



Ancestral Recipes

From My Grandma's Kitchen To Yours

Quesadilla



Ingredients (2 servings)

- 1 tbsp. Canola oil
- 2 tbsp. cilantro, finely chopped
- 4 whole wheat tortillas or spinach tortillas (pg 41)
- ¼ cup low-fat Monterey Jack cheese
- ½ cup low sodium canned black beans, washed and drained
- Pico de gallo (pg 43) or guacamole (pg 43)
- 1 tsp. jalapeño, sliced (optional)

Choose as many vegetables as you'd like:

- ½ cup chayote, chopped
- ½ cup green peppers, chopped
- ½ cup green onions, chopped
- ½ cup tomato, diced
- ½ cup mushrooms, diced

How to start:

1. Make or select the tortillas.
2. Prepare the pico de gallo or guacamole.
3. Chop vegetables.
4. Wash and drain the beans.
5. Warm the oil in a medium pot.

How to cook:

1. Sauté vegetables on medium heat, for 5-8 minutes. Add the beans and cook the mixture until everything is hot.
2. Warm the tortillas and spread the cheese and vegetables evenly on each tortilla.
3. Fold the tortillas in half and continue cooking them until the cheese is melting.
4. Serve hot with pico de gallo, guacamole or jalapeño on top or inside the quesadilla.

Huevos Rancheros



Ingredients (4 servings)

1 tbsp. Canola oil or grape seed oil
4 corn, spinach, or whole wheat tortillas
1 ½ cup egg whites*
¼ cup low sodium canned black beans, washed and drained
⅛ tsp. black pepper
2 cups pico de gallo
½ tbsp. parmesan cheese (optional)

**Egg white can be replaced with grilled nopales, large mushrooms, or turkey ham*

How to start:

1. Prepare pico de gallo (pg 43).
2. Chop or slice vegetables.
3. Pre-heat the oven to 450F.

Select 3-4 of the following ingredients:

¼ cup nopales (cactus pads without spines)
¼ cup green peppers, chopped
¼ cup green onion, sliced
¼ cup corn (frozen or fresh)
¼ cup mushrooms, chopped

How to cook:

1. Using no more than ½ tbsp. oil, sprinkle both sides of the tortillas with oil and place them on a baking sheet. Bake the tortillas for 5 to 10 minutes or until toasted. Take the tortillas out of the oven and put them aside. A healthier option that does not include oil is to warm the tortillas on the stove at low heat until golden.
2. Warm ½ tbsp. Canola oil in a large pan.
3. Sauté vegetables in oil.
4. Pour egg whites into the pan and cook on medium heat for 2-3 minutes or until completely cooked.
5. Spread the vegetables and eggs evenly on the tortillas along with ½ tbsp. of cheese (optional). Warm the tortilla until the cheese melts.
6. Sprinkle with black pepper and serve with ½ cup of pico de gallo on each tortilla. Serve hot.

Mexican Squash



Ingredients (5 servings)

- 1 tsp. Canola oil
- 6 Mexican zucchinis, cubed
- 5 medium tomatoes, cubed
- 4 garlic cloves, chopped
- ½ onion, sliced
- 1 can corn or 1 ½ cup fresh corn
- 1 bunch cilantro, finely chopped
- 1 jalapeño pepper
- 1 tbsp. salt

How to start:

1. Slice the onion.
2. Chop cilantro and garlic cloves.
3. Chop tomatoes and zucchinis into cubes.
4. If using fresh corn, cut it off the cob. If using canned corn, rinse it to remove sugar and salt.

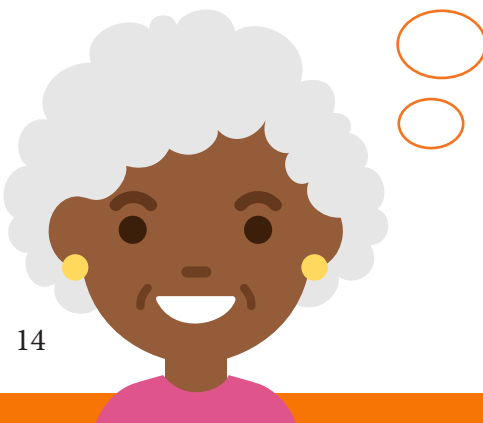
How to cook:

1. In a medium saucepan, warm the Canola oil and sauté the onion until golden or transparent.
2. Add the cilantro, garlic, and jalapeño peppers. Sauté over medium-high heat for about 3-5 minutes.
3. Add the rest of the ingredients, put a lid on the pan* and boil for 10 minutes. Serve hot or cold.

**If needed, add ¼ cup of water in order to have enough liquid to boil.*

Snacks. If we eat between meals, will we spoil our appetite?

Snacks are important. Snacks help to keep you satisfied throughout the day and prevent you from overeating during meals.



Lentil Soup



Ingredients (4 servings)

- 1 cup lentils (dried)
- ½ onion
- 3 garlic cloves, peeled
- 2 carrots, chopped
- 4 celery stalks, chopped
- 1 beet root, cubed
- 2 tomatoes, chopped
- 1 cup cilantro, chopped
- 7 cups water

How to Start:

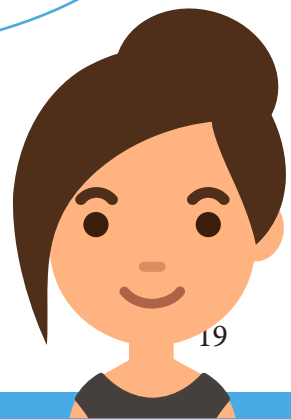
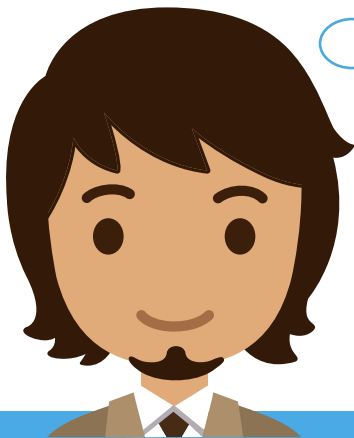
1. Finely chop cilantro.
2. Chop the beet into small cubes.
3. Use a blender or food processor to blend 4 cups of water, onion, garlic, carrots, celery, and tomatoes.

How to cook:

1. Pour the vegetable mixture into a pot and add the beets. Bring to a boil and then let simmer for 15 minutes.
2. Cook the lentils with 3 cups water in a covered saucepan on low heat for 15 minutes. Make sure not to overcook the lentils. Drain excess water from the lentils.
3. Add the lentils to the simmering pot of vegetables and cook together for 5 minutes.
4. Add cilantro for garnish. Serve!

I don't have a cup to measure lentils. How can I measure two cups?

No problem! Use your fist. A fist is approximately a cup. Also, remember that one cup of raw lentils becomes 2 ½ cups of cooked lentils.



Chicken and Vegetable Soup



Ingredients (4 servings)

- ½ cup lentils (dried)
- 6 cups water
- 2 skinless chicken breasts
- 2 basil stems
- 1 marjoram stem
- 1 rosemary stem
- 1tbsp. crushed pepper
- ½ tsp. black pepper
- 1½ tsp. garlic salt
- 1 chayote, chopped
- 3 tomatoes
- ½ white onion, chopped
- 3 carrots (1 whole; 2 cubed)
- 2 celery stalks, chopped
- 2 garlic cloves
- 3 cups chard, chopped
- 1 cup spinach, chopped
- 2 Mexican squash, chopped
- 4 parsley stems

How to start:

1. Wash the lentils.
2. Wash the chicken and remove skin.
3. Chop all the vegetables into cubes, except the tomatoes and one carrot.
4. Boil the tomatoes, 1 garlic clove, and one carrot in 2 cups water.
5. Blend the boiled tomatoes, garlic cloves, and carrot with ¼ onion and ½ tsp. garlic salt.

How to cook:

1. In a large pot cook the lentils and chicken breasts in 4 cups of water.
2. Add 1 tsp. garlic salt, 1 garlic clove, black pepper, ¼ of onion, and the herb stems.
3. Add the chayote and carrot cubes.
4. Cover the saucepan and let everything cook slowly on medium heat.
5. Once the chicken and vegetables are boiling, add the tomato mixture from the blender, squash, chard, and spinach.
6. Cook uncovered for ½ hour, or until the chicken is fully cooked.
7. Remove the chicken and shred it. Add the shredded chicken back into the soup and serve.

Split Pea Soup



Ingredients (4 servings)

- 1 tbsp. Canola oil
- 1 onion, finely chopped
- 3 carrots, peeled and cubed
- 2 celery stalks, chopped
- 1 tsp. thyme powder
- 2 ¼ cups split peas (dried)
- 4 cups low sodium chicken or vegetable broth
- 6 cups water
- 2 lemons, juiced

How to start:

1. Wash the split peas.
2. Finely chop the onion.
3. Peel and chop the carrots into cubes.
4. Chop the celery stalks into little pieces.

How to cook:

1. Pour 1 tbsp. Canola oil into a saucepan on medium heat.
2. Add onion, carrots, celery, and thyme. Cook for about 10 minutes until the ingredients feel soft.
3. Add 4 cups of chicken or vegetable broth and 4 cups of water. Cook covered on high heat until it boils.
4. Once it boils, lower the heat and angle the lid to partially cover while cooking for about 1½ hours or until the split peas are soft.
5. Check on the soup from time to time to make sure it remains liquid. An additional two cups of water can be added if needed. Remove any foam forming on the top of the soup.
6. Serve right away or cover and refrigerate for up to 3 days. Add lemon juice to taste.

**This soup tends to thicken after a while. You can add water when reheating it on the stove.*

Corn and Green Chile Salad



How to start:

1. Defrost the corn, chop the tomatoes into cubes, remove the seeds from the serrano pepper, slice the green onions, and finely chop the cilantro.
2. Chop selected vegetables into cubes.

Ingredients (4 servings – $\frac{3}{4}$ cup each)

- $\frac{1}{2}$ tbsp. Canola or olive oil
- 2 cups corn, frozen
- 2 cups fresh tomato, chopped or low sodium canned diced tomato
- 1 serrano pepper, chopped, seeds removed
- 1 tbsp. lemon, juiced
- $\frac{1}{3}$ cup green onions, sliced
- 2 tbsp. cilantro, finely chopped

Choose 2 of the following vegetables:

- 1 avocado, cubed
- $\frac{1}{2}$ cup red peppers, chopped
- $\frac{1}{2}$ cup Mexican squash, chopped

How to cook:

1. Combine the ingredients in a medium bowl.
2. Add oil and lemon juice.
3. Mix and serve.

Nopal Salad



How to start:

1. Clean and chop the nopales. Place cuts into pot with salt, garlic, and half the onion slices. Cover with 2 inches of water. Bring to a boil, reduce heat to a simmer and cook for 10 minutes.
2. Thinly slice the radishes, cut the tomatoes, remove the seeds from the serrano pepper and slice it.

Ingredients (4 servings - $1 \frac{1}{2}$ cup each)

- 1 cup cilantro, finely chopped
- 6 nopales (cactus pads without spines)
- 1 garlic clove
- 1 onion, sliced
- 4 radishes, thinly sliced
- 2 large tomatoes, cubed
- 2 tbsp. panela cheese, as garnish
- 1 tsp. salt
- 1 serrano pepper, sliced and seedless (optional)

How to cook:

1. Drain the nopales completely. In a large bowl, mix them with the remaining onion slices, radishes, tomatoes, and serrano pepper.
2. Garnish with cheese.
3. Divide the salad evenly on 4 plates.

Tuna Salad



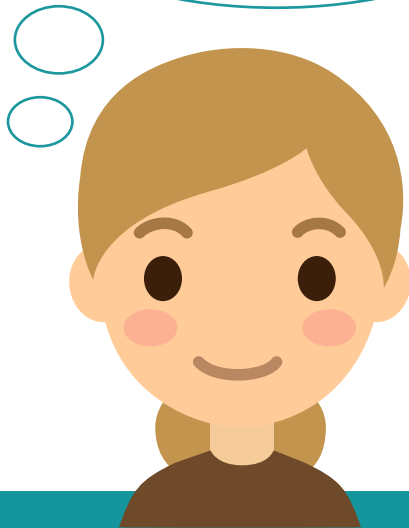
Ingredients (3 servings)

- 2 cans tuna in water (5oz. each)
- 3 tomatoes, chopped
- 1 cup cilantro, chopped
- ½ onion, chopped
- 1 lemon, cut in half
- 1 tsp. salt

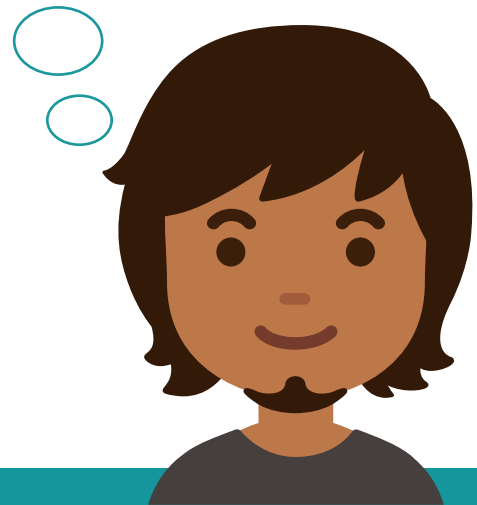
How to cook:

1. Drain the water from the canned tuna and put the tuna in a large bowl.
2. Finely chop the tomatoes, onion, and cilantro. Mix the tuna with the vegetables creating a mixture of colors.
3. Add juice from half the lemon and salt to taste. Mix everything for a second time. It is ready to serve!

I'm tired, and I don't know what to eat. It frustrates me having to cook after I get home from work. Even though I'm hungry, I just want to go to sleep.



I am also tired and hungry, but we have to eat. Let's make a tuna salad with vegetables. The protein gives us the energy we need. We can talk about our day while we eat! You take the tuna out of the cans and I will chop the vegetables.



Mole Verde



Ingredients (8 servings)

- 1 skinless whole chicken
- 2 cups chicken broth
- 4 cups water
- 6 tomatillos, peeled
- 1 cup cilantro
- 4 green onions
- 1 Mexican squash
- ½ cup spinach
- ½ head iceberg lettuce
- ½ cup sesame seeds
- 1 poblano pepper
- ½ onion (with skin)
- 2 garlic cloves
- Black pepper

How to start:

1. In a large pot, pour 4 cups of water, add the garlic cloves, black pepper, ½ onion (with skin), and the chicken. Boil the chicken for 20 - 25 minutes.
2. On a griddle, over low heat, grill the poblano pepper and tomatillos.
3. Set the poblano pepper and tomatillos aside. Add a pinch of salt to the griddle and toast the sesame seeds. Without the salt, the sesame seeds will jump around uncontrollably.

How to cook:

1. Use a blender or food processor to blend the poblano pepper, squash, tomatillos, sesame seeds, lettuce, spinach, cilantro, and two cups of chicken broth.
2. Pour the mixture in a large saucepan and cook for about 5 minutes.
3. Add the chicken and cook on low heat for about 5 minutes. Serve.

** Suggestion: this dish can be served with black beans rather than chicken.*

Fish Wrapped in Corn Husks



Ingredients (4 servings)

- 4 catfish filets, cleaned
- 20 corn husks
- 5 tomatoes, chopped
- 2 serrano peppers, chopped
- 1 cup cilantro, chopped
- 1 bunch peppermint or mint, chopped
- ½ onion, chopped
- 1 lemon, cut into wedges
- 2 tsp salt
- 8 cups water

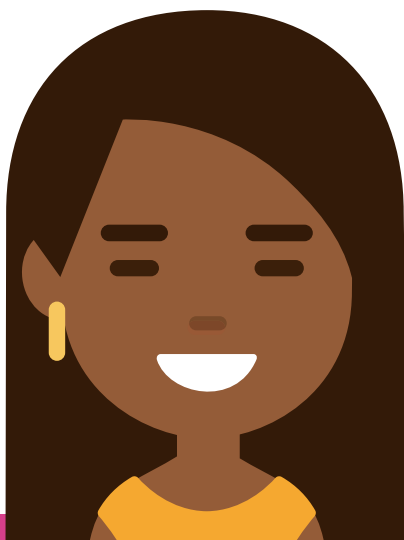
**1 whole fish, head and tail included, chopped into 4 pieces. (substitute tilapia or cod)*

How to start:

1. Pour 8 cups of water in a medium size tamale stock pot or steamer pot.
2. Place the corn husks in the water to soak while chopping the vegetables.
3. Finely chop the tomatoes, cilantro, peppers, and peppermint. Mix them together in a bowl and add the salt.
4. Stuff the fish with the mixed vegetables. Wrap each piece of the stuffed fish in 2 corn husks. Use cooking string or thread thin strips of the corn husks into strings to tie the ends of the corn husks.
5. Place the remaining corn husks in the bottom of the pot.

How to cook:

1. Place the wrapped fish on top of bed of corn husks, cover with a lid, and let steam until the fish is fully cooked, approximately 25 to 30 minutes.
2. Once cooked, unwrap the fish, and drizzle with lemon to taste. Serve!



This recipe is a traditional dish from my Purépecha community. It was handed down from my grandfather who lived more than 100 years in good health!

Atapacua



Ingredients (5 servings)

4 squash flowers, chopped
6 Mexican squash, chopped
1 cup corn, fresh or canned
4 tomatoes, chopped
½ onion
3 garlic cloves, peeled
1 small bunch of cilantro, chopped
4 cups of water
Salt to taste

How to prepare:

1. Peel the garlic cloves and onion. Cut half of the onion into quarters. Place the garlic and onion into the 4 cups of water in a pot.
2. Chop the squash flowers, tomatoes, and zucchini.
3. For canned corn, rinse the corn to remove added salt or sugar.

How to cook:

1. Bring the water with the added garlic and onion to a boil. Let simmer for 10 minutes then add the squash flowers, tomatoes, zucchini, and corn. Simmer for 15 to 20 minutes or until vegetables are soft.
2. Add salt to taste and cilantro. Serve!

I am very concerned. The doctor told me that I have gestational diabetes. I have to watch my diet, but I don't know what I can eat.



I understand. The same thing happened to me when I was pregnant. Diabetes during pregnancy can be dangerous and it increases your risk for diabetes in the future. Eating foods rich in fiber like *atapacua* can help lower blood sugar levels. Using this cookbook might help.



Gallina Pinta



Ingredients (6 servings)

- 1 can hominy corn
- 1 can low sodium beans (black beans or pinto beans)
- 1 beef bone
- 3 green onions, chopped
- Cilantro, to taste
- 4 garlic cloves, peeled
- 2 tbsp. sea salt
- 2 cups of water
- Tepin peppers, diced or Tapatio or Cholula pepper sauce (optional)
- Mexican squash (optional)

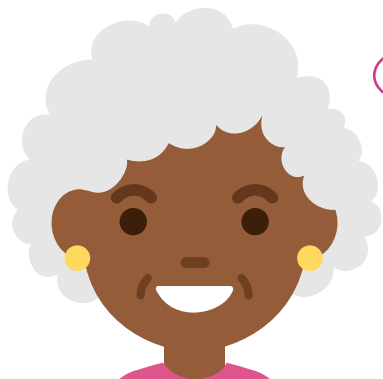
How to start

1. Drain cans of beans and hominy to remove excess water.
2. Finely chop the cilantro.
3. Chop the green onions in three parts including the stem.
4. Peel the garlic cloves.

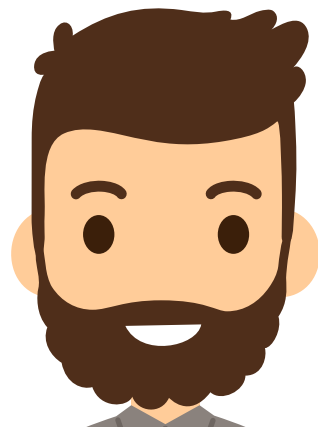
How to cook:

1. Boil beans, 4 garlic cloves, sea salt, and the bone in 2 cups of water.
2. Once the beans are fully cooked (approximately 5 minutes), add the hominy corn and remove the bone. Cook an additional 5 minutes.
3. Add the cilantro and green onions.
4. Serve in a bowl and garnish with Tepin.

La Gallina Pinta is a traditional dish from Mexico, but I am afraid to eat it because it contains a lot of carbohydrates...



Pay attention to serving sizes like your health educator recommended. The bone adds flavor, and the corn and beans are a good source of fiber. You could consider adding some Mexican squash to the dish!



Ceviche with Vegetables



Add 4-5 of the following vegetables:

- ½ cauliflower, grated
- 3 carrots, grated
- 2 cucumbers, chopped
- 1 avocado, cubed
- 1 red bell pepper, chopped
- 1 poblano or green bell pepper, chopped

Ingredients (1 tostada is 1 serving)

- ½ cup white or red onion, diced
- 2 tomatoes, diced
- 6-7 lemons, juiced
- 1 pack baked tostadas
- 1 tsp. salt
- ½ cup cilantro, finely chopped
- 2 jalapeño or serrano peppers, chopped (optional)
- ½ cup dried garbanzo bean

How to start:

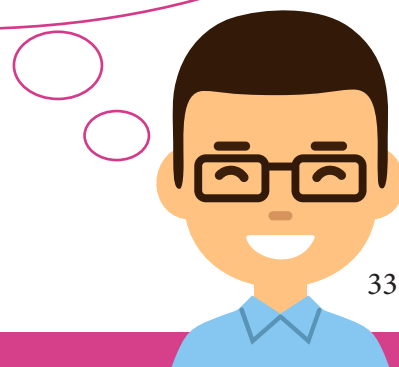
1. Place the beans in water and soak them overnight. Once soaked, put 6 cups of water in a medium size pot and boil for 1 hour or until beans are soft.
2. Chop the peppers and cilantro.
3. Dice the onion and tomatoes.
4. Chop or grate the 4 or 5 selected vegetables.
5. Cut lemons in half and juice them.

How to cook:

1. Place the vegetables in a large bowl with the beans.
2. Add 1 tsp. of salt and lemon juice.
3. Refrigerate for 30 minutes.
4. Add ½ cup of the veggie ceviche per tostada. Garnish with cilantro.

I am craving a vegetable ceviche, but it has a lot of carbohydrates and I don't know if I can eat it. I'm watching my diet along with my mother because she was diagnosed with diabetes.

It is a great idea to support your mother and at the same time take care of your health! Even though vegetable ceviche is high in carbohydrates, it is rich in fiber. The fiber may help stabilize blood sugar levels by feeding good bacteria in the gut. The fiber can help you feel full without eating too much.



Chili with Sweet Potatoes



Ingredients (4 servings)

- 1 medium red onion, chopped
- 1 green bell pepper, chopped
- 4 garlic cloves, chopped
- 1 tbsp. chili powder
- 1 tbsp. cumin powder
- 2 tbsp. cacao powder
- ¼ tbsp. cinnamon
- 1 tbsp. garlic salt
- ¼ tbsp. black pepper
- 1 can low sodium diced tomatoes (8 oz.)
- 1 can low sodium black beans
- 1 can low sodium kidney beans
- 1 cup sweet potatoes, peeled and cut into ½ inch
- Green onions and radishes to garnish
- 1 cup water

How to start:

1. Preheat a medium saucepan on low heat.
2. Peel garlic cloves and remove onion skin.
3. Chop the onion, pepper, and garlic cloves.
4. Wash the black and kidney beans.
5. Using a potato peeler, peel and chop the sweet potatoes.
6. Chop the green onions and radishes.

How to cook:

1. Combine the spices, onion, pepper, garlic, and garlic salt in the heated pot.
2. Add the tomatoes (including the juice), sweet potatoes and one cup of water.
3. Cover the pot and cook until the potatoes are soft on low heat for about 8 hours.
4. Add the beans and cook for 5 mins.
5. Garnish the chili with green onions and radishes.

Nopal Salad Tostadas



Ingredients (2 servings)

- ½ tsp. Canola oil
- 2 tostadas
- Nopal salad (refer to p. 24)
- ½ can refried pinto beans (15 oz.)
- ½ avocado, cubed
- ½ onion, finely sliced

How to start:

1. Chop the avocado into cubes.
2. Finely slice the onion.

How to cook:

1. Preheat a saucepan on medium heat with ½ tsp. Canola oil.
2. Add the onion and cook until transparent. Pour in the beans and lower the temperature to warm up the beans without drying them.
3. Once the beans are warm, spread the beans with a butter knife on the tostada. Then, add the cactus salad on top.
4. Finally, add the avocado cubes. Enjoy!

Fish Soup



Ingredients (4 servings)

- 1 tsp. olive oil
- 1 fish cleaned and gutted (catfish, tilapia, or cod)
- 6 cups water
- 2 chayote, chopped
- 2 carrots, chopped
- 2 Mexican squash, chopped
- 4 celery stalks, chopped
- 2 chipotle peppers
- 1 bay leaf
- 1 tsp. oregano
- Cilantro to taste
- 1 clove of garlic, peeled
- 1 tomatillo
- 1 onion

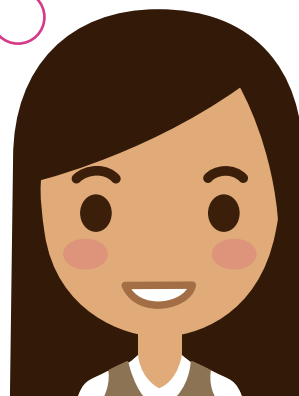
How to start:

1. Chop the carrot, squash, and celery into pieces, any size you prefer.
2. Peel the garlic and remove outer layer of tomatillo.

How to cook:

1. Boil 6 cups of water with garlic, tomatillo and onion.
2. While the water is boiling, preheat olive oil in a large pot and add the vegetables, bay leaf and oregano.
3. Once the vegetables are seasoned, pour them into the boiling water.
4. Wait 5 minutes and add the fish, cilantro, and chipotle peppers. Boil for 10 minutes, or until fish is fully cooked.

It is important to remember not to use bouillon cubes when we cook soups or broths because they contain excessive amounts of salt. An alternative is to use garlic salt, salt substitute or salt low in sodium.



Chicken Meatballs



Ingredients (6 servings)

- 1 tsp. olive oil
- 1 lb. ground chicken
- 3 garlic cloves, finely chopped
- 12 tomatillos, peeled
- ½ onion
- 1 cup cilantro, finely chopped
- 1 mexican squash, grated
- 1 red bell pepper, finely chopped
- 1 cup kale, finely chopped
- 1 tbsp. salt
- ½ tsp. oregano
- ½ tsp. cumin powder
- 1 tsp. garlic powder
- 1 cup water

How to start:

1. Peel and finely chop the garlic cloves. Finely chop the cilantro, pepper, and kale. Cut the onion in half. Slice ¼ of the onion. Remove outer layer of tomatillos and onion skin.
2. Mix the meat, vegetables (except for the tomatillos and ¼ of the onion), salt, garlic powder, and black pepper.
3. Form into little meatballs. Constantly wash your hands to avoid the meat sticking to your skin.

How to cook:

1. Preheat a pan with olive oil. Add the tomatillos, ¼ onion, and freshly chopped garlic. Sear for about 6 minutes.
2. Use a blender or food processor to blend the tomatillos, ¼ onion, and garlic with cumin, oregano, cilantro, and a cup of water.
3. In a pan, fry the sliced onion until transparent. Then, add the sauce from the blender and bring the mixture to a boil for 10 minutes.
4. Add the meatballs to the pan. Cover and cook in the sauce for 15 minutes or until the meat is fully cooked. Garnish with cilantro. Serve.

Tinga



Ingredientes (6 servings)

- 1 tbsp. Canola oil
- 3 skinless chicken breasts
- 10 cups water
- 1 white onion
- 2 peppermint stems
- 1 tsp. black pepper
- 2 tsp. garlic salt
- 3 chipotle peppers
- 2 garlic cloves
- 6 tomatoes
- 1 serrano pepper
- 1 avocado, cubed
- ½ cup Monterey Jack cheese, grated
- 1 cup cilantro, finely chopped

How to start:

1. Wash the chicken breasts and remove the skin.
2. Place the breasts in a large pot with 6 cups of water, garlic salt, 1 garlic clove (whole) and ¼ of onion. Bring it to a boil and simmer until the chicken is fully cooked, approximately 30 minutes. Once the chicken is fully cooked, remove it from the pot and shred the meat.
3. While the chicken is cooking, in a separate pot, boil the tomatoes, the other garlic clove, and serrano pepper in 4 cups of water.
4. In a blender, mix the boiled tomatoes, garlic, and serrano pepper with the chipotle peppers and ¼ of an onion.
5. Cut the rest of the onion into slices. Finely chop the cilantro, cut the avocado into cubes, and grate the cheese.

How to cook:

1. Preheat Canola oil in a large pot.
2. Once the oil is warm, add the sliced onion and fry them until transparent.
3. Add the chicken and pour the sauce from the blender into the large pot. If the sauce is too thick, add water and mix thoroughly to desired consistency.
4. Cover the pot and bring it to a boil. Add the rest of the garlic salt and boil for 5 additional minutes.
5. Garnish with cheese, avocado and cilantro.

Stuffed Vegetables



Ingredients (4 servings)

- 2 green or red bell peppers, chopped
- 1 onion, peeled and sliced
- 1 can black beans (15 oz.)
- 1 lemon, juiced
- ½ cup cilantro, finely chopped
- 1 avocado, cubed

Select one of the following to stuff:

- 4 poblano peppers
- Romaine lettuce leaves
- Cabbage leaves

Select 3-4 of the following vegetables (½ cup):

- Corn, grilled
- Jicama, grated
- Spinach, chopped
- Tomatoes, diced
- Nopal (cactus pads without spines), chopped
- Broccoli, chopped
- Carrot, grated
- Radish, grated

How to start:

1. Remove the seeds and chop the green or red bell pepper.
2. Peel and slice the onion.
3. Drain and wash the beans.
4. Finely chop the cilantro.
5. Peel and chop the avocado into cubes
6. Chop, slice or grate the vegetables.

How to cook:

1. Using a nonstick saucepan, sauté the peppers and onions for 5 minutes over medium heat. Add the vegetables (except for the jicama and radishes if they were selected).
2. Add the beans and mix well. Lower the heat and let everything cook slowly for 5 minutes.
3. In a small bowl, mix the lemon juice, cilantro, and avocado. Add the jicama or radishes if they were selected. Save half of the mixture to pour on top.
4. Stuff the poblano, lettuce or cabbage with ¼ cup of the bean mix. Serve.

Spinach Tortillas



Ingredients (6 servings – 1 tortilla each)

- 4 tbsp. olive oil
- 3 cups frozen or fresh spinach without stems
- ¼ cup water
- 1 cup whole wheat flour
- ¼ tbsp. yeast
- ½ tbsp. salt substitute*

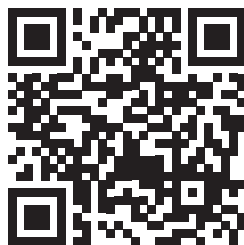
**Salt substitute often contains potassium chloride, and may not be a healthy option for people living with chronic kidney disease.*

How to start:

1. In a large saucepan, cook the spinach in water on low heat until softened.
2. Drain the excess water from the spinach and keep it for the dough.

How to prepare:

1. Blend the spinach in a food processor or blender until liquefied.
2. In a large bowl, mix the spinach, flour, yeast, oil and salt by hand or with a mixer.
3. Add the water from the cooked spinach, little by little as needed until the dough is smooth.
4. Divide the dough into equal parts and make little balls. Let the balls sit for about 5 minutes to allow the yeast to rise.
5. Flatten the balls into 6-inch size tortillas.
6. Warm up a griddle or nonstick pan on medium heat. Cook the tortilla on each side until it bubbles or golden dots appear.
7. Serve with vegetables, beans or any preferred food!



Cheney, A., Chavez, A., Pozar, M., Reaves, C., McCarthy, W., Gelberg, L. (2020).
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