CHAMPIONS for CHANGE
Network for a Healthy California

Flavors OF MY KITCHEN

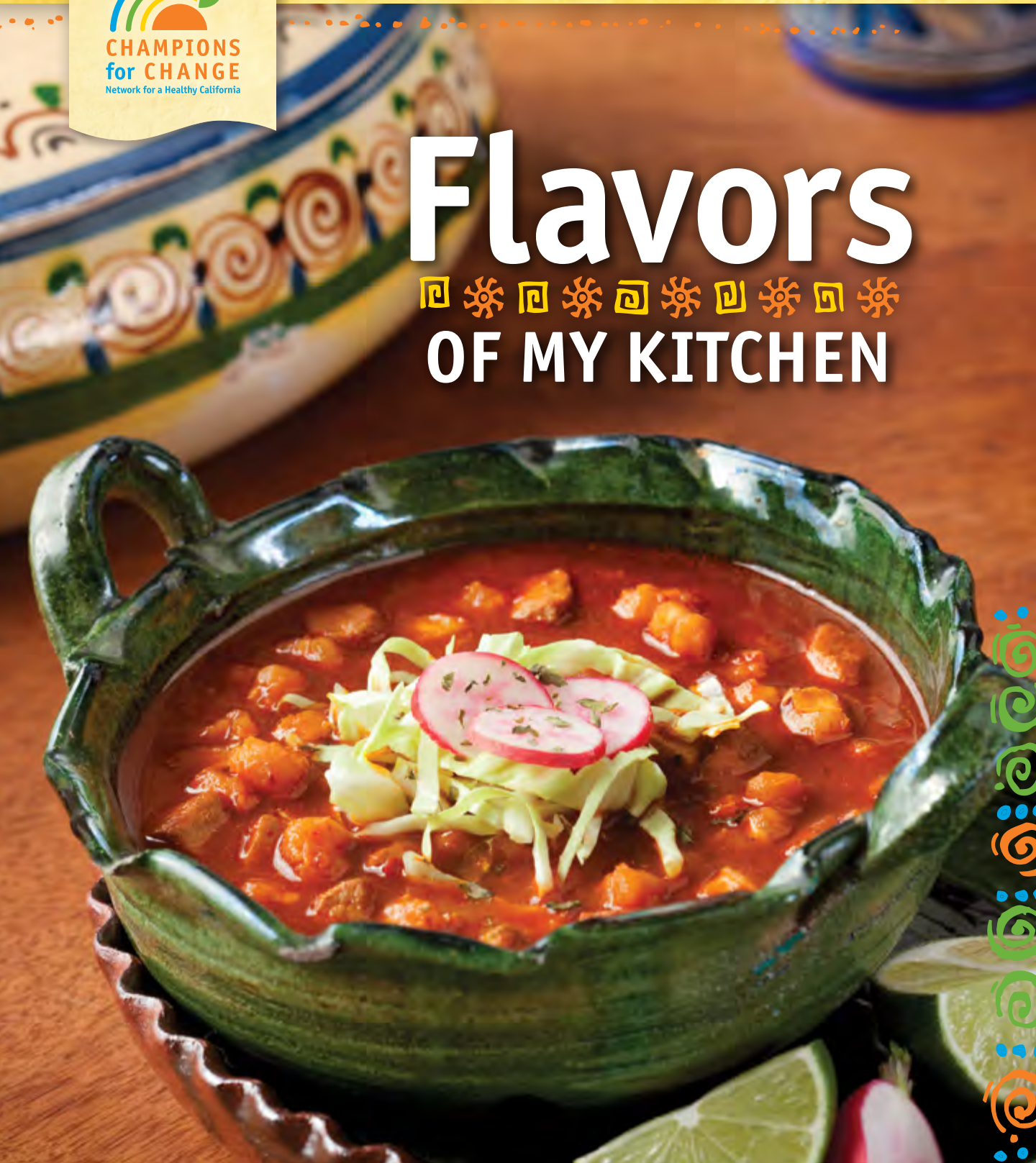


Table of Contents

Recommended Cups of Fruits and Vegetables 2
Authentic Regional Specialties 3
Utensils/Measurements 4
Chiles & Spices 6

Breakfast

Eggs with Nopales 9
Chilaquiles 10
Potato and Egg Scramble 13

Soup

Tortilla Soup 14
Potato Corn Chowder 17

Salad

Vegetable Salad with Tangy Avocado Dressing 18
Pico de Gallo Fruit Salad 21
Mango and Black Bean Salad 21

Main Dish

Pozole 22
Yucatan Chicken Tacos 25
Chicken Picadillo 26
Mango Chile Relleno al Carbon 29
Chicken Mole Enchiladas 30
Sopes 33
Chipotle Potato Stuffed Poblanos 34

Sides & Snacks

Pico de Gallo 37
Pear Mango Salsa 37
Tomatillo Salsa 37
Spicy Mashed Avotatoes 38
Mexican Vegetable Rice 41
Corn and Squash Sauté 42
Jalapeño Black Bean Dip 45
Mexican Pickled Vegetables 46
Roasted Corn, Pepper, and Nopales Salsa 49

Dessert

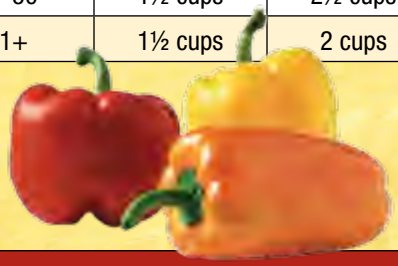
Strawberry Pineapple Lemonade 50
Mango Pineapple Slush 50
Pineapple with Sweet Mole 53
Cinnamon-Orange Glazed Sweet Potatoes 54

Recommended Cups of Fruits and Vegetables

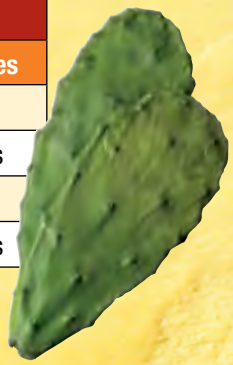
How many cups of fruits and vegetables do you need? It depends on your age, gender, and level of physical activity.

The tables below are the recommendations for less active people. Visit www.choosemyplate.gov to see the larger amounts needed by more active people.

Women		
Age	**Fruits**	**Vegetables**
19-30	2 cups	2½ cups
31-50	1½ cups	2½ cups
51+	1½ cups	2 cups



Girls		
Age	**Fruits**	**Vegetables**
2-3	1 cup	1 cup
4-8	1 cup	1½ cups
9-13	1½ cups	2 cups
14-18	1½ cups	2½ cups

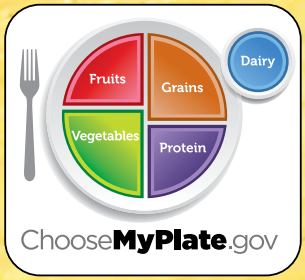


Men		
Age	**Fruits**	**Vegetables**
19-50	2 cups	3 cups
51+	2 cups	2½ cups

Boys		
Age	**Fruits**	**Vegetables**
2-3	1 cup	1 cup
4-8	1½ cups	1½ cups
9-13	1½ cups	2½ cups
14-18	2 cups	3 cups

MAKE HALF YOUR PLATE FRUITS AND VEGETABLES!

What does a cup of broccoli look like? How many baby carrots are in a cup? Even nutrition professionals don't have all these measurements memorized! So make it easy: fill half your plate with colorful fruits and vegetables at every meal.



Authentic Regional Specialties with a Healthy Twist!

The *Network for a Healthy California—Latino Campaign* is excited to share *Flavors of My Kitchen*. This cookbook honors the culture, texture, and the rich flavors of Latino foods. *Flavors of My Kitchen* is filled with traditional Latino recipes that have been passed down from family to family. They are authentic, regional recipes with a healthy twist. The recipes taste great, are easy to make, and are actually good for you!

The recipes were created with just the right balance of flavor and good-for-you ingredients like fruits and vegetables. *Flavors of My Kitchen* will show you that eating healthy isn't just good for you, but also tastes great! The healthy twist on these family favorites will inspire you to make healthy changes in your own kitchen.

Be a Champion for Change and take part in the tradition of passing down these recipes that promote healthier families. Use *Flavors of My Kitchen* to help you make new traditions that improve your health and the health of those you love.

Utensils

Tortilla Press

Used for making homemade tortillas as well as empanadas and quesadillas.

Measurements

Dash = ⅛ teaspoon or less	8 tablespoons = ½ cup	2 pints = 1 quart
3 teaspoons = 1 tablespoon	16 tablespoons = 1 cup	4 quarts = 1 gallon
2 tablespoons = ⅛ cup	1 fluid ounce = 2 tablespoons liquid	16 ounces = 1 pound
4 tablespoons = ¼ cup	8 fluid ounces = 1 cup	
5 tablespoons + 1 teaspoon = ⅓ cup	2 cups = 1 pint	

Mortar and Pestle (Molcajete and Tejolote)

Used for grinding spices, nuts, and seeds. It is also used to make chiles and salsas.

Griddle

Used to cook and warm up tortillas. It can also be used to roast chiles, tomatoes, and other salsa ingredients.

Pitcher

Used to serve cool water (agua fresca), juice, and other drinks. Some Mexico favorites are hibiscus (Jamaica), tamarind (tamarindo), and rice (horchata).

Ancho Chile

A dry poblano pepper is used to add color and flavor to many Latin recipes like enchiladas, mole, and pozole.

Chipotle Peppers in Adobo Sauce

A smoked jalapeño in a spicy sauce that adds a smoky flavor and aroma to salsas, soups, beans, fish, and meat dishes.

Chile de Árbol

Adds "heat" to any dish. In salsas, this pepper can be toasted or boiled.

Chili Powder

Adds flavor to soups, stews, meat, and poultry. In Mexico, chili powder is often sprinkled on fruit.

Guajillo Chile

Very mild in heat. It is used to add color and flavor to sauces, stews, and meat rubs.

Cilantro

Fresh leaves and stems are used in salsas and guacamole and as a topping in many Latin dishes.

Cinnamon

A spice used in sweet and savory recipes like horchata, sweet tamales, and mole.

Bay Leaf

Used to add flavor and aroma to pastas, soups, and meat. A must have herb for pickling.

Cloves

Used whole or ground. Mainly used in meat and poultry dishes. Ground cloves can be added to spice pumpkin and other baked goods.

Cumin

Used whole or ground in enchilada sauce, stews, soups, and meat rubs. It also adds a nice kick to bean dishes.

Oregano

Fresh or dried, adds a rich flavor to many types of dishes. Oregano is mostly used in salsas, pastas, and soups.

Nutrition information per serving:

Calories
230

Carbohydrate
30 g

Dietary Fiber
5 g

Protein
14 g

Total Fat
6 g

Saturated Fat
2.5 g

Trans Fat
0 g

Cholesterol
110 mg

Sodium
530 mg

Eggs with Nopales

Nopales is Spanish for cactus leaves. Try this tasty dish with your favorite salsa.

Makes 4 servings. *1 cup per serving.* | **Prep time:** 10 minutes | **Cook time:** 30 minutes

1. Place bell pepper in the oven and broil for a few minutes on each side to blacken skin. Place in a small paper bag and fold over the top; let stand for 5 minutes.
2. Rub off skin from the peppers. Cut open, remove seeds, and chop.
3. Spray a medium skillet with nonstick cooking spray.
4. Add onions and cook over medium heat for 10 minutes or until very soft.
5. Stir in bell pepper and nopales and cook for 5 minutes more.
6. Add tomato and chili powder and remove from heat.
7. In a medium bowl, beat egg whites, whole eggs, and salt. Add to skillet; stir and cook for 5 minutes or until eggs are cooked through.
8. Top with cheese and salsa. Serve immediately with warm tortillas.

**To warm tortillas, place on a hot skillet for 1 minute on each side. Or place tortillas on a large plate and top with a damp paper towel. Microwave on high for 2 minutes or until tortillas are warm.*

1 medium bell pepper
Nonstick cooking spray
1 cup chopped onion
½ cup cleaned and chopped fresh nopales
½ cup chopped tomato
½ teaspoon chili powder
6 egg whites
2 whole eggs
¼ teaspoon salt
8 (6-inch) corn tortillas, warmed*
¼ cup shredded, reduced fat Cheddar and Monterey Jack (Mexican blend) cheeses
½ cup salsa

tip: Use a vegetable peeler to scrape away the needles of the cactus leaves.

Chilaquiles

Top with eggs for a tasty breakfast dish, or try it as a snack.

Makes 4 servings. *1 cup per serving.* | **Prep time:** 15 minutes | **Cook time:** 25 minutes

Nonstick cooking spray
⅓ cup chopped onion
3 cups chopped tomatoes
2 jalapeño peppers, stemmed, seeded, and finely chopped
2 cloves garlic, finely chopped
½ teaspoon dried oregano
½ teaspoon salt
8 (6-inch) corn tortillas, each cut into 6 wedges, crisped*
½ cup shredded reduced fat Cheddar and Monterey Jack (Mexican blend) or Cotija cheese

Optional Topping

Chopped fresh cilantro

1. Spray a large saucepan with nonstick cooking spray. Add onion and cook over medium-high heat for 5 minutes until lightly brown, stirring often.
2. Stir in tomatoes, peppers, garlic, oregano, and salt and cook for a few more minutes.
3. Pour mixture into a blender container, cover with a tight fitting lid, and blend until smooth.
4. Place mixture back into saucepan. Bring to a boil, and then simmer over medium heat for 5 minutes.
5. Add crisp tortillas to saucepan; cook for 2 to 3 minutes more.
6. Sprinkle with cheese then cover and let stand for a minute or so more to melt cheese.
7. Serve immediately, topped with cilantro, if you like.

**To crisp tortilla wedges, spray on both sides with nonstick cooking spray. Bake in a single layer at 425°F for 10 to 12 minutes or until lightly browned and crisp.*

Nutrition information per serving:

Calories
180

Carbohydrate
29 g

Dietary Fiber
5 g

Protein
7 g

Total Fat
5 g

Saturated Fat
2 g

Trans Fat
0 g

Cholesterol
10 mg

Sodium
420 mg

Nutrition information per serving:

Calories
180

Carbohydrate
21 g

Dietary Fiber
4 g

Protein
14 g

Total Fat
5 g

Saturated Fat
2 g

Trans Fat
0 g

Cholesterol
110 mg

Sodium
540 mg

Potato and Egg Scramble

This recipe is sure to be a family favorite — everyday ingredients, easy to make, and good for you.

Makes 4 servings. *¾ cup per serving.* | **Prep time:** 15 minutes | **Cook time:** 15 minutes

1. Put tomato sauce, green onions, and dried chiles in a blender container, cover with a tight fitting lid, and blend until smooth. Pour into a small saucepan over low heat.
2. Spray a medium skillet with nonstick cooking spray. Add potato and onion and cook over medium heat for 10 minutes, stirring often. Coat vegetables with cooking spray once or twice during cooking. Remove from skillet and keep warm.
3. Beat egg whites and whole eggs with cumin and salt. Coat skillet again with cooking spray and add eggs; cook and stir for 5 minutes or until eggs are set. Stir potato mixture into eggs.
4. Top eggs and potatoes with warm sauce, cheese, and cilantro. Serve immediately.

**To cook potato, poke potato with a fork and place in a microwave safe bowl and cover with plastic wrap. Make sure that the plastic doesn't touch the potato. Microwave on high for 5 minutes or until potato is soft inside.*

- **1 (8-ounce) can tomato sauce**
- **3 green onions, sliced**
- **2 to 3 ancho chiles, stemmed, seeded, and torn into strips**
- **Nonstick cooking spray**
- **1½ cups chopped, cooked potato (about 1 medium russet potato)***
- **1 cup chopped onion**
- **6 egg whites or ¾ cup of egg substitute**
- **2 whole eggs**
- **¼ teaspoon ground cumin**
- **⅛ teaspoon salt**
- **½ cup crumbled Queso Fresco cheese**
- **2 tablespoons chopped fresh cilantro**

tip: Using egg whites instead of whole eggs helps keep fat and cholesterol within healthy limits.

Tortilla Soup

This soup tastes just as good or better the next day.
It's a perfect, make-ahead recipe.

Makes 4 servings. *2 cups per serving.* | **Prep time:** 10 minutes | **Cook time:** 30 minutes

- **Nonstick cooking spray**
- **1½ cups chopped onion**
- **3½ cups canned reduced sodium chicken broth**
- **1¼ pounds bone-in chicken breasts, skin removed**
- **1 cup diced, peeled chayote squash**
- **¾ cup canned low sodium pinto beans, rinsed and drained**
- **1 tablespoon chili powder**
- **½ teaspoon garlic powder**
- **4 (6-inch) corn tortillas, cut into strips, baked until crisp**
- **1 avocado, peeled, pitted, and sliced**

1. Spray a large saucepan with nonstick cooking spray. Add onion and cook over medium-high heat for 5 minutes to brown, stirring occasionally.
2. Add broth and cover saucepan; increase heat to high. When broth starts to boil, add chicken, squash, beans, chili powder, and garlic powder.
3. Bring to a boil again; lower heat and simmer for 20 minutes.
4. Remove chicken from soup and let cool slightly. Shred into small pieces. Add shredded chicken back to soup.
5. Pour soup into bowls and top with tortilla pieces and avocado. Serve immediately.

tip: In a hurry? Use leftover shredded rotisserie chicken.

Nutrition information per serving:

Calories
390

Carbohydrate
32 g

Dietary Fiber
9 g

Protein
41 g

Total Fat
12 g

Saturated Fat
2.5 g

Trans Fat
0 g

Cholesterol
90 mg

Sodium
600 mg

Nutrition information per serving:

Calories
300

Carbohydrate
51 g

Dietary Fiber
6 g

Protein
12 g

Total Fat
6 g

Saturated Fat
2.5 g

Trans Fat
0 g

Cholesterol
10 mg

Sodium
300 mg

Potato Corn Chowder

Try this soup with a drizzle of adobo sauce from canned chipotle peppers for a little heat.

Makes 6 serving. *2 cups per serving.* | **Prep time:** 15 minutes | **Cook time:** 30 minutes

1. Add broth to a large saucepan and bring to a boil.
2. When broth comes to a boil, add the vegetables and thyme. Cover and cook over medium-low heat for 20 minutes.
3. Remove from heat and break up potatoes using a potato masher, or press against the side of the pot with a wooden spoon.
4. Stir in milk, cheese, and pepper and cook over medium-high heat for a minute more or until very hot.
5. Serve immediately with cilantro, crushed chips, and light sour cream as optional toppings.

tip: Use a blender for a smoother soup.

- **4 cups canned low sodium chicken broth**
- **3 stalks celery, chopped**
- **2 pounds russet potatoes (about 4 large potatoes), peeled and cut into small bite-size pieces**
- **1½ cups chopped onion**
- **1¾ cups frozen corn, thawed (may substitute fresh or canned, unsalted corn)**
- **1 (7-ounce) can diced green chiles, drained**
- **1 teaspoon dried thyme**
- **1 cup fat free milk**
- **¾ cup shredded, reduced fat Cheddar and Monterey Jack (Mexican blend) cheeses**
- **Ground pepper to taste**

Optional Toppings

Chopped fresh cilantro

Crushed chips

Light sour cream

Vegetable Salad with Tangy Avocado Dressing

This recipe uses avocado to make a creamy, healthy dressing that tastes great.

Makes 4 servings. *1½ cups per serving.* | **Prep time:** 20 minutes

- **8 cups shredded romaine lettuce**
- **½ cup peeled and chopped cucumber**
- **½ cup peeled and chopped jicama**
- **½ cup frozen peas, thawed**
- **¼ cup finely chopped red onion**
- **1 ripe avocado, peeled and pitted**
- **½ cup 100% orange juice**
- **2 tablespoons lime juice**
- **½ teaspoon garlic salt**

1. Toss lettuce, cucumber, jicama, peas, and onion together in a large bowl.
2. In a blender container, add avocado, orange and lime juices, and garlic salt; cover with a tight fitting lid, and blend until smooth.
3. Add dressing to salad and toss well to coat. Serve immediately.

tip: Blend ¼ cup fresh cilantro leaves with dressing for extra flavor.

Nutrition information per serving:

Calories	160
Carbohydrate	25 g
Dietary Fiber	6 g
Protein	4 g
Total Fat	6 g
Saturated Fat	1 g
Trans Fat	0 g
Cholesterol	0 mg
Sodium	150 mg

Pico de Gallo Fruit Salad

Nutrition information per serving:

Calories
90

Carbohydrate
23 g

Dietary Fiber
4 g

Protein
1 g

Total Fat
0 g

Saturated Fat
0 g

Trans Fat
0 g

Cholesterol
0 mg

Sodium
10 mg

Mango and Black Bean Salad

Nutrition information per serving:

Calories
120

Carbohydrate
25 g

Dietary Fiber
7 g

Protein
5 g

Total Fat
1 g

Saturated Fat
0 g

Trans Fat
0 g

Cholesterol
0 mg

Sodium
210 mg

Pico de Gallo Fruit Salad

A fresh and easy-to-make salad for any occasion.

Makes 4 servings. *1¼ cups per serving.* | **Prep time:** 15 minutes

- **1 cup peeled and chopped fresh mango**
- **1 cup chopped fresh watermelon**
- **1 cup chopped fresh pineapple or canned pineapple in 100% juice**
- **1 cup peeled and chopped fresh papaya**
- **1 cup peeled and chopped jicama**
- **Juice from 1 lime**
- **1 teaspoon chili powder**

1. Mix together all the fruit in a medium bowl and sprinkle with lime juice and chili powder.
2. Serve immediately.

tip: To serve this "Baja style" like the picture, cut fruit into large spears. Stand up spears in 4 cups and sprinkle with lime juice and chili powder.

Mango and Black Bean Salad

Use red bell pepper to add more color to this refreshing salad.

Makes 6 servings. *½ cup per serving.* | **Prep time:** 10 minutes

- **1 (15-ounce) can black beans, rinsed and drained**
- **2 cups peeled, pitted, and diced fresh mango (about 2 small mangoes)**
- **¼ cup sliced green onion**
- **¼ cup chopped bell pepper**
- **2 tablespoons fresh lime juice**
- **2 tablespoons 100% orange juice**
- **1 tablespoon chopped fresh cilantro**
- **½ teaspoon chili powder**
- **¼ teaspoon ground cumin**

1. Mix together all ingredients in a large bowl.
2. Salad may be served right away but is best if covered and chilled for at least 1 hour for flavors to blend.

Pozole

A great recipe to make for birthdays or special occasions!

Makes 4 servings. *1½ cups per serving.* | **Prep time:** 15 minutes | **Cook time:** 2 hours

Nonstick cooking spray
1 pound lean pork, cut into small cubes
1½ cups chopped onion
2 cups canned reduced sodium chicken broth, divided
2 (8-ounce) cans no salt added tomato sauce
4 dried ancho chiles, stemmed, seeded, and torn into strips
2 cloves garlic
1 teaspoon ground cumin
1 teaspoon dried oregano
1½ cups canned hominy, drained

Optional Toppings

Shredded cabbage
Sliced radishes
Chopped onion
Dried oregano

1. Spray a large pot with nonstick cooking spray and place over medium-high heat. Add pork, turning to brown all sides.
2. Add onion and cook for 5 more minutes to brown onion.
3. Put 1 cup broth, tomato sauce, chiles, and garlic in a blender container and cover with a tight fitting lid. Blend until mixture is smooth. Add mixture and remaining cup of broth, cumin, oregano, and hominy to the pot.
4. Bring to a boil; reduce heat and simmer, covered, for 1½ hours or until meat is very tender.
5. Serve hot with cabbage, radishes, onion, and dried oregano, if you like.

tip: This dish is even more flavorful served the next day! Add a little water or more broth if you like a thinner pozole.

Nutrition information per serving:

Calories
320

Carbohydrate
37 g

Dietary Fiber
9 g

Protein
30 g

Total Fat
7 g

Saturated Fat
2 g

Trans Fat
0 g

Cholesterol
50 mg

Sodium
550 mg

Nutrition information per serving:

Calories	340
Carbohydrate	32 g
Dietary Fiber	7 g
Protein	27 g
Total Fat	12 g
Saturated Fat	3.5 g
Trans Fat	0 g
Cholesterol	70 mg
Sodium	360 mg

Yucatan Chicken Tacos

Serve these tasty tacos with extra cilantro and lime wedges.

Makes 4 servings. *2 tacos per serving.* | **Prep time:** 15 minutes | **Cook time:** 5 minutes

1. In a medium bowl, mix together balsamic vinegar, chipotle peppers, and garlic salt. Add in chicken, cabbage, and onion, mix well.
2. To warm tortillas, heat in a hot skillet for 1 minute on each side. Or place tortillas on a large plate and top with a damp paper towel. Microwave on high for 2 minutes or until tortillas are warm.
3. Spoon filling into warm tortillas and top with cheese and avocado.
4. Serve immediately.

tip: Add color and more flavor to your tacos – mix in shredded carrots and cilantro!

- **1½ tablespoons balsamic vinegar**
- **1 tablespoon finely chopped canned chipotle peppers in adobo sauce**
- **½ teaspoon garlic salt**
- **2 cups chopped or shredded, cooked chicken breast**
- **2 cups shredded cabbage or prepared coleslaw mix**
- **¾ cup finely chopped red onion**
- **8 (6-inch) corn tortillas**
- **¼ cup crumbled Añejo or Panela cheese**
- **1 avocado, peeled, pitted, and chopped**

Chicken Picadillo

Both sweet and spicy, this tasty dish is sure to please the whole family.

Makes 4 servings. *1½ cups per serving.* | **Prep time:** 10 minutes | **Cook time:** 35 minutes

- **1 pound ground chicken**
- **1½ cups chopped onion**
- **1½ cups chopped chayote squash**
- **1 cup chopped bell pepper or poblano pepper**
- **⅓ cup chopped pimento stuffed green olives**
- **¼ cup raisins**
- **¼ cup water**
- **1 tablespoon chili powder**
- **1 teaspoon ground cumin**
- **¼ teaspoon cinnamon**
- **1 (14.5-ounce) can diced tomatoes**

1. In a large nonstick pot or skillet, brown chicken over medium-high heat for 5 minutes, breaking it up with the back of a spoon.
2. Add all remaining ingredients and bring to a boil.
3. Reduce heat to medium-low and cover. Let simmer for 20 minutes.
4. Serve hot.

tip: To make stuffed peppers, spoon picadillo mixture into poblanos or bell pepper halves. Cover with foil and bake until peppers are tender.

Nutrition information per serving:

Calories
230

Carbohydrate
23 g

Dietary Fiber
6 g

Protein
17 g

Total Fat
9 g

Saturated Fat
2.5 g

Trans Fat
0 g

Cholesterol
65 mg

Sodium
390 mg

Nutrition information per serving:

Calories
150

Carbohydrate
28 g

Dietary Fiber
6 g

Protein
5 g

Total Fat
3 g

Saturated Fat
1 g

Trans Fat
0 g

Cholesterol
Less than
5 mg

Sodium
100 mg

Mango Chile Relleno al Carbon

Enjoy the flavors of sweet mangos with spicy peppers in this lively dish.

Makes 4 servings. *1 chile relleno per serving.* | **Prep time:** 15 minutes | **Cook time:** 10 minutes

1. Put poblano peppers in the oven and broil for a few minutes on each side to blacken skin. Place in a small paper bag and fold over the top; let stand for 5 minutes.
2. Rub off skins and very carefully cut open and remove seeds, leaving stems attached.
3. Place about ⅔ of the mango slices inside peppers then place 1 tablespoon of cheese in each.
4. Chop remaining mango and place in a medium bowl with all remaining ingredients for the mango salsa.
5. Place stuffed peppers on a foil lined baking sheet and bake at 425°F for 5 minutes or until cheese is melted.
6. Remove from oven and top with mango salsa.
7. Serve immediately.

- **4 small poblano peppers**
- **2 large fresh mangos, peeled, pitted, and sliced, divided**
- **4 tablespoons shredded, reduced fat Cheddar and Monterey Jack (Mexican blend) cheeses**
- **¼ cup finely chopped red onion**
- **¼ cup chopped green bell pepper**
- **1 tablespoon lime juice**
- **1 tablespoon finely chopped fresh cilantro**
- **½ tablespoon finely chopped canned chipotle peppers in adobo sauce**

Chicken Mole Enchiladas

This recipe is packed with flavor, easy to make, and fun to share with friends and family.

Makes 6 servings. *2 enchiladas per serving.* | **Prep time**: 30 minutes | **Cook time:** 30 minutes

Mole

- **1 (14.5-ounce) can no salt added diced tomatoes**
- **3 dried ancho chiles, stemmed and seeded**
- **3 cloves garlic, chopped**
- **1 cup chopped onion**
- **2 cups canned chicken broth**
- **⅓ cup raisins**
- **1½ teaspoons dried oregano**
- **½ teaspoon ground cumin**
- **¼ teaspoon cinnamon**

Enchiladas

- **2 cups chopped or shredded, cooked chicken breast**
- **1 cup onion**
- **12 (6-inch) corn tortillas, warmed**
- **1¾ cups crumbled Queso Fresco cheese, divided**

Optional Toppings

Avocado slices

Light sour cream

Chopped fresh cilantro

MOLE

1. Place tomatoes, chiles, garlic, onion, broth, raisins, and seasonings in a blender container and cover with a tight fitting lid. Blend until smooth.
2. Transfer to a medium saucepan and cook over medium heat for about 15 minutes to thicken mole, stirring often. (You should have about 4¼ cups of mole.)

ENCHILADAS

1. Place chicken in a medium bowl and stir in onion and 1 cup of mole.
2. Preheat oven to 400°F. Put about 1 cup of warm mole in a large, shallow baking dish. Place one tortilla on a plate, keeping the rest warm as you work. Dip tortilla in warm mole, shaking off excess. Place a few tablespoons of chicken mixture in the center, then top with a heaping tablespoon of cheese. Roll up and place seam side down in the baking dish.
3. Repeat with remaining tortillas, chicken, and cheese.
4. Pour remaining mole over the top and sprinkle with remaining cheese and bake for 15 minutes.
5. Serve hot with avocado slices, light sour cream, and cilantro, if you like.

tip: Mole can be made up to 1 week ahead and refrigerated until ready to make enchiladas.

Nutrition information per serving:

Calories
370

Carbohydrate
43 g

Dietary Fiber
7 g

Protein
26 g

Total Fat
12 g

Saturated Fat
4 g

Trans Fat
0 g

Cholesterol
50 mg

Sodium
470 mg

Nutrition information per serving:

Calories
190

Carbohydrate
30 g

Dietary Fiber
5 g

Protein
8 g

Total Fat
5 g

Saturated Fat
1.5 g

Trans Fat
0 g

Cholesterol
10 mg

Sodium
470 mg

Sopes

Make sopes a meal by serving them with Mexican Vegetable Rice (page 41).

Makes 4 servings. *1 sope per serving.* | **Prep time:** 20 minutes | **Cook time:** 45 minutes

1. Preheat oven to 425°F, and line a baking sheet with foil and set aside.
2. Stir together masa and baking powder; then stir in chicken broth, adding a little more broth if dough is too dry. (It should be very moist, but not sticky.)
3. Quickly shape dough into four circles that are 3-inches wide with a ½-inch rim. Place on baking sheet.
4. Spray the dough heavily with nonstick cooking spray. Bake for 30 minutes. Remove pan from oven and spray two or three times more during cooking to make them crisp.
5. While sopes are cooking, spray a small skillet with nonstick cooking spray and place over medium-high heat. Add onion and cook for a few minutes, stirring frequently.
6. Stir in peppers, tomato, and chorizo and cook for 5 more minutes.
7. Spoon a heaping tablespoon of beans onto each sope then top with equal amounts of vegetable mixture. Sprinkle each with a tablespoon of cheese and bake for 5 more minutes.
8. Serve immediately.

1 cup masa harina (corn flour)
½ teaspoon baking powder
1 cup canned chicken broth
Nonstick cooking spray
¼ cup chopped red onion
½ cup roasted, peeled, seeded, and chopped poblano peppers (about 2 medium peppers)
1 cup diced tomato
2 tablespoons chorizo
⅓ cup canned fat free refried beans
¼ cup Queso Fresco cheese

Chipotle Potato Stuffed Poblanos

This recipe is great for a festive breakfast, dinner, or a family gathering.

Makes 4 servings. *1 stuffed poblano pepper per serving.* | **Prep time:** 15 minutes | **Cook time:** 20 minutes

- **4 large poblano peppers**
- **1 pound russet potatoes (about 2 large potatoes), cut into small cubes**
- **¾ cup diced tomato**
- **⅓ cup sliced green onion**
- **½ cup prepared salsa verde**
- **1 tablespoon chopped canned chipotle peppers in adobo sauce**
- **1 teaspoon adobo sauce from can**
- **4 tablespoons shredded Asadero or Oaxaca cheese**

1. Put poblano peppers in the oven and broil for a few minutes on each side to blacken skin. Place in a small paper bag and fold over the top; let stand for 5 minutes.
2. Rub off skins and very carefully cut open and remove seeds, leaving stems attached. Place on a small baking sheet and set aside.
3. Place potatoes in a medium bowl. Cover and microwave on high for about 7 or 8 minutes or until potatoes are soft. Mash well.
4. Stir tomato, green onion, salsa, chipotle pepper, and adobo sauce into mashed potatoes.
5. Spoon about ⅔ cup potato mixture into each broiled pepper and sprinkle each with a tablespoon of cheese.
6. Broil stuffed poblanos for 1 or 2 minutes or until cheese is melted.
7. Serve immediately.

tip: The key to keeping the roasted peppers firm is to blacken the peppers quickly at a high temperature, then placing in a paper bag to steam for only 5 minutes. Cooking or steaming too long will make the peppers fall apart.

Nutrition information per serving:

Calories	140
Carbohydrate	27 g
Dietary Fiber	5 g
Protein	5 g
Total Fat	2.5 g
Saturated Fat	1.5 g
Trans Fat	0 g
Cholesterol	5 mg
Sodium	160 mg

Sides & Snacks

Nutrition information per serving:

Pico de Gallo:

Calories	Protein	Trans Fat
35	1 g	0 g
Carbohydrate	**Total Fat**	**Cholesterol**
8 g	0 g	0 mg
Dietary Fiber	**Saturated Fat**	**Sodium**
2 g	0 g	105 mg

Pear Mango Salsa:

Calories	Protein	Trans Fat
65	1 g	0 g
Carbohydrate	**Total Fat**	**Cholesterol**
13 g	2 g	0 mg
Dietary Fiber	**Saturated Fat**	**Sodium**
3 g	0 g	100 mg

Tomatillo Salsa:

Calories	Protein	Trans Fat
60	2 g	0 g
Carbohydrate	**Total Fat**	**Cholesterol**
13 g	2 g	0 mg
Dietary Fiber	**Saturated Fat**	**Sodium**
4 g	0 g	150 mg

Pico de Gallo

Makes 6 servings. *½ cup per serving.*
Prep time: 20 minutes

- **1 pound ripe tomatoes (about 2 medium tomatoes), chopped**
- **1½ cups chopped onion**
- **⅓ cup chopped fresh cilantro**
- **3 jalapeño peppers, seeded and chopped**
- **2 tablespoons lime juice**
- **2 cloves garlic, finely chopped**
- **¼ teaspoon salt**

1. Mix all ingredients in a medium bowl.
2. Serve or cover and refrigerate for up to 3 days.

Pear Mango Salsa

Makes 6 servings. *¼ cup per serving.*
Prep time: 30 minutes

- **2 medium pears, peeled, cored, and cut into small pieces**
- **½ mango, peeled, seeded, and cut into small pieces**
- **⅓ cup finely chopped yellow bell pepper**
- **⅓ cup finely chopped red bell pepper**
- **¼ cup finely chopped red onion**
- **1 small jalapeño pepper, seeded and finely chopped**
- **3 tablespoons finely chopped fresh cilantro**
- **2 teaspoons vegetable oil**
- **Lime juice to taste**
- **Salt to taste**

1. Mix all ingredients in a bowl and refrigerate in a covered container for at least 30 minutes or up to 3 hours before serving.
2. Serve with tortilla chips, quesadillas, or grilled or roasted meats or fish.

Tomatillo Salsa

Makes 4 servings. *½ cup per serving.*
Prep time: 20 minutes

- **18 medium tomatillos (about 2 cups), husks removed**
- **2 serrano peppers**
- **½ cup chopped onion**
- **½ cup chopped fresh cilantro**
- **1 tablespoon fresh lime juice**
- **¼ teaspoon salt**
- **¼ teaspoon sugar**

1. Put tomatillos and peppers in medium pot. Bring to a boil over high heat. Lower heat to low for 10 minutes, until tomatillos and peppers are tender.
2. Remove tomatillos and peppers from heat and let cool. Reserve ½ cup of liquid.
3. Put all ingredients in a blender container, cover with a tight fitting lid, and blend until smooth. Add reserved liquid, if needed.
4. Serve or cover and refrigerate for up to 3 days.

Spicy Mashed Avotatoes

Don't peel the potato skins. They add fiber and vitamins!

Makes 6 servings. *1 cup per serving.* | **Prep time:** 10 minutes | **Cook time:** 12-15 minutes

- **2 pounds russet potatoes (about 4 large potatoes)**
- **1 cup prepared Pico de Gallo salsa**
- **½ cup shredded, reduced fat Cheddar and Monterey Jack (Mexican blend) cheeses**
- **3 tablespoons light sour cream**
- **½ teaspoon salt**
- **1 (4-ounce) can diced green chiles, drained**
- **2 ripe avocados, mashed**
- **2 tablespoons chopped fresh cilantro**

1. Scrub potatoes clean and place in a microwave safe container. Poke potatoes with a fork and cover with a lid or plastic wrap. Make sure the plastic doesn't touch the potatoes. Microwave on high for 7 or 8 minutes. Pierce with a sharp knife to see if potatoes are tender. If not, microwave for a few more minutes. (Potatoes may also be boiled and drained.)
2. Mash potatoes well and stir in salsa, cheese, sour cream, salt, and chiles. Microwave for another minute or two.
3. Stir in avocado and cilantro and serve immediately.

Nutrition information per serving:

Calories
230

Carbohydrate
33 g

Dietary Fiber
7 g

Protein
6 g

Total Fat
10 g

Saturated Fat
2.5 g

Trans Fat
0 g

Cholesterol
10 mg

Sodium
450 mg

Nutrition information per serving:

Calories
270

Carbohydrate
55 g

Dietary Fiber
10 g

Protein
11 g

Total Fat
1.5 g

Saturated Fat
0 g

Trans Fat
0 g

Cholesterol
0 mg

Sodium
490 mg

Mexican Vegetable Rice

Try serving this rice dish with the Mango Chile Relleno al Carbon recipe (page 29) for a balanced meal.

Makes 6 servings. *¾ cup per serving.* | **Prep time:** 10 minutes | **Cook time:** 25 minutes

1. In a medium saucepan, bring broth, salsa, rice, and onion to a boil over medium-high heat. Reduce heat and simmer, covered, for 20 minutes.
2. Stir corn, zucchini, bell pepper, and beans into hot rice and replace cover; let stand for 5 minutes.
3. Stir in cilantro and serve immediately.

**Want homemade salsa? See page 37 for three salsa recipes.*

1⅓ cups canned chicken broth
1 cup prepared red or green salsa*
1 cup long grain rice
1 cup chopped onion
¾ cup frozen corn, thawed
½ cup chopped zucchini
½ cup chopped bell pepper
1 (15-ounce) can reduced sodium black beans, rinsed and drained
1 tablespoon chopped fresh cilantro

tip: Fresh or canned corn (no salt added) can also be used in this recipe.

Corn and Squash Sauté

To make this flavorful side dish a whole meal, just add a can of drained and rinsed black beans.

Makes 4 servings. *¾ cup per serving.* | **Prep time:** 10 minutes | **Cook time:** 20 minutes

- **½ tablespoon vegetable oil**
- **1 cup chopped onion**
- **1 cup fresh or frozen corn, thawed**
- **1 cup chopped zucchini**
- **1 teaspoon dried oregano**
- **¼ teaspoon salt**
- **2 cloves garlic, chopped**
- **1 poblano pepper, seeded and chopped**
- **¼ cup crumbled Queso Fresco cheese**

1. In a medium nonstick skillet, heat oil over medium-high heat.
2. Add onion and cook for 10 minutes, stirring frequently.
3. Add vegetables and seasonings to skillet and cook for 8 minutes more, stirring occasionally.
4. Sprinkle with cheese and serve hot.

tip: Spoon into corn or whole wheat tortillas for a great meatless taco or burrito filling.

Nutrition information per serving:

Calories
100

Carbohydrate
16 g

Dietary Fiber
3 g

Protein
3 g

Total Fat
3 g

Saturated Fat
1 g

Trans Fat
0 g

Cholesterol
Less than
5 mg

Sodium
170 mg

Nutrition information per serving:

Calories
150

Carbohydrate
24 g

Dietary Fiber
9 g

Protein
8 g

Total Fat
2 g

Saturated Fat
1 g

Trans Fat
0 g

Cholesterol
Less than
5 mg

Sodium
590 mg

Jalapeño Black Bean Dip

This tasty dip has a bit of a kick! It's best served warm with fresh vegetables and baked tortilla chips.

Makes 8 servings. *½ cup per serving* | **Prep time:** 15 minutes | **Cook time:** 15 minutes

1. In a medium saucepan, stir together beans, onions, tomatoes, jalapeños, water, and seasonings.
2. Cook over medium heat for 5 minutes or until very hot, then cover and simmer over medium-low heat for 10 minutes.
3. Let cool slightly then pour into a blender container, cover with a tight fitting lid, and blend until almost smooth.
4. Pour bean dip into a serving dish and top with cheese and green onions, if you like.
5. Serve with cut fresh vegetables or baked chips*.

**For homemade baked chips, cut tortillas into wedges, spray on both sides with nonstick cooking spray. Bake in a single layer at 425°F for 10 to 12 minutes or until lightly browned and crisp.*

2 (15-ounce) cans black beans, rinsed and drained
¾ cup chopped onion
¾ cup chopped tomato
¾ cup pickled jalapeño slices (including some of the liquid)
¼ cup water
1 teaspoon ground cumin
½ teaspoon chili powder
2 cloves garlic, chopped

Optional Toppings

Crumbled Cotija cheese

Sliced green onions

tip: The beans can be mashed with a potato masher if you don't have a blender.

Mexican Pickled Vegetables

Served as an appetizer or a healthy snack, you'll love these spicy vegetables!

Makes 8 servings. *1 cup per serving.* | **Prep time:** 15 minutes | **Cook time:** about 20 minutes
Chill time: best if chilled for at least 1 hour

- **1 pound red potatoes (about 4 medium potatoes), cut into cubes**
- **3 medium carrots, peeled and sliced**
- **2 jalapeño peppers, stemmed and cut into thick slices**
- **2 cloves garlic, thinly sliced**
- **2 bay leaves**
- **1 bell pepper, cut into strips**
- **½ medium onion, cut into strips**
- **1 cup cider vinegar**
- **1 teaspoon dried oregano**
- **½ teaspoon salt**
- **½ teaspoon sugar**

1. Place potatoes in a saucepan with ¼-inch of water (or place in a steamer basket). Bring water to a boil; cover and steam for 5 minutes.
2. Add carrots; cover and steam for 5 minutes more or until potatoes are tender. Remove from heat and run under cold water to quickly cool vegetables.
3. Place in a large bowl/jar or resealable bag with all remaining ingredients. Cover and refrigerate for at least 1 hour or overnight, stirring occasionally.
4. Serve chilled.

Nutrition information per serving:

Calories
60

Carbohydrate
15 g

Dietary Fiber
3 g

Protein
1 g

Total Fat
0 g

Saturated Fat
0 g

Trans Fat
0 g

Cholesterol
0 mg

Sodium
170 mg

Nutrition information per serving:

Calories
70

Carbohydrate
14 g

Dietary Fiber
4 g

Protein
2 g

Total Fat
1 g

Saturated Fat
0 g

Trans Fat
0 g

Cholesterol
0 mg

Sodium
80 mg

Roasted Corn, Pepper, and Nopales Salsa

Try this salsa in your favorite tacos for a fresh twist.

Makes 8 servings. *½ cup per serving.* | **Prep time:** 20 minutes | **Cook time:** 10 minutes

1. Place all peppers and corn on a baking sheet. Broil for about 10 minutes, turning to lightly char all sides of the peppers and corn.
2. Place peppers in a small paper bag and fold over the top; let stand for 5 minutes. Rub off skins and remove seeds and stems.
3. Chop poblano and jalapeño peppers.
4. Cut corn off cob and place in a medium bowl; add chopped peppers and all remaining ingredients and stir. Cover and refrigerate until ready to serve.

4 poblano peppers, stemmed, seeded
2 jalapeño peppers, stemmed, seeded, and halved
2 ears fresh corn
1½ cups chopped tomato
½ cup chopped, cleaned, raw nopales (cactus leaves)
½ cup chopped red onion
2 tablespoons fresh lime juice
2 tablespoons chopped fresh cilantro
¼ teaspoon salt

tip: Try this recipe with frozen corn. Frozen vegetables are always in season and usually cost less.

Strawberry Pineapple Lemonade

This frothy, fruity lemonade is a perfect treat for big and small kids!

Makes 4 servings. *1½ cups per serving.* | **Prep time:** 5 minutes

- **4 cups 100% pineapple juice**
- **2 cups sliced fresh or frozen strawberries**
- **¼ cup fresh lemon juice**
- **½ cup water**
- **Ice**

1. Put all ingredients except ice in a blender container; cover with a tight fitting lid, and blend until mixture is smooth.
2. Pour into glasses over ice cubes and serve.

Mango Pineapple Slush

For a tropical twist, add a few drops of coconut extract to this recipe.

Makes 6 servings. *1 cup per serving.* | **Prep time:** 5 minutes | **Chill time:** overnight

- **3 cups fresh or frozen mango cubes, thawed**
- **2 cups 100% pineapple juice**

1. Put mango in a blender container and cover with a tight fitting lid.
2. Blend until smooth. Add pineapple juice and stir.
3. Pour into a plastic or glass dish (freezer safe), cover and freeze overnight or until very firm.
4. Scrape the mixture with a fork until fluffy. Freeze again and then scrape with a fork. Mixture may be frozen again or served immediately.

Strawberry Pineapple Lemonade

Nutrition information per serving:

Calories
160

Carbohydrate
40 g

Dietary Fiber
2 g

Protein
2 g

Total Fat
1 g

Saturated Fat
0 g

Trans Fat
0 g

Cholesterol
0 mg

Sodium
10 mg

Mango Pineapple Slush

Nutrition information per serving:

Calories
210

Carbohydrate
46 g

Dietary Fiber
5 g

Protein
4 g

Total Fat
3 g

Saturated Fat
1.5 g

Trans Fat
0 g

Cholesterol
10 mg

Sodium
130 mg

Nutrition information per serving:

Calories
170

Carbohydrate
37 g

Dietary Fiber
5 g

Protein
5 g

Total Fat
1.5 g

Saturated Fat
0 g

Trans Fat
0 g

Cholesterol
0 mg

Sodium
450 mg

Pineapple with Sweet Mole

An unusual, yet refreshing dessert that tastes as good as it looks.

Makes 6 servings. *1 pineapple slice with 1 tablespoon mole per serving.*
Prep time: 10 minutes | **Cook time:** 10 minutes

1. Cut top and bottom off pineapple then cut into 6 round slices.
2. Cook pineapple slices on a hot grill or in a hot skillet for about 2 to 3 minutes on each side to lightly blacken and heat.
3. In a small saucepan, stir together mole and honey; cook until warm.
4. Spoon 1 tablespoon over each slice of warm pineapple, and serve immediately.

**Do not give honey to children under the age of one.*

1 fresh pineapple
6 tablespoons Mole (page 30)
½ tablespoon honey*

Cinnamon-Orange Glazed Sweet Potatoes

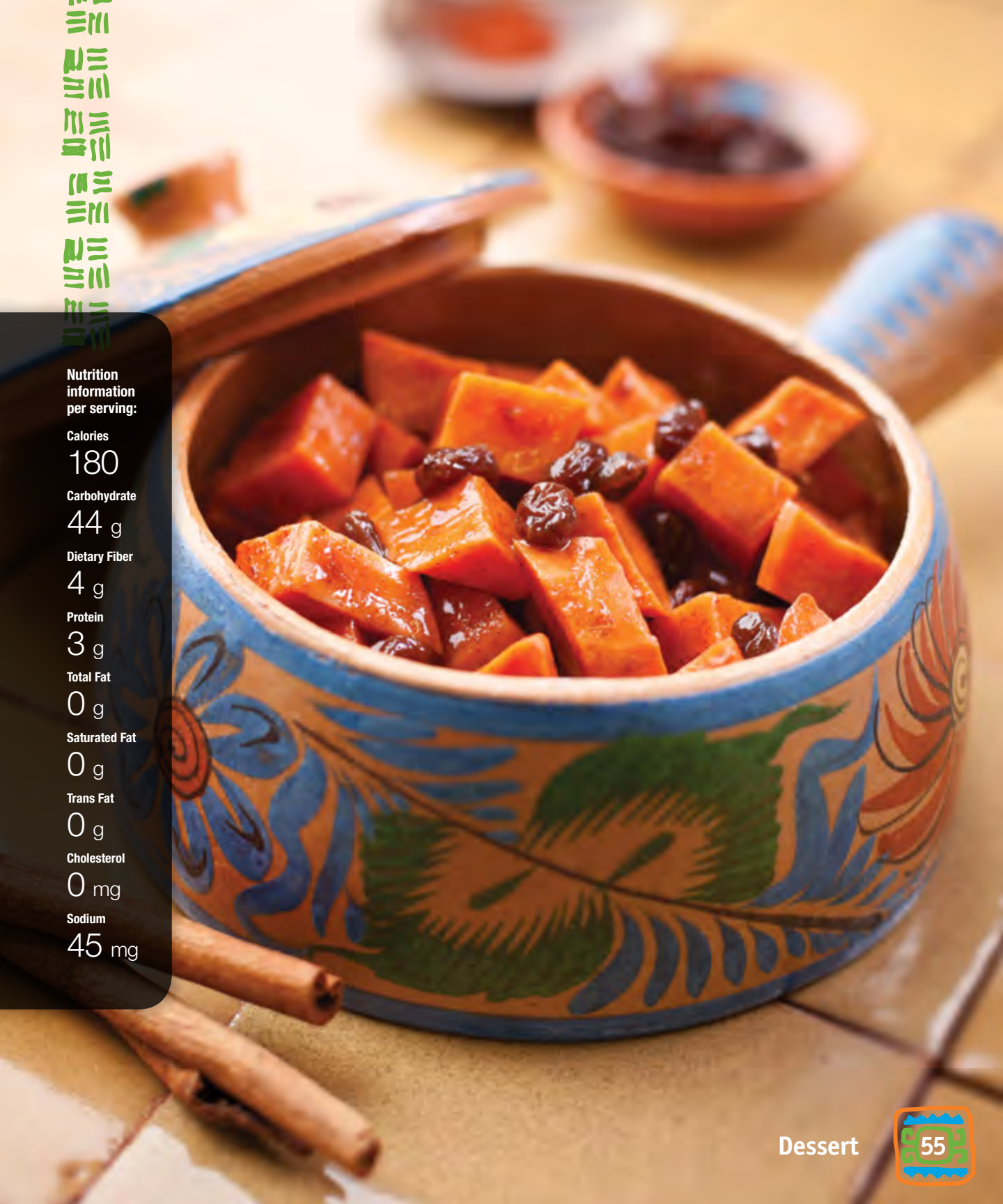
Top with a little grated orange peel for extra flavor.

Makes 6 servings. *¾ cup per serving.* | **Prep time:** 10 minutes | **Cook time:** 30 minutes

1. In a medium saucepan, bring orange juice, honey, cinnamon, and chili powder to a boil.
2. Add sweet potatoes to the saucepan and simmer, covered, for 15 minutes.
3. Remove cover and add raisins; cook over medium-high heat for 5 minutes or until orange sauce has thickened.
4. Serve immediately.

**Do not give honey to children under the age of one.*

- **1½ cups 100% orange juice**
- **2 tablespoons honey* or brown sugar**
- **1 teaspoon cinnamon**
- **¼ teaspoon chili powder (optional)**
- **2 pounds fresh sweet potatoes (about 2 large sweet potatoes), peeled and cut into small cubes**
- **¼ cup raisins**



Nutrition information per serving:

Calories
180

Carbohydrate
44 g

Dietary Fiber
4 g

Protein
3 g

Total Fat
0 g

Saturated Fat
0 g

Trans Fat
0 g

Cholesterol
0 mg

Sodium
45 mg

Acknowledgements

This material was produced by the California Department of Public Health's *Network for a Healthy California* with funding from USDA SNAP, known in California as CalFresh (formerly Food Stamps). These institutions are equal opportunity providers and employers. CalFresh provides assistance to low-income households and can help buy nutritious foods for better health. For CalFresh information, call 1-877-847-3663. For important nutrition information, visit www.cachampionsforchange.net.

For more consumer information, visit us at www.cachampionsforchange.net.

For partner information, visit us at www.networkforahealthycalifornia.net.

The *Network for a Healthy California—Latino Campaign* would like to recognize key contributors in the development of this cookbook; Patty Mastracco (recipe development), Kent Lacin Media Services (food photography), Julie Smith (food styling), Marketing by Design (graphic design), and Ana Rojas (recipe testing). A special thanks to the team of Latina moms who cooked and tested all of the recipes in this cookbook.

Copyright ©2011 Public Health Institute

For more information about the *Network for a Healthy California*, visit us at **www.cachampionsforchange.net** or write to us at:

Network for a Healthy California
P.O. Box 997377, MS 7204
Sacramento, CA 95899-7377

CHAMPIONS for CHANGE
Network for a Healthy California

CDPH
California Department of PublicHealth

COOK-225/REV. 06/12