

# Latin-Inspired Meal Plan

You can use this meal plan as a starting point for building your own custom meal plan on Diabetes Food Hub. Create your free account online, save recipes, and drag-and-drop them into the interactive meal planner.

## Sunday

### Breakfast



Fruit and Almond Smoothie



Blanco Huevos Rancheros

### Lunch



Cucumber Guacamole



Ronaldo's Cuban Sandwich

### Dinner



Pastelón



Green Salad with Orange, Avocado, and Onion

### Other

	<b>Breakfast</b>	<b>Lunch</b>	<b>Dinner</b>	<b>Other</b>	<b>Total</b>
<b>Calories</b>	400	235	450	0	1085
<b>Total carbs</b>	45g	20g	53g	0g	118g
<b>Total fat</b>	13g	9g	18g	0g	40g
<b>Protein</b>	26g	21g	22g	0g	69g

# Monday

## Breakfast



Cereal de avena y quinua

## Lunch



Sweet Pepper, Onion and Tomato Salad

## Dinner



Cubano Roasted Broccoli Florets

## Other



Cinnamon Flan



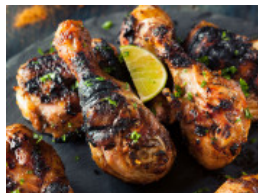
Hard Boiled Egg



Pastelón



Cilantro Lime Quinoa



Budget-Friendly Cilantro Lime Roasted Chicken

	Breakfast	Lunch	Dinner	Other	Total
<b>Calories</b>	278	375	345	160	1158
<b>Total carbs</b>	31g	48g	36g	22g	137g
<b>Total fat</b>	11g	12g	8g	3.5g	35g
<b>Protein</b>	15g	21g	27g	10g	73g

# Tuesday

## Breakfast



Sweet and Smoky Baked Eggs



Fruit and Almond Smoothie

## Lunch



Sweet Pepper, Onion and Tomato Salad



Chicken and Black Bean Burritos

## Dinner



Chopped Mexican Salad with Lime



Latin Baked Fried Chicken

## Other



Arroz con Leche (Rice Custard)

	Breakfast	Lunch	Dinner	Other	Total
<b>Calories</b>	185	425	440	140	1190
<b>Total carbs</b>	19g	44g	33g	24g	120g
<b>Total fat</b>	7g	17g	19g	2g	44g
<b>Protein</b>	12g	38g	39g	6g	95g

# Wednesday

## Breakfast



Hard Boiled Egg



Cereal de avena y quinua

## Lunch



Latin Baked Fried Chicken



Chopped Mexican Salad with Lime

## Dinner



Smoky Shrimp Tostadas with Chipotle Mango Slaw



Frijoles Refritos Saludables



Green Salad with Orange, Avocado, and Onion

## Other

	Breakfast	Lunch	Dinner	Other	Total
<b>Calories</b>	278	440	470	0	1188
<b>Total carbs</b>	31g	33g	62g	0g	126g
<b>Total fat</b>	11g	19g	18g	0g	48g
<b>Protein</b>	15g	39g	18g	0g	72g

# Thursday

## Breakfast



4-Layer Stuffed Avocado



Fruit and Almond Smoothie

## Lunch



Veggie Dip Cups



Brown Rice and Pinto Bean Bowl with Chicken and Pico de Gallo

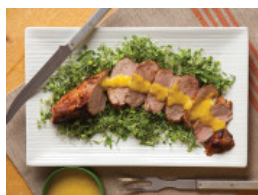
## Dinner



Cubano Roasted Broccoli Florets



Cilantro Lime Quinoa



Mojo-Marinated Pork Tenderloin (Pernil)

## Other



Maduros al Horno

	Breakfast	Lunch	Dinner	Other	Total
<b>Calories</b>	260	410	375	60	1105
<b>Total carbs</b>	27g	48g	42g	15g	132g
<b>Total fat</b>	15g	14g	6g	0g	35g
<b>Protein</b>	10g	27g	34g	0g	71g

# Friday

## Breakfast



Hard Boiled Egg



4-Layer Stuffed Avocado

## Lunch



Mojo-Marinated Pork Tenderloin (Pernil)



Cilantro Lime Quinoa



Veggie Dip Cups

## Dinner



Poblanos Rellenos de Vegetales



Kidney Bean Stew

## Other



Arroz con Leche (Rice Custard)

	Breakfast	Lunch	Dinner	Other	Total
<b>Calories</b>	238	395	350	140	1123
<b>Total carbs</b>	13g	42g	51g	24g	130g
<b>Total fat</b>	17g	7g	11g	2g	37g
<b>Protein</b>	11g	35g	17g	6g	69g

# Saturday

## Breakfast



Moroccan Avocado Smoothie

## Lunch



Ronaldo's Cuban Sandwich

## Dinner



Sweet Pepper, Onion and Tomato Salad

## Other



Cinnamon Flan



Huevos ahogados en salsa verde



4-Layer Stuffed Avocado




Ingrid Hoffmann's Carnitas Baked Chimichangas

	Breakfast	Lunch	Dinner	Other	Total
<b>Calories</b>	430	350	265	160	1205
<b>Total carbs</b>	38g	28g	28g	22g	116g
<b>Total fat</b>	27g	18g	10g	3.5g	58g
<b>Protein</b>	13g	25g	18g	10g	66g

# 4-Layer Stuffed Avocado




Avocados are filled with heart-healthy monounsaturated fats, and are a low-carb source of fiber. Here we top half an avocado with black beans and salsa for simple southwest snack or side dish.

  
**Prep time**  
10 min

  
**Cook time**

  
**Servings**  
4 Servings

  
**Serving size**  
1 avocado half

## Nutrition Facts

4 Servings

**Serving Size** 1 avocado half

**Amount per serving**

**Calories** **160**

**Total Fat** 12g

Saturated Fat 2g

**Cholesterol** 0mg

**Sodium** 180mg

**Total Carbohydrate** 12g

Dietary Fiber 6g

Total Sugars 2g

Added Sugars 0g

**Protein** 5g

**Potassium** 490mg

**Phosphorus** 95mg

## Ingredients

<b>black beans (drained and rinsed)</b>	1/3 cup
<b>avocados</b>	2
<b>plain nonfat Greek yogurt</b>	4 tbsp
<b>salsa</b>	4 tbsp
<b>reduced-fat shredded cheddar or Mexican-style cheese</b>	4 tsp
<b>salt</b>	1/4 tsp
<b>lime (quartered)</b>	1

## Directions

- 1 Place the beans in a small bowl. Using the back of a fork, mash until they reach an almost smooth consistency.
- 2 Cut avocados in half and remove the pits. In the center of each avocado, layer 1 tablespoon of the beans, 1 tablespoon of Greek yogurt, and 1 tablespoon of salsa and sprinkle with 1 teaspoon of cheese. Sprinkle the salt evenly over the avocados. Serve each avocado half with 1 slice of lime to squeeze over the dish.



# Arroz con Leche (Rice Custard)



**Prep time**  
5 min



**Cook time**  
25 min



**Servings**  
4 Servings



**Serving size**  
3/4 cup

## Nutrition Facts

4 Servings

**Serving Size** 3/4 cup

**Amount per serving**

**Calories** **140**

**Total Fat** 2g

Saturated Fat 0g

**Cholesterol** less than 5mg

**Sodium** 55mg

**Total Carbohydrate** 24g

Dietary Fiber 2g

Total Sugars 7g

**Protein** 6g

**Potassium** 230mg

**Phosphorus** 200mg

## Ingredients

uncooked instant brown rice	1 cup
fat-free milk	2 cup
water	1 cup
granulated zero-calorie sweetener	2 tbsp
strip orange peel (3-inch)	1
cinnamon stick	1
whole flax seeds	1 tbsp
whole cloves	3
vanilla extract	1 tsp
ground cinnamon	1/2 tsp




## Directions

- 1 Prepare the rice according to the package directions.
- 2 Combine the cooked rice, milk, water, sugar substitute, orange peel, cinnamon stick, flaxseeds, and cloves in a medium saucepan; bring to a boil. Reduce the heat to medium low and simmer, stirring often, until the rice pudding is thick and creamy, about 20 minutes.
- 3 Remove from the heat. Remove and discard the orange peel, cinnamon stick, and cloves. Stir in vanilla and ground cinnamon.

# Blanco Huevos Rancheros



Nutrition Facts	
2 Servings	
<b>Serving Size</b>	2 topped tortillas
<b>Amount per serving</b>	
<b>Calories</b>	<b>300</b>
<b>Total Fat</b> 10g	
Saturated Fat 2g	
<b>Cholesterol</b> less than 5mg	
<b>Sodium</b> 560mg	
<b>Total Carbohydrate</b> 30g	
Dietary Fiber 5g	
Total Sugars 3g	
<b>Protein</b> 21g	

 <b>Prep time</b>	 <b>Cook time</b> 15 min	 <b>Servings</b> 2 Servings	 <b>Serving size</b> 2 topped tortillas
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## Ingredients

plain fat-free Greek yogurt or organic low-fat sour cream	1/4 cup
tomatillo sauce (commercially made (salsa verde))	1/4 cup
Hass avocado (peeled and diced (about 1/2 cup))	1/2
white or black pepper (freshly ground, to taste)	1/4 tsp
sea salt (or to taste)	1/8 tsp
pepper Jack (shredded)	3 tbsp
egg whites (large, or 1 cup 100% egg white substitute)	8
corn tortillas (5-inch)	4
small jalapeno pepper (minced, without seeds)	1
cilantro (fresh, chopped)	1 tbsp

## Directions

- 1 Preheat the oven to 475 degrees F. Lightly coat both sides of the corn tortillas with natural butter-flavored cooking spray and place on a baking sheet. Bake 4 minutes per side or until crisp and lightly browned. Remove from the oven and let cool on the baking sheet.
- 2 Meanwhile, place a large nonstick skillet over medium heat. Add the egg whites and scramble for 5 minutes or until done. Immediately stir in salt, pepper, and cheese.
- 3 Place a scoop of cheesy egg whites on top of each crisp tortilla. Top each with avocado, tomatillo sauce, jalapeno, and cilantro.

# Brown Rice and Pinto Bean Bowl with Chicken and Pico de Gallo



**Prep time**  
10 min



**Cook time**  
10 min



**Servings**  
6 Servings



**Serving size**  
1 bowl

## Nutrition Facts

6 Servings

**Serving Size** 1 bowl

**Amount per serving**

**Calories** **320**

**Total Fat** 10g

Saturated Fat 2g

**Cholesterol** 40mg

**Sodium** 260mg

**Total Carbohydrate** 38g

Dietary Fiber 9g

Total Sugars 3g

**Protein** 22g

**Potassium** 670mg

## Ingredients

olive oil	2 tsp
medium onion (diced and divided)	1
cooked pinto beans	2 cup
chili powder	1 tbsp
ground cumin	1 tsp
ground cayenne red pepper	1/4 tsp
black pepper	1/4 tsp
water	1/2 cup
medium tomato (seeded and diced)	1
medium jalapeño pepper (seeded, deveined and minced)	1
cilantro (chopped)	1/4 cup
Juice of 1 lime	1
cooked brown rice (warmed)	2 cup
salt	1/2 tsp
cooked chicken (shredded, warmed)	2 cup
avocado (peeled, seeded and sliced)	1
lime (sliced)	1

## Directions

- 1** Add oil to a sauté pan over medium heat. Add half the diced onion and the pinto beans, chili powder, cumin, cayenne pepper, black pepper and water. Sauté, slightly mashing the beans as you sauté until the liquid is absorbed, about 5 minutes.
- 2** In a small bowl, mix together the tomato, jalapeño pepper, remaining diced onion, cilantro and lime juice. Set aside.
- 3** Season the brown rice with the salt.
- 4** In six salad bowls or soup bowls, divide and layer the brown rice, topped with the cooked pinto beans, chicken, tomato mixture, sliced avocado and 1 slice of lime.
- 5** **COOKING DRY PINTO BEANS:** Add 1 lb (16 oz.) dry pinto beans to a large pot of boiling water (at least 6 cups of water). Boil rapidly for 2 minutes. Remove from heat and cover. Let sit for 1 hour. Drain and rinse beans. Add 6 fresh cups of water. Bring to a boil, then reduce to a simmer for one hour or until the beans are soft but not split. Makes 5 cups cooked beans. These beans can be used in any recipe calling for cooked or canned beans. Store in an airtight container in the refrigerator for 7 days or package in freezer bags in one cup increments for up to 6 months.
- 6** **COOKING BROWN RICE:** Add 1 lb (16 oz.) of long grain (not instant) brown rice to a large soup pot with 5 cups of water. Bring to a boil then reduce to a simmer. Cover and simmer for 45 minutes or until all liquid is absorbed. Makes 10 cups cooked brown rice. This rice can be used in any recipe calling for cooked brown rice. Store in an airtight container in the refrigerator for 7 days or package in freezer bags in one cup increments for up to 6 months.

# Budget-Friendly Cilantro Lime Roasted Chicken



Cilantro and lime make a fresh and zesty flavor combination in this chicken dish.



**Prep time**  
5 min



**Cook time**  
50 min



**Servings**  
6 Servings



**Serving size**  
1/2 breast, 1  
thigh, or 1  
drumstick + 1  
wing

## Nutrition Facts

6 Servings

**Serving Size** 1/2 breast, 1 thigh, or 1  
drumstick + 1 wing

**Amount per serving**

**Calories** **130**

**Total Fat** 4.5g

Saturated Fat 1g

**Cholesterol** 55mg

**Sodium** 55mg

**Total Carbohydrate** 4g

Dietary Fiber 0g

Total Sugars 3g

**Protein** 18g

**Potassium** 170mg

## Ingredients

nonstick cooking spray	1
whole chicken (cut into 8 pieces)	2 1/2 lbs
cilantro (chopped)	2 tbsp
lime (zested and juiced)	1
honey	1 tbsp
garlic (minced)	2 clove
black pepper	1/2 tsp
salt ((optional))	1/2 tsp

## Directions

- 1 Preheat oven to 375 degrees F. Coat a baking dish with cooking spray.
- 2 Remove the skin from the chicken and arrange in a single layer in the baking pan.
- 3 In a small bowl, whisk together the cilantro, lime zest, lime juice, honey, garlic, ground black pepper and salt (optional). Pour the mixture evenly over the chicken and bake for 45-50 minutes or until the internal temperature of the largest piece of chicken is 165 degrees.

# Quinoa Oatmeal



Adding quinoa to oatmeal boost the fiber and protein in this classic breakfast dish. Make a double batch of this oatmeal and freeze it in single-serving portions for a quick weekday breakfast. Just heat it up in the microwave.



**Prep time**  
10 min



**Cook time**  
15 min



**Servings**  
4 Servings



**Serving size**  
2/3 cup  
oatmeal, 2  
tbsp  
raspberries,  
and 1 tbsp  
almond

## Nutrition Facts

4 Servings

**Serving Size** 2/3 cup oatmeal, 2 tbsp  
raspberries, and 1 tbsp almond

**Amount per serving**

**Calories** **200**

**Total Fat** 6g

Saturated Fat 0.5g

**Cholesterol** less than 5mg

**Sodium** 125mg

**Total Carbohydrate** 30g

Dietary Fiber 4g

Total Sugars 11g

**Protein** 9g

**Potassium** 390mg

**Phosphorus** 280mg

## Ingredients

skim milk	2 cup
water	1/2 cup
old-fashioned rolled oats (not quick cooking)	3/4 cup
quinoa	1/4 cup
honey	2 tsp
ground cinnamon	1 tsp
vanilla extract	1/2 tsp
salt	1/8 tsp
raspberries	1/2 cup
sliced almonds (toasted)	1/4 cup

## Directions

- 1 Combine the milk and water in a large saucepan and bring to a simmer over medium heat.
- 2 Add the oats, quinoa, honey, cinnamon, vanilla, and salt. Reduce the heat to low. Cover and cook, stirring occasionally, until the oats and quinoa are tender, about 15 minutes. Serve topped with the raspberries and almonds.

# Chopped Mexican Salad with Lime



This fresh chopped salad is full of color! A citrus marinade drizzled over the vegetables brings them to life. Serve this salad as a lovely side dish or as an entree.



**Prep time**  
15 min



**Cook time**



**Servings**  
8 Servings



**Serving size**  
1 1/2 cups

## Nutrition Facts

8 Servings

**Serving Size** 1 1/2 cups

**Amount per serving**

**Calories** **240**

**Total Fat** 15g

Saturated Fat 3g

**Cholesterol** less than 5mg

**Sodium** 180mg

**Total Carbohydrate** 24g

Dietary Fiber 8g

Total Sugars 7g

**Protein** 7g

**Potassium** 510mg

**Phosphorus** 130mg

## Ingredients

lime juice	1/2 cup
olive oil	1/4 cup
crushed red pepper flakes	1 tsp
garlic (minced)	3 clove
honey	1 1/2 tbsp
romaine lettuce (chopped)	6 cup
black beans (rinsed and drained)	15 oz
jicama (peeled and chopped)	1 cup
corn (drained)	15 oz
red bell pepper (cored, seeded, and diced)	1
ripe avocados (peeled and diced)	2
reduced fat monterey jack cheese	1/2 cup

## Directions

- 1 To make the dressing, in a small bowl whisk together lime juice, olive oil, crushed red pepper flakes, garlic, and honey. Dressing is best served at room temperature.
- 2 Spread lettuce evenly across a large serving platter. Arrange beans, jicama, corn, bell pepper, and avocados side by side on top of lettuce. Garnish with cheese. Cover and refrigerate until chilled, for at least 1 hour. Drizzle with dressing before serving.

# Cilantro Lime Quinoa



Quinoa has more protein than any other grain. It is gluten-free, contains 3 grams fiber per serving, and is a healthy alternative to any recipe that uses rice. Add a can of low-sodium black beans to boost the fiber and protein in this recipe.



**Prep time**  
20 min



**Cook time**



**Servings**  
6 Servings



**Serving size**  
½ cup

## Nutrition Facts

6 Servings

**Serving Size** ½ cup

**Amount per serving**

**Calories** **145**

**Total Fat** 0g

Saturated Fat 0.5g

**Cholesterol** 0mg

**Sodium** 35mg

**Total Carbohydrate** 22g

Dietary Fiber 2g

Total Sugars 3g

**Protein** 5g

**Potassium** 270mg

## Ingredients

canola oil	1 tbsp
small onion (chopped)	1
garlic (minced )	2 clove
quinoa	1 cup
low sodium chicken broth (low-sodium, fat-free, (gluten-free if needed))	2 cup
Juice of 2 limes	2
fresh cilantro (chopped)	1/2 cup

## Directions

- 1 Heat the oil in a large skillet over medium heat. Add the onions and cook for 3 to 4 minutes. Add the garlic and cook for 30 seconds. Reduce the heat to low and add quinoa. Cook over a low heat for 1-2 minutes, stirring constantly to make sure the quinoa doesn't burn.
- 2 Add the chicken broth and the juice of 1 lime and bring it to a boil. Reduce the heat to low, cover and simmer for 15 minutes or until done. Remove from heat.
- 3 Stir in the juice of 1 lime and chopped cilantro.



# Cinnamon Flan



  
**Prep time**  
10 min

  
**Cook time**  
5 hr

  
**Servings**  
8 Servings

  
**Serving size**  
1 wedge with  
1/3 cup  
raspberries

## Nutrition Facts

8 Servings

**Serving Size** 1 wedge with 1/3 cup raspberries

**Amount per serving**

**Calories** **160**

**Total Fat** 3.5g

Saturated Fat 1g

**Cholesterol** 120mg

**Sodium** 125mg

**Total Carbohydrate** 22g

Dietary Fiber 3g

Total Sugars 19g

**Protein** 10g

**Potassium** 360mg

**Phosphorus** 230mg

## Ingredients

sugar	1/3 cup
water	1/4 cup
skim milk	2 cups
evaporated skim milk	1 (12 oz) can
granulated sugar substitute baking blend (such as Truvia Baking Blend)	3 tbsp
ground cinnamon	1/4 tsp
cinnamon sticks (broken in half)	2
vanilla extract	2 tsp
large eggs	5
raspberries	2 2/3 cups

# Directions

- 1** Preheat the oven to 350°F.
- 2** Combine the sugar and water in a small heavy-bottomed saucepan. Bring to a boil over medium-high heat and cook, swirling the pan occasionally, until the caramel is lightly browned, about 12 minutes. Immediately pour the caramel into a 2-quart round baking dish, tilting the dish to evenly coat. Set aside until the caramel is cool and hardened, about 10 minutes.
- 3** Meanwhile, combine the milk, evaporated milk, sugar substitute, cinnamon powder, and cinnamon sticks in a medium saucepan. Bring to a simmer over medium-low heat and cook, stirring occasionally, for 6 minutes. Remove from the heat. Stir in the vanilla and let stand 15 minutes. Remove the cinnamon sticks.
- 4** Beat the eggs in a medium bowl. Slowly whisk into the milk mixture until well blended. Pour into the baking dish.
- 5** Place the baking dish with the flan mixture into a 9 × 13-inch roasting pan and fill the roasting pan with enough hot water to come one-third of the way up the sides of the baking dish. Bake until the custard is set but jiggles slightly in the center, 50–55 minutes.
- 6** Transfer the pan to a rack; let cool 1 hour. Refrigerate until well chilled, about 3 hours or overnight. To unmold, run the tip of a small knife around the edge of the flan. Place a large flat plate on top of the flan and flip it over. Cut the flan into wedges and serve each wedge with 1/3 cup raspberries.

# Cubano Roasted Broccoli Florets



## Nutrition Facts

4 Servings

**Serving Size** 1 cup

**Amount per serving**

**Calories** **70**

**Total Fat** 3g

Saturated Fat 0g

**Cholesterol** 0mg

**Sodium** 40mg


**Total Carbohydrate** 10g

Dietary Fiber 3g

Total Sugars 3g

**Protein** 4g

**Potassium** 400mg

  
**Prep time**  
10 min

  
**Cook time**  
25 min

  
**Servings**  
4 Servings

  
**Serving size**  
1 cup

## Ingredients

garlic (peeled and thinly sliced)	3 clove
ground cumin	1/4 tsp
lime juice	1 tsp
black pepper (cracked)	1/8 tsp
Spanish onion (thinly sliced)	1/2 cup
avocado oil	2 tsp
broccoli florets	16 oz
Parchment Paper	1

## Directions

- 1 Preheat oven to 350°F.
- 2 In a bowl combine the garlic, cumin, lime juice, pepper and onion. Toss ingredients well so the seasoning spreads evenly. Add avocado oil and broccoli florets to bowl and toss again.
- 3 Place all ingredients on a parchment paper-lined baking sheet and roast for 25 minutes.
- 4 Remove from oven, and grab a fork so you can enjoy this delicious dish.

# Cucumber Guacamole



Serve with sliced radishes or jicama instead of tortilla chips for a low carb snack or appetizer.



**Prep time**  
10 min



**Cook time**



**Servings**  
6 Servings



**Serving size**  
1/4 cup

## Nutrition Facts

6 Servings

**Serving Size** 1/4 cup

**Amount per serving**

**Calories** **45**

**Total Fat** 3g

Saturated Fat 0.5g

**Cholesterol** 0mg

**Sodium** 100mg

**Total Carbohydrate** 4g

Dietary Fiber 2g

Total Sugars 1g

**Protein** 1g

**Potassium** 210mg

**Phosphorus** 25mg

## Ingredients

<b>Hass avocado (pitted and cubed)</b>	1
<b>tomato (diced)</b>	1
<b>English (seedless) cucumber (finely chopped)</b>	1/2 (about 4 oz)
<b>chopped fresh cilantro</b>	2 tbsp
<b>lime juice</b>	1 tbsp
<b>white wine vinegar</b>	1 tbsp
<b>jalapeño pepper (minced)</b>	1/2
<b>salt</b>	1/4 tsp

## Directions

- 1 Coarsely mash the avocado in a medium bowl. Add the tomato, cucumber, cilantro, lime juice, vinegar, jalapeño, and salt until well mixed. Serve with sliced radishes for dipping, if desired.

# Ingrid Hoffmann's Healthy Refried Beans



## Nutrition Facts

4 Servings

Serving Size 1/2 cup

Amount per serving

**Calories** 140

Total Fat 4g

Saturated Fat 0g

Cholesterol 0mg

Sodium 200mg

Total Carbohydrate 19g

Dietary Fiber 6g

Total Sugars 1g

Protein 6g

Potassium 340mg

Phosphorus 110mg

Many traditional Latin recipes have been deemed unhealthy because of their use of pork lard. But in this day and age, the amount of good-for-you fats available is endless. These refried beans leave out the lard, and get lots of flavor from fresh onion and garlic, chipotles, and cumin.



**Prep time**  
5 min



**Cook time**  
12 min



**Servings**  
4 Servings



**Serving size**  
1/2 cup

## Ingredients

oil	1 tbsp
onion(s) (chopped)	1/2
garlic (minced)	2 clove
pinto beans (rinsed and drained)	1 can
low-sodium chicken broth or low-sodium vegetable broth	1/2 cup
chipotle chili in adobo	1/2 tsp
ground cumin	1/4 tsp
salt	1/8 tsp
black pepper	1/4 tsp

## Directions

- 1 Heat the oil in a large nonstick skillet over medium-high heat. Add the onion and garlic and cook until the onion is tender, about 6 minutes.
- 2 Add the beans, broth, chipotle chilies, cumin, salt, and pepper. Cook until beans are heated through, about 5 minutes.
- 3 Mash the bean mixture with a fork or potato masher until coarsely mashed.

# Fruit and Almond Smoothie



Start your morning off with this refreshing smoothie. Almond milk is lower in carb than regular milk and is great for people with milk or lactose intolerance.



**Prep time**  
5 min



**Cook time**



**Servings**  
2 Servings



**Serving size**  
1 cup

## Nutrition Facts

2 Servings

**Serving Size** 1 cup

**Amount per serving**

**Calories** **100**

**Total Fat** 2.5g

Saturated Fat 0.5g

**Cholesterol** 0mg

**Sodium** 110mg

**Total Carbohydrate** 15g

Dietary Fiber 2g

**Protein** 5g

## Ingredients

frozen strawberries and peaches	1 cup
plain nonfat Greek yogurt	1/2 cup
unsweetened almond milk	1 cup

## Directions

- 1 Combine all ingredients in a blender and puree until smooth and thick.

# Green Salad with Orange, Avocado, and Onion



 **Prep time**  
15 min

 **Cook time**  
0 min

 **Servings**  
4 Servings

 **Serving size**  
1 1/2 cups

## Nutrition Facts

4 Servings

**Serving Size** 1 1/2 cups

**Amount per serving**

**Calories** **140**

**Total Fat** 9g

Saturated Fat 1.5g

**Cholesterol** 0mg

**Sodium** 135mg

**Total Carbohydrate** 14g

Dietary Fiber 5g

Total Sugars 8g

Added Sugars 0g

**Protein** 2g

**Potassium** 440mg

**Phosphorus** 45mg

## Ingredients

lime juice	1 tbsp
olive oil	1 tbsp
red wine vinegar	1 tsp
zero-calorie sweetener (such as Truvia or Splenda)	1/8 tsp
salt	1/4 tsp
black pepper	1/8 tsp
oranges	2
mixed greens	4 cup
avocado (pitted and flesh cubed)	1
red onion (chopped)	1/4 small
chopped fresh cilantro	2 tbsp

## Directions

- 1 In a small bowl, whisk together the lime juice, olive oil, red wine vinegar, sweetener, kosher salt, and black pepper.
- 2 Remove the peel and the white pith from around the oranges. Using a paring knife, cut in between the membranes to release the orange segments, and slice them into thirds. Place the orange pieces into a medium bowl.
- 3 Add the mixed greens, avocado cubes, and red onion to the bowl and drizzle with the lime juice mixture. Toss to combine. Sprinkle with the cilantro and serve.

# Hard Boiled Egg



  
**Prep time**  
2 min

  
**Cook time**  
20 min

  
**Servings**  
6 Servings

  
**Serving size**  
1 egg

## Nutrition Facts

6 Servings

**Serving Size** 1 egg

**Amount per serving**

**Calories** **78**

**Total Fat** 5g

Saturated Fat 1.5g

**Cholesterol** 185mg

**Sodium** 60mg

**Total Carbohydrate** less than 1g

Dietary Fiber 0g

Total Sugars less than 1g

Added Sugars 0g

**Protein** 6g

**Potassium** 65mg

## Ingredients

eggs	6 large
water	4 cup

## Directions

- 1 Lay the eggs in a single layer on the bottom of a large sauce pan and cover with cold water so that there is about an inch of water over the eggs.
- 2 Place the pan on a stovetop burner but before turning on the heat, set a timer for 20 minutes.
- 3 Start the timer then turn the heat to high and bring to a boil. Once boiling, reduce to a gentle simmer and simmer until the timer goes off.
- 4 When the timer goes off, immediately drain the water from the pan then gently shake the eggs in the pan to crack the shells.
- 5 Cover in ice water and let sit in the ice water for 15 minutes.
- 6 Drain the ice water, then gently roll each egg on a paper towel to loosen the shell, and peel the shell off of the egg.
- 7 Store in an airtight container in the refrigerator for up to one week.



# Eggs Drowned in Salsa Verde



*Huevos ahogados* or drowned eggs are a classic Mexican breakfast dish. You can make them in a tomato-based sauce or a salsa verde, like this one.



**Prep time**  
15 min



**Cook time**  
25 min



**Servings**  
4 Servings



**Serving size**  
1 topped  
tortilla

## Nutrition Facts

4 Servings

**Serving Size** 1 topped tortilla

**Amount per serving**

**Calories** **330**

**Total Fat** 21g

Saturated Fat 4.5g

**Cholesterol** 190mg

**Sodium** 290mg

**Total Carbohydrate** 27g

Dietary Fiber 7g

Total Sugars 7g

Added Sugars 0g

**Protein** 12g

**Potassium** 710mg

**Phosphorus** 290mg


## Ingredients

tomatillos (papery husks removed, rinsed, and cut into quarters)	1 lbs
onion (quartered)	1
water	1/2 cup
serrano pepper (chopped)	1
garlic (chopped)	2 clove
chopped fresh cilantro	1 cup
lime juice	2 tbsp
salt	1/4 tsp
olive oil	2 tbsp
eggs	4
fat-free corn tortillas (6-inch) (warmed)	4
avocado (cut into 12 slices)	1
crumbled queso fresco	4 tbsp

# Carnitas Baked Chimichangas



These diabetes-friendly chimichangas are stuffed with a healthier version of carnitas and baked instead of fried. Here, a lean pork loin has been roasted and mixed with refried beans and cheese, then stuffed inside a tortilla and baked.

  
**Prep time**  
5 min

  
**Cook time**  
35 min

  
**Servings**  
8 Servings

  
**Serving size**  
1 chimichanga

## Nutrition Facts

8 Servings

**Serving Size** 1 chimichanga

**Amount per serving**

**Calories** **200**

**Total Fat** 7g

Saturated Fat 2.5g

**Cholesterol** 35mg

**Sodium** 430mg

**Total Carbohydrate** 19g

Dietary Fiber 4g

Total Sugars 1g

**Protein** 17g

**Potassium** 350mg

**Phosphorus** 270mg

## Ingredients

<b>Nonstick olive oil spray</b>	1
<b>ground cumin</b>	1/2 tsp
<b>kosher salt</b>	1/2 tsp
<b>chili powder</b>	1 tsp
<b>black pepper</b>	1/2 tsp
<b>olive oil</b>	1 tsp
<b>pork tenderloin</b>	1 lbs
<b>refried beans</b>	1 cup
<b>reduced-fat shredded cheddar cheese</b>	1/2 cup
<b>whole wheat flour tortillas (6-inch)</b>	8

## Directions

- 1** Line a broiler pan with foil. Lightly spray with nonstick spray and preheat the broiler.
- 2** In a small bowl, mix the cumin, chili powder, salt, ground pepper, and oil. Rub the spice mixture all over the pork. Place the pork in the pan and broil, 6 inches from the source of heat, turning occasionally, until an instant-read thermometer reads 145 degrees F when inserted into the thickest part of the pork, about 15 minutes. Transfer the pan to a wire rack and let the pork rest for 10 minutes.
- 3** Preheat the oven to 400 degrees F.
- 4** Chop the tenderloin and pour the juices from the baking sheet over it. In a medium bowl, mix the pork, refried beans, and cheddar cheese.
- 5** Wrap the tortillas in a damp paper towel and microwave for 30 seconds. Fill each tortilla with scant 1/2 cup of the pork mixture. Fold like a burrito.
- 6** Preheat a baking sheet for 5 minutes in the oven. Remove with oven mittens and place the chimichangas, seam-side down, on the baking sheet. Spray with nonstick spray. Bake for 15 minutes, until golden brown.

# Kidney Bean Stew



Beans are a staple in Latin cuisine: Cuban black beans, Mexican refried pinto beans, etc. These red kidney beans are popular in Puerto Rican and Dominican cuisine.



**Prep time**  
10 min



**Cook time**  
20 min



**Servings**  
6 Servings



**Serving size**  
1/2 cup

## Nutrition Facts

6 Servings

**Serving Size** 1/2 cup

**Amount per serving**

**Calories** **120**

**Total Fat** 2.5g

Saturated Fat 0g

**Cholesterol** 0mg

**Sodium** 115mg

**Total Carbohydrate** 19g

Dietary Fiber 5g

Total Sugars 4g

**Protein** 6g

**Potassium** 490mg

**Phosphorus** 100mg

## Ingredients

olive oil	1 tbsp
onion (finely chopped)	1
garlic (minced)	2 clove
peeled, cubed pumpkin or butterut squash	1 cup
no-salt-added red kidney beans (rinsed and drained)	1 (15.5-oz) can
unsalted chicken broth	1 1/2 cup
no-salt-added tomato sauce	1/4 cup
salt	1/4 tsp
black pepper	1/4 tsp
chopped cilantro	1/4 cup

## Directions

- 1 Heat the oil in a large nonstick skillet over medium-high heat. Add the onion, bell pepper, and garlic, and cook, stirring occasionally, until the vegetables are tender, about 8 minutes.
- 2 Add the pumpkin, beans, broth, tomato sauce, salt, and pepper and bring to a boil. Reduce the heat to medium. Cover and cook until the pumpkin is tender, 10-12 minutes. Toss in the cilantro and stir.

# Latin Baked Fried Chicken



  
**Prep time**  
10 min

  
**Cook time**  
30 min

  
**Servings**  
4 Servings

  
**Serving size**  
1 cutlet

## Nutrition Facts

4 Servings

**Serving Size** 1 cutlet

**Amount per serving**

**Calories** **200**

**Total Fat** 3.5g

Saturated Fat 1g

**Cholesterol** 80mg

**Sodium** 260mg

**Total Carbohydrate** 9g

Dietary Fiber 1g

Total Sugars 1g

**Protein** 32g

**Potassium** 300mg

**Phosphorus** 240mg

## Ingredients

nonstick cooking spray	1
lime juice (from 2 limes)	1/4 cup
egg white	1
lower sodium soy sauce	1 tsp
dried oregano	1/2 tsp
garlic (minced)	2 clove
whole-wheat panko bread crumbs	1/2 cup
Adobo seasoning	3/4 tsp
salt	1/4 tsp
thin-sliced chicken cutlets	4 (5 oz) cutlets

## Directions

- 1 Preheat the oven to 425°F. Lightly spray a small baking sheet with nonstick spray.
- 2 Place baking sheet in oven for 10 minutes to heat prior to putting the chicken cutlets on it.
- 3 Whisk together the lime juice, egg white, soy sauce, oregano, and garlic in a medium bowl.
- 4 Place the panko, adobo seasoning, and salt on a sheet of wax paper. Dip the chicken, one piece at a time, into the lime mixture then into the panko mixture, pressing lightly so the crumbs adhere.
- 5 Place the chicken on the baking sheet. Lightly spray with nonstick spray. Bake, without turning, until the crust is golden and the chicken is cooked through, about 20 minutes.

# Oven-Baked Maduros (Sweet Plantains)



  
**Prep time**  
10 min

  
**Cook time**  
18 min

  
**Servings**  
6 Servings

  
**Serving size**  
about 4  
slices

## Nutrition Facts

6 Servings

**Serving Size** about 4 slices

Amount per serving

**Calories** **60**

**Total Fat** 0g

Saturated Fat 0g

**Cholesterol** 0mg

**Sodium** 0mg

**Total Carbohydrate** 15g

Dietary Fiber 1g

Total Sugars 7g

Added Sugars 0g

**Protein** 0g

**Potassium** 230mg

**Phosphorus** 15mg

## Ingredients

nonstick cooking spray	1
very ripe plantains (black skin) (peeled and cut diagonally into 1/2-inch thick slices)	2 (about 1 lb total)

## Directions

- 1 Preheat the oven to 400°F. Line a small baking pan with foil. Spray the foil with nonstick spray.
- 2 Place the plantains slices in one layer on the baking pan and spray the tops with nonstick spray. Bake until softened, about 12 minutes.
- 3 Turn the slices, spray with nonstick spray, and bake until the plantains are tender, about 6 minutes longer.

# Mojo-Marinated Pork Tenderloin (Pernil)



**Prep time**  
25 min



**Cook time**



**Servings**  
5 Servings



**Serving size**  
1 (4-ounce)  
piece pork

## Nutrition Facts

5 Servings

**Serving Size** 1 (4-ounce) piece pork

**Amount per serving**

**Calories** **160**

**Total Fat** 3g

Saturated Fat 1g

**Cholesterol** 75mg

**Sodium** 450mg

**Total Carbohydrate** 10g

Dietary Fiber 2g

Total Sugars 5g

**Protein** 25g

**Potassium** 590mg

**Phosphorus** 300mg

## Ingredients

navel oranges (peeled and cut in half)	2
lemon (peeled)	2
kosher salt	1 tsp
black pepper (cracked)	1/2 tsp
ground cumin	1/4 tsp
garlic powder	1/4 tsp
distilled vinegar	2 tbs
fresh thyme (leaves removed from stem)	2 sprig
pork tenderloin	20 oz
Nonstick cooking spray	1

# Directions

- 1** Preheat oven to 400°F.
- 2** Grab your blender to make the mojo marinade. Add oranges, lemons, salt, pepper, cumin, garlic powder, vinegar, and fresh thyme leaves into the blender. Pulsate the mixture 4 times, then purée for 1 minute. Set aside 4 ounces mojo and add the rest to a resealable plastic bag.
- 3** Remove the silver skin from the pork tenderloin. Add pork tenderloin to the resealable plastic bag with the mojo. Marinate pork for at least 20 minutes in the fridge.
- 4** Remove the pork tenderloin from the bag (discarding the marinade in the bag) and pat dry with a paper towel. Preheat an ovenproof sauté pan over medium heat, spray with nonstick cooking spray, and wait 10 seconds for oil to come up to temperature. Brown both sides of pork tenderloin in the pan, then place pan in the oven for 15-20 minutes. Internal temperature of cooked pork should read 145°F.
- 5** Remove pork from oven and let it rest for a few minutes so juices redistribute. Drizzle some of the reserved mojo marinade on the pork, and serve.



# Moroccan Avocado Smoothie



  
**Prep time**  
5 min

  
**Cook time**

  
**Servings**  
4 Servings

  
**Serving size**  
1 cup

## Nutrition Facts

4 Servings

**Serving Size** 1 cup

**Amount per serving**

**Calories** **100**

**Total Fat** 6g

Saturated Fat 1g

**Cholesterol** 0mg

**Sodium** 35mg

**Total Carbohydrate** 11g

Dietary Fiber 3g

Total Sugars 4g

**Protein** 1g

**Potassium** 300mg

**Phosphorus** 30mg

## Ingredients

ripe avocado (pitted and peeled)	1
overripe banana	1
unsweetened almond milk or orange juice	1 cup
ice	1 cup

## Directions

- 1 Place the avocado, banana, milk, and ice into a blender. Blend until there are no pieces of avocado remaining and the mixture is smooth and frothy. Divide into chilled glasses and enjoy.

# Pastelón (Plantain Shepherd's Pie)



To make your own salt-free Adobo seasoning, combine 1 tbsp each of lemon pepper, garlic powder, onion powder, dried oregano, dried parsley, and achiote powder and 1/2 tsp cumin. Store in an airtight container for up to 2 weeks.



**Prep time**  
20 min



**Cook time**  
1 hr 18 min



**Servings**  
6 Servings



**Serving size**  
1 cup

## Nutrition Facts

6 Servings

**Serving Size** 1 cup

**Amount per serving**

**Calories** **310**

**Total Fat** 9g

Saturated Fat 3.5g

**Cholesterol** 55mg

**Sodium** 310mg

**Total Carbohydrate** 39g

Dietary Fiber 4g

Total Sugars 17g

**Protein** 20g

**Potassium** 910mg

**Phosphorus** 250mg

## Ingredients

<b>Nonstick olive oil spray</b>	1
<b>very ripe plantains (peeled and cut into chunks)</b>	4
<b>salt</b>	1/4 tsp
<b>olive oil</b>	1 tbsp
<b>diced red onion</b>	1 med
<b>green bell pepper (finely chopped)</b>	1
<b>garlic (minced)</b>	4 clove
<b>lean ground beef (7% or less fat)</b>	1 lbs
<b>frozen mixed vegetables</b>	1/2 cup
<b>tomato sauce</b>	1/2 cup
<b>Adobo seasoning</b>	2 tsp
<b>part-skim shredded mozzarella cheese</b>	1/2 cup
<b>paprika</b>	1/4 tsp
<b>fresh flat-leaf parsley (chopped)</b>	1 tbsp

## Directions

- 1** Preheat the oven to 375 degrees F. Spray an 8x8-inch baking dish with nonstick spray.
- 2** Bring the plantains and enough water to cover to a boil in a large saucepan. Reduce the heat to medium low and simmer, until the plantains are very tender, about 25 minutes. Drain, reserving 1 cup of the cooking liquid. Return the plantains to the pot and mash with a vegetable masher, adding the salt and the cooking liquid, 1/2 cup at a time, until the mixture is smooth.
- 3** Heat the oil in a large nonstick skillet over medium-high heat. Add the onion, bell pepper, and garlic. Cook, stirring occasionally, until the vegetables are tender, about 8 minutes.
- 4** Add the beef, and cook, breaking it apart with a wooden spoon, until browned, about 10 minutes. Add the mixed vegetables, tomato sauce, and adobo seasoning. Cook, stirring occasionally, until the flavors are blended, about 10 minutes.
- 5** Spread half of the plantain mixture evenly onto the bottom of the baking dish. Spoon the beef mixture evenly over the plantain mixture. Place the remaining plantain mixture over the beef. Top with the cheese and sprinkle with paprika. Bake until the filling is hot and the cheese is melted and browned around the edges, about 25 minutes.

# Ingrid Hoffmann's Veggie-Stuffed Poblanos



Poblano peppers are mostly used in Mexican cuisine. They are packed with flavor and are great to stuff with just about everything but the kitchen sink. They do have a hint of spice, just enough of a kick to enhance the flavor.



**Prep time**  
10 min



**Cook time**  
20 min



**Servings**  
4 Servings



**Serving size**  
1 stuffed poblano

## Nutrition Facts

4 Servings

**Serving Size** 1 stuffed poblano

**Amount per serving**

**Calories** **110**

**Total Fat** 6g

Saturated Fat 1.5g

**Cholesterol** less than 5mg

**Sodium** 160mg

**Total Carbohydrate** 13g

Dietary Fiber 3g

Total Sugars 6g

**Protein** 5g

**Potassium** 550mg

**Phosphorus** 125mg

## Ingredients

nonstick cooking spray	1
large poblano peppers	4
olive oil	1 tbsp
white (button) mushrooms (coarsely chopped)	1 package
carrots (shredded)	1 cup
green onion (scallion) (thinly sliced)	4
garlic (minced)	4 clove
salt	1/8 tsp
chopped fresh basil leaves, or 2 Tsp. dried basil leaves (chopped)	2 tbsp
queso fresco (crumbled)	4 tbsp

## Directions

- 1** Preheat the broiler. Line a broiler pan with foil. Lightly spray the foil with nonstick spray. Place the poblanos on the pan and broil, 4 inches from the heat, turning occasionally, until the poblanos are tender and slightly charred in spots, about 8 minutes.
- 2** Place the poblanos in a zip-close plastic bag; squeeze out the air and seal the bag. Let stand 15 minutes. Leave the broiler on.
- 3** Heat the oil in a large nonstick skillet over medium-high heat. Add the mushrooms, carrots, scallions, garlic, and salt and cook, stirring occasionally, until the vegetables are tender, about 8 minutes. Remove from the heat. Stir in the basil until well mixed.
- 4** Meanwhile, peel the poblanos. Make one slit to create a pocket and remove the seeds. Stuff each pepper with one-quarter of the mushroom mixture and top with 1 Tbsp of cheese.
- 5** Broil the stuffed peppers, 4 inches from the heat, until the filling is hot and the cheese begins to melt, about 4 minutes.

# Ronaldo's Cuban Sandwich



**Prep time**  
10 min



**Cook time**  
18 min



**Servings**  
2 Servings



**Serving size**  
1/2 sandwich  
and 1/2 salad

## Nutrition Facts

2 Servings

**Serving Size** 1/2 sandwich and 1/2 salad

**Amount per serving**

**Calories** **190**

**Total Fat** 6g

Saturated Fat 2g

**Cholesterol** 30mg

**Sodium** 510mg

**Total Carbohydrate** 16g

Dietary Fiber 3g

Total Sugars 5g

**Protein** 20g

**Potassium** 420mg

**Phosphorus** 290mg

## Ingredients


<b>multigrain sandwich bread (thin, split in half)</b>	1
<b>Parchment Paper</b>	1
<b>Swiss cheese (low-fat, sliced)</b>	1 1/2 oz
<b>Hass avocado (sliced)</b>	2 oz
<b>deli turkey (low-sodium, sliced)</b>	1 1/2 oz
<b>deli ham (low-sodium, sliced)</b>	1 1/2 oz
<b>arugula (washed)</b>	1/2 cup
<b>roma (plum) tomatoes (sliced)</b>	1/2
<b>red onion (sliced)</b>	1/8 cup
<b>cucumber(s) (sliced)</b>	1/8 cup
<b>cilantro (chopped)</b>	2 tsp
<b>lime juice</b>	2 tsp
<b>black pepper (cracked)</b>	1/8 tsp

# Directions

- 1** Preheat oven to 350°F.
- 2** Place both halves of multigrain roll on a baking sheet lined with parchment paper. Make sure the inside of the bun is facing up. To build the sandwich, layer Swiss cheese evenly on naked bun. Do the same with avocado, turkey, and ham. Place sandwich in the oven for 12 minutes. Remove sandwich from oven and close the roll.
- 3** Preheat a nonstick pan over medium heat. Place the sandwich in the middle of the pan and press down using a spatula or the bottom of a clean saucepan for 2-3 minutes. Flip the sandwich and repeat on the other side. This will give you the pressed look of a traditional Cuban sandwich. Cut in half.
- 4** Add arugula, tomato, red onion, cucumber, cilantro, lime juice, and black pepper to a bowl, and toss ingredients together. Serve with the sandwich. Now take a big bite of that delicious sandwich.

# Smoky Shrimp Tostadas with Chipotle Mango Slaw



  
**Prep time**  
15 min

  
**Cook time**  
30 min

  
**Servings**  
4 Servings

  
**Serving size**  
1 tostada

## Nutrition Facts

4 Servings

**Serving Size** 1 tostada

**Amount per serving**

**Calories** **190**

**Total Fat** 5g

Saturated Fat 0.5g

**Cholesterol** 60mg

**Sodium** 460mg

**Total Carbohydrate** 29g

Dietary Fiber 5g

Total Sugars 12g

**Protein** 10g

**Potassium** 450mg

**Phosphorus** 190mg

## Ingredients

6-inch corn tortillas	4
reduced-fat mayonnaise	3 tbsp
lime (zested and juiced)	1
chopped chipotle chilies in adobo	1 tsp
adobo sauce from chipotle pepper can	1 tsp
honey	1 tsp
salt	1/2 tsp
packaged coleslaw mix	1 (10-oz) bag
ripe medium mango (cut into 1/2-inch chunks)	1
fresh cilantro	1/2 cup
wild, never frozen, medium shrimp (peeled and deveined)	1/2 lb
chipotle powder	1 tsp
olive oil	1 tsp




## Directions

- 1** Heat a small nonstick skillet over medium heat. Add the tortillas, one at a time, and cook until lightly toasted and crisp, about 3 minutes on each side. Remove from the skillet and set aside.
- 2** Whisk together the mayonnaise, lime zest, lime juice, chipotle chilies, adobo sauce, honey, and salt in a large bowl. Add the coleslaw, mango, and cilantro; toss to coat well.
- 3** Sprinkle the shrimp with the chili powder. Heat the oil in a medium nonstick skillet over medium-high heat. Add the shrimp, in batches, and cook, turning occasionally, until just opaque in center, 2-3 minutes.
- 4** Place the tortillas on each of 4 plates. Top each with one-fourth of the coleslaw mixture and one-fourth of the shrimp. Serve at once.

# Sweet and Smoky Baked Eggs



  
**Prep time**  
5 min

  
**Cook time**  
25 min

  
**Servings**  
4 Servings

  
**Serving size**  
1 tomato half

## Nutrition Facts

4 Servings

**Serving Size** 1 tomato half

Amount per serving

**Calories** **85**

**Total Fat** 4.5g

Saturated Fat 1.5g

**Cholesterol** 165mg

**Sodium** 85mg

**Total Carbohydrate** 4g

Dietary Fiber 1g

Total Sugars 2g

**Protein** 7g

**Potassium** 260mg

**Phosphorus** 115mg

## Ingredients

large ripe beefsteak or heirloom tomatoes	2
ground black pepper	1 tsp
cumin	1 tsp
eggs (medium)	4
Parmesan cheese (grated reduced-fat)	2 tsp

## Directions

- 1 Preheat oven to 350°F.
- 2 Wash tomatoes and cut in half. Scoop out the pulp and seeds, leaving about a 1/2-inch rim of tomato.
- 3 Place cut-side up in a greased glass baking dish.
- 4 Sprinkle each tomato half with pepper and cumin. Break an egg into each tomato "shell." Sprinkle each egg with 1/2 tsp of the cheese.
- 5 Bake until the eggs are set, roughly 25 minutes.

# Sweet Pepper, Onion and Tomato Salad



Prep time



Cook time



Servings  
6 Servings



Serving size  
1/6 of recipe

## Nutrition Facts

6 Servings

Serving Size 1/6 of recipe

Amount per serving

**Calories** **65**

**Total Fat** 2.5g

Saturated Fat 0g

**Cholesterol** 0mg

**Sodium** 140mg

**Total Carbohydrate** 9g

Dietary Fiber 2g

**Protein** 1g

## Ingredients

cider vinegar	1/2 cup
garlic (sliced)	1 clove
sugar	1 tsp
salt	1/4 tsp
black pepper	1/2 tsp
ketchup	1 tbsp
Worcestershire sauce	1 tsp
fresh lime juice	2 tsp
extra virgin olive oil	1 tbsp
cilantro (chopped)	3 tbsp
large bell pepper (any color, cut into thin rings)	1
large onion (sliced into thin rings)	1
large tomatoes (peeled, cut into 8 wedges)	2

## Directions

- 1 Combine all ingredients except pepper, onion, and tomato and mix well.
- 2 Pour dressing over vegetables and stir. Cover and refrigerate for several hours or overnight, stirring occasionally.

# Veggie Dip Cups



**Prep time**  
20 min



**Cook time**



**Servings**  
4 Servings



**Serving size**  
1 cup

## Nutrition Facts

4 Servings

**Serving Size** 1 cup

**Amount per serving**

**Calories** **90**

**Total Fat** 4g

Saturated Fat 0.5g

**Cholesterol** less than 5mg

**Sodium** 260mg

**Total Carbohydrate** 10g

Dietary Fiber 2g

Total Sugars 6g

**Protein** 5g

**Potassium** 350mg

**Phosphorus** 90mg

## Ingredients

low-fat buttermilk	1/4 cup
low fat plain greek yogurt	1/2 cup
light mayonnaise	1/4 cup
fresh parsley (minced)	1 tbsp
dried dill	1/2 tsp
garlic powder	1/2 tsp
onion powder	1/2 tsp
salt	1/8 tsp
black pepper	1/4 tsp
assorted vegetable sticks for dipping (carrots, cucumbers, celery, bell pepper, etc)	4 cup

## Directions

- 1 In a medium bowl, combine buttermilk, yogurt, mayonnaise, parsley, dill, garlic powder, onion powder, salt, and pepper.
- 2 Pour 1/4 of the dip into a plastic or glass cocktail cup.
- 3 Arrange 1 cup of assorted vegetable sticks in the cup so all of them are touching the dip.
- 4 Repeat process for 3 more cups. If not serving immediately, store vegetable sticks separately, and add to cups with dip before serving.

# Grocery List

## Fresh Produce

<input type="checkbox"/> arugula	1 cup	<input type="checkbox"/> lemon	4
<input type="checkbox"/> assorted vegetable sticks	8 cup	<input type="checkbox"/> lettuce	1 cup
<input type="checkbox"/> avocado	21 1/2	<input type="checkbox"/> lime	19
<input type="checkbox"/> banana	1 cup	<input type="checkbox"/> lime juice	12 1/2
<input type="checkbox"/> basil	6 tsp	<input type="checkbox"/> mango	1
<input type="checkbox"/> bell peppers (red, orange, yellow or green bell peppers)	3 whole	<input type="checkbox"/> mixed greens	8 cup
<input type="checkbox"/> broccoli	4 cup	<input type="checkbox"/> onion(s)	10 1/2
<input type="checkbox"/> carrot(s)	1	<input type="checkbox"/> orange	10
<input type="checkbox"/> cilantro	41 1/2 tbsp	<input type="checkbox"/> plantains	9
<input type="checkbox"/> cucumber(s)	1/4	<input type="checkbox"/> poblano pepper	4
<input type="checkbox"/> English cucumber(s)	1/2	<input type="checkbox"/> raspberries	6 1/2
<input type="checkbox"/> fresh cilantro	2 1/2 cup	<input type="checkbox"/> red bell pepper	2
<input type="checkbox"/> fresh parsley	1/4 cup	<input type="checkbox"/> red onion	2 3/4
<input type="checkbox"/> fresh thyme	4	<input type="checkbox"/> roma (plum) tomatoes	2
<input type="checkbox"/> garlic	45 clove	<input type="checkbox"/> romaine lettuce	12
<input type="checkbox"/> green bell pepper	2	<input type="checkbox"/> serrano pepper	1
<input type="checkbox"/> green onion (scallion)	4	<input type="checkbox"/> Spanish onion	1 cup
<input type="checkbox"/> jalapeño pepper	2 1/2	<input type="checkbox"/> tomatillo	1 lbs
<input type="checkbox"/> jicama	2	<input type="checkbox"/> tomato(es)	8
<input type="checkbox"/> large ripe beefsteak or heirloom tomatoes	2	<input type="checkbox"/> white (button) mushrooms	1 cup

## Fresh Meat, Poultry, & Seafood

<input type="checkbox"/> chicken breasts	42	<input type="checkbox"/> pork tenderloin	3 1/2 lbs
<input type="checkbox"/> cooked chicken	2 cup	<input type="checkbox"/> shrimp	1/2
<input type="checkbox"/> deli ham	3 oz	<input type="checkbox"/> whole chicken	2 1/2
<input type="checkbox"/> lean ground beef	2 lbs		

## Dairy

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<input type="checkbox"/>	<b>1% milk</b>	4 cup
<input type="checkbox"/>	<b>cheddar cheese</b>	14 tbsp
<input type="checkbox"/>	<b>eggs</b>	44
<input type="checkbox"/>	<b>low-fat buttermilk</b>	1/2 cup
<input type="checkbox"/>	<b>Monterey Jack or pepper jack cheese</b>	1 cup

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<input type="checkbox"/>	<b>mozzarella cheese</b>	1 cup
<input type="checkbox"/>	<b>Parmesan cheese</b>	1/8 cup
<input type="checkbox"/>	<b>plain nonfat Greek yogurt</b>	3 1/4 cup
<input type="checkbox"/>	<b>skim milk</b>	8 cup
<input type="checkbox"/>	<b>sour cream or Greek yogurt</b>	1/4
<input type="checkbox"/>	<b>unsweetened almond milk</b>	4 cup

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## Sauces & Condiments

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<input type="checkbox"/>	<b>honey</b>	5 3/4 tbsp
<input type="checkbox"/>	<b>ketchup</b>	1/4 cup

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<input type="checkbox"/>	<b>Worcestershire sauce</b>	1/2 tbsp
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## Baking & Spices

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<input type="checkbox"/>	<b>apple cider vinegar</b>	1 1/2 cup
<input type="checkbox"/>	<b>black pepper</b>	6 3/4 tsp
<input type="checkbox"/>	<b>cayenne pepper</b>	1/4 tsp
<input type="checkbox"/>	<b>chili powder</b>	4 tsp
<input type="checkbox"/>	<b>chipotle powder</b>	1/2 tbsp
<input type="checkbox"/>	<b>cinnamon stick</b>	6
<input type="checkbox"/>	<b>cloves</b>	6 clove
<input type="checkbox"/>	<b>crushed red pepper flakes</b>	2
<input type="checkbox"/>	<b>cumin</b>	3 3/4 tsp
<input type="checkbox"/>	<b>distilled vinegar</b>	4 tbsp
<input type="checkbox"/>	<b>dried dill</b>	1 1/2 tsp
<input type="checkbox"/>	<b>dried oregano</b>	1 tsp
<input type="checkbox"/>	<b>evaporated skim milk</b>	3 cup
<input type="checkbox"/>	<b>garlic powder</b>	1 1/2 tsp

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<input type="checkbox"/>	<b>ground cinnamon</b>	3 1/2 tsp
<input type="checkbox"/>	<b>kosher salt</b>	2 1/2 tsp
<input type="checkbox"/>	<b>onion powder</b>	1 tsp
<input type="checkbox"/>	<b>panko bread crumbs</b>	1 cup
<input type="checkbox"/>	<b>paprika</b>	1 tsp
<input type="checkbox"/>	<b>red wine vinegar</b>	3/4 tbsp
<input type="checkbox"/>	<b>salt</b>	6 1/4 tsp
<input type="checkbox"/>	<b>sea salt</b>	1/8 tsp
<input type="checkbox"/>	<b>Splenda Sugar Blend</b>	6
<input type="checkbox"/>	<b>sugar</b>	11 2/3 tbsp
<input type="checkbox"/>	<b>vanilla extract</b>	7 tsp
<input type="checkbox"/>	<b>white or black pepper</b>	1/4 tsp
<input type="checkbox"/>	<b>white wine vinegar</b>	3 tsp

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## Dry Packaged Foods

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<input type="checkbox"/>	<b>brown rice</b>	4 cup
<input type="checkbox"/>	<b>multigrain sandwich</b>	2
<input type="checkbox"/>	<b>old-fashioned rolled oats (not quick cooking)</b>	1 1/2 cup

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<input type="checkbox"/>	<b>quinoa</b>	3 1/2 cup
<input type="checkbox"/>	<b>sliced almonds</b>	8 tbsp
<input type="checkbox"/>	<b>whole flax seeds</b>	2

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## Canned Food

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<input type="checkbox"/>	<b>black beans</b>	31 3/4
<input type="checkbox"/>	<b>chicken or vegetable broth</b>	1/2 cup
<input type="checkbox"/>	<b>corn</b>	3 3/4 cup
<input type="checkbox"/>	<b>kidney beans</b>	2
<input type="checkbox"/>	<b>low sodium chicken broth</b>	9 cup

<input type="checkbox"/>	<b>pinto beans</b>	3
<input type="checkbox"/>	<b>refried beans</b>	1 cup
<input type="checkbox"/>	<b>tomatillo sauce</b>	1/4 cup
<input type="checkbox"/>	<b>tomato sauce</b>	1 1/2

## Oils / Fats

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<input type="checkbox"/>	<b>avocado oil</b>	1 1/2 tbsp
<input type="checkbox"/>	<b>canola oil</b>	4 tbsp
<input type="checkbox"/>	<b>extra virgin olive oil</b>	3 tbsp

<input type="checkbox"/>	<b>light mayonnaise</b>	11 tbsp
<input type="checkbox"/>	<b>nonstick cooking spray</b>	10
<input type="checkbox"/>	<b>olive oil</b>	55 tsp

## Ethnic Foods

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<input type="checkbox"/>	<b>adobo sauce from chipotle pepper can</b>	1/2 tbsp
<input type="checkbox"/>	<b>Adobo seasoning</b>	5 1/2 tsp
<input type="checkbox"/>	<b>chipotle chili in adobo</b>	1
<input type="checkbox"/>	<b>corn tortillas</b>	12
<input type="checkbox"/>	<b>lower sodium soy sauce</b>	3/4 tbsp

<input type="checkbox"/>	<b>pico de gallo or jarred salsa</b>	1/2 cup
<input type="checkbox"/>	<b>queso fresco</b>	8 tbsp
<input type="checkbox"/>	<b>salsa</b>	12
<input type="checkbox"/>	<b>whole wheat flour tortillas</b>	12

## Frozen Food

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<input type="checkbox"/>	<b>frozen mixed vegetables</b>	1 cup
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<input type="checkbox"/>	<b>frozen strawberries and peaches</b>	3 cup
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## Misc.

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<input type="checkbox"/>	<b>Parchment Paper</b>	4
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