



Something for Everyone

Latin Flavor In the Kitchen

por tu familia



Latin American foods are delicious! Thinking about the tasty traditions of the Latin American kitchen with a dash of indigenous seasoning, a pinch or two of European, African and Asian flavors blended through centuries is enough to make anyone's mouth water!

The secrets of our family recipes are passed down from one generation to another. We share these traditions with those who visit our countries of origin, and we influence the taste buds of people in the United States. We love our foods and dishes and want to keep eating them even if we have diabetes. And we can.

Our traditional foods can be healthy. We may need to prepare them differently and eat smaller portions, but we can still enjoy the foods we love.

The American Diabetes Association created Latin Flavor in the Kitchen just for you! This recipe sampler includes recipes with lots of Latin flavor that are good for your whole family. Be sure to share it with your family and friends.

If you or someone in your family has diabetes, contact the American Diabetes Association for information, provided in English and Spanish.

For information
1-800-DIABETES (342-2383)
diabetes.org

Enjoy!

These recipes are taken from the book *Cocinando para Latinos con Diabetes*. To order this book for \$16.95 containing more tasty recipes visit store.diabetes.org or call 1-800-232-6733 with order code 4634-01.



Fresh Salsa

Mexico and Central America

3 large tomatoes, peeled, diced

1/2 cup white onion, chopped fine

1/2 jalapeño pepper, seeded, deveined, chopped*

1 Anaheim pepper, seeded, deveined, chopped*

1/2 red sweet pepper, chopped

2 Tbsp cilantro, chopped

1/2 tsp salt

fresh juice from 1/2 lime

1 tsp white wine vinegar

1 Tbsp water or tomato juice

1. Combine all ingredients in a glass, ceramic, or stainless steel bowl. Mix well. Let stand for 30 minutes.

2. Serve with baked tortillas, with meats or with other main dishes.

*The chiles: There are a large variety of chiles, some are sweet while others are hot. Each person has a different tolerance for the pepper hotness. Use them with care, but experiment with them. Their flavors are exquisite. To control the hotness, remove different amounts of the seeds and the "ribs."

Prep time: 20-30 minutes

Serves 14

Serving size: 1/4 cup

Nutritional Value per Serving

| | |
|--------------------|-------|
| Calories | 16 |
| Calories from Fat | 2 |
| Total Fat | 0 gm |
| Saturated Fat | 0 gm |
| Cholesterol | 0 mg |
| Sodium | 88 mg |
| Total Carbohydrate | 4 gm |
| Dietary Fiber | 1 gm |
| Sugars | 2 gm |
| Protein | 1 gm |

Exchanges

Free Food

Fresh Fruit Cocktail

Latin America

2 large oranges, peeled (strip membrane from each segment and cut into 2-3 pieces)

1/4 cup orange, lime or lemon juice

1 cup papaya, without skin or seeds, cubed

1 cup ripe mango without skin, cubed

6 sprigs fresh mint

1. Mix all ingredients in a glass or stainless steel bowl.

2. Add the orange juice. Garnish with mint leaves.

3. Serve chilled.

Prep time: 20 minutes

Serves 6

Serving size: 1/2 cup

Nutritional Value per Serving

| | |
|-------------------|-------|
| Calories | 61 |
| Calories from Fat | 2 |
| Total Fat | 0 gm |
| Saturated Fat | 0 gm |
| Cholesterol | 0 gm |
| Sodium | 1 mg |
| Carbohydrate | 15 gm |
| Dietary Fiber | 2 gm |
| Sugars | 12 gm |
| Protein | 1 gm |

Exchanges

1 Fruit

Beef Stew

South America

2 tsp olive or canola oil
2 lb beef stew meat, cut into 1 inch pieces
2 Tbsp sofrito
4 cups low-fat, low-sodium beef broth
1/2 cup tomato sauce
1 bay leaf
1/2 tsp oregano
4 potatoes, peeled and cut into large pieces
4 carrots, cut into large pieces
6 stuffed green olives, halved
1 tsp capers, rinsed

1. Heat oil in a large stockpot over medium-high heat. Saute the meat and sofrito until the meat is browned, about 8-10 minutes.
2. Add broth, tomato sauce, bay leaf and oregano and bring to a boil. Cover, reduce heat and cook for 1 hour.
3. Add potatoes, carrots, olives and capers, cover and cook 30 minutes.

Prep time: 20-30 minutes

Cook time: 1 hour and 40 minutes

Serves 9

Serving size: 1 cup

Nutritional Value per Serving

| | |
|-------------------|--------|
| Calories | 214 |
| Calories from Fat | 59 |
| Fat | 7 gm |
| Saturated Fat | 2 gm |
| Cholesterol | 53 mg |
| Sodium | 302 mg |
| Carbohydrate | 17 gm |
| Dietary Fiber | 2 gm |
| Sugars | 4 gm |
| Protein | 21 gm |

Exchanges

1 Starch

1/2 Fat

2 Lean Meat

Red Snapper Veracruz

Mexico

- 1 Tbsp olive oil
- 1/2 medium onion, finely chopped
- 2 garlic cloves, crushed
- 4 medium tomatoes, peeled, seeded and finely chopped
- 1/4 tsp cinnamon
- 1/4 tsp ground cloves
- 1 jalapeño pepper, seeds and white vein removed, cut into strips, or 1/4 cup canned jalapeño pepper
- 1 Tbsp capers
- 6 stuffed green olives, sliced
- 2 lb red snapper filets (or use any other white fish) cut into 8 4-oz pieces

1. Heat oven to 350°F. Heat oil in a medium skillet over medium high heat and sauté onion and garlic for about 3-4 minutes. Do not allow the garlic to brown.
2. Add tomatoes, cinnamon and cloves. Cook on low heat for 3 minutes. Add the jalapeño, capers and olives and continue cooking for another 2 minutes.
3. Place fish in a 13 x 9 x 2 inch baking dish that has been coated with non-stick cooking spray and cover with the sauce. Bake for 25-30 minutes or until fish flakes easily with a fork.

Prep time: 20-30 minutes
Cook time: 35-40 minutes
Serves 8
Serving size: 4-oz fish

Nutritional Value per Serving

| | |
|-------------------------|--------|
| Calories | 151 |
| Calories from Fat | 34 |
| Total Fat | 4 gm |
| Saturated Fat..... | 0 gm |
| Cholesterol..... | 40 mg |
| Sodium | 173 mg |
| Total Carbohydrate ... | 5 gm |
| Dietary Fiber | 1 gm |
| Sugars | 3 gm |
| Protein | 24 gm |

Exchanges

- 3 Very Lean Meat
- 1/2 Fat
- 1 Vegetable



RICE with Salted Codfish

Central America and the Caribbean

1/4 lb salted codfish filet

1 Tbsp canola oil

1 medium onion, peeled and chopped

1/2 medium red bell pepper, seeded and chopped

2 sweet aji peppers, seeded and chopped, if available, or 1/2 medium green bell pepper, seeded and chopped

2 medium tomatoes, peeled and diced

2 garlic cloves, crushed

6 stuffed olives, whole or sliced

1/2 tsp ground annatto*

2 cups water

1 cup long-grain rice

1. Soak codfish in cold water in the refrigerator for at least 12 hours. Change the water several times. Clean and cut codfish into small pieces.
2. Heat oil in medium saucepan over medium high heat. Sauté onion, peppers, tomatoes and garlic for 4-5 minutes. Add codfish, olives and annatto and sauté for 3-4 minutes.
3. Add water and bring to a boil. Stir in rice, cover, lower heat and simmer for 20 minutes.

* Originally, saffron was used to produce the yellow color associated with this and other dishes. Since saffron has always been expensive, annatto became its substitute. Annatto seeds are an intense orange color. When heated in oil, the pigment is released and the desired yellow color is obtained. Ground annatto seeds and sofrito can be found in Latino/Hispanic markets and grocery stores that carry Latino/Hispanic foods.

Prep time: 10 minutes

Cooking time: 20 minutes

Serves 8

Serving size: 1/2 cup

Nutritional Value per Serving

| | |
|-------------------------|--------|
| Calories | 140 |
| Calories from Fat | 23 |
| Total Fat | 3 gm |
| Saturated Fat..... | 0 gm |
| Cholesterol..... | 7 mg |
| Sodium | 375 mg |
| Carbohydrates..... | 23 gm |
| Dietary Fiber | 1 gm |
| Sugars | 3 gm |
| Protein | 5 gm |

Exchanges

- 1 Starch
- 1/2 Fat
- 1 Vegetable

Sofrito

Puerto Rico

- 1 small peeled onion
- 1 garlic clove, peeled
- 1/2 medium red bell pepper, seeds removed
- 1/2 medium green bell pepper, seeds removed
- 1 tomato, seeded
- 1/2 Caribbean culantro leaf
- 1 Tbsp fresh cilantro

This is the basis for Puerto Rican cooking. It provides the foundation for the distinctive flavor of many dishes.

1. Peel onion and garlic cloves. Remove seeds from peppers. Cut into large pieces.
2. Chop all ingredients in food processor or blender.
3. Refrigerate until ready to use. Keep refrigerated 3-5 days or freeze.

Prep time: 20-30 minutes
Serving size: 1 Tbsp

Nutritional Value

per Tablespoon

| | |
|--------------------|------|
| Calories | 3 |
| Sodium | 1 mg |
| Carbohydrates..... | 1 gm |

Carrot & Cabbage Salad

Mexico and Central America

- 2 cups shredded cabbage
- 1 small carrot, grated
- 3 Tbsp fresh lime juice or 1/4 cup vinegar, any type
- 1/2 tsp sugar
- 1/4 tsp salt
- 1/2 tsp black pepper
- 1 Tbsp chopped cilantro
- 1-3 Tbsp chopped jalapeño or serrano peppers (optional)

1. Mix all ingredients and toss well.

Prep time: 10 minutes
Serves 4
Serving size: 1/2 cup

Nutritional Value *per Serving*

| | |
|-------------------------|--------|
| Calories | 18 |
| Calories from Fat | 1 |
| Total Fat | 0 gm |
| Saturated Fat..... | 0 gm |
| Cholesterol..... | 0 mg |
| Sodium | 157 mg |
| Carbohydrates..... | 4 gm |
| Dietary Fiber | 1 gm |
| Sugars | 3 gm |
| Protein | 1 gm |

Exchanges

1 Vegetable

Chicken Filling

1 lb boneless skinless chicken breast, cut into 1/2 inch cubes

1/4 tsp cumin

1/4 tsp chile flakes or to taste

1/2 tsp oregano

1/2 tsp paprika

1/2 tsp salt

1/4 tsp black pepper or to taste

Pinch ground cloves

Pinch cinnamon

2 tsp olive oil

1/4 cup finely chopped onion

2-3 garlic cloves, minced

1 chopped jalapeño pepper or 1/4 cup chopped green or red bell pepper

This is a delicious filling for tacos or enchiladas.

1. Place chicken pieces in a bowl or zippered plastic bag. Combine all seasonings in separate bowl and mix well. Sprinkle seasonings over chicken and stir to coat thoroughly. Refrigerate at least 1 hour or overnight.
2. Heat oil in a nonstick skillet. Sauté meat, onion, garlic, and pepper for 6-8 minutes or until meat is golden brown.

Prep time: 5 minutes

Cooking time: 6-8 minutes

Serves 5

Serving size: 1/2 cup

Nutritional Value per Serving

| | |
|-------------------------|--------|
| Calories | 132 |
| Calories from Fat | 36 |
| Total Fat | 4 gm |
| Saturated Fat..... | 2 gm |
| Cholesterol | 55 mg |
| Sodium | 282 mg |
| Carbohydrate..... | 2 gm |
| Dietary Fiber | 1 gm |
| Sugars | 1 gm |
| Protein | 21 gm |

Exchanges

3 Very Lean Meat
1/2 Fat