



# Healthy For Life

# Recipes





## Healthy For Life Campaign

St. Joseph Health System is committed to ensuring that the communities we serve are among the healthiest. As a health system, we understand the importance of community collaboration. With the alarming trend of childhood obesity growing across the nation, California-based St. Joseph Health System has partnering with American Academy of Pediatrics to fight this troubling issue with the development of a new comprehensive campaign, Healthy For Life that focuses on at-risk student populations. Healthy For Life focuses on getting students and their families to develop healthy lifestyle choices by incorporating both physical activity and a responsible diet.

St. Joseph Health System developed a unique partnership with nationally renowned Chefs Jaime Martín del Campo and Ramiro Arvizu, owners of the award-winning restaurant La Casita Mexicana and recently seen on the *Today* show and *Throwdown with Bobby Flay*. Natives of Jalisco, México, the Chefs has developed 26 recipes of authentic Mexican food for the campaign that are healthy, easy, quick and affordable using an array of flavors and spices. The Chefs are passionate and genuine promoters of authentic Mexican cuisine in the United States. Both Chefs share a deep love for cooking family recipes, in remembrances of their childhood. The Healthy For Life recipes are full of flavor, nutrition and culture.





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## SOUPS

### LENTIL SOUP WITH SPINACH

**SERVINGS:**

**6 PORTIONS**

**INGREDIENTS:**

**QUANTITY:**

LENTILS

1 LB

TOMATOES

10 OZ.

WHITE ONION

2 OZ

GARLIC

1 CLOVE

SPINACH

4 OZ.

CHICKEN BROTH

4 Q'TS.

FRESH JALAPENO CHILI

1

FRESH CILANTRO

4 STEMS

**PREPARATION:**

1. COOK THE LENTILS WITH 3 QTS OF CHICKEN BROTH FOR 25 MINUTES OVER LOW HEAT.
2. THOROUGHLY BLEND THE TOMATOES, ONION AND GARLIC WITH THE REMAINING CHICKEN BROTH.
3. ADD THE ABOVE GRINDED INGREDIENTS TO THE LENTILS ALONG WITH THE FRESH JALAPEÑO. SEASON WITH CILANTRO AND SALT TO TASTE AND SIMMER FOR 10 MINUTES.
4. ADD THE SPINACH 5 MINUTES BEFORE REMOVING FROM HEAT.





## VEGETABLE SOUP

**SERVINGS:** 6 PORTIONS

<b>INGREDIENTS:</b>	<b>QUANTITY:</b>
POTATOES, PEELED	½ LB
PEAS	½ LB
CHAYOTE SQUASH	½ LB
WHITE CORN ON THE COBB	4
ZUCHINNI	½ LB
CILANTRO	10 STEMS
GARLIC	1 CLOVE
TOMATOES , CUT IN SMALL CUBES	8 OZ.
CHICKEN BROTH	2 QTS.
SALT	TO TASTE
CARROTS	½ LB
WHITE ONION , SLICED JULIENNE	1 MEDIUM

**PREPARATION:**

1. CUT THE POTATOES, CHAYOTE, ZUCHINNI AND CARROTS IN SMALL SQUARES AND REMOVE THE KERNELS FROM THE CORN.
2. HEAT THE OIL AND SAUTEE THE ONION, GARLIC AND TOMATOES.
3. ADD THE CHICKEN BROTH. WHEN IT STARTS BOILING, ADD VEGETABLES. COOK FOR 15 MINUTES OR UNTIL VEGETABLES ARE TENDER.
4. SEASON WITH CILANTRO AND SALT.





## CACTUS CREAM

**SERVINGS:** 6 PORTIONS

<b>INGREDIENTS:</b>	<b>QUANTITY:</b>
CACTUS, COOKED AND CHOPPED	2 LBS
CHICKEN BROTH	2 QTS
CORN OIL	1 OZ
GARLIC	1 CLOVE
WHITE ONION	2 OZ.
ALL SPICE PEPPER	4
SALT	TO TASTE
CILANTRO	10 STEMS
MILK	20 OZ.
MEXICAN CREAM	2 OZ.

**PREPARATION:**

1. HEAT OIL AND SAUTEE ONION, GARLIC AND CACTUS FOR 5 MINUTES
2. BLEND THE MIXTURE WITH CHICKEN BROTH, PEPPER, CILANTRO, MILK AND CREAM
3. COOK FOR 10 MINUTES AND SEASON WITH SALT TO TASTE





## MUSHROOM SOUP

**SERVINGS:** 10 PORTIONS

<b>INGREDIENTS:</b>	<b>QUANTITY:</b>
TOMATOES	2 LBS
MUSHROOMS	3 LBS
OLIVE OIL	2 OZ.
WHITE ONION – FINELY MINCED	6 OZ.
CHICKEN BROTH	3 QTS.
EPAZOTE (MEXICAN HERB)	1 STEM
SALT	TO TASTE
FRESH JALAPEÑO CHILE	1

**PREPARATION:**

1. CUT THE TOMATOES IN HALF, REMOVE SEEDS AND CUT INTO SMALL CUBES
2. CLEAN MUSHROOMS WELL, AND CUT INTO FOURS.
3. HEAT THE OIL, SAUTEEE THE ONION, THE TOMATOES, ADD THE CHICKEN BROTH AND JALAPEÑO. ALLOW TO COOK FOR 10 MINUTES.
4. ADD THE MUSHROOMS AND EPAZOTE
5. LET BOIL FOR APPROXIMATELY 15 MINUTES AND SEASON WITH A LITTLE BIT OF SALT. REMOVE THE EPAZOTE BEFORE SERVING.





## CREAM OF BEANS

**SERVINGS:** 6 PORTIONS

<b>INGREDIENTS:</b>	<b>QUANTITY:</b>
GRINDED BEANS	1 LBS
BEAN BROTH	40 OZ.
GUAJILLO CHILI PEPPERS OR CALIFORNIA CHILI PEPPERS	2
CHILE DE ARBOL PEPPERS	1
ONION	2 OZ.
GARLIC	½ CLOVE
SALT	TO TASTE
CORN TORTILLAS, FRIED AND SLICE JULIENNE STYLE	4
MEXICAN STYLE CHEESE (COTIJA CHEESE)	TO TASTE
CORN OIL	1 OZ.

### **PREPARATION:**

1. HEAT OIL AND BROWN THE GUAJILLO OR CALIFORNIA PEPPERS, ONION AND GARLIC.
2. BLEND ALL THE INGREDIENTS IN THE BEAN BROTH.
3. PLACE THE MIXTURE IN A POT AND COOK FOR 10 MINUTES. SEASON WITH SALT TO TASTE.





## APPETIZERS

### STUFFED ZUCHINNIS

**SERVINGS:** 6 PORTIONS

<b>INGREDIENTS:</b>	<b>QUANTITY:</b>
ZUCHINNI	2 LBS
MEXICAN STYLE CHEESE (OAXACA CHEESE)	4 OZ.
MEXICAN STYLE CHEESE (COTIJA CHEESE)	1 TABLESPOON
ONION, FINELY CHOPPED	3 OZ
GARLIC, FINELY CHOPPED	½ CLOVE
DRY OREGANO	1 TEASPOON
SALT	TO TASTE

**PREPARATION:**

1. COOK THE ZUCHINNIS IN WATER WITH SALT FOR 10 MINUTES.
2. ONCE THEY ARE COOKED, CUT OFF ENDS AND CUT EACH INTO 3 INCH PIECES, TAKING OUT SOME OF THE PULP
3. MIX THE CHEESES, ONION, OREGANO AND GARLIC WITH THE PULP.
4. STUFF THE ZUCHINNIS AND BAKE IN THE OVEN UNTIL THE CHEESE MELTS.





## GUACAMOLE

**SERVINGS:** 6 PORTIONS

<b>INGREDIENTS:</b>	<b>QUANTITY:</b>
AVOCADO	2
WHITE ONION , FINELY CHOPPED	8 OZ.
JALAPEÑO CHILI PEPPER OR SERRANO CHILI PEPPER, FINELY CHOPPED, NO SEEDS	2
TENDER RADISH, FINELY CHOPPED	4 OZ.
CILANTRO , FINELY CHOPPED	2 TABLESPOONS
OLIVE OIL	1 OZ
LEMON JUICE	2 OZ.
SALT	TO TASTE

**PREPARATION:**

1. CRUSH THE AVOCADOS IN A MOLCAJETE (THE MEXICAN VERSION OF A STONE GRINDER/CONTAINER)
2. ADD THE ONION, CILANTRO, CHILE AND RADISHES. SEASON WITH OLIVE OIL, LEMON JUICE AND SALT.





## UNCOOKED TOMATO SAUCE

**SERVINGS:** 2 CUPS

<b>INGREDIENTS:</b>	<b>QUANTITY:</b>
TOMATOES	1 ½ LBS
WHITE ONION	4 OZ.
SERRANO CHILI PEPPER	3
CILANTRO	1 TABLESPOON
LEMON JUICE	2 TABLESPOONS
OLIVE OIL	2 TABLESPOONS
SALT	TO TASTE

**PREPARATION:**

1. CHOP THE ONION, TOMATOES, PEPPERS AND CILANTRO.
2. MIX ALL CHOPPED ITEMS WELL AND ADD OLIVE OIL, LEMON JUICE AND SALT.
3. LET SAUCE SIT DURING 15 MUNUTES BEFORE SERVING.





## GUAJILLO CHILE MUSHROOMS

**SERVINGS:**

**4 PORTIONS**

**INGREDIENTS:**

**QUANTITY:**

LARGE MUSHROOMS, DICED IN  
FOURS

1 LB

LEMON JUICE

1 TABLESPOON

PARSLEY, FINELY CHOPPED

2 TABLESPOONS

GUAJILLO CHILE FLAKES

1 TABLESPOON

PAPRIKA

½ TEASPOON

CHICKEN BROTH

2 TABLESPOONS

SALT

TO TASTE

OLIVE OIL

2 TABLESPOONS

GARLIC, FINELY CHOPPED

1 CLOVE

**PREPARATION:**

1. MIX THE MUSHROOMS WITH THE LEMON JUICE, PARSLEY, CHILE FLAKES, CHICKEN BROTH AND SALT.
2. HEAT THE OLIVE OIL AND SAUTE THE GARLIC, WITH ALL REMAINING INGREDIENTS AND COOK FOR 8 MINUTES, STIRRING WITH A WOODEN SPOON.
3. WAIT UNTIL THE LIQUID HAS BEEN ABSORBED AND THE MUSHROOMS ARE TENDER.





## FISH CEVICHE

**SERVINGS:** 4 PORTIONS

<b>INGREDIENTS:</b>	<b>QUANTITY:</b>
FISH FILET	1 LB
TOMATILLO VERDE, FINELY CHOPPED	½ LB
WHITE ONION, FINELY CHOPPED	4 OZ.
CHOPPED MINT LEAVES	12
SERRANO CHILI PEPPER, FINELY CHOPPED AND NO SEEDS,	4
LEMON JUICE	4 OZ.
OLIVE OIL	1 OZ.
SALT	TO TASTE

**PREPARATION:**

1. SLICE THE FISH FILET IN SMALL SQUARES AND ALLOW TO MARINATE FOR A MINIMUM OF 2 HOURS.
2. DRAIN THE EXCESS LEMON JUICE AND COMBINE WITH THE REMAINING INGREDIENTS.
3. SERVE IMMEDIATELY WITH CORN TOSTADAS.





## BREAKFAST

### SCRAMBLED EGGS WITH CACTUS

**SERVINGS:** 4 PORTIONS

<b>INGREDIENTS:</b>	<b>QUANTITY:</b>
NOPALES (CACTUS) DICED AND COOKED	2 CUPS
EGGS	3
EGG WHITES	3
TOMATO, DICED	½ CUP
ONION, FINELY DICED	¼ CUP
JALAPEÑO PEPPER, FINELY DICED, NO SEEDS	1
CORN OIL	1 TABLESPOON
SALT	TO TASTE

**PREPARATION:**

1. HEAT OIL AND SAUTEE THE CACTUS, ONION, TOMATO AND JALAPENO PEPPER FOR APPROXIMATELY 3 MINUTES.
2. ADD EGGS, EGG WHITES AND COOK FOR 5 ADDITIONAL MINUTES.





## SCRAMBLED EGGS WITH SALSA VERDE

**SERVINGS:** 6

<b>INGREDIENTS:</b>	<b>QUANTITY:</b>
TOMATILLO	1 LB
EGGS	3
EGG WHITES	3
WHITE ONION	4 OZ.
SERRANO CHILI PEPPER	1
GARLIC	1 CLOVE
SALT	TO TASTE
CILANTRO	8 LEAVES
OIL	1 OZ.
WATER	10 OZ.

**PREPARATION:**

1. BOIL TOMATILLOS WITH THE ONION, PEPPER AND GARLIC FOR 5 MINUTES.
2. BLEND THOROUGHLY WITH THE CILANTRO.
3. HEAT THE OIL, MAKE THE SCRAMBLED EGGS AND ADD THE SALSA
4. COOK FOR 3 MINUTES.





## EGG STUFFED ENCHILADAS WITH TOMATO SAUCE

**SERVINGS:** 6 PORTIONS

<b>INGREDIENTS:</b>	<b>QUANTITY:</b>
TOMATOES	2 LBS
FRESH JALAPEÑO PEPPER	TO TASTE
EGGS	4
WHITE ONION	4 OZ
GARLIC	1 CLOVE
CORN OIL	2 OZ
MEXICAN STYLE CHEESE (QUESO FRESCO)	4 OZ
SALT	TO TASTE
CHICKEN BROTH	1 QT.

**PREPARATION:**

1. BOIL THE TOMATOES, ONIONS, JALAPENO PEPPERS WITH CHICKEN BROTH
2. BLEND ALL OF THE INGREDIENTS TO MAKE A SALSA.
3. BOIL THE SALSA UNTIL IT SLIGHTLY THICKENS.
4. HEAT THE OIL AND MAKE SCRAMBLED EGGS.
5. COOK THE TORTILLAS IN A BIT OF HOT OIL TO SOFTEN. FILL WITH SCRAMBLED EGGS AND ROLL THE TORTILLA TO MAKE THE ENCHILADA.
6. BATHE WITH THE TOMATO SAUCE AND TOP WITH FRESH CHEESE.

**ADDITIONAL NOTES:** TO BE SERVED HOT.





## MAIN DISHES

### GREEN BEANS STEW

**SERVINGS:** 4 PORTIONS

<b>INGREDIENTS:</b>	<b>QUANTITY:</b>
OLIVE OIL	2 OZ
ONION, FINELY CHOPPED	2 OZ
GREEN BEANS	1 LB
SQUASH SEEDS	2 OZ.
PAPRIKA	1 TEASPOON
CHOPPED GARLIC	1 CLOVE
CELERY, FINELY CHOPPED	1 TABLESPOON
SALT	1 TEASPOON
WATER	16 OZ.

**PREPARATION:**

1. COOK THE GREEN BEANS IN WATER AND SALT UNTIL THEY ARE TENDER.
2. BROWN THE SQUASH SEEDS AND BLEND
3. HEAT OIL AND SAUTEE THE ONION, GARLIC AND GREEN BEANS FOR 3 MINUTES. ADD BLENDED SEEDS, SEASON WITH PARSLEY AND SALT
4. SPRINKLE WITH PAPRIKA AND SERVE.





## CHIAPAS STYLE BEEF

**SERVINGS:** 6 PORTIONS

<b>INGREDIENTS:</b>	<b>QUANTITY:</b>
BEEF (EYE ROUND ROAST)	2 LBS
WHITE ONION	1 LB
TOMATOES	8 OZ.
PARSLEY, FINELY CHOPPED	8 TEASPOONS
LEMON JUICE	8 OZ.
SALT	TO TASTE
SERRANO CHILES	2
BEEF BROTH	2 OZ.
OLIVE OIL	2 OZ.

**PREPARATION:**

1. COOK THE BEEF WITH HALF OF THE ONION, TOMATES AND SALT
2. SHRED THE BEEF AND MIX IN THE REST OF THE CHOPPED ONION AND PARSLEY. SEASON WITH THE LEMON JUICE AND SALT.





## MEXICAN STYLE TUNA TOSTADAS

**SERVINGS:**

**4 PORTIONS**

**INGREDIENTS:**

**QUANTITY:**

TUNA IN WATER

2 LBS OF DRAINED TUNA

CHOPPED CILANTRO

6 TABLESPOONS

SEEDLESS TOMATOES, FINELY

12 OZ.

CHOPPED

PICKLED SEEDLESS JALAPEÑO

4 OZ.

CHILES, FINELY CHOPPED

LEMON JUICE

2 OZ.

OLIVE OIL

2 OZ.

WHITE ONION, FINELY CHOPPED

6 OZ.

SALT AND PEPPER

TO TASTE

JALAPENO PEPPER VINEGAR

2 OZ.

**PREPARATION:**

1. MIX THE DRAINED TUNA WITH THE TOMATO, CILANTRO, ONION AND CHILES.
2. SEASON WITH OLIVE OIL, LEMON JUICE, VINEGAR, SALT AND PEPPER
3. SERVE ON OVEN-BAKED TOSTADAS.





## MEXICAN STYLE ZUCHINNI

**SERVINGS:** 6 PORTIONS

<b>INGREDIENTS:</b>	<b>QUANTITY:</b>
VEGEATABLE OIL	2 OZ
WHITE ONION, FINELY CHOPPED	8 OZ.
GARLIC, FINELY CHOPPED	1 CLOVE
TOMATO, SEEDLESS ,CHOPPED INTO SMALL SQUARES	1 LB
SERRANO CHILI PEPPER, FINELY CHOPPED	1
ZUCHINNI	2 LBS
ROASTED POBLANO CHILI PEPPERS, NO SKIN, NO SEEDS	2
MEXICAN STYLE CHEESE (QUESO FRESCO)	8 OZ
EPAZOTE (MEXICAN HERB), DICED	2 LEAVES
SALT	1 OZ.

**PREPARATION:**

1. HEAT THE OIL, SAUTEE THE ONIONS AND GARLIC FOR 3 MINUTES.
2. ADD CHOPPED TOMATOES, POBLANO AND SERRANO CHILI PEPPERS AND ZUCHINNI. COOK FOR 10 MINUTES. SEASON WITH EPAZOTE AND SALT.
3. SERVE ON A LARGE DISH AND SPRINKLE WITH THE MEXICAN CHEESE.





## ALMOND CHICKEN

**SERVINGS:** 5 PORTIONS

<b>INGREDIENTS:</b>	<b>QUANTITY:</b>
CHICKEN LEGS	4 LBS
GARLIC	4 MEDIUM CLOVES
WHITE ONION	1 LBS
SALT	2 OZ.
BAY LEAVES	4 LEAVES
TOMATOES	12 OZ.
GUAJILLO CHILE	2
CORN OIL	2 OZ
CINNAMON	1 PIECE
CLOVES	2
ALL SPICE PEPPER	4
WHITE DINNER ROLLS (MEXICAN STYLE)	2 OZ.
CHIPOTLE CHILE	1
ALMONDS	4 OZ.

### **PREPARATION:**

1. BOIL THE CHICKEN IN PLENTY OF WATER TOGETHER WITH GARLIC, HALF AN ONION, BAY LEAVES AND SALT UNTIL WELL COOKED. REMOVE CHICKEN.
2. HEAT THE OIL AND STIR FRY ALL INGREDIENTS BY ADDING 2 QUARTS OF CHICKEN BROTH FOR 10 MINUTES.
3. BLEND ALL INGREDIENTS AND SEASON WITH SALT. COOK FOR AN ADDITIONAL 10 MINUTES.
4. SERVE THE CHIKEN SHOWERED IN THE SAUCE.





## FISH IN MANDARIN AND BELL PEPPER SAUCE

**SERVINGS:** 4 PORTIONS

<b>INGREDIENTS:</b>	<b>QUANTITY:</b>
POLLOCK FISH FILLET	2 LBS
MANDARIN JUICE	12 OZ
RED PEPPER (CHILE MORRON)	1
GARLIC	2 MEDIUM CLOVES
WHITE ONION	2 OZ
COOKING SPRAY - BUTTER FLAVOR	
SALT & PEPPER	TO TASTE

**PREPARATION:**

1. BLEND THE RED PEPPER TOGETHER WITH THE MANDARIN JUICE, GARLIC AND ONION.
2. SEASON THE FISH WITH SALT AND PEPPER, LIGHTLY COVER THE FISH WITH OIL AND COOK FOR 2 MINUTES ON EACH SIDE.
3. ADD SALSA AND COOK FOR 5 MINUTES OR UNTIL FISH IS WELL COOKED.





## DESSERTS

### JICAMA POPSICLE

**SERVINGS:** 10 PORTIONS

<b>INGREDIENTS:</b>	<b>QUANTITY:</b>
JICAMA	2 LBS
LEMON JUICE	2 TABLESPOONS
SALT	TO TASTE
CRUSHED RED PEPPER FLAKES	1 TEASPOON
POPSICLE STICKS	10

**PREPARATION:**

1. WASH AND PEEL JICAMAS. CUT ¼ INCH SLICES.
2. MAKE AN INCISION IN THE JICAMAS TO INSERT THE POPSICLE STICKS.
3. SPRINKLE WITH SALT, PEPPER FLAKES, AND LEMON JUICE.





## WATERMELON AND LEMON BEVERAGE

**SERVINGS:** 12 PORTIONS

<b>INGREDIENTES:</b>	<b>CANTIDAD:</b>
SEEDLESS WATERMELON, PEELED AND CUBED	4 LBS
COLD WATER	2 QTS.
SUGAR	12 OZ.
LEMON JUICE	4 OZ.
LEMON WEDGES	12
MINT LEAVES	12 STANS
ICE	AL GUSTO

**PREPARATION:**

1. BLEND THE WATERMELON WITH THE SUGAR AND LEMON JUICE.
2. ADD WATER AND ICE
3. SERVE WITH LEMON WEDGES AND GANIRSH WITH A MINT LEAF.





## SUNNY SIDE UP WITH PICO DE GALLO

**SERVINGS:**

**6 PORTIONS**

**INGREDIENTS:**

**QUANTITY:**

NON-FAT NATURAL YOGURT

24 OZ

HONEY

5 OZ.

VANILLA

1 TABLESPOON

PEACHES IN NECTAR, CUT IN HALF

6 PIECES

KIWI, SKINLESS AND CUT IN SMALL

2 OZ.

CUBES

STRAWBERRIES, FINELY CHOPPED

2 OZ.

PEARS, FINELY CHOPPED

2 OZ.

MINT LEAVED, FINELY CHOPPED

4 LEAVES

NUTS, FINELY CHOPPED

1 TABLESPOON

**PREPARATION:**

1. MIX IN THE YOGURT WITH THE HONEY AND VANILLA UNTIL SMOOTH.
2. MIX THE CHOPPED FRUITS WITH MINT. PUT ON THE SIDE.
3. IN A PLATE SERVE YOGURT IN THE SHAPE OF A CIRCLE AND PLACE THE PEACH IN THE MIDDLE TO SIMULATE THE LOOK OF AN EGG YOLK.
4. ADD A TABLESPOON OF MIXED FRUIT TO SIMULATE THE LOOK OF PICO DE GALLO.
5. LASTLY, ADD CHOPPED NUTS AND SPRINKLE OVER THE YOGURT





## SALADS

### CACTUS SALAD

<b>SERVINGS:</b>	<b>4 PORTIONS</b>
<b>INGREDIENTS:</b>	<b>QUANTITY:</b>
NOPALES (CACTUS), DICED AND COOKED	2 LBS
WHITE ONION, FINELY CHOPPED	6 OZ.
TOMATOES, FINELY CHOPPED, NO SEEDS	12 OZ.
SERRANO PEPPERS, DICED, NO SEEDS	2
CILANTRO, FINELY DICED	2 TABLESPOONS
OLIVE OIL	2 OZ.
DRIED OREGANO	1 PINCH
SALT	TO TASTE
WHITE VINEGAR	1 TABLESPOON

#### PREPARATION:

1. MIX CACTUS WITH TOMATOES, PEPPERS, ONIONS AND DICED CILANTRO.
2. SEASON WITH OIL, SALT, VINEGAR AND MILLED OREGANO.
3. REFRIGERATE AND SERVE COLD.





## STUFFED CHAYOTE SQUASH

**SERVINGS:** 6 PORTIONS

<b>INGREDIENTS:</b>	<b>QUANTITY:</b>
CHAYOTE SQUASH	6
CELERY, FINELY CHOPPED	4 OZ
PEARS, PEELED AND CUT IN CUBES	8 OZ
MAYONNAISE	4 OZ.
LEMON JUICE	1 TABLESPOON
MUSTARD	1 TABLESPOON
NON-FAT NATURAL YOGURT	4 OZ.
SALT	½ TEASPOON
PEPPER	1 TEASPOON
PAPRIKA	1 TEASPOON

**PREPARATION:**

1. BOIL THE SQUASH IN WATER AND SALT UNTIL THEY ARE SOFT. CUT IN HALF LONGWAYS, REMOVE THE SEEDS AND CUT FROM THE PULP WITHOUT RIPPING THE HULL.
2. DICE THE SQUASH PULP AND MIX WITH ALL OF THE INGREDIENTS EXCEPT FOR THE PAPRIKA.
3. STUFF SQUASH HULLS AND SPRINKLE WITH PAPRIKA.
4. REFRIGERATE AND SERVE COLD.





## CILANTRO POTATOES

**SERVINGS:** 6 PORTIONS

<b>INGREDIENTS:</b>	<b>QUANTITY:</b>
POTATOES	2 LBS
OLIVE OIL	4 OZ
GARLIC, DICED	4 CLOVES
CHILE DE ARBOL PEPPERS, CUT INTO PIECES	4
CILANTRO, DICED	6 TABLESPOONS
LEMON JUICE	1 OZ.
SALT	1 ½ OZ.

**PREPARATION:**

1. BOIL THE POTATOES IN PLENTY OF WATER AND 1 ½ OZ. OF SALT UNTIL AN INSERTED TOOTHPICK COMES OUT EASILY; DRAIN, ALLOW TO COOL, PEEL AND SLICE INTO PIECES.
2. HEAT THE OLIVE OIL AND FRY THE GARLIC AND POTATOES.
3. WHEN THEY BEGIN TO BROWN ADD THE PEPPERS AND LEMON JUICE.
4. WHEN THE LIQUID EVAPORATES, SPRINKLE THE CILANTRO, CHECK THE SEASONING, REMOVE FROM THE STOVE AND SERVE.





## CUCUMBERS A LA OREGANO SALAD

**SERVINGS:** 4 PORTIONS

<b>INGREDIENTS:</b>	<b>QUANTITY:</b>
CUCUMBER	2 LBS
WHITE ONION, CHOPPED	2 OZ.
LEMON JUICE	2 OZ.
DRIED MILLED OREGANO	1 TEASPOON
OLIVE OIL	2 OZ.
SALT	TO TASTE

**PREPARATION:**

1. MARINATE ONION WITH LEMON JUICE AND OREGANO FOR 5 MINUTES.
2. PEEL THE CUCUMBERS, CUT IN SLICES, AND MIX WITH ONIONS. LIGHTLY COVER WITH OLIVE OIL AND SALT MIXTURE.
3. ALLOW TO SIT FOR 15 MINUTES AT ROOM TEMPERATURE BEFORE SERVING.

**ADDITIONAL NOTES:** CUT THE EDGES OF THE CUCUMBERS AND RUB THEM ON THE EXTREMITIES SO THAT THEY WILL NOT DEVELOP A SOUR TASTE.

