



Eating Well with Traditional Flavors



Mix and match foods you love to build a healthy eating pattern. That means including the right amounts of nutritious foods from all five food groups each day.

FRUITS

- Apple
- Berries
- Date
- Fig
- Guava
- Jackfruit
- Lime
- Lychee
- Mango
- Melon
- Orange
- Papaya
- Persimmon
- Pomegranate
- Raisins
- Sapote
- Soursop



VEGETABLES

- Avocado
- Bell pepper
- Cabbage
- Carrot
- Collard greens
- Cucumber
- Eggplant
- Green beans
- Jicama
- Nopal
- Okra
- Onion
- Plantain
- Potato
- Radish
- Tomato
- Yucca



FLEXIBLE FAVORITES

Each food group offers a variety of options that you can mix and match to suit your lifestyle, personal preferences, and budget. Choose traditional and familiar foods with less added sugar, salt, and saturated fat to feel your best.



GRAINS

- Barley
- Buckwheat
- Bulgur
- Chapati
- Couscous
- Corn bread
- Flat bread
- Masa harina
- Millet
- Noodles
- Oatmeal
- Pita bread
- Polenta
- Rice
- Rye
- Teff
- Tortillas



PROTEIN FOODS

- Beans
- Beef
- Chickpeas
- Chicken
- Eggs
- Pork
- Seafood
- Shellfish
- Tofu
- Walnuts



Herbs and spices add flavor without extra salt, sugar, or saturated fat!

DAIRY



- Buttermilk
- Cheese
- Cottage cheese
- Kefir
- Milk
- Queso fresco
- Soy milk
- Yogurt



SPICES & HERBS

- Basil
- Cilantro
- Cinnamon
- Chili powder
- Coriander
- Cumin
- Garlic
- Ginger
- Mint
- Oregano
- Paprika
- Parsley
- Red pepper
- Turmeric



Sample Menu Plan

Enjoy a variety of nutritious traditional meals and snacks to meet your food group needs and delight your taste buds with different flavors.



BREAKFAST



DINNER



DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

LUNCH



Bugeoguk
made with pollack, sprouts, tofu, and dashi stock



Ful medames
made with fava beans, lemon juice and garlic broth; served with tomato, onion, parsley, and whole wheat pita



Jajecznica na Kiełbasie
eggs scrambled with kielbasa, onions, bell peppers; toast; orange juice



Korozott
toast topped with cottage cheese, herbs, and pickled radishes; coffee with milk



Pho
made with rice noodles, sliced beef, fresh herbs, and pickled condiments



Cubano
made with pork, Swiss cheese, and pickles



Poke bowl
made with tuna, seaweed, pork, taro leaves, taro root porridge, cabbage, chicken, rice noodles, coconut pudding



Borscht
beet soup topped with yogurt and served with bread



Chicken kabsa
made with chicken, tomatoes, carrots, raisins, and almonds; served with rice



Shish Taouk
made with chicken, chickpeas, bulgur, tomatoes, onion, mint, garlic, parsley, paprika, tahini, lemon juice, and olive oil



Melting pot potluck
walnut shrimp with broccoli; egg noodles with pork; snapper, pickled vegetables, and white rice



Ajaco soup
made with chicken, pork, and potatoes; served with a cheese arepa



Pork meatballs
with rice noodles, greens, and pickled vegetables



Bulgogi
stir-fried pork with cabbage, carrots, onions, and chilis; served with steamed rice



Cheese quesadilla
flour tortilla filled with shredded cheese (Monterey Jack, cheddar, Oaxaca, or a blend)



Fruit and cheese charcuterie
apples with blue cheese



Horchata



Walnut dukkah
with pita bread and figs



Cafe latte



Yogurt parfait



Grapes with cheddar cheese



Dates and walnuts with milk



This sample menu meets the daily food group recommendations for individuals needing 2,000 calories per day:

♦♦ 2 cups fruit

♦♦♦ 2.5 cups vegetables

♦♦♦♦♦ 6 ounces of grains

♦♦♦♦♦ 5.5 ounces of protein foods

♦♦♦ 3 cups of dairy

Your food group requirements may be more or less depending on how many calories you consume each day.



Your Menu Plan

	FRUITS	VEGETABLES	GRAINS	PROTEIN FOODS	DAIRY
SAMPLE Using Day 1 menu from Sample Meal Plan	<i>1/4 c orange juice and lime juice to cook pork</i> <i>1 3/4 c apples</i>	<i>1 1/4 c sprouts 1 1/4 c broccoli, pickled vegetables</i>	<i>4 oz baguette 2 oz rice</i>	<i>1/2 oz pollack 1 oz tofu* 2 oz pork 2 1/2 oz walnuts, shrimp, pork, snapper</i>	<i>1 1/2 oz Swiss cheese* 3 oz blue cheese*</i>
DAY 1					
DAY 2					
DAY 3					

***Quantity equivalents for each food group are:**

Fruits/Vegetables (1 cup eq):

1 cup raw or cooked vegetable or fruit; 1 cup vegetable or fruit juice; 2 cups leafy salad greens; 1/2 cup dried fruit or vegetable

Grains (1 ounce eq):

1/2 cup cooked rice, pasta, or cereal; 1 ounce dry pasta or rice; 1 medium (1 ounce) slice bread, tortilla, or flatbread

Dairy (1 cup eq):

1 cup milk, yogurt, or fortified soy milk; 1 1/2 ounces natural cheese or 2 ounces of processed cheese

Protein Foods (1 ounce eq):

1 ounce lean meats, poultry, or seafood; 1/4 cup cooked beans or tofu; 1 tbsp nut or seed butter; 1/2 ounce nuts or seeds



Vietnamese Coconut Pork Curry

Ingredients

- 1 lb pork loin, cut into 1" chunks
- ½ tsp black pepper
- ¼ tsp salt or MSG
- 1 tbsp curry powder (without salt)
- 1 14.5-oz can diced tomatoes
- 1 bunch green onions or 1 small onion, chopped
- 4 large potatoes, diced
- 1 14.5-oz can coconut milk
- 2 cups water or unsalted broth
- 1 lb carrots, sliced
- 1 lb bag green beans, frozen



Servings: 6

Prep time: 5 minutes

Cook time: 5 hours

Total time: 5 hours and 5 minutes



Optional garnish: basil and cilantro

Instructions

1. Season pork with black pepper and salt (or MSG) before placing into a slow cooker insert.
2. Add in tomatoes, onion, potatoes, coconut milk, and water or broth.
3. Cook curry on low heat for 4 hours until pork mixture is tender and cooked to an internal temperature of 145°F. Let rest for 3 minutes.
4. Add in carrots and green beans and cook for an additional hour.
5. Serve hot. Garnish as desired.

Picadillo Cubano

Servings: 6

Prep time: 20 minutes

Cook time: 45 minutes

Total time: 65 minutes



Ingredients

2 large russet potatoes
2 tbsp vegetable oil, divided
1 medium onion, diced
1 green pepper, diced
2 cloves garlic, minced
1 lb ground beef (90% lean/10% fat)
Water as needed, ~ $\frac{1}{4}$ cup
1 cup canned diced tomatoes
1 cup no-salt-added tomato sauce
 $\frac{1}{4}$ cup raisins
 $\frac{1}{3}$ cup green olives with pimientos, halved
1 tbsp white vinegar
 $\frac{1}{4}$ tsp salt
 $\frac{1}{2}$ tsp cumin
 $\frac{1}{2}$ tsp onion powder
 $\frac{1}{2}$ tsp oregano



Instructions

1. Preheat oven to 375°F.
2. Peel and chop potatoes into $\frac{1}{2}$ -inch cubes. Mix with 1 tbsp vegetable oil. Place on a non-stick baking tray or a tray lined with parchment paper. Roast for 30 minutes.
3. Heat 1 tbsp oil in large pan over medium heat. Add diced onions, peppers, and minced garlic. Sauté until onions are translucent.
4. Add ground beef and cook thoroughly. Add water as needed if beef and vegetables begin to stick to pan.
5. Add diced tomatoes and sauce. Cook on low for 5 minutes until beef reaches an internal temperature of 160°F.
6. Add raisins, green olives, roasted potatoes, white vinegar, salt, cumin, onion powder, oregano. Cook on low for an additional 5 minutes.

Enjoy over rice with tortillas.



Option: Try with crumbled tempeh or tofu instead of beef.

◆ Thai Spiced Slow-Cooked Pork ◆

Servings: 8

Prep time: 20 minutes

Cook time:

Pressure cooker: 45 minutes

Stovetop in a saucepan: 2 hours

Slow cooker: 3 hours

Total time:

Pressure cooker: 65 minutes

Stovetop in a saucepan: 2 hours and 20 minutes

Slow cooker: 3 hours and 20 minutes



Instructions

1. In an 8-10 qt saucepan, pressure cooker, or slow cooker, combine pork, ginger, garlic, cilantro stems, oyster sauce, soy sauce, fish sauce, sugar, cinnamon, and pepper. Add just enough water to cover most of the pork. (Tip: more is not better; you can add more water later, if needed)

Saucepan on stovetop: Bring the mixture to a boil, then reduce the heat to a low simmer, skimming off any scum that rises. Cover and cook on very low heat for 2-3 hours, until the pork is very tender and cooked to an internal temperature of 145°F.

Pressure cooker: Bring up to medium pressure, cook for 15 minutes, to an internal temperature of 145°F, depressurize, and carefully open. Let rest for 5 minutes, then skim scum on top of broth.

Slow cooker: Cook on the highest setting until pork is tender, about 3-4 hours to an internal temperature of 145°F. Let rest for 3 minutes. Skim scum on top of broth.

2. Add carrots and jicama (or daikon), bring back up to boil, and simmer for 10 minutes until tender. If using a slow cooker, keep on high for another 10 minutes, or until vegetables are tender.
3. Stir in the pepper and cabbage.
4. Enjoy as a soup or serve with steamed rice. Garnish with cilantro or cilantro leaves.



Optional toppings:

Chili sauce

Pickled veggies such as carrots, mustard greens, or chilies

Chopped green onions/scallions

Ingredients

3 lb pork leg or trimmed shoulder, cut 2" pieces

3" piece ginger, lightly smashed

8 cloves garlic, smashed

1/4 cup cilantro stems, chopped

1/4 cup oyster sauce

2 tbsp low-sodium soy sauce

1 tbsp fish sauce

1 tbsp sugar, agave syrup, honey, date syrup

1/2 tsp ground cinnamon (or 1 tsp five-spice powder)

1/4 tsp ground black (or white) pepper

2 to 3 cups water

1 cup carrots, diced

1 cup jicama (or daikon), chopped

1 cup red bell pepper, diced

2 cups green cabbage, shredded

1/2 cup cilantro leaves or chopped cilantro



Eggplant Fatteh

Ingredients

2 tbsp pomegranate molasses
(if not available, replace with 2 tbsp lemon juice)
1-2 garlic cloves, crushed
2 tbsp olive oil
1 tsp salt
1 eggplant, cubed (about 1 ½ lb)
1 large thin Lebanese flatbread, cut in squares
2 cups plain yogurt
1 tbsp tahini
1 15-oz can chickpeas, drained and rinsed
1 cup walnuts
½ cup fresh coriander leaves, minced
One seeded pomegranate (about one cup)

Servings: 4

Prep time: 10 minutes

Cook time: 30-40 minutes

Total time: 40-50 minutes



Instructions

1. Preheat oven to 350°F.
2. Combine molasses or lemon juice, garlic, olive oil, and salt in a bowl. Add the cubed eggplant, mix, and spread on a baking sheet. Bake until cooked, about 30-40 minutes.
3. Place the flatbread squares on another baking sheet, and grill for 10 minutes or until crunchy.
4. Mix yogurt with the tahini paste.
5. To assemble, layer each bowl with chickpeas, eggplant, yogurt mixture and top with flatbreads, walnuts, coriander leaves, and pomegranate seeds.
6. Serve hot or cold.



Egg Scramble with Potatoes and Plantains

Servings: 4

Prep time: 10 minutes

Cook time: 30 minutes

Total time: 40 minutes



Instructions

Plantains and potatoes

1. Place cubed potatoes in a bowl, cover with cold water, and let sit for 20 minutes. Drain and rinse with cold water. Pat dry with a towel or paper towel.
2. Set air fryer to 400°F and preheat for 2-3 minutes.
3. Add 1 tbsp oil, salt, pepper, and garlic powder to potatoes and toss to combine. Add potatoes to the air fryer tray in a single layer. Cook for 15-18 minutes. Shake potatoes about every 5 minutes.
4. Add 1 tbsp oil to plantains in a bowl and combine. Add plantains to the air fryer tray. Cook for 5-8 minutes.
5. Salt to taste.



Egg scramble

1. While potatoes cook, add 2 tsp oil to a large nonstick skillet over medium heat.
2. As oil heats, whisk eggs.
3. Once oil is shimmering, add onions and peppers. Sauté until translucent, about 2-3 minutes.
4. Add garlic and baby spinach. Sauté until wilted, about 1 minute.
5. Add the tomatoes, salt, pepper, and red pepper flakes. Cook for an additional 3-4 minutes.
6. Add eggs. Stir to combine with vegetables. Reduce heat to medium-low and cook for 2 minutes.
7. Turn eggs with a spatula and continue cooking for another 1-2 minutes at a time, until eggs reach desired consistency and an internal temperature of 160°F.
8. Remove from heat and serve with plantains and potatoes.



Egg scramble

- 2 tsp canola or vegetable oil
- 4 large eggs
- ½ medium onion, finely chopped
- 1 red bell pepper, finely chopped
- 2 cups baby spinach, loosely packed
- 1 clove garlic, minced
- 1 small tomato, diced
- ¼ tsp red pepper flakes
- Dash of salt



Pork Cutlet and Potatoes



Ingredients

1 bunch radishes, quartered
1 lb gold potatoes, quartered
1 sweet onion, sliced thin
1 tbsp olive oil
1 lb pork loin cutlets
½ tsp garlic powder
¼ tsp black pepper
½ tsp salt or MSG
½ cup Italian-style panko or breadcrumbs
1 cup nonfat Greek yogurt
1 lemon, zest and juice
2 tbsp fresh dill, chopped (or 1 tsp dried)
1 15-oz can sliced beets, drained well
1 seedless cucumber, sliced

Servings: 4

Prep time: 20 minutes

Cook time: 10 minutes

Total time: 30 minutes



Optional garnish: chopped dill and lemon



Instructions

1. Heat oven to 400°F.
2. Mix together the radishes, potatoes, onion, and olive oil on a sheet tray. Roast vegetables for 30 minutes (or air fry until desired doneness).
3. Season pork with garlic powder, black pepper, and salt (or MSG) and place on a sheet tray.
4. Sprinkle on panko or breadcrumbs and bake for 15-20 minutes (or air fry) and cook to an internal temperature of 145°F. Let rest for 3 minutes.
5. While pork is resting, mix together the yogurt, lemon zest and juice, and dill.
6. Gently fold in the beets and cucumber.
7. Serve pork, roasted vegetables, and salad all together. Garnish as desired.



Fish Sinigang

Ingredients

3 cups water
1lb white fish, cut into 3-4 pieces*
1 tomato, cut into wedges
1 medium onion, diced
1 daikon radish, cut in 1/2" slices
1 chili pepper, minced with seed
12 okras (whole)
5 cloves garlic (whole)
1 small ginger root, minced
3 tbsp tamarind paste
2 long eggplants, cut in 3" pieces
1 cup green pepper leaves (or water spinach, marungay, or Indian spinach)
1 tsp MSG

Servings: 4

Prep time: 15 minutes

Cook time: 25 minutes

Total time: 40 minutes



 *Recommend Alaskan cod, red snapper, striped bass, rock fish, or flounder with the skin. If using a skinless or non-fatty fish, add sesame oil to taste.

Instructions

1. In a deep pot, add water, fish, tomato, onion, daikon, chili pepper, okra, garlic, ginger, and tamarind paste. Bring to a boil.
2. Reduce heat and add eggplant. Simmer for 10 minutes, or until eggplant is almost tender.
3. Add green pepper leaves and MSG. Cover and cook until leaves are wilted and until fish reaches an internal temperature of 145°F.
4. Serve hot with a side of rice.

 **Optional:** Garnish with sliced green onion.



❖ Spicy Pork Bulgogi ❖

Ingredients

For the stir fry:

1 lb pork tenderloin, thinly sliced
1/2 tsp garlic powder
1/4 tsp black pepper
1/8 tsp salt or MSG
1 tsp oil (sesame, vegetable, canola, olive)
1 tsp gochujang (or other hot pepper paste), to taste
1 10-oz bag shredded cabbage mix
1 cup carrots, shredded
1 sweet onion, sliced thin

For the pickles:

1 bunch radishes, sliced
1 seedless cucumber, sliced
1/4 tsp garlic powder
1/8 tsp black pepper
Dash of salt or MSG
1/2 tsp gochukaru (or other dried hot chili flakes), to taste
1 tsp honey or sweetener of choice
1/4 cup apple cider vinegar

Servings: 4

Prep time: 10 minutes plus marinating 30 minutes or overnight

Cook time: 15 minutes

Total time: 55 minutes



❖ **Optional garnish:** sesame seeds and green onions

Instructions

1. Season pork with garlic powder, black pepper, and salt (or MSG) and let marinate for at least 30 minutes or overnight.
2. In a separate bowl, combine all pickle ingredients and let marinate for at least 30 minutes or overnight.
3. Heat a medium or large pan over medium high heat, add oil, and stir-fry pork and vegetables 5-7 minutes (until pork is tender and cooked to an internal temperature of 145°F). Let rest for 3 minutes.
4. Serve with steamed rice. Garnish as desired.

❖ Chicken Tikka Masala ❖

Ingredients

Chicken marinade

1 ½ lbs skinless, boneless chicken breasts, cut into 1.5" cubes
2 garlic cloves, minced
2 tsp fresh ginger, finely grated
2 tsp ground turmeric
1 tsp garam masala
1 tsp ground coriander
1 tsp ground cumin
1 ½ tsp salt
1 tbsp lemon juice
1 ½ cup non-fat, plain Greek yogurt



Instructions

Chicken marinade

1. Cut chicken breasts into 1.5" cubes and pat dry with paper towels to remove excess moisture.
2. In a large mixing bowl, combine the minced garlic, grated ginger, turmeric, garam masala, coriander, cumin, salt, lemon juice, and yogurt.
3. Add the chicken to the marinade and mix until evenly coated. Cover and refrigerate for at least 4-6 hours, or overnight for the best flavor.

Tikka Masala sauce

1. In a large pot, heat oil over medium heat. Add onions and sauté until soft and translucent (~3-5 minutes). Add garlic and ginger, and sauté for another minute until fragrant.
2. Reduce heat to low and add turmeric, garam masala, coriander, cumin, and salt. Stir 1-2 minutes to toast the spices and bring out their flavors. Then, add chili powder and mix well.
3. Stir in tomatoes and increase heat to medium-high. Bring to a simmer then reduce the heat to low and simmer for 10-12 minutes, or until the sauce thickens.
4. Add cauliflower to sauce and cook for 4 minutes. Add peas and cook another 1-2 minutes.
5. Gently stir in the marinated chicken cubes. Cover the pot and cook chicken fully (~10-12 minutes, to an internal temperature of 165°F).
6. Stir in the half-and-half and brown sugar and simmer for an additional 10-15 minutes, allowing the sauce to thicken.*
7. Stir in ¾ cup cilantro.
8. Serve with brown basmati rice or quinoa and garnish with remaining cilantro.



Servings: 6

Prep time: 25 minutes plus
marinate 4-6 hours or overnight

Cook time: 50-60 minutes

Total time: 5-½ - 7-½ hours



***Recipe note:** If the sauce is too thick, add a splash of water to reach desired consistency.

Griot with Diri ak pwa (rice and beans) and pikliz

Servings: 6

Prep time: 2 hours overnight

Cook time: 70 minutes for the griot

Total time: 3 hours and 10 minutes



Ingredients

2 lbs pork shoulder, fat trimmed, cut into 1" cubes
1 lime, cut in half
¾ cup sour orange juice (or ½ cup orange juice and ¼ cup lime juice)
1 small onion, finely chopped
2 whole green onions, roughly chopped
4 cloves garlic, minced
1 red bell pepper, roughly chopped
1 Scotch bonnet or habanero pepper, chopped (for less heat, remove seeds)
4 cloves garlic
1 tsp kosher salt
1 tsp black pepper
2 tbsp olive oil
2 cups water
1 tbsp canola or vegetable oil



Instructions

1. Rinse the pork cubes with water and rub with the lime halves. Pat dry with a paper towel and place in a bowl or in a resealable gallon-sized storage bag.
2. Add the sour orange juice (or orange and lime juices), white and green onions, garlic, peppers, cloves, salt, pepper, and olive oil to the container with the pork. Mix well to fully coat the pork. Cover and marinate in the refrigerator for at least 2 hours, or overnight.
3. Transfer the pork and marinade to a large pot.* Add enough water to cover the pork. Bring to a boil, then reduce heat to low and simmer the pork until tender, for 45 minutes to an hour or until most of the liquid has evaporated.
4. Remove the pork pieces from the pot and set aside. Make sure the surface of the pork pieces is relatively dry to ensure a crispy texture when broiling.^
5. Set the oven to broil on high heat. In a medium-sized bowl, coat pork pieces with oil. Place the pork pieces on foil-lined baking sheet and broil for 7-10 minutes, turning halfway. The pork pieces should become slightly crispy as they are broiled and reach an internal temperature of 145°F. Remove the sheet from the oven and allow pork to rest for at least 3 minutes. Serve hot.



***Option:** Cook in a slow cooker on high for 60 minutes.

[^]To reduce food waste, use the braising liquid to make a sauce:

Option 1: Strain the braising liquid and discard the solids. Return the liquid to the pot and bring to a boil. Lower the heat to a simmer and cook until the desired consistency is reached.

Option 2: Blend the braising liquid and vegetables. Reduce over heat for 20 minutes while the pork broils.

