



## Healthy Food Cooking...*Para Su Salud*<sup>1</sup>

Jennifer Hillan<sup>2</sup>

Food is an important part of Hispanic and Latino culture. Unfortunately, some foods and cooking methods can increase health risks. The good news is, eating healthy doesn't mean you have to give up all your favorite foods. Some simple changes can help reduce health risks and still keep the flavor of the food you love!

### Tips for Healthy Cooking

- ✓ Trim visible fat from meat before cooking.
- ✓ Remove skin from poultry before eating.
- ✓ Broil, steam, bake, roast, microwave, or grill your food instead of frying.
- ✓ Enjoy vegetables and fruits often. Try cooking vegetables without added fat. Or use only a small amount of vegetable oil or margarine.
- ✓ Use lean cuts of beef and pork. Look for the words *round* or *loin*.
- ✓ Cook beans and rice without added fat. Season with green pepper, onion, garlic, or cilantro instead.

#### Beverage

#### Mango Shake (serves 4)

- 2 cups fat-free milk
- 1 ripe mango
- 1 banana
- 4 ice cubes
- 2 tbsp wheat germ (optional)



Blend all ingredients and serve immediately.

#### Dessert

#### Rice Pudding (serves 5)

- 6 cups water
- 2 cinnamon sticks
- 1 cup rice
- 3 cups fat-free milk
- $\frac{2}{3}$  cup sugar
- $\frac{1}{2}$  tsp salt



Bring water and cinnamon sticks to a boil in a medium saucepan. Stir in rice and cook on low heat for 30 minutes. Add milk, sugar, and salt. Cook another 15 minutes until thickened.

Source: Delicious Heart-Healthy Latino Recipes, NHLBI

1. This publication is FCS8687-Eng, one of a series of the Department of Family, Youth and Community Sciences, Florida Cooperative Extension Service, Institute of Food and Agricultural Sciences, University of Florida. Publication date: June 2001. Reviewed by Isabel Valentin-Oquendo, MS, RD, LD/N, assistant-in and curriculum coordinator, and Glenda Warren, MS, RD, CFCS, associate professor, Department of Family, Youth and Community Sciences. Please visit the EDIS Web site at <http://edis.ifas.ufl.edu>
2. Jennifer Hillan, MSH, RD, LD/N, coordinator, Educational/Training Programs, Department of Family, Youth and Community Sciences, Cooperative Extension Service, Institute of Food and Agricultural Sciences, University of Florida, Gainesville, 32611.

The Institute of Food and Agricultural Sciences is an equal opportunity/affirmative action employer authorized to provide research, educational information and other services only to individuals and institutions that function without regard to race, color, sex, age, handicap, or national origin. For information on obtaining other extension publications, contact your county Cooperative Extension Service office. Florida Cooperative Extension Service / Institute of Food and Agricultural Sciences / University of Florida / Christine Taylor Waddill, Dean

## Easy and Healthy Substitutions

- ♥ **herbs and spices** instead of salt
- ♥ **turkey bacon** or **Canadian bacon** instead of regular bacon or sausage
- ♥ **fat-free** or **1% milk** instead of whole milk
- ♥ **mustard, plain yogurt, or low-fat dressing or mayonnaise** instead of regular dressing or mayonnaise
- ♥ **low-sodium bouillon and broths** instead of regular bouillon and broths
- ♥ **evaporated skim milk** instead of cream
- ♥ **low-fat cheese** or **part-skim cheese** instead of regular cheese
- ♥ **2 eggs whites** or **¼ cup egg substitute** instead of 1 whole egg
- ♥ **low-fat plain yogurt** or **low-fat sour cream** instead of regular sour cream
- ♥ **vegetable oil** or **tub margarine** instead of lard or butter
- ♥ **applesauce** instead of oil in baked foods

### Main Dish

#### Caribbean Pink Beans (serves 8)

½ lb. pink beans  
 4 cups water  
 1 medium plantain, finely chopped  
 1 small tomato, finely chopped  
 1 small red pepper, finely chopped  
 ½ small onion, finely chopped  
 2 cloves garlic, finely chopped  
 1 tsp salt

Rinse and sort beans, place in large pot with water. Place pot in refrigerator and soak overnight. Rinse beans, then cover with water. Bring to a boil, simmer until beans are soft. Add more water as needed while cooking. When beans are soft, add remaining ingredients and cook at low heat until plantains are soft. Serve with rice.



Source: Delicious Heart-Healthy Latino Recipes, NHLBI

### Vegetable

#### Garlic Mashed Plantains (serves 6)

3 ripe plantains  
 4 cups water  
 ¼ cup fat-free milk  
 2 tbsp margarine  
 2 cloves garlic, minced  
 1 tsp black pepper



Bring water to a boil. Cut unpeeled plantains in half and add to boiling water. Boil for 20 minutes, drain, and peel. Beat plantains, milk, margarine, garlic, and pepper to desired consistency and enjoy!

Source: Delicious Heart-Healthy Latino Recipes, NHLBI