

California Project LEAN's criteria for lowfat recipes is no more than 3 grams of fat per 100 calories. When two options are given in the ingredient list, the first one listed is used in the nutritional analysis.

The Food and Drug Administration recommends that main dishes have no more than 90 mg of cholesterol and 720 mg of sodium.



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CELEBRATE
HEALTH
WITH
A
Lowfat
FIESTA

TRY A LOWFAT
FIESTA

Mexican food is so popular in America, why not feature Mexican favorites at your next family gathering or office potluck? Host a lowfat fiesta that offers sure-fire party pleasers like the recipes found in this brochure. Also try the simple tips for eating lean Mexican cuisine. Your family will thank you for eating healthier.

TIPS FOR EATING LEAN
MEXICAN CUISINE AT
HOME OR EATING OUT

- ▶ Choose corn and reduced-fat flour tortillas.
- ▶ Add whole beans to your meat fillings to reduce the cost of your meal and increase fiber and protein.
- ▶ Use reduced-fat cheese at home for burritos, enchiladas, tacos, or other Mexican dishes.
- ▶ Try nonfat or light sour creams.

LOWFAT FIESTA MENU

- ▶ Spicy Avocado Dip & Homemade Chips
- ▶ Cantaloupe Cooler
- ▶ Tortilla Casserole
- ▶ Mexican Rice
- ▶ Lemon Corn Cake

SPICY AVOCADO DIP

& HOMEMADE TORTILLA CHIPS

Serves 8

Parties usually include a big bowl of guacamole. Make your guacamole low in fat by adding lower fat sour cream and mayonnaise and by using green peas to replace half the avocado. Serve the dip with baked, instead of fried, tortilla chips.

1 avocado, peeled and pitted
1 cup petite green peas, fresh or frozen, thawed *
1/4 cup nonfat or reduced fat mayonnaise
1/4 cup nonfat or light sour cream
Juice from 1/2 lemon
2 Roma tomatoes, chopped
1/4 cup finely grated onion
1 to 2 yellow wax chile, jalapeño, or other chile peppers, finely chopped
1/4 teaspoon ground cumin
Dash or two of cayenne pepper
Black pepper to taste
1 dozen corn tortillas
Nonstick cooking spray
* or substitute 1/2 cup of homemade or bottled salsa

For the Dip

In a blender or food processor, blend the first five ingredients until smooth. Stir in the next six ingredients. Serve with homemade tortilla chips, raw vegetables, or as a garnish for entree items.

For the Homemade Tortilla Chips

Preheat oven to 350 degrees. Cut a dozen corn tortillas into wedges. Coat a baking sheet with nonstick cooking spray. Place tortilla wedges across baking sheet and bake for 5 to 10 minutes, or until tops are lightly brown and tortilla wedges are crisp. Remove to serving dish. Spray baking sheet again and repeat with remaining tortillas. Salt if desired. Store chips in an airtight bag. Lowfat baked tortilla chips are also available at some stores.

Per serving with homemade tortilla chips:
161 calories, 5 g fat, 0 mg cholesterol, 135 mg sodium

CANTALOUPE COOLER

Serves 8

This is a variation on the Mexican “Agua de Melon.” In this recipe, the traditional cold water is replaced by orange juice to add more vitamins.

1 ripe cantaloupe
2 1/2 cups cold orange juice or cold water *
2 tablespoons superfine or granulated sugar
Crushed ice

* If you use water instead of orange juice, increase the sugar to 3 tablespoons.

Cut melon in half. Scoop out seeds, remove rind and discard. Cut melon into 1-inch cubes. In blender or food processor, blend melon cubes with 1/2 cup orange juice until smooth. Pour puree into pitcher and stir in the remaining orange juice and the sugar. Stir until sugar is dissolved. Pour into glasses filled with crushed ice.

For a new twist, try other melons or strawberries in place of the cantaloupe.

Per serving with orange juice:

75 calories, 0 g fat, 0 mg cholesterol, 8 mg sodium

TORTILLA CASSEROLE

Serves 6

Everybody loves a bubbling platter of beef and bean enchiladas. This tortilla casserole is not only a quick version of beef enchiladas, it's also low in fat!

1 pound ground sirloin (very lean)
1 cup chopped yellow onion
1 15-ounce can black beans, drained and rinsed
1/2 cup chopped red or green bell pepper
1/4 cup diced green chile peppers (optional)
Nonstick cooking spray
6 reduced-fat flour tortillas
1/2 to 3/4 cup salsa
6 ounces reduced-fat sharp cheddar cheese, grated
1/2 cup nonfat sour cream

Preheat oven to 450 degrees. Cook beef and onion in nonstick frying pan until completely cooked. Remove from heat and stir in beans and red or green bell pepper. Add chile peppers, if desired.

Coat a round 2 quart casserole dish with nonstick cooking spray. Place one tortilla and two tortilla halves in bottom of dish. Spread at least 3 tablespoons of salsa over tortillas, then 1/3 of the beef/bean mixture, and 1/3 of the grated cheese. Repeat with another layer of tortillas, salsa, 1/3 of the beef/bean mixture and 1/3 of the grated cheese.

Top with remaining tortillas, salsa, and nonfat sour cream before adding the remaining beef/bean mixture and cheese. Bake for 10 minutes.

Per serving:

412 calories, 12 g fat, 71 mg cholesterol,
548 mg sodium

MEXICAN RICE

Serves 8

Mexican rice remains a popular side dish. This recipe uses a lot less oil and more vegetables and spices.

2 tablespoons vegetable oil
2 cups long-grain white rice, uncooked
3 cups reduced-sodium chicken broth
1 1/2 cups finely chopped white onions
1 to 2 teaspoons minced garlic
1 14 1/2-ounce can Mexican or Italian style tomatoes, ready-cut, if available, or cut tomatoes into small pieces
1/2 teaspoon salt
1 green bell pepper, seeded and chopped

Heat oil in medium-size saucepan over medium heat. Saute the rice until just golden, about 5 minutes. Add 1/2 cup of chicken broth if moisture is needed. Add onions and garlic and saute for a minute or two. Stir in the tomatoes and their juice, the rest of the chicken broth, salt and bell pepper. Bring to a boil. Reduce heat to low. Cover and simmer for about 20-25 minutes, or until the broth is absorbed.

Per serving:

226 calories, 4 g fat, 0 mg cholesterol, 267 mg sodium

LEMON CORN CAKE

Serves 12

Lemon Corn Cake is a sweet variation of Mexican corn bread. Serve it as a breakfast bread, or as a side dish for a potluck, lunch or dinner.

1 cup yellow corn meal
1 cup flour
1/2 cup sugar
1 tablespoon baking powder
1 teaspoon salt
6 ounces lowfat lemon yogurt
2 teaspoons finely grated lemon peel
1 tablespoon oil
1 egg yolk
2/3 cup 1% lowfat or nonfat milk
3 egg whites
Nonstick cooking spray

Optional lemon glaze:
3 tablespoons lemon juice
1/2 cup powdered sugar

Preheat oven to 400 degrees. Mix first five ingredients together in mixing bowl. Combine yogurt, lemon peel, oil, egg yolk and milk together and stir into dry ingredients just until blended. Whip egg whites with mixer until stiff. Fold into corn meal mixture. Pour into round 9-inch cake pan coated with nonstick cooking spray. Bake for 20-25 minutes or until corn cake tests done.

For optional lemon glaze: Over low heat blend lemon juice together with powdered sugar. Pierce cake top repeatedly with fork. Slowly pour glaze evenly over the top.

Per serving without glaze:

152 calories, 2 g fat, 19 mg cholesterol,
290 mg sodium

Per serving with glaze:

169 calories, 2 g fat, 19 mg cholesterol,
290 mg sodium

