not soft), the soup is ready. Season with a little salt (optional).

* Can add lemon or salsa
* Serve with corn tortillas

*Nutrition information per serving:*

- FAT: 9% of calories from fat (low)
- FIBER: 3 grams (high)
- CALORIES: 145

*TIP:*

White meat (chicken breast) is a little lower in fat than dark meat (thigh or leg).
Guadalupe’s Vegetable Soup

From the kitchen of Guadalupe Escandòn, Eagle Pass

Preparation time: 45-60 minutes
Number of servings: 10

Ingredients:

- 1½ gallons water
- 10 small red potatoes, chopped
- 2 cloves garlic, crushed
- 2 squash, cut into slices
- ½ large onion, chopped
- 1 pound baby carrots
- 2 medium tomatoes, chopped
- 10 ounces corn
- 1 teaspoon margarine
- ½ pound green beans (fresh or frozen)
- ½ head of cabbage, shredded
- ½ pound mushrooms, sliced
- 4 cups broccoli florets
- 4 sprigs cilantro
- 4 cups cauliflower, chopped
- Salt to taste (optional)

Preparation:

1. Add margarine, garlic, onion, and tomato to 8-quart pot and sauté for about 1-2 minutes.
2. Add water, salt and remaining vegetables and bring to a boil (pot should be about ¾ full).
3. Reduce heat and cover. Cook at a low boil until vegetables are tender (not soft), about 40-45 minutes.
   *Serve with corn tortillas

Nutrition information per serving:

- FAT: 5% of calories from fat (low)
- FIBER: 8 grams (high)
- CALORIES: 136

TIP

Vegetables are rich in vitamins A & C.
Armandina’s Fish Soup for Four

From the kitchen of Armandina Martinez, San Antonio
Preparation time: 30-40 minutes
Number of servings: 4

Ingredients:
- 2 fillets of catfish or flounder cut into pieces
- 4 cups water
- 1 teaspoon oil
- 1 large tomato cut in cubes
- 1 medium onion, chopped
- 1 large potato, peeled and cut in cubes
- 2 large medium carrots, sliced thin
- ¼ cup tomato sauce
- 1 teaspoon peppercorns
- 1 garlic clove, crushed
- 1 teaspoon oregano
- 1 bay leaf
- 2 sprigs of cilantro, chopped
- Salt to taste (optional)

Preparation:
1. Boil water. Add potato cubes.
2. Brown onion in oil for 2-3 minutes.
3. Add tomato and spices to onion. Pour into water with potato. Add tomato sauce.
4. When potato is almost cooked (tender), add carrots and fish. Cook about 7 minutes longer.
5. Add salt to taste and garnish with cilantro.

Nutrition information per serving:
- FAT: 17% of calories from fat (low)
- FIBER: 5 grams (high)
- CALORIES: 200

TIP
Boiling is a healthy, low-fat way to cook. Eat fish several times a week. It’s low in fat and good for you.
Rosita’s Tortilla Soup

From the kitchen of Rosita Arreguin, San Antonio
Preparation time: 20 minutes
Number of servings: 8

Ingredients:
6 cups water
2 medium tomato, chopped
½ medium onion, chopped
4 branches cilantro, cut
2 Serrano chilies, chopped
½ can tomato paste
¾ cups shredded mozzarella cheese
6 corn tortillas cut into squares
Salt and pepper to taste (optional)

Preparation:
1. Bring water to a boil. Add tomato, cilantro, chilies, onion, and tomato paste to boiling water.
2. Cook 15 minutes over medium flame, stirring frequently. Cover but leave lid cracked to prevent boiling over.
3. Toast tortilla squares in oven for 1-2 minutes.
4. Add tortillas and cheese to soup just before serving. Add salt and pepper, if desired.

Nutrition information per serving:
FAT: 30% of calories from fat (low)
FIBER: 2 grams (high)
CALORIES: 125

TIP
Use low-fat cheese to keep the fat content down.
Lupe’s Pico de Gallo

From the kitchen of Lupe Gonzalez, San Antonio
Preparation time: 10-15 minutes
Number of servings: 6

Ingredients:
1 large tomato, diced
1 medium onion, chopped small
1 large green pepper, chopped small
12 oz picante sauce, medium-hot
4 oz tomato sauce
Salt and pepper to taste (optional)

Preparation:
1. Mix all ingredients together in a medium-size serving bowl.
* Serve with low-fat tortilla chips.

Nutrition information per serving:
FAT: 0-10% of calories from fat (low)
FIBER: 1 gram (med)
CALORIES: 30-40

TIP
Pico de gallo is delicious, low in fat, and rich in vitamins.
Aurora’s Taco Salad

From the kitchen of Aurora Rodriguez, Eagle Pass
Preparation time: 40 minutes
Number of servings: 6

Ingredients:
- 1 chicken breast with skin and bones removed
- ½ head green leaf lettuce, chopped
- 2 medium tomatoes, chopped
- ½ pint mushrooms, sliced
- ½ cup kidney beans, water drained
- 1 small package of alfalfa sprouts
- ½ cup mozzarella cheese
- ½ cup light Italian dressing

Preparation:
1. Boil chicken breast until fully cooked. Cut vegetables while chicken is cooking.
2. When chicken cools, cut into small, thin strips.
3. Mix all vegetables together in a large bowl. Add beans chicken and cheese.
4. Add light Italian dressing to salad.

Nutrition information per serving:
- FAT: 25% of calories from fat (low)
- FIBER: 3 grams (high)
- CALORIES: 132

TIP
Great with low-fat chips and Lupe’s Pico de Gallo.
Try making your own dressing with vinegar and a little oil.
Healthy Potato Salad

From the kitchen of Rosie Gonzalez, Houston
Preparation time: 35-45 minutes
Number of servings: 6

**Ingredients:**
- 3 medium potatoes cut into cubes
- 1 stalk celery, chopped
- ½ cup peas
- ½ teaspoon mustard
- ½ teaspoon salt (optional)
- ¼ teaspoon pepper
- Dash of paprika
- ½ cup nonfat mayonnaise

**Preparation:**
1. Boil potato cubes in water for 30-40 minutes.
2. Drain water and let potato cool.
3. Add celery, peas, mustard, and nonfat mayonnaise to potato cubes. Mix well.
4. Season with salt, pepper and paprika.

**Nutrition information per serving:**
- FAT: 2% of calories from fat (low)
- FIBER: 2 grams
- CALORIES: 72

**TIP**
You don’t have to give up potato salad—read labels and look for dressings without fat.
Healthy Tuna Salad

From the kitchen of Rosie Gonzalez, Houston
Preparation time: 10 minutes
Number of servings: 4

**Ingredients:**
- 2 cans (6 ½ oz) tuna, packed in water
- ½ cup chopped onions
- ½ cup chopped celery
- 1 sweet pickle, chopped
- ⅓ cup nonfat mayonnaise

**Preparation:**
1. Drain tuna. Mix all ingredients together and chill.

**Nutrition information per serving:**
- FAT: 5% of calories from fat (low)
- FIBER: less than 1 gram (low)
- CALORIES: 133

**TIP**
*Tuna packed in water has less fat than tuna packed in oil.*
*Make a sandwich on whole wheat bread.*
Juanita’s Chicken Salad

From the kitchen of Juanita Silva, San Antonio
Preparation time: 30 minutes
Number of servings: 6

**Ingredients:**
- 4 chicken pieces, remove skin and bones
- 4 ounces pimentos (small jar)
- ¼ cup fresh mushrooms
- 1 stalk celery, chopped
- 1 hard boil egg, sliced
- ¼ cup onion
- ½ green pepper, chopped
- ¼ cup nonfat mayonnaise
- Salt and pepper to taste (optional)

**Preparation:**
1. Boil chicken until cooked. Set aside to cool. Cut small when cooled.
2. Combine pimentos, mushrooms, celery, egg, onion, green pepper, and chicken.
3. Add mayonnaise and mix well. Season with salt and pepper to taste.

**Nutrition information per serving:**
- FAT: 23% of calories from fat (little high)
- FIBER: less than 1 gram (low)
- CALORIES: 30

**TIP**
To reduce the fat, remove the skin from the chicken. Chicken breast has less fat than the thigh or drumstick.
Martha’s Fruit Salad
From the kitchen of Martha Hernandez, Eagle Pass
Preparation time: 15-20 minutes
Number of servings: 12

Ingredients:
½ honeydew melon, cut small
½ pineapple, cut small
2 green apples, cut small
2 red apples cut small
3 bananas, peeled and sliced
16 ounces low-fat vanilla yogurt

Preparation:
1. Mix all ingredients together except bananas.
2. Refrigerate until chilled.
3. Add banana slices to top of fruit salad when ready to serve.

Nutrition information per serving:
FAT: 7% of calories from fat (low)
FIBER: 2 grams (high)
CALORIES: 113

TIP
Eating more fruit may reduce risk for certain cancers.
Fruit is low in fat, rich in fiber, and rich in vitamins.
Amelia’s Lemon and Mint Tea

From the kitchen of Amelia Trevino, San Antonio
Preparation time: 5 minutes
Number of servings: 4

Ingredients:
4 cups water
2 tea bags
1 lemon
1 fresh leaf of mint
Sugar or sugar substitute to taste

Preparation:
1. Add tea bags and mint to boiling water. Remove from heat and let stand 2-5 minutes.
2. Add lemon and sweeten to taste.

Nutrition information per serving:
FAT: 0% of calories from fat (low)
FIBER: 0 (low)
CALORIES: 0 (with sugar substitute)

TIP
This is a very soothing drink when you are feeling sick.
Amelia’s Chamomile Tea

From the kitchen of Amelia Trevino, San Antonio
Preparation time: 5 minutes
Number of servings: 4

**Ingredients:**
- 4 cups water
- 1 chamomile (manzanilla) tea bag
- 1 sprig basil (albahaca)
- 1 sprig lemon grass (zacate de lemon)
- Sugar or sugar substitute as desired

**Preparation:**
1. Boil basil and lemon grass in water for 5 minutes. Remove from heat and add tea bag. Let stand for 2-5 minutes.
2. Sweeten to taste.

**Nutrition information per serving:**
- FAT: 0% of calories from fat (low)
- FIBER: 0 (low)
- CALORIES: 0 (with no sugar)

**TIP**
Herbal teas are delicious—experiment with your favorite herbs.
Rosita’s Papaya Juice

From the kitchen of Rosita Arreguin, San Antonio
Preparation time: 15 minutes
Number of servings: 8

Ingredients:
1 ½ pound papaya, peeled
½ gallon water
¼ cup sugar (can also use artificial sweetener)
Ice cubes to chill

Preparation:
1. Cut papaya into small pieces.
2. Blend in blender or food processor on high.
3. Add papaya, sugar, or artificial sweetener to water and stir. Add ice to keep chilled.

Nutrition information per serving:
FAT: 1% of calories from fat (low)
FIBER: 1 gram (med)
CALORIES: 45

TIP
Papayas are rich in antioxidants like vitamins A and C.
Consuelo’s Fresh Fruit Punch

From the kitchen of Consuelo Cardenas, Eagle Pass
Preparation time: 45-60 minutes
Number of servings: 30

Ingredients:
- ½ gallon water
- 1 gallon apple juice
- 1 ½ cups brown sugar
- 4 cinnamon sticks
- 6 tangerines, peeled
- 1 teaspoon anise
- 5 cloves
- 2 cups fresh cranberries
- 2 cups seedless green grapes
- 2 cups seedless purple grapes
- 2 cups raisins
- 4 small green apples cut into squares
- 10 apricots cut into squares

Preparation:
1. Boil water, apple juice, brown sugar, cinnamon, anise, and cloves for about 20 minutes or until brown sugar dissolves. Remove cinnamon sticks and cloves.
2. Add all fruit and cook on low for about 30 minutes. Do not overcook or fruit will fall apart.
3. Serve warm or cold. When serving, do not pour hot punch into a glass bowl. Allow to cool or serve warm in a crockpot or ceramic bowl.
4. *You can refrigerate leftover punch. Store the fruit and juice separately. When ready to serve heat juice and add cold fruit to individual cups.

Nutrition information per serving:
- FAT: 2% of calories from fat (low)
- FIBER: 2 grams (high)
- CALORIES: 181
Strawberry and Banana Milkshake

From the kitchen of Rosie Gonzalez, Houston
Preparation time: 10 minutes
Number of servings: 3

Ingredients:
1 cup fresh or frozen unsweetened strawberries
1 large banana, cut
1 cup skim milk
8 oz plain lowfat yogurt
8 ice cubes
1-2T sugar or sugar substitute to taste (optional)

Preparation:
1. In a blender, combine all ingredients except the ice cubes. Add ice cubes slowly and blend until mixture is smooth.

Nutrition information per serving:
FAT: 11% of calories from fat (low)
FIBER: 2 grams (high)
CALORIES: 130

TIP
Experiment with your favorite fruits.
Switch to skim or 1% milk, which are lower in fat.
MAIN DISHES
Meat, Poultry, Fish, Dry Beans, Eggs & Nuts Group
MEATS, FISH, POULTRY AND BEANS

Go lean with protein

Meat, fish, poultry, peas, and beans are all great sources of protein, iron, vitamins, and minerals. Red meat can be high in fat, so eat it no more than three times a week. Protein is important in helping maintain healthy skin, bones, muscles, and organs. Protein is mainly found in animal-based foods, but you can get an adequate amount from plant-based foods, such as soy products, nuts, beans, seeds, and whole grains.

Iron is an extremely important part of red blood cells. Red blood cells are important because they carry oxygen to your tissues. If you do not get enough iron, you can become anemic—this can make you feel tired, lacking energy, short of breath, dizzy.

Iron can be found in a variety of foods, including beans and peas, dark leafy green vegetables, lentils, whole grain foods, and dried fruit. Iron is not easily absorbed into the bloodstream if it is from a plant source, so it is important to eat your iron source with Vitamin C-enriched foods, such as citrus fruits, strawberries, tomatoes, cabbage, and broccoli. This will help the iron be absorbed properly.

Fat-lowering tips for meats and poultry:

- Trim all fat from around meat before cooking
- Remove the skin from chicken and turkey before cooking
- Drain extra fat from ground beef after cooking
- Choose lean cuts of meat and lean beef (see list)
- Bake, broil, grill, or microwave instead of frying when cooking
Best Choices: 3 grams or less of fat per ounce

**BEEF**
- Chuck (arm pot roast or stew meat)
- Hamburger (95% lean or ground from leanest cuts)
- Sirloin steak
- Tenderloin
- T-Bone steak (choice grade)
- Cubed steak
- Flank steak
- Top loin steak
- Top round steak or roast
- Eye round steak or roast
- Round steak
- Bottom round steak or roast
- Tip steak or roast
- Shank (crosscuts)

**PORK**
- Tenderloin
- Roast loin
- Center loin
- Top loin

**LAMB**
- Leg: whole or sirloin half
- Shoulder: whole arm, kebab cubes
- Loin: whole foreshank

**POULTRY, GAME**
- Chicken: White meat (breast) has less fat than dark (legs, thighs).
- Turkey
- Cornish hen
- Pheasant
- Rabbit
- Venison

**VEAL**
- Ground: 95% lean
- Loin, whole
- Shoulder, whole
- Leg cutlets
- Rib, whole
- Sirloin, whole

**FISH**
All fish and seafood are low in fat. Warm-water fish, such as flounder and snapper, are lower in fat than cold-water fish, such as salmon and mackerel. Also, most shellfish are high in cholesterol, but very low in fat.
Best Choices: 3 grams or less of fat per ounce

BEANS, LEGUMES
Beans and legumes are natural high in fiber, iron, and protein, and are low in fat.

Healthy tips for beans and legumes
- Serve instead of meat several times a week
- Add to salads, soups, and casseroles
- Add vegetables and spices, such as onion, garlic, cumin, and instead of lard or bacon
- Cook beans “a la charra” more often than refried
- When making refried beans, add only a small amount of vegetable oil

<table>
<thead>
<tr>
<th>Fiber Sources (½ cup servings)</th>
<th>Grams of Fiber</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Excellent source</strong></td>
<td></td>
</tr>
<tr>
<td>Pinto beans</td>
<td>9</td>
</tr>
<tr>
<td><strong>Very Good Sources</strong></td>
<td></td>
</tr>
<tr>
<td>Kidney beans</td>
<td>7</td>
</tr>
<tr>
<td>Black beans</td>
<td>7</td>
</tr>
<tr>
<td>Navy beans</td>
<td>6</td>
</tr>
<tr>
<td><strong>Good Sources</strong></td>
<td></td>
</tr>
<tr>
<td>Lima beans</td>
<td>4</td>
</tr>
<tr>
<td>Lentils</td>
<td>4</td>
</tr>
</tbody>
</table>
How much Protein is needed per day?

<table>
<thead>
<tr>
<th>Daily Recommendations for Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td>Men</td>
</tr>
<tr>
<td>19-30 years old</td>
</tr>
<tr>
<td>31-50 years old</td>
</tr>
<tr>
<td>51+ years old</td>
</tr>
<tr>
<td>6.5 oz equivalents</td>
</tr>
<tr>
<td>6 oz equivalents</td>
</tr>
<tr>
<td>5.5 oz equivalents</td>
</tr>
<tr>
<td>Women</td>
</tr>
<tr>
<td>9-30 years old</td>
</tr>
<tr>
<td>31-50 years old</td>
</tr>
<tr>
<td>51+ years old</td>
</tr>
<tr>
<td>5.5 oz equivalents</td>
</tr>
<tr>
<td>5 oz equivalents</td>
</tr>
<tr>
<td>5 oz equivalents</td>
</tr>
</tbody>
</table>

What counts as an ounce of protein?

- 1 ounce of meat, poultry or fish
- ¼ cup cooked beans
- 1 egg
- 1 tablespoon of peanut butter
- ½ ounce of nuts or seeds
- If interested in knowing how much counts as an ounce for a specific protein food, please visit [www.choosemyplate.gov](http://www.choosemyplate.gov)
Anita’s Beans “A La Charra”

From the kitchen of Anita Rivas, San Antonio
Preparation time: Traditional method: 4:30 hours (quick 35 minutes)
Number of servings: 15

Ingredients:
- 2 cups pinto beans
- 2 small tomatoes, sliced
- ½ cup cilantro sprigs, coarsely chopped
- 1 tablespoon vegetable oil
- 8 cups water
- 1 carrot, thinly sliced
- ½ small onion, coarsely chopped
- Jalapeno slices, as desired for “hotness”
- Salt to taste

Preparation:
1. Wash the pinto beans. Cover beans with water and boil for 1-2 minutes. Remove from heat and let them stand for about an hour. Pour off the water, replace with 4 cups of fresh water (enough to cover beans).
2. Cook pinto beans in water until almost tender (about 3 hours). Then add carrot.
3. Sauté onion, tomatoes, and cilantro in oil for about 5 minutes or until onion is transparent. Add to beans.
4. Add remaining ingredients and simmer for 30 minutes.
*To speed cooking time, use canned beans and skip steps 1 and 2. If using canned beans, look for low sodium beans or rinse beans with water. Also, try using a crockpot (the beans can cook while you are at work).

Nutrition information per serving:
- FAT: 7% of calories from fat (low)
- FIBER: 7.5 grams (high)
- CALORIES: 218

TIP
Beans are rich in fiber and naturally low in fat.
Aurora’s Beans with Cactus
(Frijoles con Nopales)

From the kitchen of Aurora Rodriguez, Eagle Pass
Preparation time: 35-40 minutes
Number of servings: 6

**Ingredients:**
- 1 ½ cups cactus (nopales)
- 1 ½ cups cooked pinto beans
- 1 medium onion, cut small
- 1 large tomato, cut small
- 1 teaspoon margarine
- 1 tablespoon cilantro
- ½ cups shredded mozzarella cheese (optional)

**Preparation:**
1. Boil cactus in ½ cup of water for 15 minutes. Drain and set aside.
2. Sauté onion in margarine in a non-stick frying pan until browned (about 5 minutes).
3. Add tomato and sauté another 5 minutes.
4. Add cooked beans, cactus, and cilantro. Continue cooking over low heat for 10 minutes.
5. Pour mozzarella cheese on top (optional).

**Nutrition information per serving:**
FAT: 22% of calories from fat (low)
FIBER: 2 grams (high)
CALORIES: 101
Maria’s Beans with Spinach

From the kitchen of Maria Brooks, San Antonio
Preparation time: 2:30 hours (fast-cooking method); 5-6 hours (slow-cooking)
Number of servings: 20

Ingredients:
3-3 ½ cups uncooked pinto beans
8 cups water
2 ounces lean Canadian bacon, cut
1 medium tomato, diced
1 package fresh or 10oz frozen spinach
Salt to taste
Pepper to taste

Preparation:
1. To a large crock-pot,* add water, Canadian bacon, and beans. Cook on high for 2 ½ hours or on low for a minimum of 5-6 hours.
2. About 30 minutes before beans are ready, add remaining ingredients. Then cook for the remaining 30 minutes.
*If you don’t have a crockpot, you can cook beans over the stove (see Anita’s “A la Charra”).

Nutrition information per serving:
FAT: 6% of calories from fat (low)
FIBER: 7.5 grams (high)
CALORIES: 107
Diana’s Quesadillas

From the kitchen of Diana West, Eagle Pass
Preparation time: 15 minutes
Number of servings: 10

Ingredients:
20 corn tortillas
8 ounces mozzarella cheese, shredded
4 ounces pimiento
1 green pepper, chopped small
1 large tomato, chopped
1 teaspoon vegetable oil or margarine

Preparation:
1. In a skillet with oil, sauté the onion, pimiento, green pepper, and tomato for 10 minutes.
2. Place onion mixture and cheese on a tortilla. Cover with another tortilla, making a sandwich.
3. Heat quesadilla in a clean skillet over low heat until cheese is melted.

Nutrition information per serving:
• FAT: 27% of calories from fat (low)
• FIBER: 3 grams (high)
• CALORIES: 200

TIP
To reduce fat, use part-skim mozzarella cheese.
Juanita’s Cheese Enchiladas

From the kitchen of Juanita Silva, San Antonio
Preparation time: 40 minutes
Number of servings: 6

Ingredients:
- 12 corn tortillas
- 1 cup water
- 1 chili powder
- 1 tablespoon flour
- 1 ¼ cups low-fat longhorn cheese, shredded
- 1 medium onion, chopped
- 1 garlic clove, crushed
- Salt to taste

Preparation:
1. To make sauce, mix the chili powder, garlic, salt, and flour in 1 cup of water.
2. Cook over low heat until mixture boils (20 minutes).
3. Warm tortillas until soft. Fill each tortilla with 1 tablespoon of cheese and onion. Roll and place in a 9” x 13” inch baking pan.
4. Pour enchilada sauce over tortillas. Sprinkle with remaining cheese. Bake at 350°F for 15 minutes.

Nutrition information per serving:
- FAT: 17% of calories from fat (low)
- FIBER: 3 grams (high)
- CALORIES: 200

TIP
Baking instead of frying helps reduce fat.
Try serving with pico de gallo or chili sauce.
Rosita’s Tacos
(Taquitos de Salpicon)

From the kitchen of Rosita Arreguin, San Antonio
Preparation time: 45 minutes  
Number of servings: 15

Ingredients:
1 ½ pounds lean flank beef (fajita meat)  
30 corn tortillas  
2 medium carrots  
1 large white potato  
2 cloves garlic, crushed  
¼ medium onion, chopped  
3 cups lettuce, chopped  
3 medium tomatoes, chopped  
½ green bell pepper  
Salt to taste

Preparation:
1. Boil potato and carrots in water until tender (about 20 minutes). Add bell pepper and boil 2 more minutes or until vegetables are soft. Allow to cool.
2. Cut potato, carrot, and bell pepper into small pieces. Set aside.
3. Cut meat into small pieces or strips.
5. Add potato, carrot, and bell pepper and cook 5 more minutes. Add salt to taste.
6. Soften tortillas by warming over the stove or in the microwave. Put 1-2 T of meat mixture into each corn tortilla and fold to form a taco.

Nutrition information per serving:
FAT: 30-35% of calories from fat with excess fat drained (low-med)  
FIBER: 2 grams (high)  
CALORIES: 130

TIP
Choose leaner cuts of beef, such as flanks, tenderloin, or round steak.
Always drain excess fat.
Elena’s Chicken Tacos

From the kitchen of Elena Duran, El Paso
Preparation time: 35-40 minutes
Number of servings: 12

Ingredients:
4 chicken breasts, skin removed
12 corn tortillas
½ teaspoons of olive oil
½ cup green onion, chopped
¼ teaspoon cumin
½ teaspoon salt
½ teaspoon black pepper
1 long green chile or jalapeno, chopped
2 cups lettuce, shredded
1 large tomato, chopped

Preparation:
1. Boil chicken breasts in water until fully cooked (about 30 minutes). Allow chicken to cool, then shred or cut into thin strips.
2. Heat olive oil in a skillet on medium flame. Add chicken strips, onion, cumin, salt, pepper, and chile. Cook about 5 minutes, constantly mixing.
3. Remove chicken from heat.
4. Warm tortillas over low flame or in a skillet until soft.
5. Place 2 tablespoons of chicken mixture on each tortilla. Add lettuce and tomato and fold to make a taco.

Nutrition information per serving:
FAT: 15% of calories from fat (low)
FIBER: 2 grams
CALORIES: 100
Gloria’s Tostadas

From the kitchen of Gloria Perez, Eagle Pass
Preparation time: 15-20 minutes
Number of servings: 12 tostadas

Ingredients:
12 corn tortillas
8 ounces mozzarella cheese, shredded
1 cup cooked beans, mashed (pinto or black beans)
2 cups lettuce, chopped
3 medium tomatoes, chopped

Preparation:
1. Preheat oven at 375°F. Dip each tortilla in water. Place tortillas in preheated oven for 5-10 minutes or until they are crispy. Watch them carefully because they can burn easily.
2. Spread about 1-2 tablespoons of cooked beans onto each tortilla. Add lettuce, tomato and cheese to each tortilla.

Nutrition information per serving:
FAT: 25% of calories from fat (low)
FIBER: 3 grams
CALORIES: 135

TIP
For better health, don’t add fats like lard or bacon to beans. Bake or broil instead of frying.
Chilaquiles

From the kitchen of Rosie Gonzalez, Houston
Preparation time: 45 minutes
Number of servings: 6

**Ingredients:**
- 12 corn tortillas cut into wedges
- 1 tablespoon vegetable oil
- 1 cup onion, chopped
- ¼ teaspoon garlic powder
- 2 teaspoons chili powder
- 1 teaspoon cumin
- 1 ½ cups low-fat cottage cheese
- 1 ½ cups canned tomatoes, crushed
- 6 ounces low-fat cheddar cheese

**Preparation:**
1. Sauté onion in oil for 5 minutes. Add tortilla pieces, garlic powder, chili powder, and cumin. Mix until tortillas become soft.
2. Blend tomatoes with cottage cheese in blender until smooth. Pour slowly into pan with tortilla pieces.
3. Pour mixture into a casserole dish. Sprinkle with cheese. Bake at 350°F for 20 minutes.

**Nutrition information per serving:**
- FAT: 23% of calories from fat (low)
- FIBER: 4 grams (high)
- CALORIES: 278

**TIP**
Corn tortillas have less fat and more fiber than flour tortillas
Rosy’s Beef Stew
(Carne Guisada Al Vapor)

From the kitchen of Rosy Garcia, Eagle Pass
Preparation time: 30-40 minutes
Number of servings: 6

Ingredients:
1 ½ pounds lean beef
1 cup water
1 green pepper, sliced
½ medium onion, sliced
2 teaspoons flour
1 garlic clove, crushed
1 large tomato, chopped
¼ teaspoon salt
½ teaspoon oregano
Black pepper to taste

Preparation:
1. Remove any visible fat from meat. Cut meat into long pieces.
2. Add meat and water to frying pan and cook for about 15 minutes.
3. Strain the juice from the meat and set juice aside.
4. Add the green pepper, onion, and flour to the meat. Stir and cook for 5 minutes.
5. Add the tomato, black pepper, garlic, oregano, and salt. Cook for 10-12 more minutes, slowly adding the meat juice.

Nutrition information per serving:
FAT: 20% of calories from fat (low)
FIBER: less than 1 gram (low)
CALORIES: 200

TIP
Serve with brown rice and whole wheat tortillas.
Choose lean meats, such as sirloin, tenderloin, flank, or shank.
Laura’s Chicken & Brown Rice

From the kitchen of Laura Gonzalez, San Antonio
Preparation time: 40-50 minutes
Number of servings: 10

Ingredients:
- 1 ½ cups brown rice
- 3-4 cups water
- 4 chicken breasts (bone and skin removed) cut into pieces
- 3 carrots, chopped
- 3 celery sticks, chopped
- 1 cup cabbage, chopped
- 2 teaspoon olive oil
- 1 tablespoon soy sauce (optional)

Preparation:
1. Prepare rice according to package directions.
2. Cook chicken in olive oil for 5 minutes. Add chopped vegetables. Add soy sauce if desired. Cook 3-8 more minutes (longer for more tender vegetables), constantly moving chicken mixture.
3. Add cooked brown rice to chicken and vegetable mixture. Mix well.

*If chicken breast is too dry, try using thighs or drumsticks. They are higher in fat, but still a healthy choice, when skin has been removed.

Nutrition information per serving:
- FAT: 11% of calories from fat (low)
- FIBER: 2 grams (high)
- CALORIES: 165
Patricia’s Chicken with Rice

From the kitchen of Patricia Magana, San Antonio
Preparation time: 40-50 minutes
Number of servings: 6

Ingredients:
- 1 cups rice (white or brown*)
- 1 teaspoon vegetable oil
- 2 cups water
- 3 chicken breasts cut small
- ¼ cups onion, chopped small
- 1 medium tomato, chopped small
- ½ green pepper, chopped small
- 1 teaspoon garlic salt
- 4 ounces tomato sauce (½ small can)

Preparation:
1. Sauté rice in oil until golden, stirring frequently. Add water, chicken, vegetables, garlic salt, and tomato sauce.
2. Cook over medium heat, covered for 20-30 minutes* or until chicken is cooked. If chicken or rice is not done, add more water as necessary to prevent burning.

*Brown rice takes about 14-20 minutes longer to cook and takes ½ cup more water.

Nutrition information per serving:
- FAT: 10% of calories from fat (low)
- FIBER: 2 grams (high)
- CALORIES: 190

TIP
Using brown rice instead of white rice adds more fiber.
Lupe’s Zucchini & Turkey Casserole

From the kitchen of Lupe Gonzalez, San Antonio

Preparation time: 40-45 minutes
Number of servings: 8

Ingredients:
4 turkey breasts
2 cups water
2 green zucchini, cut into thick pieces
1 cup whole kernel corn
1 medium onion, chopped small
1 garlic clove, crushed
¼ bell pepper, chopped small
1 small can tomato sauce
½ teaspoon cumin (cumino)
¼ teaspoon salt
¼ teaspoon pepper
½ cup chicken broth

Preparation:
1. Boil turkey breast until fully cooked (about 30 minutes). Allow to cool, then cut into bite-size pieces. Set aside.
2. Cook zucchini in water over low flame in a covered pan for 20 minutes. Drain water. Add tomato sauce, onion, garlic, bell pepper, corn, cumin, pepper, and salt. Cook for another 10 minutes.
3. Place slices of cooked turkey in a 3-quart casserole dish, covering the bottom. Pour chicken broth over turkey. Add zucchini mixture. Cover and bake in oven for 10-15 minutes at 350°F.
*Serve with rice or vermicelli.

Nutrition information per serving:
FAT: 17% of calories from fat (low)
FIBER: 3 grams (high)
CALORIES: 106

TIP
This recipe also tastes great made with chicken breast.
Maria’s Baked Catfish

From the kitchen of Maria Brooks, San Antonio
Preparation time: 10-20 minutes
Number of servings: 3

**Ingredients:**
3 catfish fillets (3 ounces each)
1 ½ fresh lemons
Hot sauce or chile as desired
½ teaspoon salt
½ teaspoon pepper

**Preparation:**
1. Preheat oven to 350°F.
2. Place fillets in a baking pan sprayed with cooking spray. Add salt, pepper, lemon and Tabasco sauce or chile to fillets.
3. Lower oven temperature to 300°F. Bake fillets for about 10-20 minutes uncovered.*

*Fish is ready when the center no longer looks shiny but opaque and it flakes easily with a fork. Try serving it topped with Lupe’s Pico de Gallo.

**Nutrition information per serving:**
FAT: 33% of calories from fat (med)
FIBER: less than 1 gram (low)
CALORIES: 100
Sophie’s Tuna Patties

From the kitchen of Sophie Castillo, San Antonio
Preparation time: 15-20 minutes
Number of servings: 4

Ingredients:
1 teaspoon baking powder
4 tablespoons flour
2 cans (6.5 oz) tuna, packed in water, drained
4 egg whites or egg substitute (equivalent to 2 eggs)
4 teaspoon vegetable oil or non-stick cooking spray
Salt to taste

Preparation:
1. In a bowl, mix all ingredients (except oil) together. Form 4 small patties.
2. Brown each patty in 1 teaspoon of vegetable oil, turning once.

Nutrition information per serving:
FAT: 30-35% of calories from fat (low-med)
FIBER: less than 1 gram (low)
CALORIES: 115

TIP
Use only a small amount of vegetable oil when browning foods.
The fat in most recipes can be reduced by half.
Sylvia’s Fish and Vegetables

From the kitchen of Sylvia Rodriguez, Eagle Pass
Preparation time: 25 minutes
Number of servings: 5

Ingredients:
- 1 pound catfish, cut into pieces
- 1 cup water
- ½ teaspoon vegetable oil
- 3 medium tomatoes
- 3 stalks celery, chopped
- 1 garlic clove
- 1 green bell pepper
- ½ teaspoon sweet basil
- 1 medium onion, chopped

Preparation:
2. In a blender, blend tomato and garlic together.
3. Boil water. Add celery, onion, bell pepper, tomato and garlic to water and cook for 5 minutes on medium heat.
4. Add catfish to water and vegetable mixture and cook 10 minutes. Season with sweet basil before serving.

Nutrition information per serving:
- FAT: 41% of calories from fat (high)
- FIBER: 1.5 grams (med)
- CALORIES: 140

TIP
Eat fish several times a week. It’s lower in fat than most beef.
Lupe’s Spanish Style Vegetables

From the kitchen of Lupe Gonzalez, San Antonio
Preparation time: 40 minutes
Number of servings: 6

Ingredients:
2 carrots, chopped
1 turnip, peeled and chopped
½ small cabbage head, chopped
6 cauliflower flowerets
½ bell pepper
½ package (10 ounces) fresh spinach
1 large onion, sliced
= 1 teaspoons of margarine
Salt to taste
Pepper to taste

Preparation:
1. Steam vegetables (except peas & onion) for about 10-15 minutes each. Using a microwave can help speed preparation. Also try combining cabbage with cauliflower and bell pepper with spinach when steaming.
2. In a large frying pan, sauté onion in margarine for about 3-5 minutes. Add carrots and cook 5 more minutes. Add peas and remaining steamed vegetables and keep stirring until ready (about 5 minutes). Add salt and pepper to taste.
*For a spicier taste, try adding 1 small jalapeno or chili powder.

Nutrition information per serving:
FAT: 13% of calories from fat (low)
FIBER: 5 grams
CALORIES: 67

TIP
This recipe is rich in vitamins A and C.
Trinidad’s Broccoli and Rice Casserole

From the kitchen of Trinidad Ortiz, San Antonio

Preparation time: 45 minutes
Number of servings: 4

Ingredients:

- 1 cup white rice
- 1 pound fresh broccoli OR 1 package (10 ounces) frozen broccoli flowerets
- 1 stalk celery, chopped
- 1 can (10 ¾ ounces) cream of chicken soup

Preparation:

1. Cook rice according to package directions.
2. Boil fresh broccoli until soft or thaw-frozen broccoli. Drain water.
3. Combine all ingredients and mix thoroughly. Pour into a casserole dish and bake at 350°F for 30 minutes.

Nutrition information per serving:

- FAT: 17% of calories from fat (low)
- FIBER: 4 grams (high)
- CALORIES: 270

TIP

Eat more vegetables by adding them to dishes such as casseroles. Broccoli is rich in vitamins A and C and fiber.
FATS & SUGARS  
*Eat in Moderation*

Fats and sugars can make food taste better.

But they can also add far too many calories.

We need to limit the amount of fat we eat to less than 30% of our calories each day.

This will help prevent obesity, heart disease, and cancer.

Sugar should be eaten only in moderation, because eating too much sugar can cause dental cavities. Also, foods that are high in sugar, such as sodas (and other sugary drinks), cakes, candies, and cookies, usually have many calories and are not nutritious.

### Healthy Sugar Tips

<table>
<thead>
<tr>
<th>Instead of:</th>
<th>Try:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cakes, candies, and cookies snacks</td>
<td>Fresh fruit, vegetables, whole grains</td>
</tr>
<tr>
<td>Soft drinks, sugar-sweetened beverages</td>
<td>Water, natural fruit juice (licuados)</td>
</tr>
<tr>
<td>Sweet cereals</td>
<td>Whole grain cereals, add your own fruit</td>
</tr>
<tr>
<td>½-¾ cup (reducing amount of sugar in recipes will not affect flavor or texture)</td>
<td></td>
</tr>
</tbody>
</table>
## Examples of High-Fat Foods to Limit

<table>
<thead>
<tr>
<th>Serving Size</th>
<th>Grams of Fat</th>
</tr>
</thead>
<tbody>
<tr>
<td>Butter, margarine</td>
<td>1 T 12</td>
</tr>
<tr>
<td>Mayonnaise, regular</td>
<td>1 T 11</td>
</tr>
<tr>
<td>Salad dressing, regular</td>
<td>1 T 7</td>
</tr>
<tr>
<td>Vegetable oil</td>
<td>1 T 14 (unsaturated)</td>
</tr>
<tr>
<td>Bacon fat or lard</td>
<td>1 T 10 (unsaturated fat)</td>
</tr>
<tr>
<td>Nuts: pecans, peanuts,</td>
<td>⅛ c 24</td>
</tr>
<tr>
<td>Almonds</td>
<td>⅛ c 16</td>
</tr>
<tr>
<td>Peanut butter</td>
<td>2 T 14</td>
</tr>
<tr>
<td>Whole egg or yolk</td>
<td>1 large 6</td>
</tr>
<tr>
<td>Ice cream, regular-rich</td>
<td>1 c 14-24</td>
</tr>
<tr>
<td>Potato chips</td>
<td>small bag (1 oz) 12</td>
</tr>
<tr>
<td>Hamburger</td>
<td>¼ 20</td>
</tr>
<tr>
<td>French fries</td>
<td>small 12-15</td>
</tr>
<tr>
<td>Thin pepperoni pizza</td>
<td>2 slices 20</td>
</tr>
<tr>
<td>Taco salad, no shell</td>
<td>large 31</td>
</tr>
<tr>
<td>Taco salad, with shell</td>
<td>large 61</td>
</tr>
<tr>
<td>Fruit fried pie</td>
<td>⅛ pie 15-20</td>
</tr>
</tbody>
</table>
# Healthy Ways to Cut the Fat

<table>
<thead>
<tr>
<th>Traditional Recipe</th>
<th>Healthy Substitute</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bacon</td>
<td>Lean ham, artificial bacon bits, turkey, bacon, herbs and spices (best choice)</td>
</tr>
<tr>
<td>Butter</td>
<td>Margarine</td>
</tr>
<tr>
<td></td>
<td>(7 grams of less of fat per T)</td>
</tr>
<tr>
<td>½ c lard or shortening</td>
<td>½ c margarine or ½ c oil</td>
</tr>
<tr>
<td>½ c butter</td>
<td>½ c applesauce (unsweetened)</td>
</tr>
<tr>
<td>Regular cheese</td>
<td>Low-fat or nonfat cheese</td>
</tr>
<tr>
<td>Egg (1 whole)</td>
<td>2 egg whites or ¼ c egg substitute</td>
</tr>
<tr>
<td>Sour cream</td>
<td>Nonfat plain yogurt or low-fat sour</td>
</tr>
<tr>
<td></td>
<td>Cream, or low-fat Greek yogurt</td>
</tr>
<tr>
<td>White sauce made with milk or cream and butter</td>
<td>White sauce made with skim milk, ½%, or 1% milk and margarine</td>
</tr>
<tr>
<td>Salt pork for seasoning</td>
<td>Herbs, spices, lean ham</td>
</tr>
<tr>
<td></td>
<td>artificial bacon bits, turkey, bacon</td>
</tr>
<tr>
<td>Baking Chocolate (1 square)</td>
<td>3 T cocoa plus 1 T margarine or 1 tsp oil</td>
</tr>
<tr>
<td>Buttermilk (1 c)</td>
<td>About 1 c skim, ½%, or 1% lowfat milk plus 1 T vinegar</td>
</tr>
<tr>
<td>Coconut</td>
<td>Coconut extract (will change texture)</td>
</tr>
<tr>
<td>Cream</td>
<td>Canned evaporated skimmed milk; nonfat dry milk powder; canned evaporated skim milk</td>
</tr>
<tr>
<td>Using oil or margarine To prevent sticking</td>
<td>Use nonfat cooking spray or non-stick pan</td>
</tr>
</tbody>
</table>
Rosita’s Bread Pudding  
(Capirotada)

From the kitchen of Rosita Arreguin, San Antonio  
Preparation time: 45 minutes  
Number of servings: 15

Ingredients:  
1 large loaf anise or French bread  
1 large loaf whole wheat bread  
8 cups water  
3 cones piloncillo (1 ½-2 cups brown sugar)  
¾ cup raisins 1 tablespoon margarine or cooking spray  
6 whole cloves 2 cinnamon sticks  
8 ounces low-fat American or mozzarella cheese, shredded  
½ small onion, chopped small 1 small tomato, chopped small

Preparation:  
1. Bring water to a low boil. Put piloncillo, cinnamon, tomato, onion, and cloves in the water. When the piloncillo dissolves (about 30 minutes), strain the piloncillo mixture removing the spices and saving the juice. Set the juice aside but keep warm.  
2. Slice the bread into 1-inch thick slices. Place in a warm oven and heat until well toasted.  
3. Cover bottom of a 13-inch baking dish with cooking spray or margarine. Line the dish with ⅓ of toasted bread.  
4. Top the bread with some of the juice (enough to moisten but not soak the bread). Add ⅓ of the cheese and sprinkle some of the raisins. Repeat this (bread, juice, cheese, raisins) to make 3 layers. Keep plenty of cheese and raisins for the top layer. Pour remaining juice on top of the layers, but do not soak. It is possible to have some juice left over.  
5. Cover with foil and bake at 250°F for 15 minutes.

Nutrition information per serving:  
FAT: 8% of calories from fat  
FIBER: 3-4 grams (high)  
CALORIES: 373

TIP  
Using whole wheat and low-fat cheese adds more fiber and less fat.
Rosita’s Rice Pudding
(Atole de Arroz)

From the kitchen of Rosita Arreguin, San Antonio
Preparation time: 35 minutes
Number of servings: 6

**Ingredients:**
- 2 cups water
- 1 cup rice
- 2 sticks, cinnamon
- 2 cups skim milk
- 2 tablespoons evaporated milk
- ½ cup brown sugar
- 1 tablespoon vanilla flavoring

**Preparation:**
1. Bring water to a low boil. Add cinnamon sticks and boil for 15 minutes.
2. Add rice to water. Cover and cook on low flame until all water is absorbed and rice is fully cooked. Check and stir regularly. Add more water if rice needs more time to cook.
3. Slowly add the milk, stirring constantly. Add the evaporated milk and vanilla. Keep uncovered and continue to stir until rice thickens, about 15 minutes. If rice has not reached desired consistency, continue to stir and slowly add a little more milk.
4. Add the brown sugar and stir until the sugar has dissolved. Remove cinnamon sticks before serving.

**Nutrition information per serving:**
- FAT: 12% of calories from fat (low)
- FIBER: less than 1 gram (low)
- CALORIES: 235

**TIP**
*Skim milk is a healthy drink. Once you get used to it, you won’t drink anything else.*
Alicia’s Frozen Banana Treats

From the kitchen of Alicia Rocha, San Antonio
Preparation time: 15 minutes
Number of servings: 8

Ingredients:
- 8 ripe bananas, peeled
- ½ cup lemon juice
- ½ cup cold water
- 1 cup crushed graham crackers
- 2 teaspoon cinnamon
- 1 ½ tablespoon sugar
- 8 popsicle sticks
- Waxed paper

Preparation:
1. Mix lemon juice and water. Set aside.
2. Stick a popsicle stick into each banana.
3. Dip bananas in the lemon/water mixture (prevents bananas from turning brown).
4. Mix cinnamon, sugar and the graham cracker crumbs together and spread mixture on waxed paper.
5. Roll each banana into the mixture until covered.
6. Place bananas on clean waxed paper and freeze for 1 ½ hours. Serve immediately.

Nutrition information per serving:
- FAT: 10% of calories from fat (low)
- FIBER: 3-4 grams (high)
- CALORIES: 172

TIP
Fruit makes a great snack for kids.
Vicki’s Banana Pie

From the kitchen of Vicki Hernandez, San Antonio
Preparation time: 1:30 hours
Number of servings: 8 servings

*Ingredients for piecrust:*
- 15 graham crackers
- 3 tablespoons margarine

*Ingredients for the filling:*
- 3 bananas, sliced
- 3 apples, peeled and sliced
- 1 cup raisins
- 2 tablespoons flour
- 1 teaspoon cinnamon
- ½ teaspoon nutmeg
- ¼ teaspoon cloves

**Preparation:**
1. In a bowl, combine crushed graham crackers and margarine. Press the mixture onto the bottom and sides of a 9-inch pie plate to form a crust. Refrigerate for 45 minutes.
2. In a bowl, mix all fruit and remaining ingredients. Pour into chilled graham cracker pie crust.
3. Cover with foil (cut small slits in foil) and bake at 350°F for 45-50 minutes.

**Nutrition information per serving:**
- FAT: 21% of calories from fat
- FIBER: 3 grams (high)
- CALORIES: 207

**TIP**
*Eating more fruits and vegetables and less fat may help reduce your risk for cancer. Try serving this with low-fat yogurt.*
Sylvia’s Banana Dessert
(Rosca con Platano)

From the kitchen of Sylvia Rodriguez, Eagle Pass
Preparation time: 60 minutes
Number per servings: 12 servings

**Ingredients:**
- 1 ½ cup whole-wheat flour
- 1 cup white flour
- 1 cup brown sugar
- 3 ½ teaspoon baking powder
- 1 teaspoon cinnamon
- ½ teaspoon salt
- ¾ cup plain low-fat yogurt
- ½ cup skim milk
- 2 tablespoons margarine
- 6 egg whites or egg substitute equivalent to 3 eggs
- 2 bananas, pureed

**Preparation:**
1. Mix all dry ingredients together in a large bowl.
2. Add remaining ingredients and blend for 5 minutes or until smooth.
3. Spray large (9x13) cake pan with cooking spray to prevent sticking. Pour mixture into pan.
4. Bake at 350°F for 45-50 minutes. Test with toothpick to check doneness.
5. Allow to cool before cutting.

**Nutrition information per serving:**
- FAT: 10% of calories from fat
- FIBER: 2.5 grams (high)
- CALORIES: 183

**TIP**
Substitute 2 egg whites for 1 egg or use egg substitute in your cakes to reduce the fat. This cake has a consistency similar to flan, but it’s much lower in fat.
Consuelo’s Sweet Bread
(Rosca de Reyes)

From the kitchen of Consuelo Cardenas, Eagle Pass
Preparation Time: 6-7 hours
Number of servings: 8

Ingredients:
1 ½ cup white flour
1 ½ cup whole wheat flour
1 ½ packages yeast
2 teaspoons brown sugar
½ teaspoon salt     2 teaspoons vanilla
6 egg whites (can also use egg substitute equal to 3 eggs)
¾ cups dried fruit (any variety), cut into small pieces
8 ounces plain low-fat yogurt
3 teaspoons skim milk      ¼ cup margarine

Preparation:
1. Mix flour, sugar and salt together in a large bowl. Set aside.
2. Mix softened margarine, yogurt, vanilla and yeast together. Add egg whites or substitute and mix.
3. Form a small hole in the center of the dry ingredients. Add yogurt mixture into the hole.
4. Blend with mixture on low, or mix manually using two forks until dough is soft (not sticky).
5. Put dough in a large bowl and place in a warm place for minimum of 3 hours (cover with clean dry dish cloth if desired).
6. Punch risen dough and form a large ring with the dough. If the ring is not large enough, center may close during rising. A Bundt pan may be used.
7. Place ring on a large cookie sheet. Brush top with milk.
8. Add dried fruit to top of dough, pushing fruit into dough lightly so it doesn’t fall.
9. Allow dough to rise for about 30 more minutes.
10. Bake in preheated oven for 35 minutes at 350°F.

Nutrition information per serving:
FAT: 30% of calories from fat (low)
FIBER: 4 grams
CALORIES: 270
Dairy foods give you protein and calcium. They also have many vitamins and minerals you need for good health. But they can be high in fat, so you should try to select lower fat choices whenever possible. Use this guide when you go shopping.
## Dairy: Low Fat Choices Guide

### Excellent Choices

<table>
<thead>
<tr>
<th>Milk (best choice)</th>
<th>1 gram of fat or less per cup</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nonfat, skim or ½% (any brand)</td>
<td></td>
</tr>
<tr>
<td>Evaporated skimmed milk</td>
<td></td>
</tr>
<tr>
<td>Lactose-reduced non-fat milk</td>
<td></td>
</tr>
</tbody>
</table>

### Very Good Choices

<table>
<thead>
<tr>
<th>Cottage Cheese</th>
<th>2 grams of fat or less per 4 ounces</th>
</tr>
</thead>
<tbody>
<tr>
<td>(look for non-fat, 1%, or 2% milk fat on label)</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Yogurt</th>
<th>2 grams of fat or less per 6 ounces</th>
</tr>
</thead>
<tbody>
<tr>
<td>(Greek or plain, look for low-fat or non-fat)</td>
<td></td>
</tr>
</tbody>
</table>

### Good Choices

<table>
<thead>
<tr>
<th>Hard and Soft Cheeses</th>
<th>3 grams of fat or less per ounce</th>
</tr>
</thead>
<tbody>
<tr>
<td>(Many brands available with all types of cheese)</td>
<td></td>
</tr>
<tr>
<td>Alpine Lace cheese products</td>
<td></td>
</tr>
<tr>
<td>Sargento reduced fat cheese products</td>
<td></td>
</tr>
<tr>
<td>Kraft Healthy Favorite</td>
<td></td>
</tr>
<tr>
<td>Healthy Choice fat-free products</td>
<td></td>
</tr>
<tr>
<td>Borden Lite-line or fat-free products</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Ice Milk/Frozen Yogurt/Sorbet/Fruit Ice</th>
<th>3 grams of fat or less per 4 ounces</th>
</tr>
</thead>
<tbody>
<tr>
<td>1% Lowfat Milk</td>
<td>3 grams of fat per cup</td>
</tr>
</tbody>
</table>

### How much of the dairy food group is needed per day?

For women and men, 3 cups of dairy is needed daily. In general:
- A cup of milk, yogurt or soymilk
- 1 ½ ounces of cheese
- 2 ounces of processed counts as 1 cup of dairy

*If interested in knowing how much counts as a cup for a specific dairy product, please visit [www.choosemyplate.gov](http://www.choosemyplate.gov).*
OTHER WAYS TO GET HEALTHIER EVERY DAY

1. Limit foods that are salt-cured, salt-pickled, or smoked.

2. If you drink alcohol beverages, keep it to 1 or 2 drinks a day.


4. Use healthier, money-saving shopping tips

Salt-Cured, Smoked, and Nitrite-Cured Foods

Eating to many salt-cured, smoked, or nitrite-cured foods may increase your risk of developing certain cancers, such as esophagus and stomach cancers.

We should eat these foods in very small amounts or not very often (see list below):

**Limit These Foods:**

- Bacon (Canadian, regular)
- Corned beef
- Ham
- Smoked fish, cheeses, meats
- Processed meats (bologna, luncheon type)

- Pickled vegetables
- Pickles
- Sausages
- Pastrami
- Grilled and charred foods (especially if cooked over an open flame)
Alcohol

Limit Consumption. Drinking too much alcohol may increase your risk for several cancers. The risk is even greater if you smoke, too.

If you drink at all, limit it to:
- 1 drink per day for women (moderate alcohol consumption)
- Up 2 drinks per day for men (moderate alcohol consumption)

Breast Cancer & Alcohol

Drinking alcohol has been linked to developing breast cancer.

The more alcohol you drink, the higher your risk is.

A woman who drinks just one drink per day has a very small risk, but those who consume between 2-5 drinks per day are at 1.5-times greater risk than those women who do not drink.

Besides breast cancer, excess alcohol consumption has been linked with mouth, throat, esophagus, and liver cancer.
### Exercise

Exercise, in combination with healthy eating, is a very important part of good health.

Regular exercise can reduce your risk for heart disease. It can help you maintain a healthy weight, which will help prevent cancer.

Exercise also is a great way to relax and relieve stress.

<table>
<thead>
<tr>
<th>By doing this exercise</th>
<th>Calories Used/hour</th>
<th>You can burn this:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gardening</td>
<td>174</td>
<td>Elena’s Enchilada’s (2)</td>
</tr>
<tr>
<td>Bowling</td>
<td>212</td>
<td>Diana’s Quesadillas</td>
</tr>
<tr>
<td>Walking (20 minutes per mile)</td>
<td>190</td>
<td>Healthy Tuna salad</td>
</tr>
<tr>
<td>Jogging (10 minutes per mile)</td>
<td>544</td>
<td>Trinidad’s Broccoli/Rice Casserole (2 servings)</td>
</tr>
<tr>
<td>Bicycling 10 mph</td>
<td>299</td>
<td>Maria’s Vegetable Soup (2 bowls)</td>
</tr>
<tr>
<td>Volleyball</td>
<td>462</td>
<td>Juanita’s Enchilada’s (2)</td>
</tr>
<tr>
<td>Swimming-slow</td>
<td>698</td>
<td>Chilaquiles (2), Lowfat Chips</td>
</tr>
<tr>
<td>Cross Country skiing</td>
<td>907</td>
<td>Taco Salad, Fish Soup, Whole Wheat Bread, Consuelo’s Rosca de Reyes</td>
</tr>
</tbody>
</table>
Healthier, Money-Saving Shopping Tips

1. **Decide where to shop and how much money you have for groceries.**
   a. Plan on using only the amount of money you have.
   b. Choose the store that offers the best prices, but also consider location, food variety, quality of food, etc. Larger supermarket chains generally have the better prices and a greater selection.

2. **Look for weekly food specials.**
   a. Look for coupons in the store’s flyers and newspapers.
   b. Clip coupons only for foods that you usually buy.
   c. Notice if the store offers double or triple coupon values.

3. **Plan your meals.**
   a. Plan meals for the week by checking what is already in your kitchen and what is on sale.
   b. Plan ways to use leftovers. A chicken can be cut into pieces and used for tacos or enchiladas. Freeze food that you won’t use in a few days.

4. **Think about nutrition and price when meal planning.**
   a. Try to buy the lower-fat option. If it seems a little expensive, compare it to the higher-fat item, and see if you have a coupon for the lower-fat food.
   b. When pricing chicken, consider buying boneless and skinless. Money is wasted when you throw out the skin and bone.

5. **Make a list.**
   a. Make a list of the foods you need to buy according to your weekly menu plan. Stick to your list to prevent buying foods you do not need.

6. **Consider store and generic brands.**
   a. Generic and store brands cost less than name brands because they pay little or no money for advertising.

7. **General tips**
   a. Do not shop while hungry.
   b. Do most shopping in the meat, produce, dairy, and bread sections. Spend less time in the center aisles, which contain processed and convenience foods. These are more costly and less nutritious.
   c. Check the bottom shelves. Higher-priced items are placed at eye level.
Resources


Recipe List

**Bread and Rice Recipes**
- Amelia’s Whole Wheat Tortillas
- Sandra’s Whole Wheat Tortillas
- Whole Wheat Bread
- Whole Wheat Muffins
- Lowfat Tortilla Chips
- Lupe’s Spanish Rice

**Main Dish Recipes**
- Anita’s Beans “A la Charra”
- Aurora’s Beans with Cactus
- Maria’s Beans with Spinach
- Diana’s Quesadillas
- Juanita’s Cheese Enchiladas
- Rosita’s Tacos de Salpicon
- Elena’s Chicken Tacos
- Gloria’s Tostadas
- Chilaquiles
- Rosy’s Beef Stew
  (Carne guisada Al Vapor)
- Laura’s Chicken and Brown Rice
- Patricia’s Chicken with Rice
- Lupe’s Zucchini and Turkey Casserole
- Maria’s Baked Catfish
- Sophie’s Tuna Patties
- Sylvia’s Fish and Vegetables
- Lupe’s Spanish Style Vegetables
- Trinidad’s Broccoli and Rice Casserole

**Soup, Salad and Beverage Recipes:**
- Rosita’s Chicken Soup
- Maria’s Vegetable Chicken Soup
- Guadalupe’s Vegetable Soup
- Armandina’s Fish Soup for Four
- Rosita’s Tortilla Soup
- Lupe’s Pico de Gallo
- Aurora’s Taco Salad
- Healthy Potato Salad
- Healthy Tuna Salad
- Juanita’s Chicken Salad
- Martha’s Fruit Salad
- Amelia’s Lemon and Mint Tea
- Amelia’s Chamomile Tea
- Rosita’s Papaya Juice
- Consuelo’s Fresh Fruit Punch
- Strawberry and Banana Milkshake

**Dessert Recipes:**
- Rosita’s Bread Pudding
  (Capirotada)
- Rosita’s Rice Pudding
  (Atole de Arroz)
- Alicia’s Frozen Banana Treats
- Vicki’s Banana Dessert (Rosca con Platano)
- Consuelo’s Sweet Bread
  (Rosca De Reyes)