

# Platillos Latinos ¡Sabrosos y Saludables!

Delicious Heart Healthy Latino Recipes



U.S. Department of Health and Human Services  
National Institutes of Health  
National Heart, Lung, and Blood Institute

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# Platillos Latinos

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Delicious Heart Healthy Latino Recipes



**U.S. Department of Health and Human Services**  
National Institutes of Health

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**National Heart  
Lung and Blood Institute**  
People Science Health

Special thanks to Wahida Karmally and her colleagues at the Irving Center for Research at Columbia University for testing the recipes with the Latino community.

**Recipes were analyzed using the Nutrition Data System for Research 2005.**

## Dear Friends:

Staying healthy can be a challenge, but simple lifestyle changes can help a lot—like eating healthy and being physically active. Research shows that engaging in these health-promoting behaviors can help reduce the risk of heart attack and stroke.

The National Heart, Lung, and Blood Institute developed this cookbook to introduce Latino families to a variety of popular dishes prepared in a heart healthy way. ¡Qué viva la tradición! The traditional Latino cuisine is as varied as the cultural heritage of Latin America and the Caribbean. The recipes have all the nutrition and great taste that characterize this rich culinary heritage, but have less saturated fat, *trans* fat, cholesterol, sodium, and calories.

The recipes show you how to prepare tasty, healthy meals. They use fat-free milk, small amounts of vegetable oil, lean cuts of meat, poultry without the skin, fish, beans, fruits, vegetables, and lots of fresh herbs and spices for flavor. Follow these heart healthy tips to start a tradition of healthy eating in your family.

This updated recipe book includes new recipes, along with some of your old favorites. There is also information on heart healthy food substitutions, food safety, and a glossary of terms including other names in Spanish.

Try these recipes for your daily meals, family celebrations, and fiestas.

We know they will soon become your family's favorites!

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# Appetizers and Soups

**Oven-fried Yuca**

**Pupusas Revueltas**  
**(Salvadoran-style Stuffed Masa Cakes)**

**Encurtido Salvadoreño**  
**(Salvadoran Pickled Cabbage)**

**Mexican Pozole**  
**(Mexican Beef and Hominy Stew)**

**Lentil Soup**





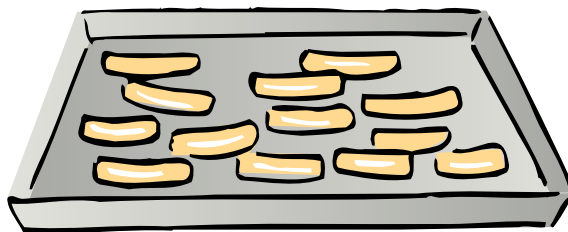
# Oven-fried Yuca

- 1 pound fresh yuca (cassava), peeled and cut into 3-inch sections (or 1 pound peeled frozen yuca)
- nonstick vegetable oil spray

1. In a kettle, combine the yuca with enough cold water to cover it by 1 inch. Bring the water to a boil, and slowly simmer the yuca for 20 to 30 minutes or until it is tender.

2. Preheat oven to 350 °F.

3. Transfer the yuca with a slotted spoon to a cutting board, let it cool, and cut it lengthwise into  $\frac{3}{4}$ -inch-wide wedges, discarding the thin woody core.



4. Spray a cookie sheet with the vegetable oil spray. Spread yuca wedges in a single layer on the cookie sheet and spray the wedges with vegetable oil spray. Cover with foil and bake for 8 minutes. Uncover and return to oven to bake for an additional 7 minutes.

<b>Yield:</b>	<b>6 servings</b>
<b>Serving size:</b>	<b>1 piece (2½ inches long)</b>
Calories	93
Total Fat	1 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	3 mg
Total Fiber	1 g
Protein	2 g
Carbohydrates	20 g
Potassium	522 mg



People in many Latin American countries enjoy this dish. Using the vegetable oil spray cuts back on fat.

# Pupusas Revueltas

## (Salvadoran-style Stuffed Masa Cakes)

- 1 pound ground chicken breast
- 1 tablespoon vegetable oil
- ½ small onion, finely diced
- 1 clove garlic, minced
- 1 medium green pepper, seeded and minced
- 1 small tomato, finely chopped
- ½ teaspoon salt
- 5 cups instant corn flour (masa harina)
- 6 cups water
- ½ pound low-fat mozzarella cheese, grated

1. In a nonstick skillet over low heat, saute chicken in oil until chicken turns white. Constantly stir the chicken to make sure it is evenly cooked.
2. Add onion, garlic, green pepper, tomato, and salt, and mix well. Cook until chicken mixture is cooked through (internal temperature, 165 °F). Remove the skillet from the stove. Put the mixture in a bowl and cool in the refrigerator.
3. While the chicken mixture is cooling, place the corn flour in a large mixing bowl and gradually stir in enough water to make a stiff tortilla-like dough.
4. When the chicken mixture has cooled, mix in the cheese.
5. Divide the dough into 24 portions. With your hands, roll the dough into balls. Press a hole in each ball with your thumb.
6. Put about a tablespoon of the chicken mixture into the hole in each ball. Fold the dough over to completely enclose it. Press the ball out with your palms to form a disk.



7. In a very hot iron skillet, cook the pupusas on each side until golden brown.
8. Serve hot with Encurtido Salvadoreño. (See page 6 for recipe.)

<b>Yield:</b>	<b>12 servings</b>
<b>Serving size:</b>	<b>2 pupusas</b>
Calories	290
Total Fat	7 g
Saturated Fat	3 g
Cholesterol	33 mg
Sodium	223 mg
Total Fiber	5 g
Protein	14 g
Carbohydrates	38 g
Potassium	272 mg



**Low-fat ground chicken and cheese help reduce the saturated fat and calories in this tasty Salvadoran dish.**

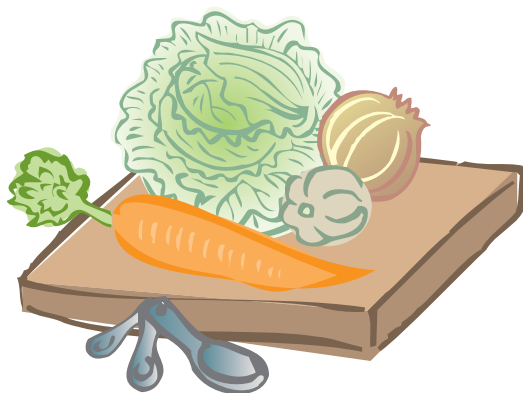
# Encurtido Salvadoreño

## (Salvadoran Pickled Cabbage)

- 1 medium head cabbage, chopped
- 2 small carrots, grated
- 1 small onion, sliced
- ½ teaspoon dried red pepper flakes (*optional*)
- ½ teaspoon oregano
- 1 teaspoon olive oil
- 1 teaspoon salt
- 1 teaspoon brown sugar
- ¼ cup vinegar
- ½ cup water

1. Blanch the chopped cabbage in boiling water for 1 minute. Discard the water.
2. Place the cabbage in a large bowl and add the grated carrots, sliced onion, red pepper, oregano, olive oil, salt, brown sugar, vinegar, and water.
3. Place in the refrigerator for at least 2 hours before serving.
4. Serve with Pupusas Revueltas (see page 4 for recipe) or as a side for other dishes.

<b>Yield:</b>	<b>8 servings</b>
<b>Serving size:</b>	<b>½ cup</b>
Calories	41
Total Fat	1 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	293 mg
Total Fiber	2 g
Protein	2 g
Carbohydrates	7 g
Potassium	325 mg

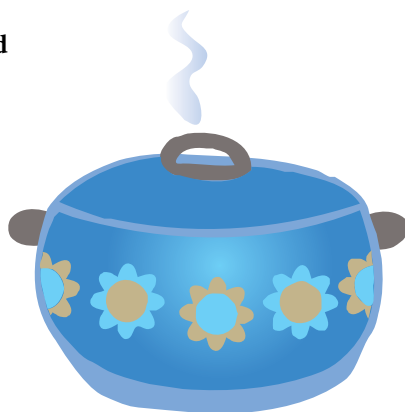


**This heart healthy recipe uses only a small amount of oil and salt.**

# Mexican Pozole

## (Mexican Beef and Hominy Stew)

- 2 pounds lean beef (eye round roast), cubed
- 1 tablespoon olive oil
- 1 large onion, chopped
- 1 clove garlic, finely chopped
- ¼ teaspoon salt
- ⅛ teaspoon pepper
- ¼ cup cilantro
- 1 can (15 ounces) stewed tomatoes
- ⅓ can (2 ounces) tomato paste
- 1 can (1 pound, 13 ounces) hominy



1. In a large pot, heat oil. Saute beef.
2. Add onion, garlic, salt, pepper, cilantro, and enough water to cover the meat. Cover pot and cook over low heat until meat is tender.
3. Add tomatoes and tomato paste. Continue cooking for about 20 minutes.
4. Add hominy and continue cooking for another 15 minutes, stirring occasionally, over low heat. If too thick, add water for desired consistency.

**Variation:** Skinless, boneless chicken breasts may be used instead of beef cubes.

<b>Yield:</b>	<b>10 servings</b>
<b>Serving size:</b>	<b>1 cup</b>
Calories	253
Total Fat	10 g
Saturated Fat	3 g
Cholesterol	52 mg
Sodium	425 mg
Total Fiber	4 g
Protein	22 g
Carbohydrates	19 g
Potassium	485 mg



**Only a small amount of oil is needed to saute meat.**

# Lentil Soup

- 2 tablespoons olive oil
- 2 medium carrots, diced
- 2 medium stalks celery, chopped
- 1 small yellow onion, chopped
- 2 cloves garlic, minced
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- ½ teaspoon ground black pepper
- 2 cups dry lentils
- 1 can (14½ ounces) crushed tomatoes
- 2 cups vegetable broth
- 6½ cups water

1. In a large soup pot, heat oil over medium heat. Add carrots, celery, and onions; cook and stir until the onion is tender.
2. Stir in garlic, oregano, basil, and pepper. Cook for 2 minutes.
3. Stir in lentils and tomatoes, then add the vegetable broth and water. Cover and bring to a boil. Reduce heat and simmer for at least 1 hour or until lentils are tender.
4. Store leftovers in the refrigerator and reheat on the stove or in the microwave. The soup will taste better the next day!

<b>Yield:</b>	<b>11 servings</b>
<b>Serving size:</b>	<b>1 cup</b>
Calories	151
Total Fat	3 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	248 mg
Total Fiber	7 g
Protein	9 g
Carbohydrates	24 g
Potassium	503 mg



**Lentil soup makes a hearty, delicious starter or a complete meal. This soup is naturally low in fat and is lower in sodium than most canned soups. Enjoy!**

# Entrees

**Quick Beef Casserole**

**Stir-fried Beef**

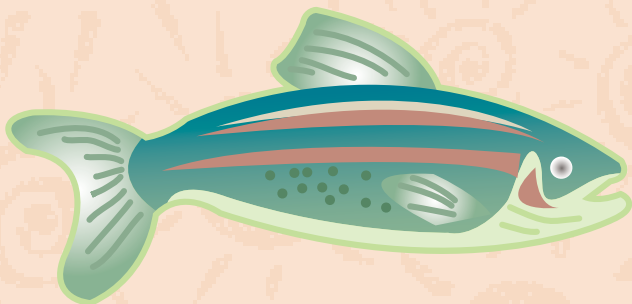
**Puerto Rican Yellow Plantain  
and Meat Casserole**

**Turkey Meatloaf**

**Chickadillo (Chicken Picadillo)**

**Chilean Corn and Meat Pie**

**Baked Tilapia With Tomatoes**



# Quick Beef Casserole

- ½ pound lean ground beef
- 1 cup onion, chopped
- 1 cup celery, chopped
- 1 cup green pepper without seeds, cubed
- 3½ cups tomatoes, diced
- ¼ teaspoon salt
- ½ teaspoon black pepper
- ¼ teaspoon paprika
- 1 cup frozen peas
- 2 small carrots, diced
- 1 cup uncooked rice
- 1½ cups water



1. In a skillet, brown the ground beef and drain off the fat.
2. Add the rest of the ingredients. Mix well.
3. Cook over medium heat and cover skillet until boiling.
4. Reduce to low heat and simmer for 35 minutes. Serve hot.

<b>Yield:</b>	<b>8 servings</b>
<b>Serving size:</b>	<b>1½ cups</b>
Calories	201
Total Fat	5 g
Saturated Fat	2 g
Cholesterol	16 g
Sodium	164 mg
Total Fiber	3 g
Protein	9 g
Carbohydrates	31 g
Potassium	449 mg



**Drain fat from cooked beef to lower the amount of fat and calories.**

# Stir-fried Beef

- 1½ pounds sirloin steak
- 2 teaspoons vegetable oil
- 1 clove garlic, minced
- 1 teaspoon vinegar
- ½ teaspoon salt
- ½ teaspoon pepper
- 2 large onions, sliced
- 1 large tomato, sliced
- 3 cups boiled potatoes, diced

1. Trim fat from steak and cut steak into small, thin pieces.
2. In a large skillet, heat oil and saute garlic until garlic is golden.
3. Add steak, vinegar, salt, and pepper. Cook for 6 minutes, stirring beef until brown.
4. Add onion and tomato. Cook until onion is transparent. Serve with boiled potatoes.

<b>Yield:</b>	<b>6 servings</b>
<b>Serving size:</b>	<b>1¼ cups</b>
Calories	274
Total Fat	5 g
Saturated Fat	1 g
Cholesterol	56 g
Sodium	96 mg
Total Fiber	3 g
Protein	24 g
Carbohydrates	33 g
Potassium	878 mg



Vinegar and garlic give this easy-to-make dish its tasty zip.



# Turkey Meatloaf

- 1 pound lean (7% fat) ground turkey
- ½ cup regular oats, dry
- 1 large egg
- 1 tablespoon onion, dehydrated, or 1 small onion, minced
- ¼ cup ketchup
- 2 celery stalks, chopped
- 2 garlic cloves, minced
- ½ green pepper, seeded and diced



1. Preheat oven to 350 °F.
2. Combine all ingredients and mix well.
3. Bake in loaf pan for 25 minutes to an internal temperature of 165 °F.
4. Cut into five slices and serve.

<b>Yield:</b>	<b>5 servings</b>
<b>Serving size:</b>	<b>1 slice (3 ounces)</b>
Calories	197
Total Fat	7 g
Saturated Fat	2 g
Cholesterol	103 mg
Sodium	218 mg
Total Fiber	2 g
Protein	23 g
Carbohydrates	11 g
Potassium	336 mg



Enjoy a healthier version of an old dinner favorite.

# Chickadillo (Chicken Picadillo)

- 1 pound chicken breast, boneless, skinless, cut into thin strips
- 2 teaspoons olive oil
- 1 large yellow onion, finely chopped
- 1 medium green pepper, finely chopped
- 1 medium red pepper, finely chopped
- 3 cloves garlic, mashed
- ½ cup no-salt-added tomato sauce
- ½ cup low-sodium chicken broth
- ½ cup fresh lemon juice
- ½ cup water
- ¼ teaspoon ground cumin
- 2 bay leaves
- ¼ cup golden raisins

## Garnishes

- fresh cilantro leaves
- 1 tablespoon capers, drained
- 2 tablespoons green olives, chopped



1. Heat the olive oil in a large skillet over medium heat. Add the onion, peppers, and garlic, and saute until the vegetables are soft, about 5 minutes.
2. Add the chicken and stirfry for another 5 to 10 minutes, until the chicken has cooked through.
3. Add the tomato sauce, chicken broth, lemon juice, cumin, bay leaves, water, and raisins to the vegetables and chicken.
4. Cover the pan and reduce the heat. Simmer for 10 minutes or until the chicken is tender.
5. Remove the bay leaves and serve with brown rice and black beans. Garnish with fresh cilantro, capers, and olives.

<b>Yield:</b>	<b>6 servings</b>
<b>Serving size:</b>	<b>¾ cup</b>
Calories	162
Total Fat	5 g
Saturated Fat	1 g
Cholesterol	46 mg
Sodium	133 mg
Total Fiber	2 g
Protein	18 g
Carbohydrates	13 g
Potassium	380 mg



**This is a great dish to make when you are short on time.**

# Chilean Corn and Meat Pie

## Meat Mixture

- nonstick vegetable oil spray
- 4 ounces boneless, skinless chicken breast
- 8 ounces extra lean (5% fat) ground beef
- 1 green pepper, seeded and chopped
- ¼ teaspoon ground black pepper
- ½ cup raisins
- 2 teaspoons olives, chopped

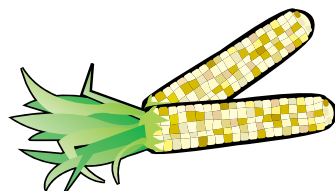
## Corn Topping

- ½ tablespoon canola oil
- ⅛ teaspoon paprika
- 1 medium onion, finely chopped
- 16 ounces corn kernels, thawed
- ½ cup fat-free milk
- ¾ teaspoon ground cumin
- ¼ teaspoon black pepper
- 1 teaspoon dried basil

1. Preheat oven to 400 °F.
2. Spray skillet with vegetable oil spray; place over medium heat until hot. Cook chicken breast 4 minutes on each side. Remove from skillet and shred the chicken with a fork. Set aside.
3. Put beef in same skillet; cook, stirring constantly, until no longer pink. Stir in the green pepper, black pepper, raisins, and olives. Spoon the mixture into an 8" x 8" baking dish.\* Arrange the chicken on top of the mixture in the dish.
4. Combine oil and paprika in same skillet; place over medium heat until hot. Add onion and cook, stirring frequently, until soft and translucent, about 5 minutes. While onion is cooking, combine thawed corn, milk, cumin, salt, pepper, and basil in blender; puree.
5. Add pureed corn mixture to cooked onion in skillet; mix well. Continue cooking 5 minutes. Spoon the corn mixture over the meat mixture in the baking dish. Bake until bubbly and nicely browned, 35 to 40 minutes.

<b>Yield:</b>	<b>4 servings</b>
<b>Serving size:</b>	<b>¼ of pie</b>
Calories	251
Total Fat	6 g
Saturated Fat	2 g
Cholesterol	48 mg
Sodium	69 mg
Total Fiber	3 g
Protein	21 g
Carbohydrates	31 g
Potassium	592 mg

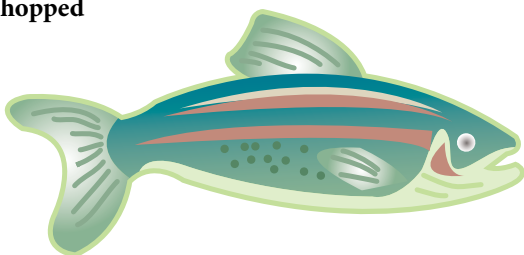
\*If you prefer, divide the mixture into four servings and bake in four small ovenproof bowls.



Serve with lettuce and tomato salad for a complete meal.

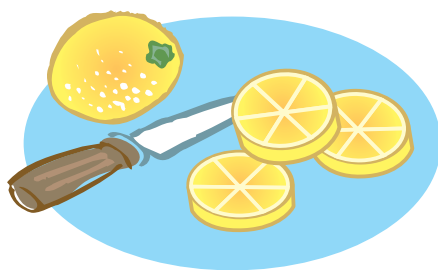
# Baked Tilapia With Tomatoes

- nonstick vegetable oil spray
- 4 tilapia fillets
- 4 medium tomatoes, peeled and chopped
- 2 tablespoons olive oil
- 1½ teaspoons thyme
- ¼ cup pitted black olives, diced
- ¼ teaspoon red pepper flakes
- 2 cloves garlic, minced
- ½ cup red onion, diced
- 1 tablespoon lime juice
- parsley and lemon wedges for garnish



1. Preheat oven to 400 °F.
2. Spray baking dish with vegetable oil spray.
3. Arrange fillets in the baking dish. The dish should be large enough so the fillets do not overlap.
4. Mix remaining ingredients in a bowl.
5. Spoon the tomato mixture evenly over the fillets.
6. Bake uncovered 15 to 20 minutes or until the fish flakes easily with a fork.
7. Garnish with parsley and a lemon wedge.

<b>Yield:</b>	<b>4 servings</b>
<b>Serving size:</b>	<b>1 fillet</b>
Calories	265
Total Fat	16 g
Saturated Fat	2 g
Cholesterol	58 mg
Sodium	172 mg
Total Fiber	3 g
Protein	22 g
Carbohydrates	9 g
Potassium	635 mg

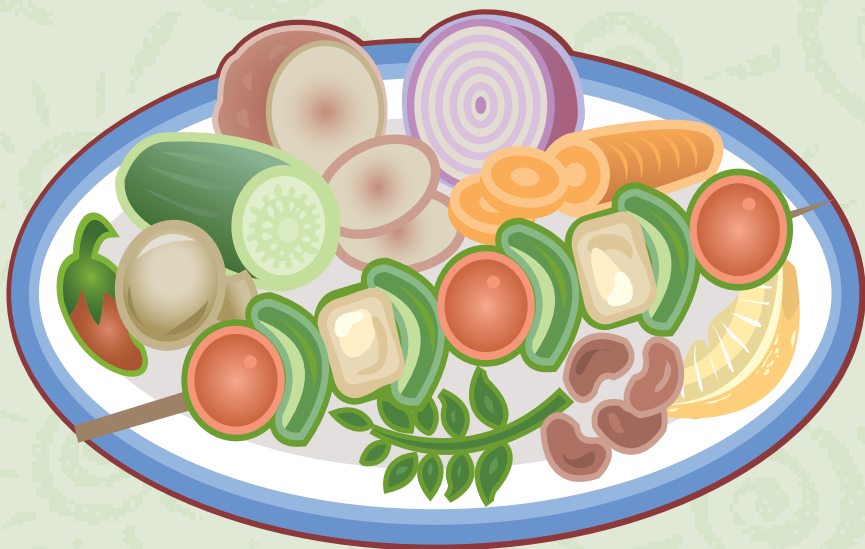
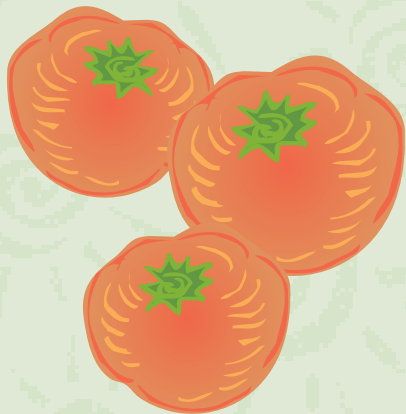


**This dish is easy to prepare, low in calories, and economical.**

# Vegetarian

**Maria's Veggie Wrap**

**Quinoa and Black  
Bean Salad**



# Maria's Veggie Wrap

- 1 medium red bell pepper, seeded and sliced
- 1 medium yellow pepper, seeded and sliced
- 1 onion, sliced
- 1 teaspoon canola oil
- 1 can (15 ounces) low-sodium black beans, drained and rinsed
- ½ avocado, peeled and diced
- juice from 1 lime
- ½ cup chopped fresh cilantro
- 1 teaspoon chili powder (*optional*)
- 1 cup fat-free sour cream
- 4 8-inch whole-wheat tortillas
- 8 tablespoons Fresh Salsa (see page 46)

1. In a nonstick pan, saute the peppers and onion in the canola oil for 5 minutes over medium heat. Add beans, stir well. Reduce heat to low and simmer about 5 minutes, then set aside.
2. In a small bowl, combine the avocado, lime juice, cilantro, and chili powder. Reserve half of the mixture for topping.
3. Add sour cream to beans and mix well.
4. Warm tortillas in the microwave or in a pan on the stovetop.
5. Fill a warmed tortilla with ¼ bean mixture and ¼ avocado mixture. Drizzle 2 tablespoons of salsa over the bean and avocado mixture.
6. Fold ends of the tortilla over. Roll up to make wraps. Top the veggie wraps with remaining avocado mixture. Follow this process for three other wraps.

<b>Yield:</b>	<b>4 servings</b>
<b>Serving size:</b>	<b>1 wrap</b>
Calories	367
Total Fat	6 g
Saturated Fat	1 g
Cholesterol	5 mg
Sodium	318 mg
Total Fiber	14 g
Protein	16 g
Carbohydrates	66 g
Potassium	976 mg



**This tasty wrap is chock-full of yummy beans and vegetables and provides a great source of fiber.**

# Quinoa and Black Bean Salad

- ½ cup dry quinoa
- 1½ cups water
- 1½ tablespoons olive oil
- 3 tablespoons lime juice
- ¼ teaspoon cumin
- ¼ teaspoon ground coriander (dried cilantro seeds)
- 2 tablespoons cilantro, chopped
- 2 medium scallions, minced
- 1 can (15 ounces) black beans, rinsed and drained
- 2 cups tomato, chopped
- 1 medium red bell pepper, chopped
- 1 medium green bell pepper, chopped
- 2 fresh green chilis (or to taste), minced
- black pepper (to taste)

1. Rinse the quinoa in cold water. Boil water in a saucepan, then add the quinoa. Return to boil, then simmer until the water is absorbed, 10 to 15 minutes. Cool for 15 minutes.
2. While quinoa is cooking, mix olive oil, lime juice, cumin, coriander, chopped cilantro, and scallions in a small bowl, and set aside.
3. Combine chopped vegetables with the black beans in a large bowl, and set aside.
4. Once quinoa has cooled, combine all ingredients and mix well. Cover and refrigerate until ready to serve.

<b>Yield:</b>	<b>6 servings</b>
<b>Serving size:</b>	<b>1 cup</b>
Calories	208
Total Fat	5 g
Saturated Fat	1 g
Cholesterol	0 mg
Sodium	284 mg
Total Fiber	7 g
Protein	9 g
Carbohydrates	34 g
Potassium	619 mg



This delightful chilled salad could be a great main entree or side dish.

# Side Dishes and Sauces

**Brazilian Rice**

**Fresh Cabbage and  
Tomato Salad**

**Grilled Vegetable Kabobs**

**Chayote Salad With  
Lemony Hot Sauce**

**Spinach Corn Casserole**

**Fresh Salsa**

**Argentinean Chimichurri Sauce**



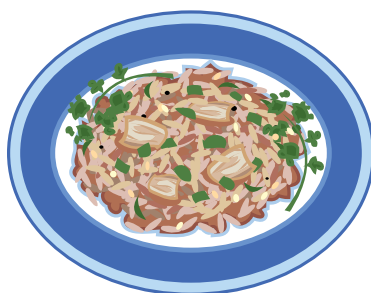


# Brazilian Rice

- nonstick vegetable oil spray
- 2 12-ounce boxes of frozen spinach, thawed
- 1 cup cooked brown rice
- 2 tablespoons olive oil
- 1 cup liquid egg-white substitute
- $\frac{3}{4}$  cup shredded fat-free mozzarella cheese
- 1 cup fat-free milk
- $\frac{1}{2}$  medium onion, chopped
- $\frac{1}{2}$  tablespoon low-sodium Worcestershire sauce
- $\frac{1}{4}$  teaspoon dried marjoram
- $\frac{1}{4}$  teaspoon dried thyme
- $\frac{1}{4}$  teaspoon dried rosemary

1. Preheat oven to 350 °F.
2. Spray a 2-quart baking dish with vegetable oil spray.
3. Place thawed spinach in a colander and press to remove excess water.
4. Place the spinach in a large mixing bowl and add remaining ingredients. Mix until combined.
5. Transfer the mixture to the baking dish and place in the preheated oven. Bake for 30 minutes.
6. Cut the casserole into eight squares and serve. This casserole can be prepared 1 day in advance and refrigerated.

<b>Yield:</b>	<b>8 servings</b>
<b>Serving size:</b>	<b><math>\frac{3}{4}</math> cup</b>
Calories	137
Total Fat	6 g
Saturated Fat	2 g
Cholesterol	6 mg
Sodium	186 mg
Total Fiber	3 g
Protein	10 g
Carbohydrates	12 g
Potassium	309 mg



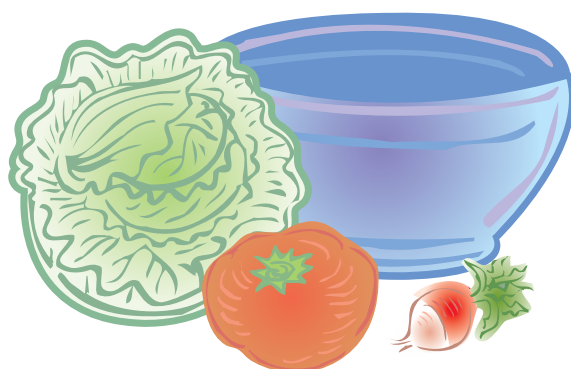
A fruit salad would be a great addition to this dish.

# Fresh Cabbage and Tomato Salad

- 1 small head cabbage, sliced thinly
- 2 medium tomatoes, cut in cubes
- 1 cup sliced radishes
- ¼ teaspoon salt
- 2 teaspoons olive oil
- 2 tablespoons rice vinegar (or lemon juice)
- ½ teaspoon black pepper
- ½ teaspoon red pepper
- 2 tablespoons fresh cilantro, chopped



1. In a large bowl, mix together the cabbage, tomatoes, and radishes.
2. In another bowl, mix together the rest of the ingredients and pour over the vegetables.



<b>Yield:</b>	<b>8 servings</b>
<b>Serving size:</b>	<b>1 cup</b>
Calories	41
Total Fat	1 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	88 mg
Total Fiber	3 g
Protein	2 g
Carbohydrates	7 g
Potassium	331 mg



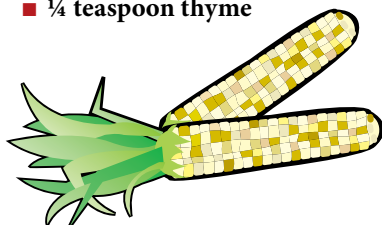
**Tempt your children to eat more vegetables with this refreshing, tasty salad.**

# Grilled Vegetable Kabobs

- 2 medium zucchini
- 2 medium yellow squash
- 2 red or green bell peppers, seeded
- 2 medium red onions
- 16 cherry tomatoes
- 8 ounces fresh mushrooms
- 2 medium ears sweet corn
- nonstick vegetable oil spray

## Sauce

- ½ cup balsamic vinegar
- 2 tablespoons mustard
- 3 cloves garlic, minced
- ¼ teaspoon thyme

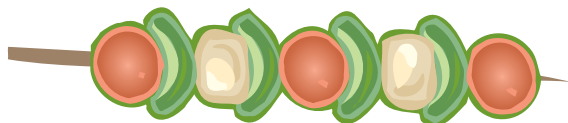


1. Rinse all the vegetables.
2. Cut zucchini, squash, and bell peppers into 2-inch chunks. Cut red onions into wedges. Combine the cut vegetables with the tomatoes and mushrooms in a bowl.
3. Cut the corn into 1-inch pieces and cook in boiling water for about 10 minutes. Add the cooked corn to the other vegetables.
4. Mix the vinegar, mustard, garlic, and thyme for the sauce.
5. Toss vegetables in the sauce and thread vegetables onto skewers.\*
6. Before starting the grill, spray it with vegetable oil spray. Place the skewers on the grill over medium heat. Baste occasionally with extra sauce.
7. Grill 20 minutes or until tender.

\*You can cook the vegetables in foil instead of using skewers. Divide the vegetables in half and wrap them in foil. Grill for about 30 minutes or until tender.

If you use wooden skewers, soak them in water for 30 minutes before using.

<b>Yield:</b>	<b>8 servings</b>
<b>Serving size:</b>	<b>1 kabob</b>
Calories	73
Total Fat	1 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	107 mg
Total Fiber	4 g
Protein	4 g
Carbohydrates	4 g
Potassium	515 mg



**Let the kids help make these colorful kabobs.**

# Chayote Salad With Lemony Hot Sauce

- 2 malagueta peppers, drained and finely chopped\*
- ½ cup onion, finely chopped
- 1½ teaspoons garlic, minced
- ¼ cup lemon juice
- 2 teaspoons olive oil
- 3 small chayote squash or yellow summer squash, peeled, seeded, and sliced
- ½ cup red bell pepper, seeded and chopped
- ½ cup green bell pepper, seeded and chopped
- 2 medium plum tomatoes, diced
- ¼ teaspoon ground black pepper

1. Combine the malagueta peppers in a food processor or blender and process them until the mixture is a thick paste.
2. Gradually add half of the chopped onion and garlic and continue to process, scraping the sides of the container to blend all ingredients into the paste. Add the lemon juice and process again to mix.
3. Transfer the sauce to a glass bowl, cover with plastic wrap, and allow the mixture to stand for 30 minutes.
4. In a large heavy skillet, heat the olive oil over medium heat. Add the remaining onion and minced garlic. Saute for 2 minutes, add the chayote or summer squash, and continue to saute, stirring occasionally for about 5 minutes.
5. Add the red and green peppers and allow to cook for another 5 minutes. Add the black pepper and remove the pan from the heat.
6. Place the sauteed vegetables in the refrigerator and chill for 2 hours.
7. When ready to serve, arrange the vegetables on a large platter and drizzle with a small amount of sauce. Sprinkle with the chopped tomato for added color. Add black pepper as desired.

<b>Yield:</b>	<b>6 servings</b>
<b>Serving size:</b>	<b>1 cup</b>
Calories	68
Total Fat	2 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	332 mg
Total Fiber	5 g
Protein	2 g
Carbohydrates	12 g
Potassium	393 mg

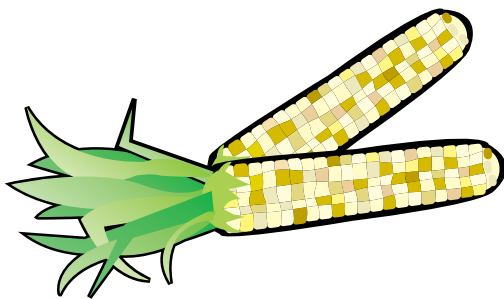
\*Malagueta peppers are a pickled hot pepper used in traditional Brazilian cooking. They can be found in some Latin American markets.



**This traditional salad is tasty and easy to make.**

# Spinach Corn Casserole

- 1 16-ounce package chopped frozen spinach
- ½ cup minced white onion
- ¼ cup chopped green onions
- 2 14¾-ounce cans creamed corn
- 1 tablespoon canola oil
- 2 teaspoons vinegar
- 1 teaspoon salt
- ½ teaspoon ground black pepper



## Topping

- ½ cup toasted bread crumbs
- 2 tablespoons grated Parmesan cheese

1. Preheat oven to 400 °F. Warm frozen spinach in a saucepan over medium heat. Drain excess liquid.
2. Combine spinach, onions, creamed corn, canola oil, vinegar, salt, and pepper in a casserole dish.
3. Spread bread crumbs and Parmesan cheese over top of casserole. Bake for 20 to 30 minutes.

<b>Yield:</b>	<b>12 servings</b>
<b>Serving size:</b>	<b>½ cup</b>
Calories	100
Total Fat	3 g
Saturated Fat	1 g
Cholesterol	1 mg
Sodium	419 mg
Total Fiber	3 g
Protein	4 g
Carbohydrates	18 g
Potassium	233 mg



Your children will enjoy this tasty corn dish.

# Fresh Salsa

- 6 tomatoes, preferably Roma (or 3 large tomatoes), diced
- ½ medium onion, finely chopped
- 1 clove garlic, finely minced
- 2 serrano or jalapeño peppers, finely chopped
- 3 tablespoons fresh cilantro, chopped
- juice of 1 lime
- ⅛ teaspoon oregano, finely crushed
- ⅛ teaspoon salt
- ⅛ teaspoon pepper
- ½ avocado (black skin), diced

1. Combine all of the ingredients in a glass or stainless steel bowl.
2. Serve immediately or refrigerate and serve within 4 or 5 hours.



<b>Yield:</b>	<b>8 servings</b>
<b>Serving size:</b>	<b>½ cup</b>
Calories	42
Total Fat	2 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	44 mg
Total Fiber	2 g
Protein	1 g
Carbohydrates	7 g
Potassium	337 mg



**Fresh herbs add flavor—so you can use less salt.**

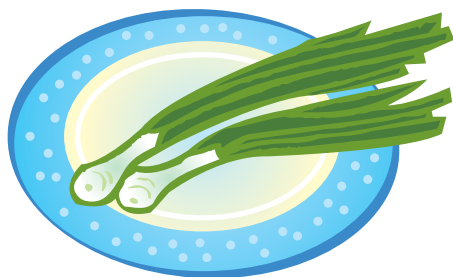
# Argentinean Chimichurri Sauce

- 1 cup flat-leaf parsley, lightly packed and chopped without the stalks
- 4 cloves garlic, minced
- ½ teaspoon salt
- ¼ teaspoon peppercorn, freshly ground
- ½ teaspoon chili pepper flakes
- 1 tablespoon dried oregano
- 2 tablespoons green onion, minced
- ½ cup olive oil
- ¾ cup vinegar
- 3 tablespoons fresh lemon juice
- ¼ cup water



1. Place all the ingredients in a blender or food processor and pulse until well chopped, but not pureed. Place in a glass container.
2. Spoon the sauce over grilled meats, poultry, seafood, or vegetables. This sauce can also be used as a marinade.

<b>Yield:</b>	<b>12 servings</b>
<b>Serving size:</b>	<b>3 tablespoons</b>
Calories	88
Total Fat	9 g
Saturated Fat	1 g
Cholesterol	0 mg
Sodium	30 mg
Total Fiber	0 g
Protein	0 g
Carbohydrates	2 g
Potassium	52 mg



This popular low-sodium sauce adds great flavor to meats and vegetables.

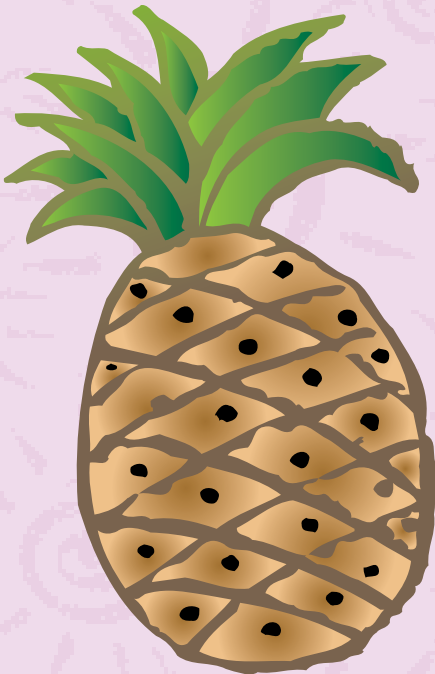
# Desserts and Beverage

**Pear in Orange Sauce**

**Classic Honey Flan**

**Cherry Pineapple Delight**

**Strawberry Banana Yogurt Parfait**

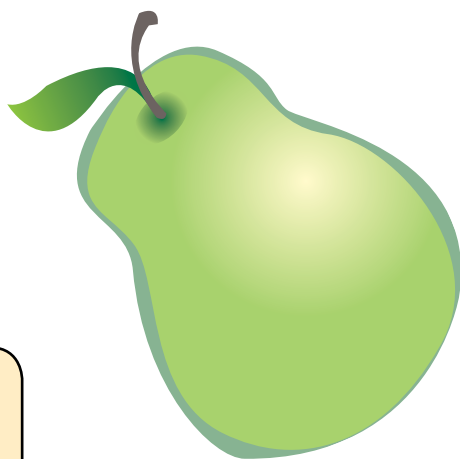




# Pear in Orange Sauce

- 4 small pears
- $\frac{3}{4}$  cup 100% orange juice
- 4 teaspoons sugar

1. Peel the pears and steam in a double boiler for 15 minutes.
2. Mix sugar and orange juice and cook over low flame for 5 minutes. Cool for 5 minutes.
3. Place steamed pears on individual plates. Pour  $\frac{1}{4}$  juice mixture over each and serve.



**Yield:** 4 servings

**Serving size:** 1 pear

Calories	69
Total Fat	0 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	3 mg
Total Fiber	2 g
Protein	1 g
Carbohydrates	18 g
Potassium	142 mg



This tangy dessert is a great way to increase your family's fruit intake.

# Classic Honey Flan

- 1 large whole egg
- ½ cup egg substitute
- nonstick vegetable oil spray
- 1½ cups fat-free milk
- ¼ cup plus 3 tablespoons honey
- 1 teaspoon vanilla
- ½ teaspoon grated lemon zest
- ½ teaspoon ground cinnamon

1. Preheat oven to 325 °F.
2. Place saucepan with water on stove over medium-high heat and allow to come to a boil.
3. Spray four ovenproof custard cups with vegetable oil spray.
4. Combine the whole egg, egg substitute, milk, ¼ cup plus 1 tablespoon of honey, grated lemon zest, and vanilla. Beat until mixed, but not foamy.
5. In a separate bowl, combine 2 tablespoons of honey and cinnamon, and mix to blend.
6. Place the custard cups in a baking dish large enough to accommodate them, plus the water bath. Spoon ½ tablespoon of honey and cinnamon into each custard cup. Divide the egg mixture equally into each custard cup.
7. Place the baking dish on the rack in the middle of the oven and pour the boiling water into the baking dish to a depth of 1 inch, taking care not to let the water splash the flan. Bake for 45 minutes or until a knife blade comes out clean when inserted.
8. Serve warm or cold. Before serving, loosen the edges with a knife or spatula and invert onto individual dessert plates.

<b>Yield:</b>	<b>4 servings</b>
<b>Serving size:</b>	<b>½ cup</b>
Calories	199
Total Fat	2 g
Saturated fat	1 g
Cholesterol	55 mg
Sodium	114 mg
Total fiber	0 g
Protein	8 g
Carbohydrates	40 g
Potassium	235 mg

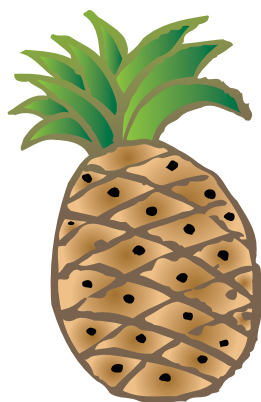


**A heart healthy twist to a classic dessert.**

# Cherry Pineapple Delight

- 2 cups boiling water
- 1 package (8-serving size) sugar-free cherry gelatin
- ½ teaspoon cinnamon
- 1 20-ounce can pineapple chunks in juice, not drained
- 1 11-ounce can mandarin oranges in juice, drained
- 16 large ice cubes

1. Pour boiling water into a large bowl. Add the gelatin and cinnamon to boiling water. Stir for at least 2 minutes until gelatin is completely dissolved.
2. Drain pineapple, reserving the juice. Add enough ice (or cold water) to the juice to measure 1½ cups. Add the gelatin mixture and stir until the ice is completely melted.
3. Refrigerate for about 45 minutes or until the gelatin is slightly thickened (consistency of unbeaten egg white).
4. Reserve ¼ cup each of the pineapple and orange. Add remaining pineapple and oranges to gelatin. Pour into 1½-quart serving bowl.
5. Refrigerate for 4 hours or until firm. Garnish with the reserved pineapple and oranges.



<b>Yield:</b>	<b>12 servings</b>
<b>Serving size:</b>	<b>½ cup</b>
Calories	41
Total Fat	0 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	23 mg
Total Fiber	1 g
Protein	1 g
Carbohydrates	10 g
Potassium	94 mg



**This refreshing dessert will satisfy any sweet tooth.**

# Strawberry Banana Yogurt Parfait

- 4 cups light (no-sugar-added) fat-free vanilla yogurt
- 2 large bananas (about 2 cups), sliced
- 2 cups fresh strawberries, sliced (or use thawed frozen fruit)
- 2 cups graham crackers, crumbled
- ½ cup fat-free whipped topping (*optional*)

1. To make the parfait, spoon 1 tablespoon of yogurt into the bottom of each 8-ounce wine or parfait glass. Top the yogurt with 1 tablespoon sliced bananas, 1 tablespoon sliced strawberries, and ¼ cup graham crackers.
2. Repeat the yogurt, banana, strawberry, and graham cracker layers.
3. Top with a rounded tablespoon of fat-free whipped topping, if desired. Serve the parfait immediately, or cover each glass with plastic wrap and chill for up to 2 hours before serving.

<b>Yield:</b>	<b>8 servings</b>
<b>Serving size:</b>	<b>1 parfait (1 cup)</b>
Calories	179
Total Fat	2 g
Saturated Fat	1 g
Cholesterol	3 mg
Sodium	190 mg
Total Fiber	2 g
Protein	6 g
Carbohydrates	36 g
Potassium	438 mg



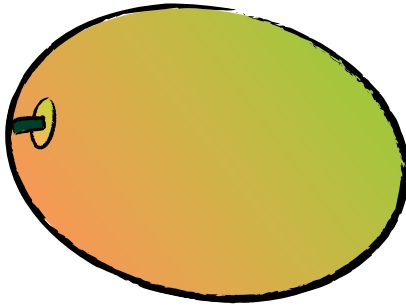
**This nutritious treat will add color and joy to your celebrations.**

# Mango Shake

- 2 cups low-fat (1%) milk
- 4 tablespoons frozen mango juice (or 1 fresh pitted mango)
- 1 small banana
- 2 ice cubes

Put all ingredients into a blender. Blend until foamy. Serve immediately.

**Variations:** Instead of mango juice, try orange juice, papaya, or strawberries.



<b>Yield:</b>	<b>4 servings</b>
<b>Serving size:</b>	<b>¾ cup</b>
Calories	106
Total Fat	2 g
Saturated Fat	1 g
Cholesterol	5 mg
Sodium	63 mg
Total Fiber	2 g
Protein	5 g
Carbohydrates	20 g
Potassium	361 mg



Children love the creamy sweet taste of this drink.

# Recipe Substitutions for Heart Healthy Cooking

Use the suggestions below to lower saturated fat and calories in your favorite recipes. Add herbs and spices instead of salt to enhance the flavor of your favorite recipes.

Recipe calls for:	Substitute:
Whole milk	<ul style="list-style-type: none"> <li>• Fat-free or low-fat (1%) milk</li> </ul>
Cream	<ul style="list-style-type: none"> <li>• Evaporated fat-free milk</li> <li>• Mix equal amounts low-fat (1%) milk and evaporated fat-free milk</li> </ul>
Sour cream	<ul style="list-style-type: none"> <li>• Fat-free or low-fat sour cream or yogurt</li> </ul>
Mayonnaise	<ul style="list-style-type: none"> <li>• Fat-free or low-fat mayonnaise</li> </ul>
1 cup of butter	<ul style="list-style-type: none"> <li>• 1 cup of tub margarine</li> <li>• ¾ cup vegetable oil</li> </ul>
Oil (for baking)	<ul style="list-style-type: none"> <li>• Equal amount of apple sauce or prune puree</li> </ul>
Oil (for sauteing)	<ul style="list-style-type: none"> <li>• Water or nonstick vegetable oil spray</li> <li>• Low-sodium broth</li> </ul>
1 whole egg	<ul style="list-style-type: none"> <li>• ¼ cup egg substitute</li> <li>• 2 egg whites</li> </ul>
1 egg to thicken	<ul style="list-style-type: none"> <li>• 1 tablespoon flour</li> </ul>

Recipe calls for:	Substitute:
Ground beef (all types)	<ul style="list-style-type: none"> <li>• Extra lean ground beef (10% or less fat)</li> <li>• Turkey (10% or less fat)</li> </ul>
Sausage	<ul style="list-style-type: none"> <li>• Turkey sausage (10% or less fat)</li> <li>• Vegetarian sausage</li> </ul>
Salad dressing	<ul style="list-style-type: none"> <li>• Fat-free or low-fat dressings</li> <li>• Flavored vinaigrette (made with olive oil, water and vinegar, or lemon juice)</li> </ul>
Cream soup	<ul style="list-style-type: none"> <li>• Fat-free or low-fat canned cream soup</li> </ul>



# Is It Done Yet?

## Temperature Rules for Safe Cooking

Make sure you cook and keep foods at the correct temperature to ensure food safety. Bacteria can grow in foods between 40 °F and 140 °F. To keep foods out of this danger zone, keep cold foods **cold** and hot foods **hot**. Use a clean thermometer and measure the internal temperature of cooked food to make sure meat, poultry, and egg dishes are cooked to the temperatures listed below.

“Is it *done* yet?”

You can't tell by *looking*. Use a **food thermometer** to be sure.

### USDA Recommended Safe Minimum Internal Temperatures



Beef, Veal, Lamb  
Steaks & Roasts  
**145 °F**

Fish  
**145 °F**

Pork  
**160 °F**

Beef, Veal, Lamb  
Ground  
**160 °F**

Egg Dishes  
**160 °F**

Turkey, Chicken & Duck  
Whole, Pieces & Ground  
**165 °F**

[www.IsItDoneYet.gov](http://www.IsItDoneYet.gov)



# Glossary/Glosario

English/Inglés	Spanish name/ Nombre en español	Other names in Spanish/Otros nombres en español
Appetizers	Bocaditos	Entradas, aperitivos
Avocado	Aguacate	Palta, avocado, cura, pagua
Bacon	Tocino	Pancetta, bacon, lardo, tocineta
Beans	Frijoles	Fréjoles, porotos, alubias, judías
Cabbage	Repollo	Col
Chili peppers	Ají	Ahí picante, ají morrón, chile
Corn	Maíz	Choclo, elote, chilote, jojote
Green beans	Habichuelas	Porritos verdes, vainitas, chauchas, judías verdes
Lime	Limón verde	Lima
Papaya	Papaya	Lechosa, fruta bomba, mamón
Paprika	Páprika	Pimentón, color
Peanut	Cacahuete	Mani

English/Inglés	Spanish name/ Nombre en español	Other names in Spanish/Otros nombres en español
Peas	Arvejas	Chícaros, alverjas, guisantes, petit pois, chicharos
Popcorn	Palomitas de maíz	Canguil, pororó, rositas de maíz, pochoclo
Potato	Papa	patata
Pork	Cerdo	Chancho, puerco, marrano, cochino
Sauce	Aderezo, salsa	
Sweet potato	Batata	Camote, boniato, papa dulce, moniato, ñamé
Turkey	Pavo	Guajalote, gallipavo
Yuca	Yuca	Casava, mandioca, manioca



## **For More Information**

The NHLBI Information Center is a service of the National Heart, Lung, and Blood Institute (NHLBI) of the National Institutes of Health. The Information Center provides information to health professionals, patients, and the public about the treatment, diagnosis, and prevention of heart, lung, and blood diseases. Please contact the Information Center for prices and availability of publications.

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Selected publications are also available on the NHLBI Web site at [www.nhlbi.nih.gov](http://www.nhlbi.nih.gov).



**U.S. Department of Health and Human Services**  
National Institutes of Health



**National Heart  
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