Cookbook: Local Latinas’ Tasty Recipes Get Cancer-Fighting Makeover

SAN ANTONIO, Texas (Jan. 16, 2014)—Eating the right food can help fight cancer.

But what foods are right? Are there such things as healthy—and tasty—traditional Latino dishes?

Check out a new bilingual cookbook, *Nuestra Cocina Saludable: Recipes from Our Community Kitchen*, to guide you and your family to eat healthy and help protect against cancer and other chronic diseases. The cookbook is from the Institute for Health Promotion Research (IHPR) and the Cancer Therapy and Research Center (CTRC) at the UT Health Science Center at San Antonio.

Download the free cookbook in [English](#) or [Spanish](#).

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

The cookbook originated when Latinas from across South Texas shared their mouth-watering recipes—like Aurora Rodriguez of Eagle Pass and her savory Beans with Cactus—often noting to be sure to sprinkle in “just a dash of this” or a “handful of that.”

We connected these women with a Latina dietician, who added actual measurements and suggested ways to make the recipes healthier.

Researchers then prepared and taste-tested all recipes to make sure they reached both the highest level of flavor and cancer-fighting ability possible.

“This process created recipes that were lower in fat and/or richer in fiber and vitamins,” said Amelie G. Ramirez, DrPH, director of the IHPR and cookbook editor. “Some foods may look a little different or taste slightly different from traditional Mexican-American cuisine, but they are still very delicious and true to the original recipes.”

Cookbook recipes are categorized by [MyPlate](#)—the USDA’s food guidance system to help Americans make healthy food choices and to be active every day.
A sampling of cookbook recipes include:

- Rosita’s Chicken Soup from the kitchen of Rosita Arreguin of San Antonio (English/Spanish)
- Rosy’s Beef Stew (Carne Guisada Al Vapor) from the kitchen of Rosy Garcia of Eagle Pass (English/Spanish)
- Lupe’s Spanish Style Vegetables from the kitchen of Lupe Gonzalez of San Antonio (English/Spanish)
- Consuelo’s Fresh Fruit Punch from the kitchen of Consuelo Cardenas of Eagle Pass (English/Spanish)
- Alicia’s Frozen Banana Treats from the kitchen of Alicia Rocha of San Antonio (English/Spanish)

“Each recipe in this cookbook highlights vital nutritional content, such as the per-serving amount of fiber, an important part of a cancer-fighting diet,” said Amanda Sintes, MPH, an IHPR researcher who helped develop the cookbook. “Fiber can lower our cholesterol and blood sugar levels, keep us fuller and help move food through our digestive system. High-fiber foods include beans, whole grains and fruits and vegetables.”

The cookbook also contains tips for eating healthier, measuring portion sizes, smarter shopping for groceries, and keeping children’s diets in mind.

“From cover to cover, this is a great way for Latino families to eat healthier,” Ramirez said.

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The Institute for Health Promotion Research (IHPR) at The UT Health Science Center at San Antonio investigates the causes and solutions to the unequal impact of cancer and chronic disease among certain populations, including Latinos, in South Texas and the nation. The IHPR, founded in 2006, uses evidence-guided research, training and community outreach to improve the health of those at a disadvantage due to race/ethnicity or social determinants. Visit the IHPR at http://ihpr.uthscsa.edu. Please visit our blog or follow us @SaludToday on social media.