

MORE *HEALTHY RECIPES*

Volume 2

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Ingredients:

- 5 small potatoes, peeled and sliced
- Vegetable cooking spray
- ½ medium onion, minced
- 1 small zucchini, sliced
- 1½ cups green/red peppers, sliced thin
- 5 medium mushrooms, sliced
- 3 whole eggs, beaten
- 5 egg whites, beaten
- Pepper and garlic salt with herbs, to taste
- 3 ounces shredded part-skim mozzarella cheese
- 1 Tbsp. low-fat parmesan cheese

Spanish Omelet / Tor tilla española

This tasty dish provides a healthy array of vegetables and can be used for breakfast, brunch, or any meal! Serve with fresh fruit salad and a whole grain dinner roll.

Directions:

- Preheat oven to 375 °F.
- Cook potatoes in boiling water until tender.
- In a nonstick pan, add vegetable spray and warm at medium heat.
- Add onion and sauté until brown. Add vegetables and sauté until tender but not brown.

- In a medium mixing bowl, slightly beat eggs and egg whites, pepper, garlic salt, and low-fat mozzarella cheese. Stir egg-cheese mixture into the cooked vegetables.
- In a 10-inch pie pan or ovenproof skillet, add vegetable spray and transfer potatoes and egg mixture to pan. Sprinkle with low-fat parmesan cheese and bake until firm and brown on top, about 20–30 minutes.
- Remove omelet from oven, cool for 10 minutes, and cut into five pieces.

Exchanges:

Meat	2
Bread	2
Vegetable	2/3
Fat	2

Note: Diabetic exchanges are calculated based on the American Diabetes Association Exchange System.

Total Servings 5

Nutrition Facts	
Spanish Omelet	
Serving Size 1/5 of omelet	
Amount Per Serving	
Calories	Calories from Fat
260	90
% Daily Value (DV)*	
Total Fat 10g	15%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 135mg	45%
Sodium 240mg	10%
Total Carbohydrate 30g	10%
Dietary Fiber 3g	12%
Sugars 3g	
Protein 16g	
Vitamin A	8%
Vitamin C	60%
Calcium	15%
Iron	8%
* Percent Daily Values are based on a 2,000 calorie diet.	



SPANISH OMELET

Ingredients:

- 1 pound lean beef or turkey breast, cut into cubes
- 2 Tbsp. whole wheat flour
- ¼ tsp. salt (optional)
- ¼ tsp. pepper
- ¼ tsp. cumin
- 1½ Tbsp. olive oil
- 2 cloves garlic, minced
- 2 medium onions, sliced
- 2 stalks celery, sliced
- 1 medium red/green bell pepper, sliced
- 1 medium tomato, finely minced
- 5 cups beef or turkey broth, fat removed
- 5 small potatoes, peeled and cubed
- 12 small carrots, cut into large chunks
- 1¼ cups green peas

Beef or Turkey Stew / Carne de res o de pavo guisada

This dish goes nicely with a green leaf lettuce and cucumber salad and a dinner roll. Plantains or corn can be used in place of the potatoes.

Directions:

- Preheat oven to 375 °F.
- Mix the whole wheat flour with salt, pepper, and cumin. Roll the beef or turkey cubes in the mixture. Shake off excess flour.
- In a large skillet, heat olive oil over medium-high heat. Add beef or turkey cubes and sauté until nicely brown, about 7–10 minutes.

- Place beef or turkey in an ovenproof casserole dish.
- Add minced garlic, onions, celery, and peppers to skillet and cook until vegetables are tender, about 5 minutes.
- Stir in tomato and broth. Bring to a boil and pour over turkey or beef in casserole dish. Cover dish tightly and bake for 1 hour at 375 °F.
- Remove from oven and stir in potatoes, carrots, and peas. Bake for another 20–25 minutes or until tender.

Exchanges:

Lean Meat	3
Vegetable	2⅓
Bread	2⅔
Fat	1

Note: Diabetic exchanges are calculated based on the American Diabetes Association Exchange System.

Total Servings 4

Nutrition Facts	
Beef or Turkey Stew	
Serving Size 1½ cup	
Amount Per Serving	
Calories	Calories from Fat 60
320	
% Daily Value (DV)*	
Total Fat 7g	11%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 520mg	22%
Total Carbohydrate 41g	14%
Dietary Fiber 8g	32%
Sugars 9g	
Protein 24g	
Vitamin A	340%
Vitamin C	80%
Calcium	6%
Iron	15%

* Percent Daily Values are based on a 2,000 calorie diet.





RED SNAPPER

CARIBBEAN

Ingredients:

- 2 Tbsp. olive oil
- 1 medium onion, chopped
- ½ cup red pepper, chopped
- ½ cup carrots, cut into strips
- 1 clove garlic, minced
- ½ cup dry white wine
- ¾ pound red snapper fillet
- 1 large tomato, chopped
- 2 Tbsp. pitted ripe olives, chopped
- 2 Tbsp. crumbled low-fat feta or low-fat ricotta cheese

Caribbean Red Snapper / Pargo rojo caribeño

This fish can be served on top of vegetables along with whole grain rice and garnished with parsley. Salmon or chicken breast can be used in place of red snapper.

Directions:

- In a large skillet, heat olive oil over medium heat. Add onion, red pepper, carrots, and garlic. Sauté mixture for 10 minutes. Add wine and bring to boil. Push vegetables to one side of the pan.
- Arrange fillets in a single layer in center of skillet. Cover and cook for 5 minutes.
- Add tomato and olives. Top with cheese. Cover and cook for 3 minutes or until fish is firm but moist.
- Transfer fish to serving platter. Garnish with vegetables and pan juices.

Serving Suggestion: Serve with whole grain rice. ½ cup cooked rice = 1 serving of rice.

Exchanges:

Meat	2 ½
Vegetable	1 ¼
Bread	½
Fat	2

Note: Diabetic exchanges are calculated based on the American Diabetes Association Exchange System.

Total Servings 4

Nutrition Facts	
Caribbean Red Snapper	
Serving Size ¼ red snapper with ½ cup vegetables (233g)	
Amount Per Serving	
Calories	Calories from Fat
220	80
% Daily Value (DV)*	
Total Fat 10g	15%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 160mg	7%
Total Carbohydrate 8g	3%
Dietary Fiber 2g	8%
Sugars 4g	
Protein 19g	
Vitamin A	80%
Vitamin C	70%
Calcium	8%
Iron	4%

* Percent Daily Values are based on a 2,000 calorie diet.

Ingredients:

- 2 Tbsp. whole wheat flour
- 1 can (10 ounces) refrigerated pizza crust
- Vegetable cooking spray
- 2 Tbsp. olive oil
- 1/2 cup low-fat ricotta cheese
- 1/2 tsp. dried basil
- 1 small onion, minced
- 2 cloves garlic, minced
- 1/4 tsp. salt (optional)
- 4 ounces shredded part-skim mozzarella cheese
- 2 cups mushrooms, chopped
- 1 large red pepper, cut into strips

Two Cheese Pizza / Pizza de dos quesos

Serve your pizza with fresh fruit and a mixed green salad garnished with red beans to balance your meal.

Directions :

- Preheat oven to 425 °F.
- Spread whole wheat flour over working surface. Roll out dough with rolling pin to desired crust thickness.
- Coat cookie sheet with vegetable cooking spray. Transfer pizza crust to cookie sheet. Brush olive oil over crust.

- Mix low-fat ricotta cheese with dried basil, onion, garlic, and salt. Spread this mixture over crust.
- Sprinkle crust with part-skim mozzarella cheese. Top cheese with mushrooms and red pepper.
- Bake at 425 °F for 13–15 minutes or until cheese melts and crust is deep golden brown.
- Cut into 8 slices.

Total Servings 4

Nutrition Facts	
Two Cheese Pizza	
Serving Size 2 slices (1/4 of pie)	
Amount Per Serving	
Calories	Calories from Fat
420	170
% Daily Value (DV)*	
Total Fat 19g	29%
Saturated Fat 7g	35%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 580mg	24%
Total Carbohydrate 44g	15%
Dietary Fiber 3g	12%
Sugars 5g	
Protein 20g	
Vitamin A	30%
Vitamin C	90%
Calcium	40%
Iron	15%

* Percent Daily Values are based on a 2,000 calorie diet.

TWO CHEESE PIZZA

Exchanges:

- Meat 2 1/2
- Bread 3
- Vegetable 1
- Fat 3 3/4

Note: Diabetic exchanges are calculated based on the American Diabetes Association Exchange System.



Ingredients:

- 2 Tbsp. olive oil
- 2 medium onions, chopped
- 6 cloves garlic, minced
- 2 stalks celery, diced
- 2 medium red/green peppers, cut into strips
- 1 cup mushrooms, chopped
- 2 cups uncooked whole grain rice
- 3 pounds boneless chicken breast, cut into bite-sized pieces, skin removed
- 1½ tsp. salt (optional)
- 2½ cups low-fat chicken broth
- Saffron or Sazón™ for color
- 3 medium tomatoes, chopped
- 1 cup frozen peas
- 1 cup frozen corn
- 1 cup frozen green beans
- Olives or capers for garnish (optional)

Rice with Chicken, Spanish Style / Arroz con pollo

This is a good way to get vegetables into the meal plan. Serve with a mixed green salad and some whole wheat bread.

Directions:

- Heat olive oil over medium heat in a non-stick pot. Add onion, garlic, celery, red/green pepper, and mushrooms. Cook over medium heat, stirring often, for 3 minutes or until tender.
- Add whole grain rice and sauté for 2–3 minutes, stirring constantly to mix all ingredients.

- Add chicken, salt, chicken broth, water, Saffron/Sazón™, and tomatoes. Bring water to a boil.
- Reduce heat to medium-low, cover, and let the casserole simmer until water is absorbed and rice is tender, about 20 minutes.
- Stir in peas, corn, and beans and cook for 8–10 minutes. When everything is hot, the casserole is ready to serve. Garnish with olives or capers, if desired.

Exchanges:

Meat	5 1/3
Bread	3
Vegetable	1
Fat	1 1/3

Note: Diabetic exchanges are calculated based on the American Diabetes Association Exchange System.

Total Servings 8

Nutrition Facts	
Rice with Chicken, Spanish Style	
Serving Size 1 1/2 cup	
Amount Per Serving	
Calories 400	Calories from Fat 60
% Daily Value (DV)*	
Total Fat 7g	11%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 85mg	28%
Sodium 530mg	22%
Total Carbohydrate 46g	15%
Dietary Fiber 3g	12%
Sugars 5g	
Protein 37g	
Vitamin A	30%
Vitamin C	70%
Calcium	4%
Iron	20%
* Percent Daily Values are based on a 2,000 calorie diet.	

RICE WITH

CHICKEN

Ingredients:

- 2 pounds lean beef, cubed
- 1 Tbsp. olive oil
- 1 large onion, chopped
- 1 clove garlic, finely chopped
- ¼ tsp. salt
- ⅛ tsp. pepper
- ¼ cup fresh cilantro, chopped
- 1 can (15 ounces) stewed tomatoes
- 2 ounces tomato paste
- 1 can (1 pound 13 ounces) hominy

Total Servings 8

Nutrition Facts	
Pozole	
Serving Size 1 cup	
Amount Per Serving	
Calories	Calories from Fat
220	70
% Daily Value (DV)*	
Total Fat 7g	11%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 70mg	23%
Sodium 390mg	16%
Total Carbohydrate 17g	6%
Dietary Fiber 3g	12%
Sugars 5g	
Protein 21g	
Vitamin A	4%
Vitamin C	10%
Calcium	4%
Iron	15%
* Percent Daily Values are based on a 2,000 calorie diet.	

Pozole

Only a small amount of oil is needed to sauté meat.

Directions:

- In a large pot, heat olive oil. Add beef and sauté.
- Add onion, garlic, salt, pepper, cilantro, and enough water to cover meat. Stir to mix ingredients evenly. Cover pot and cook over low heat until meat is tender.
- Add tomatoes and tomato paste. Continue cooking for about 20 minutes.
- Add hominy and continue cooking another 15 minutes, stirring occasionally. If too thick, add water for desired consistency.

Option: Skinless, boneless chicken breasts can be used instead of beef cubes.

Exchanges:

Meat	3
Bread	1
Vegetable	½
Fat	1 ⅓

Note: Diabetic exchanges are calculated based on the American Diabetes Association Exchange System.

POZOLE





Ingredients:

- 1 medium onion, cut into thin strips
- 2 large green peppers, cut into thin strips
- 2 large red peppers, cut into thin strips
- 1 cup fresh cilantro, finely chopped
- 1 ripe avocado, peeled and seeded, cut into 12 slices
- 1½ cups fresh tomato salsa (see ingredients below)
- 12 flour tortillas
- Vegetable cooking spray

AVOCADO TACOS

**Fresh Tomato Salsa
Ingredients:**

- 1 cup tomatoes, diced
- ⅓ cup onions, diced
- ½ clove garlic, minced
- 2 tsp. cilantro
- ⅓ tsp. jalapeño peppers, chopped
- ½ tsp. lime juice
- Pinch of cumin

Avocado Tacos/Tacos de aguacate

These fresh tasting tacos are great for a light meal!

Directions:

- Mix together all salsa ingredients and refrigerate in advance.
- Coat skillet with vegetable spray.
- Lightly sauté onion and green and red peppers.
- Warm tortillas in oven and fill with peppers, onions, avocado, and salsa. Fold tortillas and serve. Top with cilantro.

Exchanges:

- Bread 3
- Vegetable 1
- Fat 1 ½

Note: Diabetic exchanges are calculated based on the American Diabetes Association Exchange System.

Total Servings 12

Nutrition Facts	
Avocado Tacos	
Serving Size 1 taco	
Amount Per Serving	
Calories 270	Calories from Fat 80
% Daily Value (DV)*	
Total Fat 8g	12%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 460mg	19%
Total Carbohydrate 43g	14%
Dietary Fiber 5g	20%
Sugars 4g	
Protein 7g	
Vitamin A	25%
Vitamin C	100%
Calcium	10%
Iron	15%
* Percent Daily Values are based on a 2,000 calorie diet.	

Ingredients:

- 8 ounces fat-free, sugar-free orange yogurt
- 5 medium strawberries, cut into halves
- 3 ounces honeydew melon, cut into slices (or 1/2 cup cut into cubes)
- 3 ounces cantaloupe melon, cut into slices (or 1/2 cup cut into cubes)
- 1 mango, peeled and seeded, cut into cubes
- 1 papaya, peeled and seeded, cut into cubes
- 3 ounces watermelon, seeded and cut into slices (or 1/2 cup cut into cubes)
- 2 oranges, seeded and cut into slices
- 1/2 cup unsweetened orange juice

Tropical Fruits Fantasia/
Fantasia de frutas tropicales

The tropics offer a great variety of fruits that will make this delicious and colorful recipe stand out; it will also make your mouth water even before tasting it!

Directions:

- Add yogurt and all fruits to a bowl and carefully mix together.
- Pour orange juice over fruit mixture.
- Mix well and serve 1/2 cup as your dessert.

Exchanges:

- Fruit 2 3/4
- Milk 1/3

Note: Diabetic exchanges are calculated based on the American Diabetes Association Exchange System.

Total Servings 3

Nutrition Facts	
Tropical Fruits Fantasia	
Serving Size 1/2 cup	
Amount Per Serving	
Calories	Calories from Fat
170	5
% Daily Value (DV)*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 40mg	2%
Total Carbohydrate 41g	14%
Dietary Fiber 5g	20%
Sugars 30g	
Protein 4g	
Vitamin A	50%
Vitamin C	230%
Calcium	15%
Iron	2%

* Percent Daily Values are based on a 2,000 calorie diet.

TROPICAL FRUITS FANTASIA

