



Ancestral Recipes

From My Grandma's Kitchen To Yours





Introduction

This cookbook was designed with community for community. Our goal was to bring the traditions and health of pre-Hispanic cuisine into your home. Our inspiration was the three sisters: corn, bean, and squash. The diet of our ancestors. These recipes are a labor of love. We carefully thought about each one. Would our ancestors have made it? Was it healthy? Were the ingredients easy to find? As we talked about the recipes, we shared memories of loved ones. We shared our hopes for the health and wellbeing of our families and communities. We are happy to present 45 recipes. We have cooked each one. We hope you enjoy them as much as we have.

*Dr. Ann M. Cheney,
Principle Investigator*



Ours Contributors

Borrego Health values the collaboration with our patient community on this cookbook. It is so important that our patients living with diabetes have healthy recipes that they can enjoy with their entire family. Our patient health educator reviewed all of the recipes to make portion size recommendations, taking into account the complexity of carbohydrates, fiber, and fats. It was fun to see the collaboration between our graphic designer and the UCR project coordinator capture the community's vision of the three sisters. A heartfelt thank you to all our partners for a cookbook our patient community can feel proud of and use.

~ Christina Reaves, Director of Research



I cook my grandparents' and great grandparents' recipes to remember them and eat healthy. I would like to enjoy the good health they did, free from any chronic diseases. I want to have a healthy heart and spirit as I remember and honor my grandparents.

~ Maria "Conchita" Pozar, Community Investigator



Nutrition, healthy eating and access to healthy ingredients is vital to supporting the community's ability to thrive. FIND Food Bank is grateful for the strong partnership with Borrego Health, UCR and members of the community. Together, we worked in identifying a variety of seasonal and regular ingredients accessible to all people in the community. Through this collaboration we created recipes honoring the food cultures and traditions of the communities it will serve. By understanding the various combinations for oil, beans, and spices to prepare the recipes in this cookbook, our goal was to bring families, people and communities together over creative meals that they share. We are excited to present the community with healthy recipes to prepare with family and friends.

~Debbie Espinosa, CEO FIND Food Bank



Ours Contributors

Health education is important and how it's communicated matters. This book was created to provide nutritious ancestral recipes for people with preexisting conditions and those looking to prevent chronic diseases. This cookbook is for all people. That's why the book is available in Spanish, English and Purépecha—the three primary languages of the eastern Coachella Valley. I am honored to have led the elaboration of this book following the direction of the community and our partners, translating everyone's ideas into recipes and stories that communicate crucial information to community in their native language as well as transports them to their ancestral roots. We hope this cookbook helps you find motivation to live a healthy lifestyle.

~ Adriana Chávez, Neuroscientist | Project Coordinator



From planting and harvesting to cooking and eating, the traditional Mesoamerican foodways have provided the world for over 2000 years with an approach that optimizes nutritional health and agricultural productivity. This approach is based on three complementary foods: maize, beans and squash, referred to historically as the "Three Sisters." These crops grow better together than if they are cultivated separately. These foods provide higher quality protein when eaten on the same day together than when eaten on separate days. The following recipes were selected because they include at least one of the Three Sisters, are rich in other nutrients, low in saturated fat, added sugar and added salt, and are full of heart-warming flavor. ¡Buen provecho!

~ Dr. William McCarthy, Public Health Researcher



The community's involvement in this project was amazing. Community collaborators brought strength, experience, and humility to inform the adaptation of MyPlate recipes. They focused the cookbook and recipes on diabetes, a major health concern in the Eastern Valley. They also found affordable and attractive ingredients to include in the recipes, as well as novel ingredients to encourage the community to try them. I am so impressed by the process, growth, and major contributions of community in the development of this cookbook.

~ Dr. Lillian Gelberg, Public Health Researcher



David Geffen
School of Medicine



THE THREE SISTERS

In Mesoamerica during the pre-Columbian era, what people ate every day were “The Three Sisters”: corn, beans and squash. They grew, ate, and celebrated the three sisters together because they believed that these three foods were sent to them by the gods to help them survive.

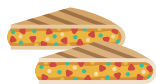


When grown together, these three crops each help the other two crops grow. The tall corn stalk allows the vine of the beans to get the sun it needs. The beans pull nitrogen from the air that can then be used to fertilize the other two crops. The large leaves of the squash provide shade that helps to keep the soil humid and prevent weeds from growing. Grown together, the three sisters help to keep the soil fertile; eaten together, they are a healthy meal.





Table of Content



Breakfast

- 8 - Quesadilla
- 9 - Huevos Rancheros with Pico de Gallo
- 10 - Chilaquiles with Eggs
- 11 - Soy Sausage Tacos
- 12 - Cottage Cheese with Fruit
- 12 - Oatmeal with Fruit



Snacks

- 14 - Mexican Squash
- 15 - Popcorn
- 15 - Cucumber, Apple, and Jicama
- 16 - Vegetables with Black Bean Dip
- 16 - Dried Fruits with Peanuts



Soups

- 18 - Chile Poblano and Sweet Potato Soup
- 19 - Lentil Soup
- 20 - Chicken and Vegetable Soup
- 21 - Split Pea Soup



Salads

- 23 - Garden Salad
- 24 - Corn and Green Chile Salad
- 24 - Nopal Salad
- 25 - Tuna Salad
- 26 - Chicken Salad



Entrees

- 28 - Mole Verde
- 29 - Fish Wrapped in Corn Husk
- 30 - Atapakua
- 31 - Gallina Pinta
- 32 - Queso with Chile Using Tofu
- 33 - Ceviche with Vegetables
- 34 - Chili with Sweet Potatoes
- 35 - Nopal Salad Tostadas
- 36 - Fish Soup
- 37 - Chicken Meatball
- 38 - Tinga
- 39 - Stuffed Vegetable
- 40 - Aguas Frescas
- 41 - Spinach Tortillas



Salsas

- 43 - Pico de Gallo
- 43 - Guacamole
- 44 - Tomatillo Salsa
- 44 - Chile Morita Salsa
- 45 - Homemade Salsa



Desserts

- 47 - Crazy Cucumbers
- 47 - Popsicles
- 48 - Fruit with Almond Butter
- 48 - Chía Pudding



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 or grape seed 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.

Chilaquiles with Eggs



Ingredients (3 servings)

1 tbsp. Canola oil
6 corn, spinach or low carb tortillas
6 tomatoes
1 serrano pepper (whole)
3 chipotle peppers (whole)
1 garlic clove (whole)
1 medium white onion, sliced
½ cup of cilantro, finely chopped
3 eggs
1 cup Monterey Jack cheese, grated
1 cup water
1 tbsp. salt

How to start:

1. Pre-heat oven to 400F.
2. In a medium pot, boil the tomatoes, serrano pepper, and garlic clove.
3. Cut tortillas into 6-8 triangles.
4. Sprinkle a baking sheet with Canola oil and place the tortilla triangles on the sheet.
5. Cook the tortillas in the oven until golden, about 5-7 minutes.
6. Finely chop the cilantro and slice the onion.
7. Grate the cheese.

How to cook:

1. Use a food processor to blend tomatoes, serrano pepper, garlic clove, chipotle peppers, and ¼ of the onion with 1 cup of water (you may use the boiled water from the vegetables).
2. Warm up a medium saucepan and pour in the sauce.
3. Once the sauce is cooked, place the golden tortilla triangles on top, cover the pot and let sit for 2-3 minutes or until the tortillas are soft without over cooking them.
4. Turn off the heat and remove the cover.
5. Heat a nonstick pan with 1 tsp. Canola oil. Cook one egg with a pinch of salt for 1 minute, flipping it over with a spatula and letting it cook for another 1-2 minutes. Repeat the process with the rest of the eggs. Use no more than 1 tbsp. of salt total.
6. Divide chilaquiles between 3 plates and place an egg on top. Garnish with the remaining sliced onion, Monterey Jack cheese, and cilantro.

Soy Sausage Tacos



Ingredients (2 servings)

2 tbsp. Canola oil
4 dried guajillo pepper
2 dried ancho pepper
½ onion
2 garlic cloves
2 whole nopales (cactus pads without spines)
2 bay leaves
1 bunch cilantro finely chopped
1 tsp. cilantro seeds
1 tsp. oregano
½ tsp. cumin
⅓ tsp. cinnamon
⅓ tsp. ground cloves
¼ cup white or apple cider vinegar
½ tsp. ground black pepper
1 tbsp. of salt
7 cups texturized soy (tofu)
3 cups water

How to start:

1. In a medium bowl, mash the soy until you have a ground beef texture.
2. Toast garlic cloves, onion, ancho, and guajillo peppers using a griddle.
3. Meanwhile, in a small pot boil 2 cups of water. When the water boils, add the toasted peppers, turn off the heat, and let the peppers soak for 15 minutes.
4. Use a blender to blend the peppers, onion, and garlic cloves with 1 cup of water, ¼ cup of vinegar, cilantro seeds, bay leaves, black pepper, oregano, cumin, cinnamon, ground cloves, salt, and 1 cup of water used to soak the dried peppers. If the mixture is too thick, add an extra ½ cup of water and blend again.
5. Grill 2 nopales. Heat a large frying pan to medium-high heat and add 1 tbsp. Canola oil. Place the nopales on the grill and cook until grill marks form on one side, about 4 minutes, and then cook them on the other side until grill marks appear, about another 4 minutes.

How to cook:

1. Gradually pour blended sauce over the soy until it has a ground beef texture.
2. In a medium saucepan, warm the 1tbsp. of Canola oil and place the soy (tofu) in the saucepan. Cook for 5 minutes.
3. On a plate place the two grilled nopales and distribute the soy. Garnish with cilantro and diced onions.

Cottage Cheese with Fruit



Ingredients (2 servings)

- 1 medium apple
- 2 cups cottage cheese

How to Prepare:

1. Cut the apple into cubes and evenly distribute in 2 bowls.
2. Add 1 cup of cottage cheese to each bowl. Serve.

Oatmeal with Fruit



Ingredients (1 serving)

- $\frac{1}{2}$ cup oatmeal
- $\frac{3}{4}$ cup water

Choose 1 of the following for a serving of fruit*:

- $\frac{1}{3}$ green apple
- $\frac{1}{4}$ cup blueberries
- $\frac{1}{4}$ cup pineapple
- $\frac{1}{2}$ cup strawberries

**Each fruit affects blood glucose differently. Blueberries have the least effect, while pineapple has the most. For individuals living with diabetes, it is important to monitor serving size. It is easier to predict the effects on blood glucose by choosing 1 fruit.*

How to Prepare:

1. Soak $\frac{1}{2}$ cup oatmeal in $\frac{3}{4}$ cup of water overnight. No need to cook the oats after they have been soaked overnight. If there is excess water, drain it and decrease the amount of water you use next time.
2. The next day, mix the soaked oatmeal with 1 of the fruit options.
3. Serve in a bowl – as a cold cereal or microwave for less than one minute for a warm porridge.

I don't like to eat breakfast; plus I don't like eggs or milk. I don't have time to cook! I'll just have coffee and a pastry.

Dear, you will feel terrible if you go to work without eating breakfast! Let's have breakfast together. I'll help you prepare some oats with fruit!



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.

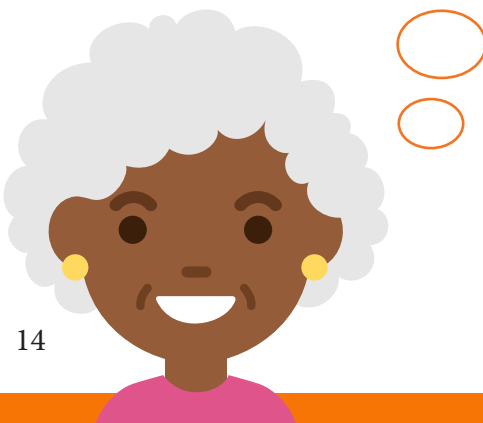
How to cook:

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.



Popcorn



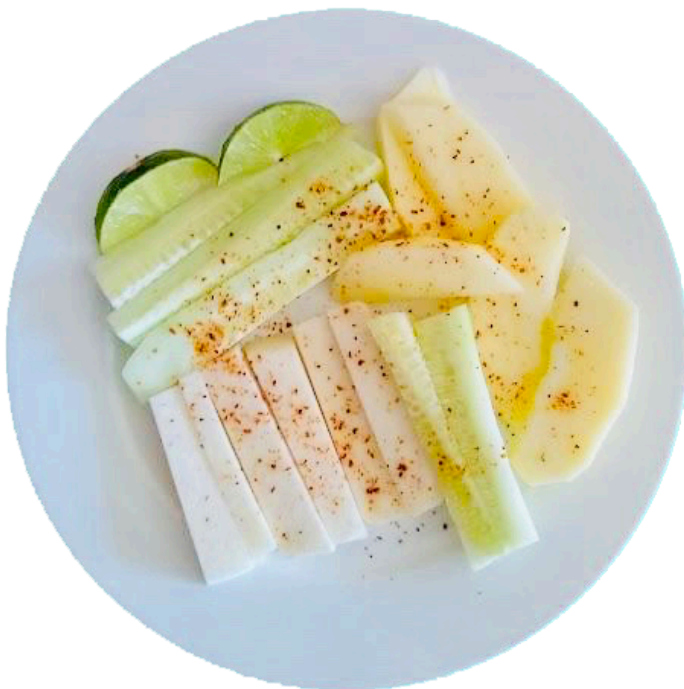
Ingredients (8 servings)

1 tbsp. Canola oil
1 cup of corn kernels
1 tsp. salt

How to prepare:

1. In a large non-stick saucepan with a lid, warm up the Canola oil.
2. Add the kernels and toss them to make sure they will not stick to the pan. Place the lid on the pan.
3. Keep the lid on the pan while the kernels are popping.
4. Once the majority of the kernels are popped, turn off the heat and serve in a large bowl. Keep in mind, one serving of popcorn is equivalent to 4 cups!

Cucumber, Apple, and Jícama



Ingredients (2 servings)

1 cucumber, chopped
½ jícama, chopped
1 medium apple, chopped
Tajín
1 lemon

How to prepare:

1. Use a potato peeler to peel the cucumber, jícama, and apple. Chop the cucumber in half and chop the halves lengthwise.
2. Chop the jícama and the apple in the shape of little sticks.
3. On a large plate, place the chopped pieces and squeeze lemon juice to taste.
4. For the final touch, sprinkle some Tajín over the fruit!

Vegetables with Black Bean Dip



Ingredients (3 servings)

Vegetables:

2 celery stalks
4 carrots, cut into sticks

Dip:

1 can black beans, drained and washed to remove excess sodium
¼ tsp. onion powder
¼ tsp. oregano
⅛ tsp. garlic powder
⅛ tsp. chili powder
¼ cup green onions, chopped including the stem
2 oz. low-fat Monterey Jack cheese, grated

How to prepare:

1. Mash the beans in a bowl and add oregano, onion, garlic, and chili powder.
2. Garnish with green onions and cheese.
3. Arrange the celery and carrot sticks on a plate. Dig in!

Dried Fruit with Peanuts



Ingredients (2 servings)

1 cup almonds
1 cup peanuts
½ cup dried peaches

How to prepare:

1. In a bowl, mix all the ingredients together and divide the mixture evenly between two Ziploc bags.



Chile Poblano and Sweet Potato Soup



Ingredients (4 servings)

- 1 tbsp. Canola oil
- 2 poblano peppers, seedless and finely sliced
- 2 medium sweet potatoes, peeled and cubed
- ¼ tbsp. ground cumin
- 1 tbsp. paprika
- 1 tbsp. salt substitute*
- 2 quarts low sodium chicken broth
- 1 red onion, finely chopped
- 1 cup cilantro, finely chopped (optional)
- Sour cream (optional)

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

How to Start:

1. Finely chop cilantro and onion.
2. Remove seeds from poblano peppers and finely slice.
3. Use a potato peeler to peel the sweet potatoes. Chop them into cubes.

How to cook:

1. In a large saucepan, warm the oil at a low temperature.
2. Fry ½ cup cilantro in the oil until you can smell its aroma.
3. Add the poblano peppers and sauté until soft, approximately 4 minutes.
4. Add the sweet potato, cumin, paprika, and salt. Cover the pot until potatoes are soft, approximately 10 minutes.
5. Pour the chicken broth into the pot. Cover and boil at low heat until the potatoes crumble.
6. Place all the boiled ingredients in a blender and mix until evenly blended.
7. Serve in soup bowls and garnish with sour cream, onion, and the remaining cilantro.

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:

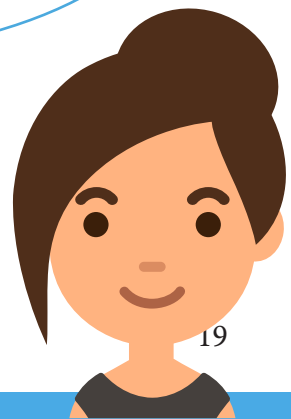
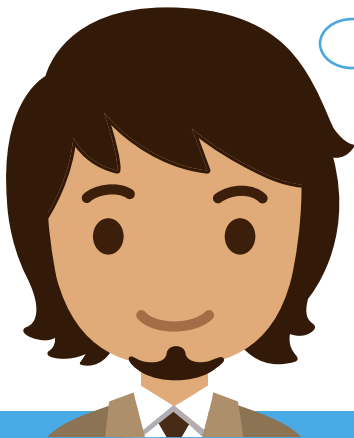
1. Finely chop cilantro.
2. Chop the beet into small cubes.
3. Use a blender or food processor to blend 4 cups of water, onion, garlic, carrots, celery, and tomatoes.

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 30 minutes, 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.*



Garden Salad



Ingredients (2 servings)

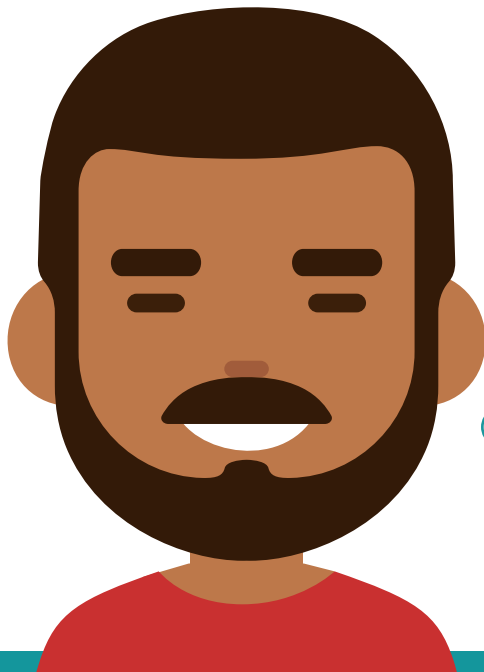
- 1 tbsp. olive oil
- 1 package small cherry tomatoes
- 2 cucumbers
- 4 radishes
- 2 carrots
- 1 romaine lettuce
- 2 lemons, juiced
- 1 tsp. oregano
- 1 garlic clove, minced

How to start:

1. Make the dressing in a small bowl. Mix together lemon juice (to taste), olive oil, a pinch of salt, oregano, and minced garlic.

How to prepare:

1. Cut cherry tomatoes in half.
2. Cut cucumbers and radishes into slices.
3. Grate carrots or cut them into slices.
4. Chop romaine lettuce into small squares.
5. In a big bowl, add lettuce and vegetables. Mix the dressing into the salad. Serve!



Salads are full of fiber that our body needs. Forget the sad salads of pure lettuce. Here are some festive salads with a lot of color and flavor!

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
- 1 tsp. salt
- 2 tbsp. panela cheese, as garnish
- 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



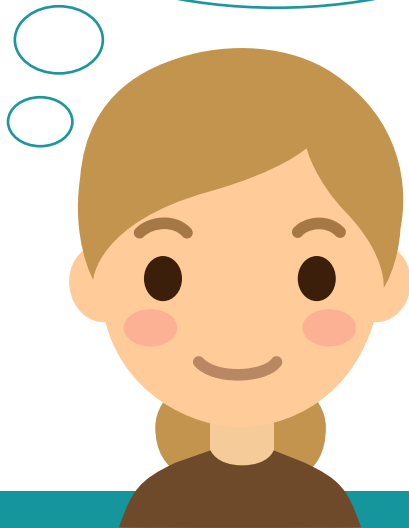
Ingredients (3 servings)

- 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

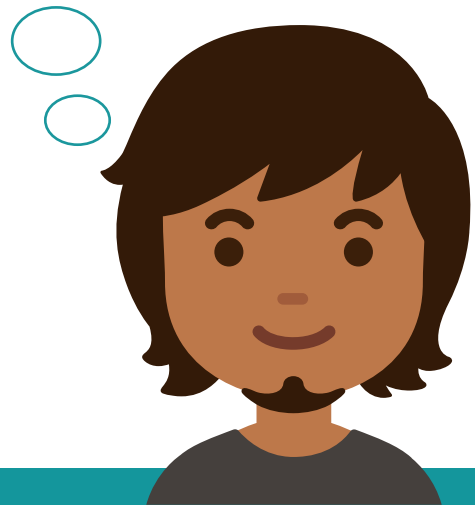
How to cook:

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.



Chicken Salad



Ingredients (4 servings)

2 tbsp. Canola oil
2 tbsp. olive oil
2 skinless chicken breasts
1 head romaine lettuce, chopped
4 celery stalks, chopped
½ red onion, sliced
1 avocado, sliced
2 cups spinach
2 tsp. oregano
2 tsp. garlic salt
2 tsp. lemon pepper
3 lemons, juiced
½ cup balsamic vinegar

How to start:

1. Wash the chicken breasts and remove the skin.
2. Make three cuts on each side of the chicken breasts, to allow the chicken to cook thoroughly without getting overcooked.
3. Chop the celery, spinach, and lettuce into medium sized pieces.
4. Slice the onion and avocado.
5. Preparing the dressing: mix the olive oil, lemon juice, oregano, and balsamic vinegar.

How to cook:

1. Warm a saucepan to medium heat on the stovetop, while seasoning the chicken breasts with garlic salt and lemon pepper.
2. Pour 2 tbsp. Canola oil in then pan. Cook the seasoned chicken breasts in the pan for 10 - 12 minutes on each side.
3. While the chicken is cooking, place the chopped vegetables in a large bowl.
4. Once the chicken is fully cooked, cut it into medium size pieces and add them to the bowl of vegetables.
5. Add the dressing and mix thoroughly. Serve.



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
- ⅛ 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

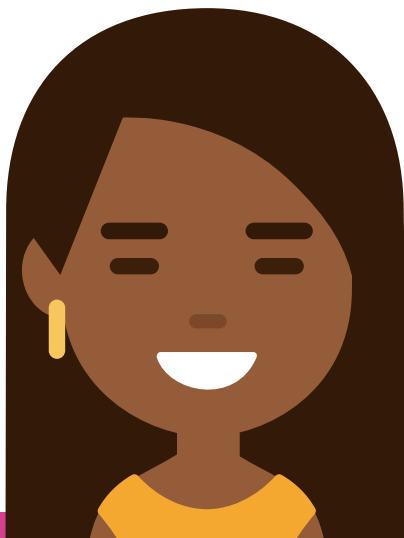
**1 whole fish, head and tail included, chopped into 4 pieces. (substitute tilapia or cod)*

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. Chop the squash flowers, tomatoes, and zucchini.
2. 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

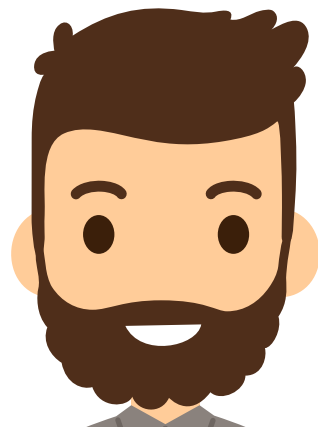
1. Drain cans of beans and hominy to remove excess water.
2. Finely chop the cilantro.
3. Chop the green onions in three parts including the stem.
4. Peel the garlic cloves.

How to cook:

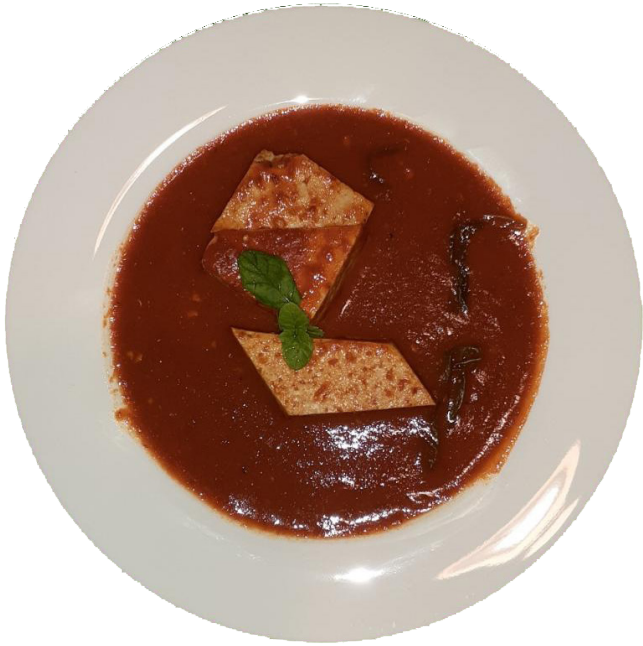
1. Boil beans, 4 garlic cloves, sea salt, and the bone in 2 cups of water.
2. Once the beans are fully cooked (approximately 5 minutes), add the hominy corn and remove the bone. Cook an additional 5 minutes.
3. Add the cilantro and green onions.
4. Serve in a bowl and garnish with Tepin.

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!



Queso with Chile (using tofu instead of cheese)



Ingredients (6 servings)

1 tbsp. Canola oil
2 packs of tofu, extra firm
1 tsp. garlic salt
5 tomatoes
2 chipotle peppers
1 serrano pepper
2 garlic cloves, peeled
¼ onion
3 tbsp. water

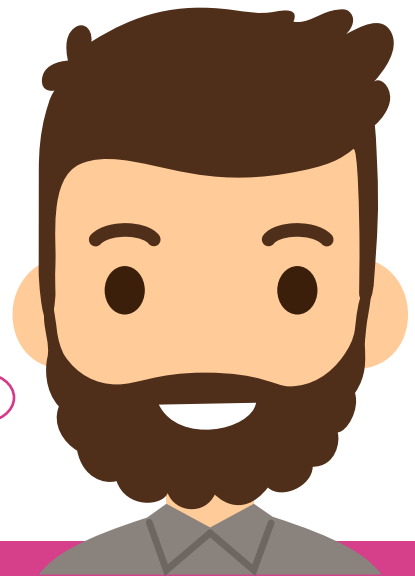
How to start:

1. Drain the water from the tofu and using a paper towel, dry it as much as possible.
2. Cut the tofu into medium cubes.

How to cook:

1. Boil the tomatoes, serrano pepper, and peeled garlic cloves in a medium pot at high heat.
2. Blend the boiled ingredients with the onion, chipotle peppers, and a little bit of water (about 3 tbsp.) into a sauce.
3. In the medium saucepan, heat the oil on low heat. Once the oil is warm, pour in the sauce and cook for 25 minutes.
4. Once the sauce boils, add the garlic salt and the tofu cubes. Cook for about 3-5 minutes. You will see the tofu begin to melt like cheese. Do not overcook it.
5. Serve in a bowl with black beans.

Nowadays, there are ingredients that may not look tasty, like tofu, but if you cook it with flavorful sauces, you will enjoy it!
Try something new!



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 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:

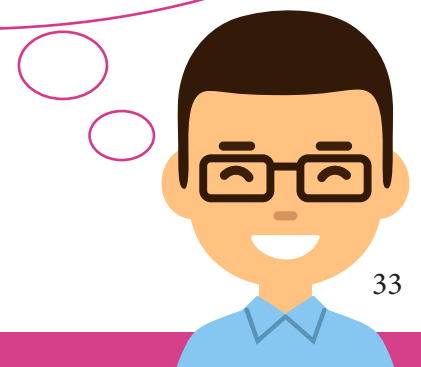
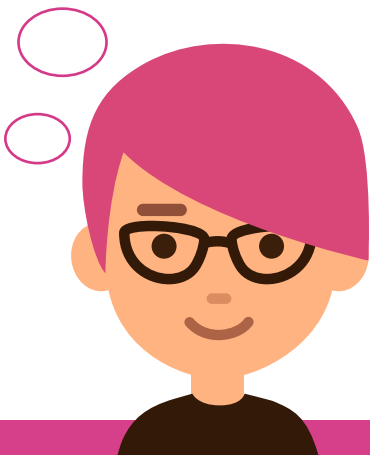
1. Place the beans in water and soak them overnight. Once soaked, put 6 cups of water in a medium size pot and boil for 1 hour or until beans are soft.
2. Chop the peppers and cilantro. Dice the onion and tomatoes. Chop or grate the 4 or 5 selected vegetables.
3. Cut lemons in half and juice them.

How to cook:

1. Place the vegetables in a large bowl with the beans. Add salt and lemon juice.
2. Refrigerate for 30 minutes.
3. 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 without sugar
- 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 cubes
- 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

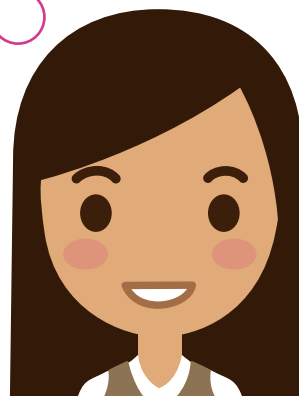
How to start:

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

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.

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.



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 low in sodium (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
Jícama, 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 jícama 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 jícama 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.

Aguas Frescas



Jamaica Water: (8 cups)

8 cups filtered or bottled water
1 cup jamaica flowers

Preparation:

1. Prepare a pitcher with 6 cups of water.
2. In a small pot, boil the jamaica flowers with 2 cups of water.
3. After the water has boiled for 15 minutes, let it sit and cool down. Strain or remove the flowers and pour it into the pitcher of 6 cups water. Serve.



Lemonade with Chía: (8 cups)

8 cups filtered or bottled water
2 medium limes or lemons
2 tbsp. chía seeds

Preparation:

1. Squeeze the limes or lemons into the water and incorporate the chía seeds. Add ice and serve.



Oatmeal Water: (8 ½ Cups)

8 cups filtered or bottled water
½ cup oatmeal
1 stick cinnamon
½ tsp. vanilla extract

Preparation:

1. Let the oatmeal, vanilla extract, and cinnamon stick soak in 8 cups of water overnight.
2. Serve with ice the next day.

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!



Pico De Gallo



Ingredients (6 servings - ½ cup each)

1lb. tomatoes, diced
1 ½ cup onions, chopped
⅓ cup cilantro, chopped
3 jalapeno peppers, chopped
2 tbsp. lemon juice
¼ tbsp. salt

How to prepare:

1. Dice the tomatoes, chop the onions and cilantro. Remove the seeds and chop the jalapeno peppers.
2. Combine the ingredients in a bowl or saucer.
3. Serve. Refrigerate covered for up to 3 days.

Guacamole



Ingredients (2 servings)

½ avocado
2 tomatillos, peeled
1 serrano pepper
1 garlic clove, peeled
A few cilantro stems
Lemon or lime juice, to taste
½ tsp. salt

How to prepare:

1. Mix all ingredients in a blender.
2. Serve.

Tomatillo Salsa



Ingredients (4 servings - ½ cup each)

18 medium tomatillos, peeled
½ cup onion, finely chopped
½ cup cilantro, finely chopped
1 tbsp. lemon juice
¼ tbsp. salt substitute
2 serrano peppers
1 garlic clove

How to prepare:

1. Peel and wash the tomatillos, chop ¼ onion and cilantro. Set the onion and cilantro aside.
2. Grill the tomatillos, ¼ onion, 1 garlic clove and the serrano peppers.
3. Combine all of the grilled ingredients in a blender. Blend until the texture is smooth.
4. Pour in a bowl or saucer and incorporate the chopped onion, cilantro, lemon juice, and salt.

Chile Morita Salsa



Ingredients (4 servings - ½ cup each)

6 morita peppers
3 garlic cloves, peeled
¼ onion
4 tomatillos, peeled
1 tbsp. salt
3 árbol chile pods
(optional)

How to prepare:

1. Grill the peppers. If you prefer the sauce spicy, add 3 árbol chili pods.
2. In a small pot, boil the tomatillos for 10 minutes. Then let the pot sit and cool.
3. Once the water from the tomatillos has cooled to room temperature, add the grilled peppers and soak them in the water for 10 minutes.
4. Use a blender to blend the peppers, tomatillos, garlic cloves, onion, and salt.

Homemade Salsa



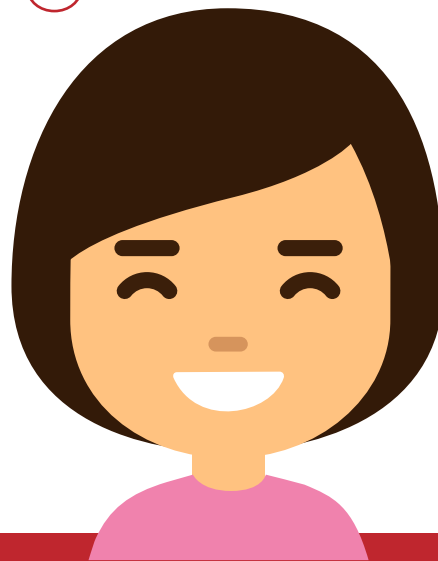
Ingredients (4 servings - ½ cup each)

1 Anaheim pepper
1 serrano pepper
1 chili pepper
1 habanero pepper
¼ onion
1 garlic clove, peeled
1 tsp. salt
5 tomatoes

How to prepare:

1. Using a comal or a griddle, grill the peppers, garlic, tomatoes, and onion.
2. Put all of the ingredients in a blender with salt.
3. Pour the sauce in a bowl or saucer. Enjoy!

Salsas are delicious, easy to make, and very nutritious. They are full of chili peppers, vegetables, and spices. Using salsas, rather than salt, can reduce the amount of sodium you eat.



A decorative border featuring stylized flowers, leaves, and swirls in teal, yellow, and red colors, framing the word "Desserts".

Desserts

Crazy Cucumbers



Ingredients (2 portions)

- 1 cucumber
- 1 fist peanuts
- 2 tsp. Tajin
- 1 lemon, cut in half

How to prepare:

1. Using a potato peeler, peel the cucumber and discard the ends of the cucumber.
2. Cut the cucumber in half, remove the seeds with a little spoon.
3. Stuff each half with peanuts. Squeeze the lemon on each cucumber half covering the peanuts.
4. Sprinkle the Tajin on the cucumber. Enjoy!

Popsicles



Ingredients (4 portions): Chocolate Popsicle

- 1 cup Greek yogurt, fat free or low fat
- 2 tsp. vanilla extract
- 1 tsp. unsweetened cacao powder
- ½ tsp. cinnamon
- 2 tsp. Splenda

Ingredients (4 portions): Coffee Popsicle

- 1 cup Greek yogurt, fat free or low fat
- 2 tsp. vanilla extract
- 1 cup black coffee or two shots of espresso
- ½ tsp. cinnamon
- 2 tsp. Splenda
- 1 tsp. chia seeds

How to prepare:

1. Blend the ingredients and pour into popsicle molds or small disposable plastic cups with popsicle sticks.
2. Place the molds or cups in the freezer overnight. The popsicles should be ready the next day.

Fruit with Almond Butter



Ingredients (1 portion)

2 tbsp. almond butter
½ apple, sliced

How to prepare:

1. Cut, slice, and remove seeds from the apple.
1. Pour the almond butter in the middle of a plate and place the apple slices around it.

Chia Pudding



Ingredients (4 portions)

2 cups almond milk, unsweetened
2 tbsp. chia seeds
½ tsp. cinnamon
2 tsp. vanilla extract
6 strawberries, cubed

How to prepare:

1. In a medium bowl mix milk, chia, cinnamon, and vanilla extract. Place the bowl in the refrigerator overnight.
2. The chia will expand and the mix will look like pudding.
3. Divide the pudding and strawberries between 4 bowls.

Acknowledgements

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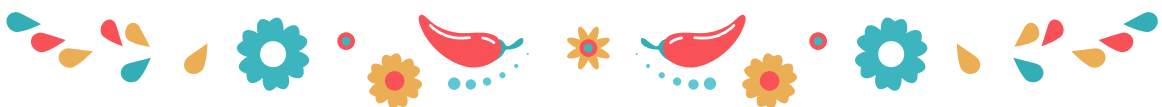
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