

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

Project LEAN has made every effort to reduce sodium and sugar in recipes. However, all recipes may not meet the needs of special dietary restrictions.

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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MEXICAN

CUISINE



¡OLE! FOR A LOWFAT

F I E S T A

Eating lean Mexican cuisine is simple. Mexican dishes such as enchiladas can be made with lean meats, reduced fat cheeses, and little or no oil. California Project LEAN presents a menu for a lowfat fiesta in this brochure. Many of these recipes use mild chile peppers to add flavor to food without adding fat. Project LEAN invites you to try these dishes at home, or at your next office potluck.

TIPS FOR EATING LEAN MEXICAN CUISINE

- Try baked instead of fried tortilla chips. Enjoy them with your favorite salsa!
- Serve no-fat refried beans or canned black or kidney beans.
- Buy reduced-fat cheese and sour cream for your tacos, enchiladas, or other Mexican dishes.

LEAN MEXICAN RECIPES

- Bean Salsa Salad
- Quick Chicken Mole
- Beef Enchilada Pie
- Salsa Jam
- Baked Cinnamon Crisps

BEAN SALSA SALAD

Serves 6

Prep time: 10 minutes
Marinate: Overnight

This salad is both colorful and flavorful!

- 1 cup corn kernels, fresh or frozen, thawed
- 2 Roma tomatoes, chopped
- 5 green onions, sliced
- 3 tablespoons minced fresh cilantro
- 1 tablespoon olive oil
- 3 tablespoons lime juice (juice from 1 1/2 limes)
- 3/4 teaspoon ground cumin
- 1/4 teaspoon salt
- 1 cup canned garbanzo beans, drained
- 1 cup black beans, drained
- 1/2 cup to 1 cup Anaheim peppers, seeded and finely chopped (use 1 cup if you like it hot)
- 8 ounces tiny shrimp, cooked rinsed and drained (optional)

Combine all ingredients and mix well. Cover and refrigerate overnight or at least

Per serving:

142 calories, 4 g fat, 0 mg cholesterol, 100 mg sodium

Per serving with shrimp:

180 calories, 4 g fat, 74 mg cholesterol, 184 mg sodium



QUICK CHICKEN MOLE

Serves 6

Prep time: 15 minutes
Cooking time: 45 minutes

Mole sauce is the pride of Puebla, Mexico. It is traditionally served with chicken or turkey.

6 boneless, skinless chicken breasts,
about 3 ounces each
1 green bell pepper, cored and seeded
2 Roma tomatoes, or 6 cherry tomatoes
2 to 4 tablespoons chili powder
1/4 cup dry roasted peanuts
1/4 cup raisins
1 teaspoon ground cinnamon
1 clove garlic, minced
2 corn tortillas, torn into pieces
2 tablespoons sesame seeds
2 to 3 cups low-sodium chicken broth
1 tablespoon margarine or butter
1 tablet Mexican chocolate or 3 tablespoons semi-
-sweet chocolate chips
5 cups hot, cooked white rice

Bake, broil, grill, or stew chicken breasts as desired. Combine next 9 ingredients (from the bell pepper to the sesame seeds) in blender or food processor. Pour in 1 cup of the chicken broth. Blend until pureed (sauce will be grainy).

Melt butter or margarine in a sauce pan over low heat. Add chocolate and stir until melted. Add blender mixture and remaining chicken broth (1 to 2 cups), depending on desired consistency. Simmer for 10 minutes, stirring frequently. Serve over skinless chicken breast and hot cooked rice with green salad.

Per serving:

490 calories, 12 g fat, 45 mg cholesterol,
94 mg sodium

BEEF ENCHILADA PIE

Serves 6

Prep time: 10 minutes
Cooking time: 50 minutes

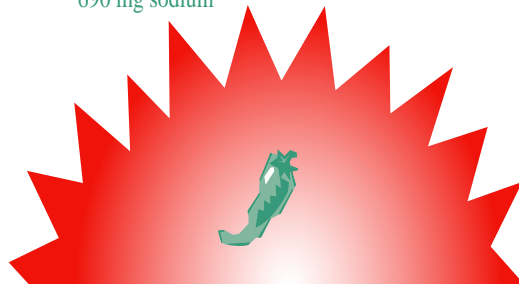
This dish can be a meal all by itself, or part of a potluck menu for a Mexican fiesta.

1 pound extra lean ground beef (10% fat or less)
1/2 pound lean ground turkey
1/8 teaspoon garlic powder
1/2 medium onion, chopped
1/4 teaspoon chili powder
1 1/2 cups canned or cooked kidney or pinto beans,
drained
1 can (4 ounces) diced green chiles
1/2 can (10 3/4 ounces) reduced fat Cream of
Mushroom Soup, condensed
1 can (14 1/2 ounces) Mexican-Style stewed
tomatoes
6 corn tortillas
Nonstick cooking spray
6 ounces reduced fat sharp cheddar cheese, grated

Cook ground beef, turkey, garlic, onion, and chili powder in frying pan over medium heat until browned. Add beans and chiles. Preheat oven to 350 degrees. Mix 1/2 can of soup (do not add water) with stewed tomatoes. Layer half the corn tortillas (cut to fit) on the bottom of an 8- or 9-inch square baking pan coated with nonstick cooking spray. Top with half the meat/bean mixture, half the tomato mixture, and half the cheese. Repeat with a layer of tortillas, meat, sauce, and cheese. Cover loosely with foil and bake in 350 degree oven for 45 minutes.

Per serving:

286 calories, 10 g fat, 50 mg cholesterol,
690 mg sodium



SALSA JAM

Prep Time: 35 minutes

Use this jam as a spread on tortillas, fat-free crackers, or baked chips.

8 Roma tomatoes, finely chopped
2 medium onions, finely chopped
1 cup plus 2 tablespoons tomato sauce
(no salt added)
1/4 cup minced fresh cilantro
1/3 cup canned fire-roasted jalapeño peppers,
drained and finely chopped
2 tablespoons cider vinegar
2 tablespoons fresh lime juice
1 teaspoon grated lime peel
1 1/2 cups sugar
1 box fruit pectin

Rinse clean four eight ounce glass canning jars and lids in boiling water. Place 2 cups tomatoes and 1/2 cup onions into large bowl. Add tomato sauce, cilantro, jalapeño peppers, vinegar, lime juice, and lime peel and mix well. Mix 1/4 cup of the sugar with pectin in small bowl. Gradually add pectin-sugar mixture to vegetables, stirring vigorously. Let stand 10 minutes, stirring occasionally. Stir remaining sugar gradually into vegetable mixture until sugar is dissolved (about 3 minutes). Fill all containers quickly to within 1/2-inch of tops. Wipe top edges of containers and quickly cover with lids. Store in refrigerator up to 3 weeks, or freeze containers up to one year then thaw in refrigerator. Makes at least four 1-cup containers, or three 12-ounce containers.

Per 1/4 cup serving:

94 calories, 0 g fat, 0 mg cholesterol,
50 mg sodium

BAKED CINNAMON CRISPS

Serves 10

Prep time: 10 minutes
Cooking time: 20 minutes

This is a great kitchen activity for kids!

3 tablespoons granulated sugar
3/4 teaspoon ground cinnamon
Nonstick cooking spray
10 reduced fat flour tortillas
2 tablespoons light margarine, melted

Preheat oven to 350 degrees. In a small bowl or cup, blend sugar with cinnamon. Coat two cookie sheets with nonstick cooking spray. Place a tortilla on cutting board. Brush top of tortilla with diet margarine. Sprinkle about 1 teaspoon of cinnamon/sugar mixture over the top. Cut into 4 wedges and place on prepared pan. Repeat with remaining tortillas. Bake until very crisp and lightly brown (about 20 minutes), checking often. Serve immediately.

Per serving:

96 calories, 2 g fat, 1 mg cholesterol,
295 mg sodium

