

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 authentic and delicious, and celebrate many of the healthy foods and flavors found in these regions!



Arepas Makeover



Mix and match to fit your preferences

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

SERVINGS: 6

INGREDIENTS

1 cup warm water
1 cup masarepa
 $\frac{3}{4}$ cup Oaxaca cheese
3 tbsp vegetable oil, divided
1 tsp garlic powder
1 tsp onion powder
 $\frac{1}{4}$ tsp black pepper
 $\frac{1}{4}$ tsp salt



Create a base that is packed with flavor but lower in saturated fat and sodium

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 $\frac{1}{3}$ cup balls. Place each ball between two pieces of parchment or plastic and use a rolling pin to flatten to roughly $\frac{1}{2}$ " 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.



Refried Beans Makeover



Say yes to accompaniments

like guacamole, salsa verde, lime crema, purple cabbage slaw, rice, refried beans

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

INGREDIENTS

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

A great way to get more veggies and more nutrition!

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.



Arroz con Leche Makeover



Go healthier for dessert

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

Add your favorite spices to make tasty treats!



SERVINGS: 4

INGREDIENTS

1 $\frac{3}{4}$ cups water
 $\frac{1}{4}$ 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
 $\frac{1}{2}$ cup raisins
1 tsp vanilla extract
 $\frac{1}{2}$ 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 dust cinnamon on top if desired.



Ceviche Makeover



Flavor it up

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

Make your own salt-free spice blends!



SERVINGS: 8

INGREDIENTS

Tostadas

16 corn tortillas, 6"
1 tbsp Mexican Salt-Free Spice Blend
¼ tsp salt
Oil spray, as needed
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
½ cup red onion, diced
¼ cup cilantro, chopped
1 jalapeño, seeded and minced
½ tsp black pepper

PREPARATION

Tostadas

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

Ceviche

1. 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.
2. 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.
3. Serve ceviche over tostadas with hot sauce.

Mexican Salt-Free Spice Blend

Garlic powder	3 tbsps
Onion powder	3 tbsps
Chili powder	2 tbsps
Chipotle pepper, ground	2 tbsps
Cayenne pepper, ground	1 tbsps
Ancho pepper, ground	1 ½ tsp



Mediterranean Salt-Free Spice Blend

Smoked paprika	¼ cup
Oregano, dried	3 tbsps
Parsley, dried	1 tbsps
Chili powder	1 tbsps
Cumin	1 tbsps
Garlic powder	1 tbsps
Onion powder	1 tbsps
Black pepper	1 ½ tsp



Quesadilla Makeover



One-stop shop

try sincronizadas, tortilla Española, pupusas, and empanadas

Ingredients higher in saturated fat should be used sparingly

Tortilla Española Makeover



SERVINGS: 8

INGREDIENTS

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

PREPARATION

1. Preheat the oven to 375°F. Wash and peel potatoes. Quarter and cut into ¼-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.

SERVINGS: 6

INGREDIENTS

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

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.

