

MiPlato in Action



With Favorite Recipe Makeovers



Familiar Favorites with a Twist ~ healthier and flavorful!

Familiar dishes from Spanish-speaking countries, whether Spain, Mexico, the Caribbean, or Latin America are **delicious!** They also contain healthy ingredients that contribute important nutrients – like vegetables (e.g., avocados and tomatoes) and lean protein (e.g., beans, poultry, and eggs).

Sometimes, though, our favorite dishes contain more sodium, saturated fat, and/or added sugars than is healthy for us. In fact, just about everyone in the United States, regardless of background, can benefit from eating more fruits and vegetables and getting less sodium, saturated fats, and added sugars.

Think about your favorite Hispanic dish and check out these featured recipes that are not only **healthier**, but **flavorful!** How do we know? Because these recipes were developed with you in mind and tested with Hispanic Americans across the U.S. for ease of preparation and flavor enjoyment.

Add Flavor with Spices and Herbs

Make these salt-free spice blends in advance for easy seasoning at meal times

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



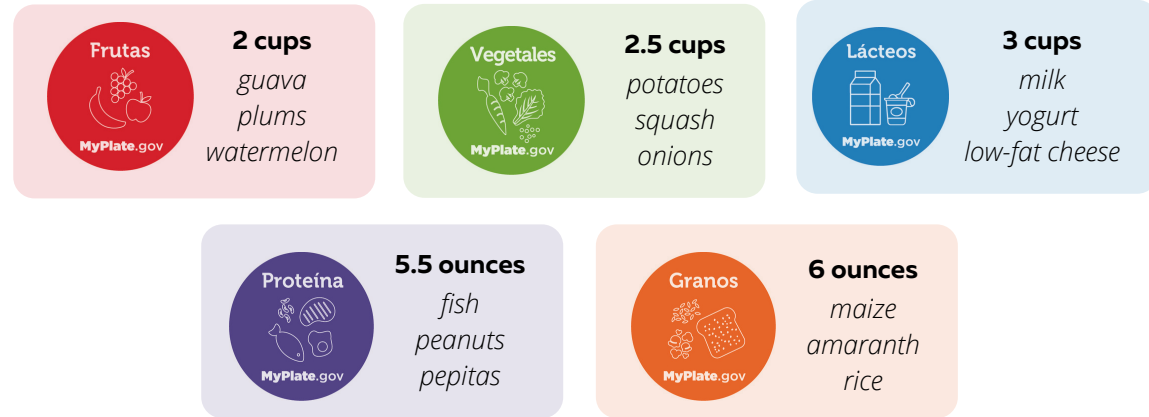
Mediterranean Salt-Free Spice Blend

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



Start Simple with MyPlate to Eat Healthier

Below are examples of foods for each food group, along with the amounts of each, needed to get 2000 calories per day. *



*Calorie needs vary. Visit: www.myplate.gov/es/myplate-plan to get the plan that's right for you.

Many of these recipes can be used as a means to get your MyPlate food group amounts and add extra flavor! Here are some common toppings in and extra information to help you make smart choices.

Vegetables Counts as 1 cup in MyPlate

Avocado	1 avocado
Tomatoes	1 large or 2 small
Red onion	1 cup chopped, raw, or cooked
Cilantro	2 cups fresh



Protein Foods Counts as 1 ounce in MyPlate

Eggs	1 egg
Shredded chicken	1 oz cooked



Dairy Counts as 1/4 cup in MyPlate

Queso fresco	2 tablespoons
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Arepas



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 ½ 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 with remaining oil and arepas. Serve hot with desired toppings.



Suggested Toppings

- Eggs
- Shredded chicken
- Avocado
- Pickled vegetables
- Salsa or pico de gallo
- Sautéed vegetables like spinach, onions, and peppers



Tester Feedback



"Well, being Hispanic I eat these delicious Arepas already, however I really enjoyed making and tasting a different version of them, which was very surprisingly great!"



Recipe Facts

per serving

- \$0.91
- 1/2 oz-equivalent grains
- 1/4 c dairy

Arroz con Leche

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.

Tester Feedback



"I liked that it is creamy and flavorful. I did not miss the whole milk."



Recipe Facts

per serving

- \$0.58
- 1 1/4 oz-equivalent grains
- 3/4 c dairy
- 1/4 c fruit



Baleadas



SERVINGS: 12

INGREDIENTS

Tortillas

- 3 1/3 cups All-Purpose Flour
- 1 tsp Baking Powder
- 1/2 tsp Garlic Powder
- 1/2 tsp Onion Powder
- 1/8 tsp Salt
- 1 1/2 - 2 cups Warm Water
- 1/4 cup Canola Oil

Refried Beans

- 1 can red beans or pinto beans, low sodium with liquid
- 1/2 tbsp olive oil
- 1 clove garlic, minced
- 1 tbsp red onion, chopped
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp paprika
- 1/2 tsp Mexican oregano, dried
- 1/2 tsp ground cumin
- 1/2 tsp black pepper
- 1/2 tsp salt

Tester Feedback

"It's filling and quick to make. Love the flavor and texture of this recipe! The family enjoyed too."

PREPARATION

Tortilla Dough

- In a bowl sift together flour, baking powder, garlic powder, onion powder, and salt. Make a well in the center and pour in canola oil and 1 1/2 cups water. Gently work together with hands until dough is formed. If dough is too dry, add more water. If too moist, add more flour.
- Transfer to a clean and lightly floured area and knead gently for 5-7 minutes, until the dough is soft and flexible.
- Divide dough into 12 pieces. Grease hands with a small amount of oil and form pieces into balls. Place back into bowl and cover with a clean cloth. Allow to rest for 45 minutes.

Refried Beans

- Place beans, with liquid, into a blender and blend until smooth.
- 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.
- Reduce heat to medium-low and continue to cook beans, stirring constantly, until mixture has thickened to hummus consistency.

Recipe Facts

per serving



\$0.10



2 oz-equivalent grains



1/2 oz-equivalent protein

Baleadas

- Heat a griddle or comal over medium-high heat. Have a small piece of cloth or paper towel available for cooking process.
- Place each dough ball on a lightly floured surface area. Flatten each piece with a rolling pin until 1/8" thickness and roughly 6 inches in diameter.
- Place tortilla on hot griddle, flipping after just 10-15 seconds. Tortilla should look pale and opaque. Cook for 1 minute on second side. Flip again and carefully apply pressure using the small cloth or paper towel about 3-4 times. The goal is to "puff out" each tortilla. Remove from griddle and keep covered.
- To assemble, stuff each tortilla with about 2 tablespoons of refried beans and other desired toppings.

Suggested Toppings

- Egg
- Shredded chicken
- Avocado
- Lime crema
- Queso fresco



Ceviche with Spiced Tostadas

SERVINGS: 8

INGREDIENTS

Tostadas

- 16 corn tortillas, 6-inch
- 1 tbsp Mexican Salt-Free Spice Blend
- 1/4 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 cucumber, peeled and diced
- 1 large avocado, diced
- 2 Roma tomatoes, diced
- 1/2 cup red onion, diced
- 1/4 cup cilantro, chopped
- 1 jalapeno, seeded and minced
- 1/2 tsp black pepper



PREPARATION

Tostadas

- Preheat oven to 375°F. Spread tortillas out across baking trays, roughly 8 to a pan.
- In a small bowl, mix 1 tablespoon of Mexican Salt-Free Spice Blend and salt.
- Spray tortillas on each side with oil spray. Sprinkle with spice blend on each side.
- Bake for 10-12 minutes, flipping halfway through. Let cool and sprinkle with lime juice before serving. Store in an airtight container.

Ceviche

- In a glass (non-metal) bowl combine diced shrimp with lime juice. Toss to cover and marinate in the refrigerator. Marinate raw shrimp for 1 1/2 to 2 hours or until no longer translucent; marinate cooked shrimp for 15 minutes. Stir halfway through marination.
- Add cucumber, avocado, tomato, red onion, cilantro, jalapeno, and black pepper to marinated shrimp. Stir until well mixed. Store in an airtight container in refrigerator.
- Serve ceviche over tostadas with hot sauce.

Tester Feedback



"I liked how refreshing the ceviche tasted with cucumber and avocado and the spice blend made the tostadas have a tasty kick."



Recipe Facts

per serving



\$1.83



2 oz-equivalent grains



1/2 c vegetables



1 1/2 oz-equivalent protein



Chilaquiles with Salsa Verde

SERVINGS: 4

INGREDIENTS

Tortilla Chips

- 12 corn tortillas, 6-inch
- 2 tbsp vegetable oil
- 1 tbsp Mexican Salt-Free Spice Blend
- 2 tsp lime juice



Salsa Verde

- 1 lb tomatillos, husked and rinsed
- 1 serrano pepper, stem removed
- ½ cup cilantro, rough chop
- ¼ cup white onion, rough chop
- 2 cloves garlic, peeled
- ½ tsp black pepper
- ½ tsp garlic powder
- ½ tsp onion powder
- ½ tsp salt
- 1 tsp vegetable oil



Recipe Facts

per serving



\$1.25



3 oz-equivalent grain



1 c vegetables



1 oz-equivalent protein



1/4 c dairy

PREPARATION

Tortilla Chips

- Preheat oven to 375F. Cut tortillas into 8 wedges each, place into a large resealable bag.
- Add oil to the bag, seal, and shake until tortilla wedges seem well coated. Add Mexican Salt-Free Spice Blend, seal bag, and shake well until spices are evenly distributed.
- Spread tortilla pieces in a single layer onto a baking tray and bake for 10-12 minutes. Remove from oven and sprinkle with lime juice. Allow to cool before serving. Store in an airtight container.

Salsa Verde

- In a medium pot combine tomatillos and serrano pepper. Top with enough water to cover and bring to a boil. Cook for 5-6 minutes or until tomatillos begin to soften. Remove from heat and reserve ½ cup of cooking liquid.
- Use a slotted spoon to transfer boiled vegetables to a blender. Add cilantro, rough chopped onion, garlic, black pepper, garlic powder, onion powder, and salt. Blend for 1-2 minutes, or until smooth.
- Heat 1 teaspoon oil in a small pot over medium heat. Add tomatillo sauce and reduce heat to medium-low and simmer, uncovered, for 5 minutes, or until sauce has slightly thickened. Thin with reserved poaching liquid if sauce gets too thick. Keep warm.
- Combine finely diced onions, cilantro leaves, and crumbled queso fresco in a bowl. Mix until thoroughly combined.
- Cook eggs as desired
- To serve, place tortilla chips on a plate and top with salsa verde, eggs, and onion mixture.

Toppings Per Serving

- 1 tbsp white onion, finely diced
- 1 tbsp cilantro leaves
- 4 tbsp queso fresco, crumbled
- 1 egg

Tester Feedback

"I really liked the blend of spices. Bursting with flavor. Easy to make."

Argentinian Empanadas

SERVINGS: 12

INGREDIENTS

Empanada Dough

- 3 cups all-purpose flour
- 1 tsp garlic powder
- 1 tsp onion powder
- 1/8 tsp salt
- ½ cup vegetable shortening
- 1 egg yolk
- 1 cup warm milk



Beef Picadillo Filling

- 1 lb ground beef, 95/5
- 1/4 cup Mediterranean Salt-Free Spice Blend
- 3 cups white onions, diced
- 2 tbsp olive oil
- ¼ tsp salt
- 1 bunch scallions, finely chopped
- 3 hard-boiled eggs, sliced
- 2 tbsp sliced green olives, chopped
- 1 egg, separated and lightly whisked

PREPARATION

Empanada Dough

- In a food processor combine flour, garlic powder, onion powder, and salt. Pulse until well mixed. Add vegetable shortening and pulse until evenly distributed. Add egg yolk and a small amount of milk to processor. Blend, gradually adding more milk, until dough begins to come together.
- Turn dough out onto counter and separate into 3 balls. Flatten into discs, wrap in plastic, and refrigerate for 30 minutes.
- On a lightly floured surface with a rolling pin to roll each disc to ⅛" thickness. Cut dough into 6-inch discs. Repeat with remaining dough, should yield 10-12 discs. Dough can be used immediately or refrigerated or frozen for later use.

Beef Picadillo Filling

- Heat olive oil in a large skillet over medium-high heat. Add onions and cook, stirring, until softened, about 8 minutes.
- Add ground beef, seasoning, and salt. Continue to cook, mixing frequently, until beef is cooked through. Remove from heat and allow to cool. Stir in scallions and chopped olives. Refrigerate until ready to use.

Assembly

- To assemble, place a ⅓ cup of meat mixture in center of each dough disc. Top with a slice of hard-boiled egg. Brush the edges of the disc with egg whites. Fold dough in half and seal edges gently with fingers. Twist and fold the edges of dough with fingers, then use a fork to press down and fully seal empanada.
- Whisk egg yolk with a small amount of water. Brush tops with egg wash and allow to rest in refrigerator for at least 30 minutes, or until ready to bake.
- Preheat oven to 400°F. Bake for 20-25 minutes or until golden brown. Serve warm.

Note

If a food processor is unavailable to you: mix flour and spices in a bowl. Add shortening cut into flour using a dough cutter or fork, until it is evenly distributed. Add yolk and a portion of the milk and stir, continuing to add milk until dough just begins to come together. Continue at Step 2.



Tester Feedback

"The spices elevated the dish and made it feel like my mom's cooking."

Pupusas

SERVINGS: 16

INGREDIENTS

Curtido

- 2 cups cabbage, shredded
- 1 cup carrot, shredded
- 1 tbsp Mexican Oregano (sub Mediterranean)
- 1 cup hot water
- 1 cup apple cider vinegar
- 1 tsp kosher salt
- 1 tsp sugar

Pupusas

- 1 tbsp vegetable oil
- 1 cup red bell pepper, diced
- 1 cup white onions, diced
- ½ tsp garlic powder
- ½ tsp onion powder
- ½ tsp chili powder
- ¼ tsp black pepper
- 3 cups masa harina
- 1 tsp salt
- ½ tsp garlic powder
- ½ tsp onion powder
- 2-3 cups warm water
- ½ cup Oaxacan cheese (sub mozzarella), shredded
- As needed, oil spray

Recipe Facts

per serving



\$0.57



1 1/4 oz-equivalent grain



1/2 c vegetables

PREPARATION

Curtido

- In a medium bowl, toss together cabbage, carrots, and Mexican oregano.
- In a measuring cup, stir together hot water, vinegar, salt, and sugar until salt and sugar have dissolved. Pour mixture over cabbage mixture.
- Allow mixture to cool and refrigerate for at least 4 hours, preferably overnight.

Pupusas

- Heat oil in a skillet over medium-high heat. Add peppers, onions, and spices. Stir to combine and cook, continuing to stir for 4-6 minute, until softened. Set aside for pupusa assembly.
- In a medium bowl, whisk together masa harina, garlic powder, onion powder, and salt. Pour in warm water and use a spatula to stir until mostly combined. Then, use hands to knead mixture until very soft dough forms and masa harina is fully hydrated.
- Portion dough into ¼ cup balls (or use a 2 oz ice cream scoop).
- Lightly oil hands with vegetable oil. Gently flatten one dough ball into a roughly ½ inch thick disc. Place 2 teaspoons of cheese and 1 tablespoon of veggie filling in center of disc. Wrap dough around cheese/filling. Pinch the edges completely so the filling is sealed in, then gently flatten into a disc that is roughly ¼ inch and 4 inch diameter. Repeat with remaining dough.
- Heat a cast iron skillet over medium-high heat. Spray pan with oil spray and add 2-3 pupusas and cook for 4-6 minutes per side, or until golden brown. Serve pupusas with curtido and other desired toppings.

Tester Feedback

"I loved the flavor and the spice blend. Also it was so easy to make."



Suggested Toppings

- Avocado
- Salsa verde or rojo
- Queso fresco
- Cilantro

Sincronizadas

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

- In a small bowl, combine cheese and spice blend until evenly distributed. Using more of the blend will result in a spicier quesadilla.
- 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.
- 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.
- Cut each quesadilla into 4 wedges and serve with desired toppings.

Tester Feedback

"I liked how easy the recipe was. It's a quick lunch for my kids or anyone really. The cheese was good and the seasoning kicked it up a notch. The ham could easily be replaced with any protein and I really liked the flavor."

Suggested Toppings

- Avocado
- Pico de gallo
- Salsa verde or rojo
- Lime crema



Recipe Facts

per serving



\$0.73



2 oz-equivalent grains



1/4 c dairy



1 oz-equivalent protein

Fish Tacos

SERVINGS: 12

INGREDIENTS

Lime Crema

- 1/2 cup Mexican crema
- 1/4 cup Greek yogurt, 2%
- 1/4 cup mayonnaise
- 1/4 cup lime juice
- 2 tbsp Mexican Salt-Free Spice Blend

Purple Cabbage Slaw

- 2 cups purple cabbage, shredded
- 1/2 cup carrots, shredded
- 1/2 cup lime crema
- 2 tbsp cilantro, chopped
- 1/8 tsp salt

Fish Tacos

- 12 corn tortillas, 6"
- 1 1/2 lb tilapia
- 1 tbsp olive oil
- 1 tbsp Mexican Salt-Free Spice Blend
- 1/4 tsp salt



PREPARATION

Lime Crema

1. In a small bowl combine Mexican Crema, Greek yogurt, mayonnaise, and lime juice. Add in spices and whisk until combined. Set aside in the fridge until taco assembly.

Purple Cabbage Slaw

1. In a medium bowl, combine purple cabbage, carrots, Lime Crema, cilantro, and salt. Set aside in the fridge until taco assembly.

Fish Tacos

1. Preheat oven to 375°F. In a medium bowl, combine tilapia and a tablespoon of olive oil.
2. Place tilapia on a parchment-lined baking sheet. Sprinkle Mexican Salt-Free Spice Blend and salt evenly over both sides of fish.
3. Bake for 18-20 minutes, until fish flakes easily with a fork. If desired, increase oven to broil for 3-5 minutes to brown edges.
4. Heat a large dry skillet or griddle over medium/high heat. Lightly toast tortillas on both sides.
5. Build each taco with fish, some Purple Cabbage Slaw or Lime Crema, and other desired toppings.

Suggested Toppings

- Avocado
- Tomatoes
- Queso fresco
- Red onion
- Cilantro



Recipe Facts

per serving

\$0.96

- 1 oz-equivalent grains
- 1/2 c vegetables
- 1 1/4 oz-equivalent protein

Tester Feedback

"I liked the amount of spice in this recipe. There were different textures that were very pleasant."

Tortilla Española

SERVINGS: 8

INGREDIENTS

- 3 each 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
- 1/4 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.

Tester Feedback

"I liked that the recipe had a minimal amount of sodium yet the dish was flavorful."

Note

An alternative to flipping the tortilla, cover the tortilla and cook on low heat until the center is cooked through. Then turn out onto a plate.



Recipe Facts

per serving

\$0.38

- 1/2 c vegetables
- 3/4 oz-equivalent protein

