

Salads...

Greek Style Garbanzo Bean Salad*

- 1½ cups garbanzo beans (or one 15-oz. can, drained)
- ½ cup red onion, in thin slices
- ½ cup tomatoes, cut in cubes
- ½ cup chopped green pepper
- 3 Tablespoons vinegar
- 2 Tablespoons lime juice
- 2 Tablespoons olive oil
- 1 Tablespoon chopped garlic
- 2 teaspoons fresh parsley, chopped
- Salt and pepper to taste

Combine all the ingredients in a large bowl.
Let marinate a few hours at room temperature, then refrigerate.

Recipes

Salads...

Cole Slaw*

$\frac{1}{4}$ cup vegetable oil
2 Tablespoons lemon juice
2 Tablespoons lite or fat-free mayonnaise
 $\frac{1}{2}$ teaspoon mustard
 $\frac{1}{4}$ teaspoon celery salt
 $\frac{1}{2}$ teaspoon salt
1 head cabbage, shredded
Ground black pepper, to taste
Paprika, to taste

Mix all ingredients in a bowl.

Recipes

Salads...

Veggie Potato Salad*

- 2 lbs. new red potatoes, peeled (about 6 cups)
- 2 cups frozen peas, defrosted
- 1 large carrot, coarsely grated (about 1 cup)
- 1½ cups corn (kernels), drained
- 2 cups fresh broccoli florets, cut into ½-inch pieces
- ½ cup low-fat plain yogurt
- ¼ cup lite or fat-free mayonnaise
- 4 green onions, sliced (about ½ cup)
- 1 teaspoon dry dill weed
- ¾ teaspoon salt, to taste

Cook whole potatoes in boiling water until barely tender.

Drain, cool, then slice potatoes ¼-inch thick.

In a large bowl, combine potatoes with peas, carrots, corn, and broccoli.

In a small bowl, stir together the yogurt, mayonnaise, green onions, dill weed, and salt.

Gently toss the yogurt-mayonnaise mixture into the vegetable mixture.

(Makes 12, one-cup servings)

Recipes

Salads...

Jicama with Lime Juice*

1 medium jicama
2½ Tablespoons lime juice
¼ teaspoon chili powder
Salt to taste

Peel jicama and cut into thin sticks.

(Jicama can be prepared up to 2 days ahead and stored, covered, and a bowl of water in the refrigerator.)

Just before serving, sprinkle with lime juice, chili powder, and salt.

Apple Salad**

2 cups low-fat or non-fat plain yogurt
2 red apples, chopped
2 green apples, chopped
2 celery stalks, chopped
½ cup raisins
4 ounces granola

Mix all the ingredients in a bowl.
Refrigerate for 15 minutes and serve.

*Adapted from *Words to the Wise*, New Mexico Depart of Health

**Adapted from *Campesinos Sin Fronteras*, Somerton, AZ

Healthy Main Dishes...

Beef Stew with Vegetables*

- 2 pounds beef, cut into cubes
- 1 can cream of mushroom soup (preferably low-fat or lite)
- 2 cups chopped onion
- 2 cups chopped carrots
- 1 cup chopped green pepper
- 2 cubes low-sodium beef bouillon
- 2 cups water
- $\frac{1}{2}$ cup red wine (optional)

Mix all the ingredients in a large stew pot.
Bring to a boil. Reduce heat to low.
Cook on low heat until meat is completely cooked.
Serve with warm rice or potatoes.

Healthy Main Dishes...

Picadillo*

- 1 pound ground beef (preferably 90% lean)
- 1 onion, chopped
- 3 cloves garlic, minced
- 1 can (14 oz.) diced tomatoes
- 2 potatoes, peeled and chopped
- 1 carrot, chopped
- 2 teaspoons raisins, chopped
- 1 jalapeño chili, seeded and chopped (or 1 Tablespoon pickled jalapeños, chopped)
- 2 teaspoons chili powder
- 1 teaspoon oregano
- 1 teaspoon cumin
- $\frac{1}{4}$ teaspoon pepper

In a non-stick pot, cook the beef, onion, and garlic on medium heat, breaking down the meat with a spoon for about 10 minutes, or until the meat has browned.

Add the rest of the ingredients. Bring to a boil.

Reduce heat. Cover and cook for 15 minutes, stirring occasionally, or until potatoes are cooked.

Uncover and cook a few more minutes or until the liquid evaporates.

Healthy Main Dishes...

Chiles Rellenos*

2 chicken breasts
½ onion, chopped
1 tomato, chopped
10 California chilies
Salt and pepper to taste

Boil chicken breasts with half of the chopped onion until fully cooked. Drain.

Shred chicken into small pieces and put in a bowl.

Mix in tomatoes and remaining onion and season to taste.

Grill chilies and peel. Remove seeds.

Fill chilies with chicken mixture.

Serve with fat-free or low-fat sour cream and steamed rice.

Healthy Main Dishes...

Salpicón de Pollo*

2 chicken breasts, cut into small pieces

$\frac{1}{2}$ red onion, thinly sliced

2 Tablespoons olive oil

1 tomato, thinly sliced

$\frac{1}{2}$ head of lettuce, chopped

1 avocado, chopped

Garlic salt, pepper, lime juice to taste.

Cilantro, green chili, jalapeño to taste.

Cook chicken in oil with garlic salt and onion.
When it is cooked, break it down with a spoon.

Add the remaining ingredients and stir.

Serve with tostadas.

Recipes

Healthy Main Dishes...

Tricolor Pasta*

- 12 oz. tricolor pasta
- 1 lb. frozen chopped vegetables (broccoli, cauliflower, carrot)
- 1 red onion, minced
- 2 (15 oz.) cans garbanzo beans, drained
- 5 Tablespoons olive oil
- 5 Tablespoons vinegar
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{4}$ teaspoon ground pepper
- $\frac{1}{4}$ teaspoon garlic powder
- 2 Tablespoons grated Parmesan cheese

Cook pasta and drain.

Cook vegetables and drain.

In a salad bowl, combine all ingredients except Parmesan cheese.

Mix together and refrigerate for at least 2 hours, tossing occasionally.

Serve with Parmesan cheese.

Healthy Main Dishes...

Quesadillas*

- 4 flour tortillas (low-fat, reduced-fat, or whole wheat) (7 inches)
- $\frac{3}{4}$ cup low-fat mozzarella or cheddar cheese, shredded
- 2 slices chicken or smoked turkey, cut into small pieces
 - 2 large green onions, thinly sliced
 - $\frac{1}{2}$ cup fresh cilantro, finely chopped
 - 1 tomato, finely chopped and drained
 - 2 teaspoons pickled jalapeños, chopped

Place a tortilla on a non-stick pan.

Top each tortilla with a quarter of the cheese, chicken or turkey, onion, cilantro, tomato, and jalapeños.

Heat over medium heat until cheese starts to melt. (Don't burn the tortilla.)

Fold the tortilla in half and press down so it doesn't move.

Transfer to a cookie sheet and place in oven at low temperature to keep warm while you make the other tortillas.

Cut each quesadilla into thirds and serve hot.

Healthy Main Dishes...

Winter Squash Soup*

2 Tablespoons butter
2 medium onions, chopped
2 medium carrots, chopped
2 cloves garlic, chopped
1 cup tomato puree
2 fresh, hot chilies, seeded and chopped
1½ lbs. butternut squash, peeled and cubed
5 cups low-sodium chicken broth
Pepper to taste
Pinch of salt
Lime wedges

In large, non-aluminum saucepan, warm butter over medium heat.
Stir in onions, carrots, and garlic. Cook for 3 minutes then cover.
Lower heat and cook for 3-4 minutes more, until vegetables are very tender.
Stir in tomato puree, chilies, butternut squash, and chicken broth.
Simmer for 30 minutes.

Mash squash pieces with a potato masher or the back of a spoon (the soup does not need to be completely smooth).

Season to taste and serve.

Pass lime wedges to squeeze into each bowl of soup.

May be served with corn bread or corn tortillas.

(Makes 8 servings)

Healthy Sauces and Dips...

Salsa de Pepino*

- 2 cucumbers, peeled and chopped
- $\frac{1}{2}$ bunch cilantro, chopped
- 4 green onions, chopped
- 2 tomatoes, chopped
- 1 fresh jalapeño chili, chopped
- 1 Tablespoon red chili
- 1 Tablespoon rice vinegar

Mix all ingredients together. Delicious on tostadas, in tacos, or as a relish on meats!

Low-fat Guacamole**

- 2 zucchinis, grated
- 1 onion, finely chopped
- 1 garlic clove, minced
- 1 jalapeño chili, chopped (or 1 Tablespoon pickled jalapeño peppers, chopped)
- 1 Tablespoon lime juice
- $\frac{1}{2}$ teaspoon salt
- 1 ripe avocado

In a steamer or hot water, steam zucchinis for 5 minutes, or until soft.

Drain and mash or puree. Let cool.

In a container, mix onion, garlic, chili, lime, and salt.

Remove pit and peel from avocado and mash until smooth.

Combine zucchinis with onion mixture and avocado. Mix until smooth (it can have a few small chunks).

To keep guacamole from turning brown, squeeze lime juice on top and cover with plastic wrap. The guacamole can be refrigerated up to 2 days. Stir before serving.

*Adapted from *Words to the Wise*, New Mexico Dept. of Health

**Adapted from *Un Mundo de Sabor*, Bristol-Myers Squibb Company

Healthy Desserts...

Low-fat Berry Bavarian*

- $\frac{3}{4}$ cup boiling water
- 1 package sugar-free strawberry or raspberry Jell-O®
- $\frac{1}{2}$ cup cold water
- Ice cubes
- 1 cup lite Cool Whip®

Stir boiling water into gelatin in bowl for 2 minutes or until completely dissolved.

Mix cold water and ice cubes to make 2 cups.

Add to gelatin, stirring until slightly thickened. Remove any remaining ice cubes.

Stir in whipped topping with a whisk until smooth.

Spoon into dessert dishes. Refrigerate 2 hours or until firm.

Garnish with additional whipped topping, if desired.

Strawberry Pudding**

- 1 box instant vanilla pudding (preferably sugar-free)
- 1 cup low-fat or fat-free (skim) milk
- 2 small cartons of low-fat or fat-free yogurt
- 2 cups strawberries, fresh or frozen

In a medium-sized container, use an electric mixer to mix pudding and milk until smooth.

Slowly add in the yogurt and strawberries and mix with a spoon.

Pour into 8 dishes. Cover and refrigerate overnight (or until firm).

*Adapted from *Words to the Wise*, New Mexico Department of Health

** Adapted from *Campesinos Sin Fronteras*, Somerton, AZ

Healthy Desserts...

Apple Crisp*

4 cups cooking apples, peeled, cored, and sliced (about 1½ lbs.)

½ cup rolled oats

¾ cup flour

½ cup brown sugar

¼ teaspoon salt

1 teaspoon cinnamon

¼ cup softened margarine

Lite whipped topping (optional)

Place prepared apples in a 2 quart glass utility dish.

In a small bowl, combine rolled oats, flour, brown sugar, salt, and cinnamon.

Cut in the softened margarine until mixture is crumbly.

Sprinkle evenly over sliced apples.

Bake either in conventional oven or microwave oven.

Conventional Oven: Sprinkle 1 Tablespoon of water on top of apples before oat mixture is poured on top. Cover dish with foil and bake at 375° F for 30 minutes.

Remove foil and continue baking uncovered 15 minutes more.

Serve warm with a small dollop of low-fat yogurt, ice cream, or whipped topping.

Microwave Oven: Cook for 14 minutes, turning dish ¼ turn every 2 minutes. (If microwave has turntable, rotating by hand is unnecessary.)

Recipes

Healthy Drinks...

Spiced Tea Mix*

1 $\frac{1}{4}$ cups powdered instant tea
1 $\frac{3}{4}$ oz. powdered sugar-free lemonade
1 $\frac{3}{4}$ oz. powdered sugar-free Tang®
2 teaspoons ground cinnamon
 $\frac{1}{2}$ teaspoon nutmeg

Mix all ingredients and store in a tightly-sealed container.
To serve, add 1 heaping teaspoon to 1 cup boiling water.

Natural Limeade**

5 limes
1 gallon water
 $\frac{3}{4}$ cup sugar

(you can try substituting part or all of the sugar with an artificial sweetener.)

Cut the limes into quarters and put in blender.
Blend quickly (mixture will be slightly chunky) and pour into strainer over a pitcher.
Squeeze through any bigger pieces of lime. Add water and sugar and stir.

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**Adapted from *Campesinos Sin Fronteras*, Somerton, AZ