

## 5 MiPlato Meal Tips *to create healthier, tasty versions of your mealtime favorites*

Interested in making your favorite Hispanic cuisine from Mexico, Central and South America, the Caribbean, and Spain **healthier, yet still flavorful**? Look no further. Whether you regularly cook and eat these dishes at home, or want to expand your options, these makeover meals were developed to be familiar and tasty, and celebrate many of the healthy foods and flavors found in these regions. These recipes were designed to include more fruits and vegetables, less saturated fat, sodium, and added sugars, and more spices and herbs so they are nutritious **and** delicious!



### Mix and match to fit your preferences

make healthier arepas, baleadas, spiced tostadas, and tortilla chips

## Arepas Makeover

SERVINGS: 6

### INGREDIENTS

1 cup warm water  
1 cup masarepa  
¾ cup Oaxaca cheese  
3 tbsp vegetable oil, divided  
1 tsp garlic powder  
1 tsp onion powder  
¼ tsp black pepper  
¼ tsp salt

### PREPARATION

1. In a large bowl combine warm water, masarepa, cheese, 1 tablespoon of vegetable oil, spices, and salt. Knead mixture together until a soft dough has formed. If dough is too dry, add more water. If too moist, add more masarepa.
2. Portion dough into roughly ⅓ cup balls. Place each ball between two pieces of parchment or plastic and use a rolling pin to flatten to roughly ½" thickness.
3. Heat a cast-iron skillet over medium-high heat. Heat 1 tablespoon vegetable oil until hot. Add 4 arepas and cook for 4 minutes on each side, or until golden brown. Repeat.
4. Top base with your traditional favorites that are packed with nutrition and flavor, like avocado, eggs, pico de gallo, or salsa verde.

Make go-to items  
lower in saturated  
fat and sodium!



### Say yes to accompaniments

like guacamole, salsa verde, purple cabbage slaw, and refried beans

## Refried Beans Makeover

SERVING: use 2 tbsp as a filling in tacos or baleadas

### INGREDIENTS

1 can red beans or pinto beans, low sodium with liquid  
½ tbsp olive oil  
1 clove garlic, minced  
1 tbsp red onion, chopped  
1 tsp garlic powder  
1 tsp onion powder  
1 tsp paprika  
½ tsp Mexican oregano, dried  
½ tsp ground cumin  
½ tsp black pepper  
½ tsp salt

### PREPARATION

1. Place beans, with liquid, into a blender and blend until smooth.
2. Heat oil in a skillet over medium heat. Add garlic and onion and cook for about 2 minutes. Add pureed beans, garlic powder, onion powder, paprika, oregano, cumin, black pepper, and salt.
3. Reduce heat to medium-low and continue to cook beans, stirring constantly, until mixture has thickened to hummus consistency.

A great way to  
get more veggies  
and more  
nutrition!



### Go healthier for dessert

use cinnamon, cloves, cardamom, nutmeg, and extracts like anise and vanilla

Add your favorite  
spices to make  
tasty treats!



## Arroz con Leche Makeover

SERVINGS: 4

### INGREDIENTS

1 ¾ cups water  
¾ cup medium grain white rice  
1 cup low-fat 1% milk  
1 cinnamon stick  
2 cloves, whole  
2 tbsp sugar  
1 cup evaporated milk, fat-free  
½ cup raisins  
1 tbsp vanilla extract  
½ tsp cinnamon, ground

### PREPARATION

1. In a small pot bring water to a boil. Add rice, reduce heat to low, cover and cook for 20 minutes, or until water is absorbed.
2. While rice is cooking, in a medium pot combine 1% milk, cinnamon stick, and cloves. Allow to soak while rice cooks.
3. Once cooked, add rice to the pan with cinnamon-infused milk and return to medium-low heat. Add sugar and cook for 10-15 minutes, stirring regularly until the rice has absorbed the majority of the milk.
4. Add evaporated milk, raisins, vanilla, and ground cinnamon. Stir to combine and continue to cook over low heat for 2 minutes.
5. Remove from heat, cover, and let rest for 5 minutes. Serve with dusted cinnamon on top if desired.





## Flavor it up

mix herbs and spices you use regularly for easy seasoning at mealtimes

Make your own salt-free spice blends!

# Ceviche Makeover

**SERVINGS:** 8

### INGREDIENTS

#### Tostadas

- 16 corn tortillas, 6"
- 1 tbsp Mexican Salt-Free Spice Blend
- ¼ tsp salt
- As needed, oil spray
- 2 tsp lime juice



#### Ceviche

- 1 lb shrimp, peeled, deveined, diced, cooked or raw
- 2 cups lime juice
- 1 each cucumber, peeled and diced
- 1 large avocado, diced
- 2 Roma tomatoes, diced
- ½ cup red onion, diced
- ¼ cup cilantro, chopped
- 1 each jalapeno, seeded and minced
- ½ tsp black pepper

### PREPARATION

1. In a small bowl, combine cheese and spice blend until evenly distributed. Using more of the blend will result in a spicier quesadilla.
2. On half of one tortilla, evenly spread 1 tablespoon of shredded cheese mixture. Top with a 1-ounce slice of ham. Fold tortilla over into a half-moon, pressing it down slightly. Repeat build with remaining ingredients.
3. Spray oil into a skillet over medium heat. Place one quesadilla in skillet and cook on each side until golden brown. Repeat with remaining builds.
4. Cut each quesadilla into 4 wedges and serve with desired toppings.

## Mexican Salt-Free Spice Blend

Garlic powder	3 tbsp
Onion powder	3 tbsp
Chili powder	2 tbsp
Chipotle pepper, ground	2 tbsp
Cayenne pepper, ground	1 tbsp
Ancho pepper, ground	1 1/2 tsp



## Mediterranean Salt-Free Spice Blend

Smoked paprika	1/4 cup
Oregano, dried	3 tbsp
Parsley, dried	1 tbsp
Chili powder	1 tbsp
Cumin	1 tbsp
Garlic powder	1 tbsp
Onion powder	1 tbsp
Black pepper	1 1/2 tsp



Ingredients higher in saturated fat (e.g., cheese) should be used sparingly



# Tortilla Española Makeover

**SERVINGS:** 8

### INGREDIENTS

- 3 Yukon Gold potatoes, medium
- 1 cup sweet onion, thinly sliced
- 2 tbsp + 1 tsp olive oil, divided
- 1 tbsp Mediterranean Salt-Free Spice Blend
- 6 eggs
- ¼ tsp salt



### PREPARATION

1. Preheat the oven to 375°F. Wash and peel potatoes. Quarter and cut into 1/8-inch slices.
2. In a bowl combine potato slices and 1 tablespoon of oil. Spread slices in a single layer on a baking sheet. Bake for 10 minutes, or until tender.
3. As the potatoes bake, sauté onions in 1 teaspoon of oil for 8-10 minutes or until onions are tender. Set aside and let cool.
4. In a medium bowl whisk together eggs, spices, and salt. Gently fold in cooked potatoes and onions, being careful not to breakup potatoes. Set aside at room temperature and let rest for at least 5 minutes and up to 30 minutes.
5. Heat 1 tablespoon of oil in a 10-inch non-stick skillet over high heat. When oil is hot but not smoking, pour in egg-potato mixture. Shake skillet gently to form an even layer. Cook until edges begin to ruffle and turn pale yellow, about 2 minutes. Run a rubber spatula along the edge of the pan to loosen the tortilla. Reduce heat to medium-low and continue to cook until eggs begin to set at edges, about 10 minutes.
6. Invert a heatproof plate over the egg mixture to cover. Plate should fit inside rim of skillet, flush against the surface of the egg. Quickly and confidently flip the tortilla onto plate by inverting skillet. Return skillet to heat, then slide tortilla back into skillet, uncooked side down. Cook until bottom of tortilla is just set, about 1 minute, using spatula to tuck top edges under vegetables.
7. Again, invert plate over tortilla and carefully flip skillet to turn tortilla out onto plate. Allow to rest 5 minutes, then slice as desired. Serve warm or room temperature.



## One-stop shop

try sincronizadas, tortilla Española, pupusas, and empanadas



# Quesadilla Makeover

**SERVINGS:** 6

### INGREDIENTS

- 6 flour tortillas, 8"
- 3 oz Oaxacan cheese, shredded
- 6 oz ham, thinly sliced
- 1-2 tbsp Mexican Salt-Free Spice Blend
- As needed, oil spray

### PREPARATION

1. In a small bowl, combine cheese and spice blend until evenly distributed. Using more of the blend will result in a spicier quesadilla.
2. On half of one tortilla, evenly spread 1 tablespoon of shredded cheese mixture. Top with a 1-ounce slice of ham. Top ham with an additional 1 tablespoon of cheese. Fold tortilla over into a half-moon, pressing it down slightly. Repeat build with remaining ingredients.
3. Spray oil into a skillet over medium heat. Place one quesadilla in skillet and cook on each side until golden brown. Repeat with remaining builds.
4. Cut each quesadilla into 4 wedges and serve with desired toppings.

