A HEALTHY LATINX COOKBOOK

SAVORING HEALTH

DEDICATION

THANK YOU

Thank you to our partners at Integra for funding this project. Thank you to Chef Michael Makuch for offering his expertise to modify the recipes in this book. Thank you to Denisse Abreu, Allyson Ventura-Tesillo, and Dominga Taveras for your dedication to the Progreso Latino community and for your instrumental role in the creation of this cookbook. Lastly, thank you to all of the members of the Progreso Latino community who generously donated their time by participating in this project. Your insight, stories, and recommendations were invaluable. This cookbook is by, and for, you.

CONTENT

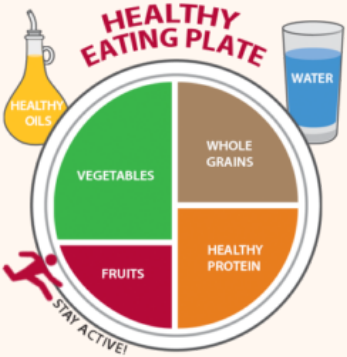
INTRODUCTION

Progreso Latino leaders identified the need for a cookbook with healthy Latinx recipes to promote wellness in the Latinx community. We, students at the Alpert Medical School of Brown University, offered to help create the cookbook.

We decided to approach the development of the cookbook by partnering with the Progreso Latino community to learn more about their cooking and eating habits and to compile recipes they enjoy.

Members of the community graciously offered their time, opinions and favorite recipes for inclusion in the cookbook. We adapted the recipes with the guidance of recipe adaptation expert Chef Michael D. Makuch of Johnson and Wales University, following a methodology that prioritized health, cost, accessibility, and flexibility.

This cookbook could not have been completed without community collaboration and open conversations about food, cooking, and access to food. We loved working with the leadership team of Progreso Latino and learning from the Latinx community in Providence, and we very much enjoyed creating this cookbook. We hope that these recipes bring you joy and good health!



Source: Harvard Healthy Eating Plate

PORTIONS

Designing a meal with the **Healthy Eating Plate** portions is a helpful part of following a nutrient-dense diet. The number one goal is to fill your plate with colorful foods. You can achieve that goal by composing your plate with the following portions:

HALF your plate should be **vegetables and fruits** (potatoes and french fries do not count!).

A QUARTER of your plate should be **whole grains,** like brown rice and whole wheat. They have been shown to help lower blood pressure, obesity risk, and risk of type 2 diabetes. Limit processed grains like white rice.

A QUARTER of your plate should be **healthy protein**, like beans, legumes (like lentils or chickpeas), fish, or poultry. Avoid red meat, cheese, and processed meats like ham or chorizo.

Drink water, or unsweetened tea or coffee. Avoid beverages with added sugars like soda and juice.

Cook and eat **small quantities of healthy oils**. Avocado oil is safe to cook with at high heats, and extra virgin olive oil is healthy for low heat cooking and salad dressings. Do not consume trans fats, and limit saturated fats which typically come from animal products (like butter, meat, and ice cream).

The colors in fruits and vegetables represent their phytonutrient content. Phytonutrients are important plant compounds that have been shown to have anti-inflammatory, anti-cancer, anti-hypertensive and anti-depression properties, to only name a few of their benefits!

If you **fill your plate with colorful plant foods**, there is less room for unhealthy foods in your meal.

Not all plant foods have the same nutritional value. It is helpful to understand this concept when deciding which plants, and how much of them, to eat.

CARBOHYDRATES

PROTEINS

NUTRIENTS

FATS

VITAMINS

MINERALS

WATER

CARBOHYDRATES

Carbohydrates are sugars and starches that serve as an energy source for the body. There are two kinds of carbohydrates: simple and complex.

Simple carbohydrates (or simple sugars)
Include: white bread, white rice, milk, cookies, cakes, chips, juice, soda, and candy.

- Are digested quickly
- Cause rapid spikes in blood sugar.

Complex carbohydrates (like starch and fiber)
Include: whole grains like brown rice, oats, quinoa, whole wheat bread, and whole wheat pasta.

- Take longer to digest
- Do not dramatically spike blood sugar
- Are more nutritious than simple carbohydrates

Starchy fruits and vegetables
Include: bananas, plantains, and root vegetables like potatoes, sweet potatoes, yucca, beets, and squash.

Whole grains and starchy fruits and vegetables should not take up more than a quarter of your plate.

PROTEINS

Proteins are composed of amino acids and provide the building blocks for our body to function properly.

Many people associate animal foods with protein, but in reality there are many cost-effective, plant-based protein options, too.

Healthy PLANT proteins:
Legumes (lentils, chickpeas, soybeans, peas, etc.)
Beans (red kidney bean, black bean, etc.)
Nuts and seeds

Healthy ANIMAL proteins:
Fish
Poultry
Eggs

FATS

Fats are an energy source for the body. Foods high in unsaturated fat, particularly omega-3s, are important for health.

For a long time, fat was demonized and “low fat” diets were in style. We saw a rise in obesity during this time period, and it may not be a coincidence. Foods labeled as “low fat” were often replacing the fat with sugar, which we know can cause unhealthy spikes in blood sugar.

Incorporating healthy fats in your diet is important and can help you feel full after a meal.

Healthy fats include avocado, nuts and seeds, olives, and fish.

EATING ORGANIC

Many people would like to purchase organic fruits and vegetables but note that they are too expensive. This is an unfortunate reality.

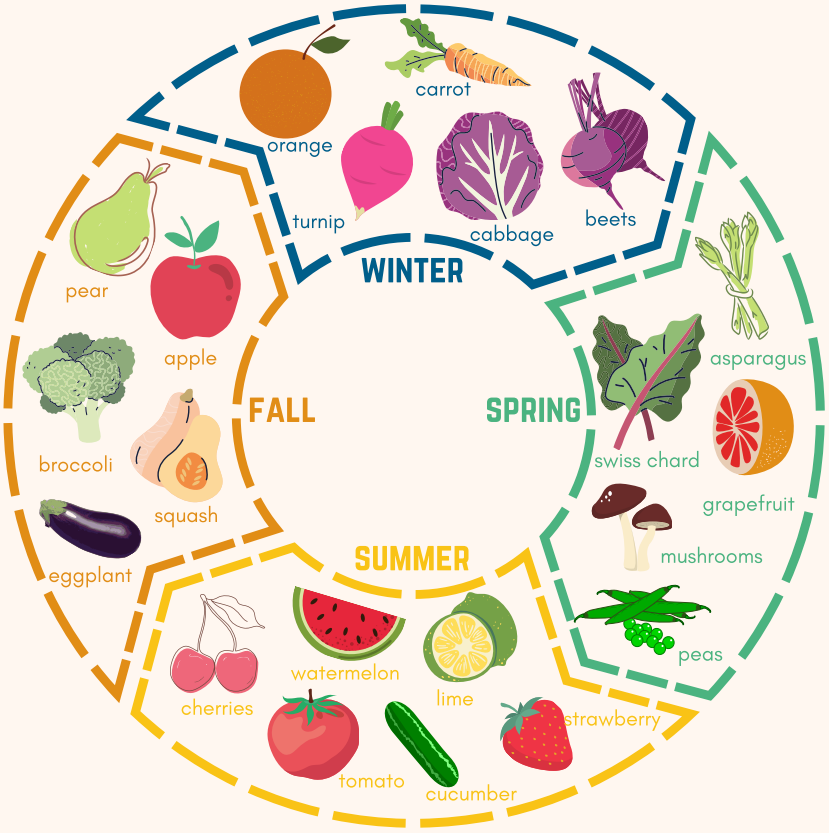
Buying frozen produce is cost-effective. Produce is often frozen at its peak freshness, preserving its nutritional value. **Choosing organic produce that has been frozen can be a cheaper option.**

If you are worried about the pesticides in produce, fruits with thick skins (like bananas, plantains, and avocados) are very safe. Additionally, washing produce before cooking or eating it significantly limits the risk of pesticide exposure.

The most important part of a healthy diet, however, is eating as many whole plant foods as possible, whether or not they are organic. Don't let the cost of organic produce discourage you from buying any produce at all!

SEASONALITY

Look for in-season produce for the best value and the best taste.



Many farmers markets, like Farm Fresh RI, will double your SNAP benefits when used to purchase fruits and vegetables.

HOW TO MODIFY RECIPES

- **Think of recipes as guides,** not strict instructions.
- **Understand the function of each ingredient** in the recipe to figure out how to substitute it or change the amount. Some ingredients can be substituted or eliminated all together, but we recommend starting by adjusting the quantities.
- **Think about changing cooking techniques** (i.e. baking vs. frying).
- **Taste the food throughout the cooking process** to test if your changes are leading to great results.
- Adding more vegetables is typically the best thing for your health, so **don't be afraid to add more vegetables to any recipe.**
- Sometimes dishes are perfect just the way they are and changing them does not work. In this case, **reducing the portion size and indulging with a little bit every once in a while is okay.**
- Changing food habits is hard, so do not be discouraged. **Little changes add up!**
- **Create a positive environment around trying new foods and flavors.**
- **Enjoy the process of cooking, celebrating, and sharing food.**

HEALTHY SUBSTITUTIONS

REPLACE:	WITH:		
 WHITE RICE	 BROWN RICE	OR	 QUINOA
 ICEBERG LETTUCE	 ARUGULA	OR	 SPINACH
 CREAMY DRESSING	 EXTRA VIRGIN OLIVE OIL	AND	 VINEGAR
 RED MEAT	 LEGUMES	OR	 POULTRY
 SODA AND JUICE	 WATER	OR	 FRUIT

RICE

Rice is, of course, a staple in the Latinx diet. Many contributors to this cookbook expressed a desire for clarity around portion sizes, specifically of rice. Many contributors also stated they understood that brown rice was a "better" alternative to white rice (although many don't like the taste!).

Research shows that **eating more whole grains reduces risk of type 2 diabetes, heart disease, obesity, and colon cancer.**

Rice should only be a quarter of your plate (or not more than half a cup of cooked rice per meal). When eating rice, particularly white rice, you should not be eating any other starch. Choose to serve it with low starch vegetables (see pg. 29 for crispy roasted vegetables recipe), greens, and beans.

To make brown rice, follow the instructions on the package. Other substitutions for white rice include quinoa (which is higher in protein than brown rice), barley, or riced cauliflower. **Incorporating healthy choices is not all or nothing-- switching to brown rice 2 days a week is better than none at all!**

MEASURING INGREDIENTS

Dry ingredients (like flour, sugar, and seasoning powders) should be level. This is easy to do by running the back of a knife over the spoon. **Wet ingredients** (like water or cooking wine) are best measured in a measuring cup.

When does measuring matter?

- Making rice or other grains (measure grain and water)
- Baking
- "Less healthy" ingredients (like butter, sugar, cheese, etc.)

When can I guess?

- Vegetables and fruits (typically, the more the better)
- Herbs (Make sure to taste the dish throughout the cooking process)

If you do not have measuring tools, use these kitchen items instead:

HOW TO READ NUTRITION LABELS

Remember that the information on this label is based on **ONE** serving.

Nutrition Facts

8 servings per container
Serving size **12 Ounces (348g)**

Amount per serving
Calories **300**

	% Daily Value*
Total Fat 4g	5%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 85mg	28%
Sodium 260mg	11%
Total Carbohydrate 39g	14%
Dietary Fiber 4g	14%
Total Sugars 9g	
Includes 0g Added Sugars	0%
Protein 29g	
Vitamin D 0mcg	0%
Calcium 70mg	6%
Iron 2mg	10%
Potassium 1102mg	25%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Trans Fat
Avoid trans fat. They increase your risk of heart disease.

Sodium
Most people should not have more than 2,300 mg of sodium per day (that's 1 teaspoon of salt!) .

Added Sugars
These are unnatural sugars that were added during the processing of this food. Avoid foods with added sugars.

Fiber, Vit D, Calcium, Iron, Potassium
Look for foods that are rich in these nutrients!

Calories
These are the number of calories per SERVING. If you eat the whole container (8 servings), you will have consumed 2,400 calories. The recommendation is to eat 2,000 calories per day.

% Daily Value
If you eat 1 serving of this meal, you've eaten 28% of the cholesterol you should eat in 1 day. If you eat 2 servings of this, you've eaten 56% of the total cholesterol you should eat in 1 day.

Consume foods LOW in cholesterol so you don't pass your daily limit.

*If you have a medical condition, follow your doctor's recommended diet.

SHOPPING LIST

With this shopping list, you have enough ingredients to make sancocho, several fresh green salads, beet salad, cauliflower cream soup, roasted salmon, tofu, roasted vegetables, brown rice and beans, and quinoa.

If you are cooking whole foods for yourself and your family, this is what your shopping list should look like, with lots of fruits and vegetables. If you notice your produce is about to turn bad, you can freeze it. Greens that have been frozen are perfect for soups and stews.

PRODUCE (FRESH OR FROZEN)
1 box organic spinach ($4.94)
1 head of kale ($1.64)
1 red cabbage ($2.02)
1 bag of onions (3 lbs, $2.41)
1 bag of garlic (5 heads, $2.74)
2 avocados ($1.96)
2 bell peppers, red, orange or yellow ($2.70)
2 green peppers ($1.86)
6 carrots (1 bunch, $0.87)
4 tomatoes ($1.64)
1 yucca ($0.08)
2 beets ($0.52)
1 lime ($0.44)
2 bunches of cilantro ($2.18)
1 plantain ($0.28)
1 bunch of celery ($1.29)
1 head of cauliflower ($3.50)
1 bag frozen peas ($1.09)
2 zucchini ($0.99)
2 sweet potatoes ($0.56)
3 lb bag of apples ($3.18)

DRIED OR CANNED FOODS
Brown Rice ($1.29)
Quinoa ($4.39)

PROTEIN
2 lbs of chicken breasts or skinless thighs ($3.58)
2 lbs frozen salmon ($5.99)
1 lb dried red beans ($1.69)
1 package tofu ($2.49)

PANTRY STAPLES
Turmeric ($2.96)
Low salt adobo seasoning ($2.74)
Oregano ($1.09)
Cumin ($1.09)
Rosemary ($3.84, or thyme for $0.76)
Extra Virgin Olive Oil ($3.99)
Apple Cider Vinegar or Balsamic Vinegar ($2.39)

TOTAL: **$56.47**
TOTAL (with pantry items): **$74.57**

Prices are from Price Rite

RECIPES

MINI AREPAS WITH EGGS AND AVOCADO

Ingredients:

2 cups warm water
½ tsp salt
2 cups of yellow or white masarepa or pre-cooked cornmeal
1 tbsp avocado oil

Directions

1. Mix water and salt in a bowl. Slowly add the masarepa and stir with your hands, until the dough can be rolled into a ball and does not stick to your hands. Cover with a towel for a few minutes.
2. Uncover and roll some dough into golf-sized ball (about 8 arepas total). Carefully press each ball to form a disc.
3. Heat a non-stick pan over medium-high heat. Once hot, add a little oil and swirl to coat. Add 3-4 arepas at a time. Cook for 4-5 minutes, until a deep golden brown crust has formed. Flip and cook for 4-5 more minutes until the other side looks the same. Transfer to a paper towel covered plate to soak excess oil and cool.
4. Enjoy 1 arepa with fried or scrambled eggs (2 eggs per serving), ¼ slice of avocado, and fresh or sauteed greens (spinach, arugula, kale, or collard greens).

CHICKEN SANCOCHO

Ingredients:

2 tomatoes
1 onion
5 garlic cloves
1 bunch cilantro
2 bell peppers
Low salt adobo seasoning
1 2lb package of skinless chicken thighs or breasts
1 green plantain
2 carrots
2 corn on the cob (optional), cut into thirds
1 yucca (raw or frozen)
Salt
1 bag or box of spinach

Directions:

1. Place the tomatoes, onions, garlic, half the bunch of cilantro, peppers, and adobo in a blender with a quarter cup of water and blend until it forms a smooth paste.
2. Season raw chicken with salt. In a large pot, add chicken, blender mixture from step 1, and 4 cups of water. Turn to high heat until a rolling boil is reached. Lower the heat and simmer for 10 minutes.
3. Add plantains, carrots, and corn (optional). Reduce heat to medium and cook for 30 minutes.
4. Add the yucca. Continue cooking for 30 more minutes or until the vegetables are fork tender.Taste and add salt as needed.
5. Add spinach and let wilt for 1 minute. Serve in small soup bowls garnished with cilantro. Serve with Beet Salad (pg. 23) or Fresh Greens Salad (pg. 36).

BEET SALAD

Ingredients:

3 large carrots (about ½ pound)
2 large beets (about ½ pound)
1 small red onion
1 lime
Extra Virgin Olive Oil
Salt
1 bunch cilantro

Directions:

1. In a large pot, boil peeled carrots and beets until fork tender.
2. Remove them from the water and let cool. Peel the beets. Dice the carrots and beets into small cubes.
3. Finely dice the onion.
4. In a large bowl, gently toss the carrots, beets, and onions. Add lime, olive oil and salt to taste. Garnish with cilantro (optional).

This salad can also be prepared raw with cucumbers. For a creamy texture, add avocado. To get your greens, serve over spinach or arugula. We recommend serving it with Sancocho (pg. 22) or Lemon Rosemary Salmon (pg. 26).

RICE & BEANS

Ingredients:

1 yellow onion, diced
3 scallions, diced
5 garlic cloves, crushed
2 bell peppers (1 red, 1 green)
1 tomato
2 tbsp of Extra Virgin Olive Oil
1 pound dry red beans, soaked overnight or
cooked in a pressure cooker for 20 minutes
4 cups of water and 4 cups of low sodium vegetable/chicken broth
2 large carrots, peeled and diced
½ tsp achiote powder (optional)
1 teaspoon ground cumin
Salt to taste
Brown or white rice

Directions:

1. Blend the onions, scallions, garlic, bell peppers, and tomato until a paste forms. Cook for about 5 minutes in a saucepan with extra virgin olive oil. Set aside.
2. In a large pot over medium heat, add the beans, water, broth, carrots and cooked paste from step 1. Add the achiote powder, ground cumin, and salt. Slightly cover and simmer until beans are tender, stirring occasionally.
3. Make brown rice (strongly encouraged!) or white rice following the packaging instructions
4. Serve with raw, roasted, or sautéed vegetables, or a greens salad (pg. 36).

Rice and beans together are a complete, healthy protein. It does not need to be served with meat to be a nutritious meal.

SUPER SIMPLE CHICKEN

Ingredients:

4-5 pieces of chicken (thighs or breasts)
4 cloves garlic, diced
2 tbsp oregano
2 Limes
1 Tsp Avocado or Olive Oil
Salt

Directions:

1. Season chicken with garlic, oregano, lime, and salt on both sides.
2. Heat a large pot with avocado oil on medium-high heat.
3. Add the seasoned chicken and sear until tender, about 5 minutes each side.

ROSEMARY LEMON SALMON

Ingredients:
2 pounds fresh or frozen salmon fillets (if frozen, thaw first)
Extra Virgin Olive Oil
2 cloves of garlic, minced
Salt
Pepper
1 Lemon, sliced flat
Rosemary (fresh or dried)

Directions:

1. Preheat oven to 400°.
2. Place salmon on a baking sheet. Brush salmon with olive oil and sprinkle with garlic, salt and pepper. Top with slices of lemon and rosemary sprigs.
3. Cover with aluminum foil and bake for 15-20 minutes. The salmon should flake easily with a fork.

This recipe can be used with other healthy fish options like whiting fillets and catfish.

LENTIL BURGERS

Ingredients:
1 16 oz bag of green or brown lentils
1 bell pepper
1 green pepper (bell or jalapeño)
1 onion
1 bunch of cilantro
5 cloves of garlic
Salt
Whole wheat flour (or ground flax seeds)

Directions:

1. Preheat the oven to 350°. Prepare 2 baking trays with parchment paper.
2. In a large pot, boil lentils in water until they are tender.
3. While the lentils cook, blend the peppers, onion, cilantro, and garlic until a paste forms. Add a splash of water if necessary. Set aside.
4. Place the cooked lentils in a blender and blend until slightly mashed. In a bowl, combine the paste from step 3 with the lentils. Add salt and whole wheat flour or ground flax seeds to the mixture.
5. Form 12 patties and place on the baking trays. If patties won't hold their shape, add a little flour or flax seeds and reform the patties. They will dry out in the oven.
6. Bake for 30 minutes then flip the patties and bake for another 20-30 minutes. The outside should be crispy and the inside moist and soft. Serve on a lettuce or cabbage wrap, on a whole wheat bun, or with no bun at all. Top with avocado, hot sauce, mustard, or any other healthy topping. It is an excellent meal with a green salad (pg. 36) and roasted vegetables.

You can double or even triple the recipe and freeze the leftover patties in parchment paper or plastic wrap. Black beans make a great substitute for lentils.

CAULIFLOWER CREAM SOUP

Ingredients:

1 head cauliflower, washed and chopped
2 tbsp olive oil
3-4 cloves garlic, diced
1 white onion or 1 bunch chives, diced
3-5 stalks celery, chopped
2 tbsp turmeric
Low sodium vegetable/chicken broth
Salt and pepper to taste

Directions:

1. Heat up olive oil in a pot. Once it is hot, add cauliflower, garlic, onion or chives, and celery. Cook for 5 minutes. Add turmeric and black pepper and continue to cook for 2 minutes.
2. Add enough water to the pot to cover the cauliflower and add salt to taste. Simmer until cauliflower is fork tender (about 7-8 minutes).
3. Place everything in a blender and blend until it is a smooth creamy consistency. Serve in bowls and enjoy!

Add ginger and curry powder (instead of turmeric) to try something new.

CHICKEN AND VEGETABLE SOUP

Ingredients:

4 cups chicken stock, low sodium
2 lb. chicken thighs or breasts, boneless and skinless
1 tomato
1 red bell pepper
1 large onion
1 bunch cilantro
2 12 oz. bags mixed frozen vegetables

Directions:

1. Gently boil chicken in simmering chicken stock over medium heat in a medium pot.
2. While chicken is boiling, blend together tomato, red bell pepper, onions, and cilantro until it forms a paste.
3. Add paste to the pot and simmer for 5-10 minutes.
4. Add frozen vegetables to pot and cook for an additional 10 minutes.

For a more filling meal, cook whole wheat noodles in boiling water, drain, and add to soup.

HEALTHY LASAGNA

Ingredients:

2 large zucchini (or eggplant or whole wheat lasagna noodles)
1 green bell pepper, diced
1 onion, diced
1 (16 ounce) box fresh mushrooms, sliced
1 egg
1 (15 ounce) container ricotta cheese
2 tablespoons chopped fresh parsley
1 (16 ounce) jar tomato sauce (no added sugar, low salt)
1 (16 ounce) package frozen or fresh chopped spinach
1 teaspoon salt
½ teaspoons ground black pepper
½ bag (8 oz) shredded mozzarella cheese
½ bag (8 oz) grated Parmesan cheese

Directions:

1. Preheat oven to 325°. Grease a baking pan with extra virgin olive oil. Slice zucchini lengthwise into thin slices. Sprinkle slices lightly with salt; set aside. This step removes excess water.
2. Add 2 tbsp of olive oil to large skillet over medium heat. Add in pepper, onion, and mushrooms and cook until softening. Meanwhile, stir egg, ricotta, and parsley together in a bowl.
3. To assemble lasagna, spread ⅓ of the tomato sauce into the bottom of prepared pan. Then layer ⅓ of the onion, pepper and mushroom sauté, ⅓ of the zucchini slices, ⅓ the ricotta mixture, and all the spinach. Repeat by layering the remaining tomato sauce, onion, pepper and mushroom saute, zucchini slices, and ricotta mixture. Spread Parmesan cheese and mozzarella evenly over the top; cover with foil.
4. Bake for 45 minutes. Remove foil; raise oven temperature to 350°, and bake an additional 15 minutes. Let stand for 5 minutes before serving.

COCONUT BROWN RICE

Ingredients:

1 can unsweetened coconut milk
2 cups brown rice
1 tsp of salt
3 cups water
1/2 cup unsweetened coconut flakes (optional)

Directions:

1. Place coconut milk in a medium saucepan and bring to a simmer on medium heat.
2. Reduce coconut milk over medium heat and allow it to separate while caramelized coconut milk solidifies.
3. Add brown rice and salt. Toast rice in coconut milk over medium heat until aromatic.
4. Add water and stir once. Reduce to a low simmer and cover. Let cook for 20 minutes.
5. Use rubber spatula to scrape bottom of pan frequently.
6. Once cooked, remove lid, and let cool. Fluff with a fork.

Coconut milk may require longer period of time to reduce. As the coconut milk reduces, it will get thicker so you may need to stir it frequently.

CRISPY ROASTED VEGETABLES

Ingredients:

Any vegetable, ideally those in season and inexpensive like brussels sprouts, broccoli, cauliflower, zucchini, asparagus, green beans, summer squash; washed and chopped into 1 inch pieces
Extra Virgin Olive Oil
Salt
Black Pepper







Directions:

1. Preheat oven to 415°.
2. Place vegetables on a baking sheet, drizzle with olive oil, sprinkle with salt and pepper and bake for 20 minutes.
3. Check vegetables; brussels sprouts and green beans will be ready more quickly than zucchini or cauliflower. Get them nice and crispy! Serve with rosemary & lemon salmon (pg. 26) and coconut brown rice (pg. 31).

ROASTED STARCHY VEGETABLES

Ingredients:

Any starchy vegetable like yucca, sweet potato, carrots, butternut squash, beets, red potato; washed and chopped into 1 inch pieces
Extra Virgin Olive Oil
Salt
Black Pepper







Directions:

1. Preheat oven to 415°.
2. Place vegetables on a baking sheet, drizzle with olive oil, sprinkle with salt and pepper and bake for 15 minutes.
3. Shake vegetable tray and bake for 10 more minutes.
4. Check vegetables; they are ready when they have browned and are soft.

PERNIL-INSPIRED PORK

Ingredients:
1 lb. Pork tenderloin, trimmed

For Dry Rub:
½ tsp. salt
1 tsp. spanish paprika (optional)
2 tsp. dried oregano
1 tsp. ground cumin
2 tbsp. olive oil
1 qt. Mojo marinade (1 c. water, 2 c. orange juice, ½ c. lemon juice, ½ c. lime juice, ½ tsp. salt, 1 tbsp. garlic powder, 1 tbsp. onion powder, 1 tsp. cumin)

Directions:
1. Sear pork in olive oil over medium to high heat in pressure cooker. Once pork is browned, add mojo marinade. Scrape bottom to release.
2. Cover with pressure cooker lid. Turn on high until pressurized. Once pressurized, lower heat and cook for 1 hour.
3. Once cooked, allow pressure to reduce and open lid (carefully.)
4. Pull pork with two forks. Serve with brown rice, green salad (pg. 36) and a side of roasted vegetables (pg. 32).

SPANISH TORTILLA

Adapted from the New York Times

Ingredients:

½ cup extra-virgin olive oil
4 potatoes, peeled and cut into thin slices
1 bag of spinach
1 onion, thinly sliced
2 tsp salt
8 large eggs, beaten

Directions:

1. Heat oil in a large skillet over medium heat. Add potatoes, onion, spinach and salt. Reduce heat to medium-low and cook for 20 minutes, until potatoes are tender but not browned.
2. Turn off the heat. Drain the leftover oil and set aside. Place the potatoes, spinach and onions into the bowl with the beaten eggs. Add 2 tablespoons of the saved oil to coat the pan. Turn on the heat to medium-low heat, add the eggs and vegetables, and cover.
3. Shake pan occasionally to prevent it from sticking. Eggs should be cooked through after 10 minutes. Flip omelette by using a dinner plate and sliding the omelette back into the pan. Cook for about 2 more minutes. Serve warm with fresh greens salad (pg.36).

Replace some of the potatoes with bell peppers, more greens, or your favorite vegetables for a more nutritious meal.

GREEN SALAD WITH HOMEMADE DRESSING

Ingredients:
Arugula, baby kale, or spinach
Purple cabbage, chopped thinly
Frozen peas
Nuts or seeds (pepitas, walnuts, almonds, etc)
Avocado (optional)

Directions:
1. Place greens, purple cabbage, frozen peas and nuts or seeds into a bowl and drizzle with salad dressing. Toss gently. Serve topped with avocado, crispy vegetables or roasted starchy vegetables (optional).

Dressing Ingredients:
(2 parts oil, 1 part vinegar, 1 part mustard)
⅓ cup extra virgin olive oil
2 tbsp vinegar (balsamic for a sweeter dressing, apple cider vinegar or white wine vinegar for more acidic and refreshing)
2 tsp (or one spoonful) dijon mustard
Salt and pepper

Directions:
1. Add ingredients to a sealed jar and shake until emulsified. Taste and adjust if necessary.

CRISPY TOFU

Tofu is a protein-dense food made from soybeans. It has a mild taste that makes it the perfect vehicle for marinades and sauces as a substitute for chicken. Try adding it to soups, too!

Ingredients:
1 package extra firm tofu
1 tbsp avocado oil
Marinade or sauce of choice
(see below for ideas)

Directions:

1. Preheat the oven to 420 degrees F. Open and drain the tofu. Wrap the tofu in a paper or cloth towel, place it on a plate, and place something heavy on top (a book or a pot will work) to squeeze water out. This will ensure crispy tofu. Let sit for 15-45 minutes. Cut into 1 inch cubes.
2. Oil the tofu with 1 tbsp avocado oil to make sure it doesn't stick, and place it on a baking sheet. Bake for 20-30 minutes, flipping halfway through.The tofu is ready when it is browned and crispy.
3. While the tofu is baking, make a sauce. This can be poured over the tofu to serve or added to the tofu while it is in the oven, when you are flipping the tofu in step 2.

Sauce ideas:
Pernil-inspired: olive oil, raw or sauteed minced garlic, lime juice, oregano, salt and pepper
Smoky and Spicy: olive oil, adobo, cumin, garlic powder, and chili powder
Simple Balsamic: olive oil, minced garlic, balsamic vinegar, salt and pepper

If you have time to marinate the tofu, do so in a glass baking dish with each piece of tofu in the sauce for at least 1 hour. You will not have to oil the tofu if you marinated it.

EXERCISE

Exercise goes hand and hand with a healthy diet. We know it promotes an overall state of wellness, with benefits for mental health, weight loss, and lower blood pressure.

Physical activity goals for adults are:

- **30 minutes of moderate aerobic exercise 5 times a week.**
- **Activities that strengthen muscles twice a week.**

Here are some strategies for achieving these goals:

- **Walk** for 30 minutes 5 days a week. If you have access, try walking around outside.
- **Walk up and down the stairs** 3 times each time you use the stairs. **Dancing** around the house or watching short YouTube exercise videos can be a fun way to clock in some exercise.
- **Free weight strengthening exercises** are great for muscles. If you don't have weights, a can or a jar from the kitchen will work!
- **Try YouTube** for inspiration about simple strength training exercises.

We know that many doctors encourage people to get more exercise, but if you have not discussed increasing your physical activity with your doctor, make sure you discuss it with them first.

TAKE-HOME TIPS

Make healthy substitutions. Small changes go a long way.

When in doubt, follow the Healthy Eating Plate portion guide (pg.5).

It's okay to indulge. Do so thoughtfully with portions in mind.

Think of recipes as guides. Add more vegetables to any recipe.

Enjoy the process of cooking and trying new foods. Encourage others to do the same.

RESOURCES

SNAP Navigation Information - (855) 697-4347
Call to ask for eligibility and nutrition assistance

Farm Fresh RI - (401) 312-4250
Farmers Market - Double SNAP benefits for fruits and vegetable purchases

RI Community Food Bank - (401) 942-6325
Call to identify your local food pantry

Progreso Latino Food Pantry - (401) 365-4010
Available for all Central Falls residents

Progreso Latino Health and Wellness Programs - (401) 728-5920
Free, structured programs that focus on healthy living, including Diabetes Prevention and Chronic Pain Management

Clínica Esperanza Vida Sana- (401) 347-9093
Nutrition education, exercise support, and cooking classes

Cart Wheel RI- (401) 484-1567
Place an order, pay as much as you are able to (they accept SNAP), and have local food delivered

Project Hand Up- (401) 965-9050
Shop for food, toiletries, and over the counter medications for a suggested donation

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MORE INFORMATION ONLINE

Please visit:

https://progresolatino.org/health-wellness

to access the nutrition facts for each recipe and a free PDF of the cookbook, available in English and Spanish.

If you enjoyed the cookbook, please share it with your family and friends on social media!

We'd also love to hear your thoughts on the recipes. You can send us an email at recetasconprogreso@gmail.com.

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