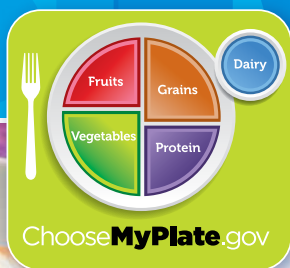


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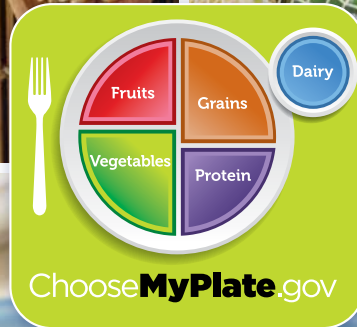
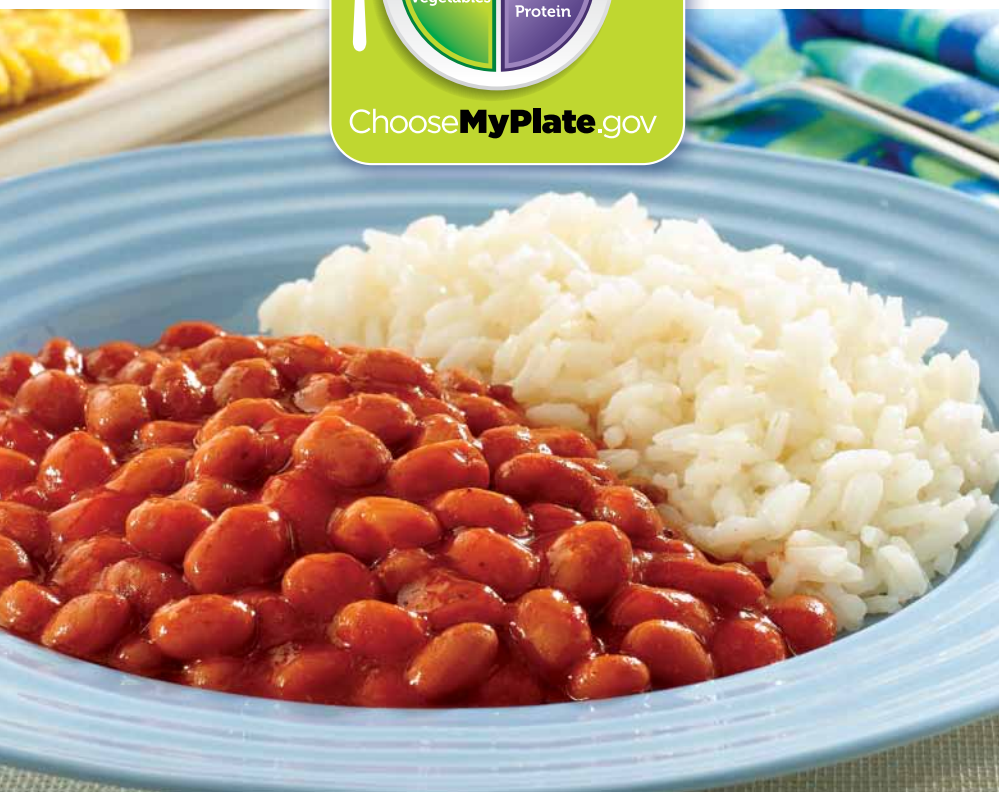
la cocina
GOYA


Healthy, Tasty, Affordable Latin Cooking



Nutritious meals, easy recipes and quick tips from
Mexico, Spain, Argentina and beyond!





Making Healthy Choices is Easy!

Choosing the right foods for you and your family might seem challenging at times. But when you're equipped with healthy, affordable products, quick, delicious recipes and an easy plan that fits into your life, making healthy choices is easier than ever!

At GOYA®, we have been at the forefront of healthy eating for more than 75 years. By offering nutritious, affordable ingredients from around Latin America and Spain, coupled by providing authentic recipe ideas to be shared among family and friends, we encourage our consumers to live happy, healthy lives.

That's why GOYA® is proud to collaborate with The First Lady's LetsMove initiative and the USDA to promote MyPlate, a new tool for healthy eating. MyPlate illustrates the five food groups: fruits, vegetables, grains, protein and dairy, the building blocks for a healthy diet, by using a familiar image – a place setting for a meal. It's a simple reminder that before you eat, think about what and how much goes on your plate, in your cup, or in your bowl.

With the health and welfare of our consumers in mind and with MyPlate as our guide, we created this cookbook that features 10 complete, balanced meal ideas from around Latin America – including Mexico, Central America, South America, the Caribbean, Spain and beyond!

In this cookbook, you will find dozens of healthy recipes from all of the food groups, the nutritional information of every recipe, easy-to-follow cooking tips, beautiful photography and a fully-stocked pantry page that showcases our nutritious ingredients. Now more than ever, healthy eating is easy – and tasty – with GOYA®!

Build a Better Plate With **GOYA**

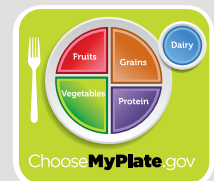
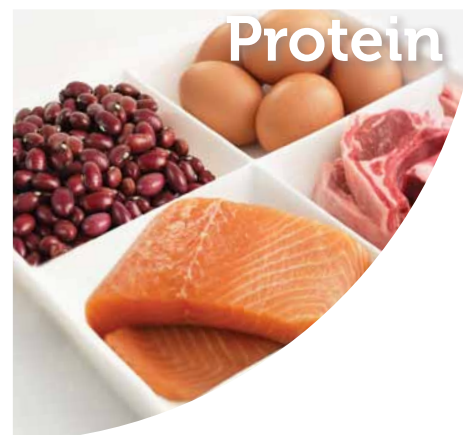
Eating healthy, balanced meals doesn't have to be boring! In fact, when we used MyPlate as a guide, we were surprised by the variety of foods available in every plate. MyPlate is an ideal reflection of our product line: quality, diversity, flavor, and nutrition.

In this book, we offer many exciting ways to combine the five food groups. We found that simple tweaks to authentic Latin recipes made them extra healthy without sacrificing flavor. We think the meat lovers in your family will agree once they try the South American Steak Supper. This plate features an authentic grilled steak from Argentina paired with whole-grain quinoa salad and Colombian-style cheese arepas.

We also had fun exploring ways to give American dishes a healthy, Latin twist! Try the Healthy Chicken Cutlet recipe, which is "breaded" with ground almonds for a nutritious crunch. Serve with the Wholesome Bean Chili and a light salad for a completely delicious meal.

But the menus don't end there! With recipes from Mexico, Spain, Central America and beyond, this book is chock full of tips and affordable recipes to help you live a healthy life. And don't miss our "Pantry Page" which highlights the healthy GOYA® products used throughout the book.

¡Buen Provecho!



Here, you'll find 10 complete plates that fulfill all of the food groups illustrated by MyPlate. Combine the recipes in each grouping to make healthy, nutritious meals.

Central American Fish Dinner

Celebrate good health, Central-American style! Serve tilapia and fruit smoothies with the classic dynamic duo: Rice and Beans! Considered both a veggie and a protein, beans are high in fiber and low in fat. When eaten together, rice and beans have greater nutritional value than eating them separately.

Tilapia in Banana Leaf

¼ cup **GOYA Bitter Orange Marinade (Naranja Agria)**

1 tbsp. **GOYA Extra Virgin Olive Oil**

1 tbsp. **GOYA Lemon Juice**

3 tbsp. finely chopped fresh cilantro

1 tbsp. **GOYA Minced Garlic** or 6 garlic cloves, finely chopped

1 **GOYA Banana Leaf**, thawed

4 fillets (4 oz. each) fresh tilapia, or other firm flesh white fish

¼ tsp. **GOYA Adobo Light All-Purpose Seasoning with Pepper**

1 medium red, green, orange or yellow bell pepper, thinly sliced (about 1 cup)

½ medium red onion, thinly sliced (about 1 cup)

- Heat oven to 400°F. In small bowl, mix together bitter orange marinade, olive oil, lemon juice, cilantro and garlic; set aside.
- Unfold banana leaf. Cut off tough rib that runs along bottom edge of leaf with kitchen shears. Carefully cut leaf into 4 (8-inch) pieces.
- Place tilapia fillet in center of banana leaf; season with Adobo Light. Stir reserved bitter orange mixture to combine; spoon 2 tbsp. mixture over fish. Top fish with ¼ cup each peppers and onions. Fold two ends over fish to enclose; fold in two edges to form packet. Using kitchen twine, tie packet to secure; transfer to baking sheet. Repeat with remaining ingredients to form 4 packets.
- Bake until fish is cooked through (knife inserted into center of fish packet comes out warm), 20 minutes; transfer to plates. Cut ties and discard. Open packets (banana leaves are not edible). Serve immediately.



Makes 4 Servings
Prep time: 20 min.
Total time: 45 min.

NUTRITION

Serving Size: 1 fish packet
170 Calories

5g Fat (1g Saturated, 0g Trans); 55mg Cholesterol;
8g Carbohydrate; 5g Sugar; 24g Protein; 1g Fiber;
115mg Sodium

Rice with Black Beans

2 tbsp. **GOYA Extra Virgin Olive Oil**

1 tsp. **GOYA Ground Cumin**

1 tsp. **GOYA Minced Garlic**

1 tsp. **GOYA Oregano Leaf**

1 packet **Sazón GOYA Natural and Complete**

2 tbsp. **GOYA Golden Cooking Wine**

2 cans (15.5 oz. each) **GOYA Low-Sodium**

Black Beans, undrained

2 **GOYA Bay Leaves**

1 tsp. brown sugar

1 tsp. **GOYA White Distilled Vinegar**

¼ tsp. **GOYA Adobo Light All-Purpose Seasoning with Pepper**

1 cup dry **CANILLA Extra Long Grain Rice**, cooked according to package directions

Finely chopped white onions

Fresh cilantro leaves

- Heat oil in medium saucepan over medium heat. Add cumin, garlic, oregano and Sazón Natural and Complete to pot. Cook until fragrant, about 30 seconds. Add wine; bring to a boil. Add 1 cup water, beans, bay leaves, brown sugar and vinegar to pot; bring bean mixture to a boil. Reduce to medium-low and simmer, uncovered, stirring occasionally, until mixture thickens and flavors come together, about 15 minutes.
- Season beans with Adobo Light; discard bay leaf.
- Divide beans evenly among serving dishes. Garnish with onions and cilantro, if desired. Serve with rice.



Makes 6 Servings
Prep time: 10 min.
Total time: 25 min.

NUTRITION

Serving Size: About
1 cup beans & ½ cup rice
294 Calories

6g Fat (1g Saturated,
0g Trans); 0mg Cholesterol;
48g Carbohydrate;
1g Sugar; 11g Protein;
10g Fiber; 289mg Sodium



Light Fruit Smoothie

1½ cups ice cubes

1 can (9.6 oz) **GOYA Diet Nectar**, (like Mango, Pear, Peach or Guava)

½ cup **GOYA Evaporated Milk**

1 tsp. **GOYA Vanilla Extract**

- In bowl of blender, combine ice cubes, nectar, milk and vanilla. Blend until smooth and frothy, about 1 minute. Divide evenly among serving cups; serve immediately.



Makes 2 Servings
Prep time: Less than 5 min.
Total time: Less than 5 min.

NUTRITION

Serving Size: About 1½ cups
118 Calories

4g Fat (3g Saturated, 0g Trans); 20mg Cholesterol;
10g Carbohydrate; 7g Sugar; 4g Protein; 0g Fiber;
53mg Sodium

MyPlate Tip: Choose seafood twice a week. Eat seafood in place of meat or poultry twice a week. Select a variety of seafood - include some that are higher in oils and low in mercury, such as salmon, trout and herring.

*Approximate prices per serving are based on the average market prices of ingredients when this book went to press.

Weeknight Chicken Dinner

Enjoy a wholesome dinner, any night of the week! Here, chicken breasts are infused with healthy flavor thanks to fresh herbs and lemon juice. Serve with a side of vegetarian quesadillas and brown rice and vegetables, featuring whole grain GOYA® Brown Rice. We suggest a piece of fruit for dessert.

Tasty Lemon and Herb Chicken

- ¼ cup **GOYA Extra Virgin Olive Oil**
- 2 tbsps. **GOYA Lemon Juice**
- 2 tsp. freshly chopped cilantro
- 2 tsp. **GOYA Minced Garlic**, or 4 cloves garlic, finely chopped
- 2 tsp. **GOYA Oregano Leaf**
- 1 packet **Sazón GOYA Natural and Complete**
- ½ tsp. **GOYA Adobo Light All-Purpose Seasoning with Pepper**
- ½ tsp. **GOYA Ground Cumin**
- ½ tsp. red pepper flakes
- 4 bone-in, skin-on chicken breast halves, about 2 lbs. (remove skin before eating)



- 1 In bowl, mix together olive oil, lemon juice, cilantro, garlic, oregano, Sazón Natural and Complete, Adobo Light, cumin and red pepper flakes; transfer to large zip-top bag. Add chicken; turn to coat completely. Transfer to refrigerator; marinate at least 2 hours, or up to 24 hours for best results. Bring chicken to room temperature 30 minutes before cooking, discard marinade.
- 2 Heat oven to 425°F. Place chicken skin-side up on foil-lined baking tray. Cook chicken until golden brown and cooked through (internal temperature will register 165°F on quick-read thermometer when inserted into thickest part of meat without touching the bone), about 25 minutes. Remove and discard bone and skin before eating.



Makes 4 Servings
Prep time: 10 min.
Total time: 35 min.
+ marinating time

NUTRITION

Serving Size: About 1 chicken breast half
220 Calories

6g Fat (1g Saturated, 0g Trans); 115mg Cholesterol;
0g Carbohydrate; 0g Sugar; 39g Protein; 0g Fiber;
280mg Sodium

Black Bean Quesadillas

- ¾ cup **GOYA Pico de Gallo**
- 1 can (15.5 oz.) **GOYA Low Sodium Black Beans**, drained and rinsed
- ½ cup shredded reduced fat Colby & Monterey Jack cheese
- 2 tbsps. finely chopped fresh cilantro
- 4 8" **GOYA Flour Tortillas**
- ½ tsp. **GOYA Extra Virgin Olive Oil**



- 1 Using small-hole strainer, drain liquid from Pico de Gallo; discard liquid. Transfer leftover tomato mixture to medium bowl. Mix in black beans, cheese and cilantro until combined.
- 2 Divide black bean mixture evenly over half of each tortilla (about ½ cup each). Fold tortillas in half.
- 3 Heat large griddle or skillet over medium-high heat. Brush with oil. Place filled tortillas on griddle. Cook, carefully flipping once, until tortillas are golden brown and crisp and cheese filling melts, about 5 minutes. Cut quesadillas into wedges.



Makes 8 Servings
Prep time: 5 min.
Total time: 15 min.

NUTRITION

Serving Size: ½ quesadilla
170 Calories

5g Fat (2.5g Saturated, 0g Trans); 10mg Cholesterol;
21g Carbohydrate; 0g Sugar; 9g Protein; 4g Fiber;
470mg Sodium



Brown Rice with Vegetables

- 1 cup dry **GOYA Brown Rice**
- 2 tsp. **GOYA Extra Virgin Olive Oil**
- ½ red onion, finely chopped (about ¾ cup)
- ½ red bell pepper, finely chopped (about ½ cup)
- 6 oz. fresh spinach, coarsely chopped (about 4 cups)
- 2 tsp. **GOYA Minced Garlic**
- 1 tsp. **GOYA Sazonador Total**

- 1 Cook rice according to package directions (cooking time 40 minutes). Meanwhile, heat oil in medium skillet over medium-high heat. Add onions and peppers; cook until vegetables are soft, about 7 minutes. Add spinach and garlic; cook until spinach wilts and garlic is fragrant, about 1 minute more.
- 2 Add cooked rice to large serving bowl. Stir in cooked vegetables; season with Sazonador Total. Serve warm.



Makes 6 Servings
Prep time: 10 min.
Total time: 50 min.

NUTRITION

Serving Size: About ¾ cup
140 Calories

2.5g Fat (0g Saturated, 0g Trans); 0mg Cholesterol;
26g Carbohydrate; 1g Sugar; 3g Protein; 2g Fiber;
90mg Sodium

MyPlate Tip: Include whole grains. Aim to make at least half your grains whole grains. Look for the words "100% whole grain" or "100% whole wheat" on food labels. Whole grains provide more nutrients, like fiber, than refined grains.

South American Steak Supper

Tonight, try a sampling from South America! Start with a small portion of Argentinean-style steaks. Pair with Arepas, cornmeal patties popular in Colombia and Venezuela. Finish with a healthy quinoa salad, featuring whole grain, organic GOYA® Quinoa – a small seed from the Andes with big nutritional benefits!

Argentinean Grilled Steak with Salsa Criolla

For the sauce:

- 1 large, ripe tomato, cored, seeded and finely chopped (about ½ cup)
- ¼ small red onion, finely chopped (about ¼ cup)
- 2 tbsp. finely chopped fresh parsley
- 2 tsp. **GOYA Extra Virgin Olive Oil**
- 2 tsp. **GOYA Red Wine Vinegar**
- ½ tsp. **GOYA Minced Garlic**
- ¼ tsp. **GOYA Oregano Leaf**
- ⅛ tsp. **GOYA Adobo Light All-Purpose Seasoning with Pepper**
- ⅛ tsp. crushed red pepper

For the steak:

- 1 lb. skirt steak
 - ⅛ tsp. **GOYA Adobo Light All-Purpose Seasoning with Pepper**
- 1 In small bowl, mix together tomato, onions, parsley, olive oil, vinegar, garlic, oregano, Adobo Light and crushed red pepper; cover and refrigerate for at least 1 hour, or up to 48 hours.
 - 2 Heat grill to medium-high heat. Sprinkle steak on both sides with Adobo Light. Place steak on hot, greased grill grates. Cook, flipping once, until steak is well browned on both sides and cooked to desired temperature (about 6 minutes for medium-rare). Let rest for 5 minutes. Thinly slice steak.
 - 3 Divide steak evenly among serving plates. Top with reserved *Salsa Criolla*.



Makes 4 Servings
Prep time: 15 min.
Total time: 25 min.

NUTRITION

Serving Size: ¼ cup *Salsa Criolla* & about 4 oz. steak
220 Calories

12g Fat (4g Saturated, 0g Trans); 75mg Cholesterol;
3g Carbohydrate; 1g Sugar; 24g Protein; 1g Fiber;
135mg Sodium

MyPlate Tip: Think small when it comes to meat portions. Get the flavor you crave but in a smaller portion. Make or order a smaller burger or a “petite” size steak.

Quinoa Salad

- 1 packet **GOYA Cubitos Chicken Boullon**
- 1 cup **GOYA Quinoa**, rinsed and drained
- ¼ cup **GOYA Lemon Juice**
- ¼ cup **GOYA Extra Virgin Olive Oil**
- ½ cup finely sliced scallions
- 1 large tomato, seeded and finely chopped (about ½ cup)
- 2 tbsp. **GOYA Sazonador Total**
- 1 **GOYA Whole Jalapeño Pepper**, seeded and finely chopped (about 1 tbsp.)
- 1 tbsp. finely chopped fresh cilantro



- 1 In medium saucepan over medium-high heat, bring 4 cups water and chicken boullon to boil. Add quinoa. Simmer, stirring occasionally, until tender, about 10 minutes; strain and cool completely.
- 2 In medium bowl, mix together cooled quinoa, lemon juice, olive oil, scallions, tomatoes, Sazonador Total, jalapeño and cilantro until combined.



Makes 12 Servings
Prep time: 10 min.
Total time: 30 min.

NUTRITION

Serving Size: About ½ cup
100 Calories

4.5g Fat (0g Saturated, 0g Trans); 0mg Cholesterol;
13g Carbohydrate; 1g Sugar; 3g Protein; 4g Fiber;
300mg Sodium



Arepas

- 1½ cups **GOYA Masarepa** (pre-cooked white or yellow corn flour)
- 1½ cups water
- 2 oz. low fat, low-sodium mozzarella cheese, grated
- 2 tbsp. fat-free milk
- ¼ tsp. salt
- 2 tsp. unsalted butter

- 1 In medium mixing bowl, combine masarepa, water, cheese, milk and salt, mixing thoroughly. Let mixture stand five minutes.
- 2 Using wet hands, knead dough until smooth. Divide dough into 18 portions; with wet hands, roll dough into small balls.
- 3 Heat butter in large griddle, or non-stick skillet over medium-high heat. Place balls of dough on hot surface about 3½" apart. Using palm of hand, flatten balls to form disks 3" diameter x ¼" thick. Cook, flipping once, until crisp and golden brown on both sides, about 7 minutes per batch. Serve warm.



Makes About 8 Servings
Prep time: 5 min.
Total time: 30 min.

NUTRITION

Serving Size: About 2 arepas
150 Calories

3g Fat (2g Saturated, 0g Trans); 10mg Cholesterol;
24g Carbohydrate; 0g Sugar; 4g Protein; 0g Fiber;
25mg Sodium

Summertime Taco Night

Set the stage for a delicious plate with these healthy fish tacos with peach salsa. Add a grilled corn salad, chock full of vegetables, and a quick mango banana shake featuring GOYA® Mango Fruit Pulp, for your best taco night yet!

Grilled Fish Tacos with Peach Salsa

For the salsa:

- 1 can (15.25 oz.) **GOYA Peach Halves**, drained, rinsed and chopped (about 1 cup)
- ½ red bell pepper, finely chopped (about ½ cup)
- ¼ red onion, finely chopped (about ¼ cup)
- 1 **GOYA Whole Jalapeño Pepper**, rinsed, seeded and finely chopped (about 1 tbsp.)
- 1 tbsp. finely chopped fresh cilantro
- 2 tsp. **GOYA Lemon Juice**

For the fish:

- 4 tilapia fillets (about 1 lb.)
- 1 tbsp. chili powder
- ¼ tsp. **GOYA Adobo Light All-Purpose Seasoning with Pepper**
- 1 packet **Sazón GOYA Natural and Complete**
- 8 6" **GOYA Flour Tortillas**, warmed

For the salsa:

- 1 In medium bowl, stir together chopped peaches, bell pepper, onions, jalapeños, cilantro and lemon juice; cover and refrigerate until ready to use.

For the fish:

- 2 Heat grill or grill pan over medium-high heat. Using paper towels, pat fish dry; transfer to plate. In small bowl, stir together chili powder, Adobo Light and Sazón Natural and Complete. Rub fish with spice mixture to coat completely.
- 3 Place fish on hot, greased grill grates. Cook, flipping once, until fish is opaque and flakes easily with fork, about 8 minutes. Thinly slice fish.
- 4 To serve, fill each tortilla with ½ fish fillet and about ½ cup salsa.



Makes 4 Servings
Prep time: 15 min.
Total time: 30 min.

NUTRITION

Serving Size: 2 Tacos
320 Calories
4g Fat (0.5g Saturated, 0g Trans); 55mg Cholesterol; 46g Carbohydrate; 17g Sugar; 25g Protein; 4g Fiber; 400mg Sodium

Summer Corn Salad

- 1 bag frozen **GOYA Corn on the Cob** (4 ears), or 4 fresh cobs of corn, husked
- 1 tsp. **GOYA Extra Virgin Olive Oil**
- ¼ tsp. **GOYA Adobo Light All-Purpose Seasoning with Pepper**
- 3 scallions, finely chopped (about ½ cup)
- ½ red bell pepper, finely chopped (about ½ cup)
- 1 tbsp. finely chopped fresh cilantro
- 2 tsp. **GOYA Lemon Juice**
- 2 tsp. **GOYA Sazonador Total**



- 1 Heat grill to medium-high heat. Place each cob of corn on aluminum foil square. Drizzle with olive oil and sprinkle with Adobo Light. Wrap foil around cob to enclose. Grill, turning occasionally, until corn is tender and charred in spots, about 10 minutes; set aside until cool enough to handle.
- 2 Remove and discard foil. Stand cob upright on work surface. Using knife, cut corn kernels off cob; transfer to medium bowl. Stir in scallions, red bell pepper, cilantro, lemon juice and Sazonador Total until combined. Serve warm or at room temperature.



Makes 8 Servings
Prep time: 10 min.
Total time: 20 min.

NUTRITION

Serving Size: ½ cup
140 Calories
5g Fat (0.5g Saturated, 0g Trans); 0mg Cholesterol; 23g Carbohydrate; 6g Sugar; 3g Protein; 2g Fiber; 240mg Sodium



Mango Banana Shake

- 1 pkg. (14 oz.) frozen **GOYA Mango Fruit Pulp**, broken into medium pieces
- 1 cup fat-free milk
- 1 cup non-fat, plain yogurt
- ½ medium, ripe banana
- ⅓ cup **GOYA Agave**
- 1 teaspoon coconut extract

- 1 In bowl of blender, add frozen fruit pulp pieces, milk, yogurt, banana, agave and coconut extract.
- 2 Blend until mixture is smooth and frothy, about 2 minutes. Serve immediately.



Makes 4 Servings
Prep time: 5 min.
Total time: 5 min.

NUTRITION

Serving Size: About 1 cup
190 Calories
0g Fat (0g Saturated, 0g Trans); 5mg Cholesterol; 35g Carbohydrate; 24g Sugar; 8g Protein; 0g Fiber; 90mg Sodium

MyPlate Tip: "Skim" the fat. Drink fat-free (skim) or low fat (1%) milk. If you currently drink whole milk, gradually switch to a lower fat version. This change cuts calories but doesn't reduce calcium or other essential nutrients.

Healthy Pizza Night

Next time they ask for pizza, you can feel good about saying “yes!” Flour tortillas make for a crispy crust, perfect for loading with GOYA® Low Sodium Tomato Sauce, low-fat cheese and lots of fresh veggies. Serve with an avocado and grapefruit salad for a surprisingly refreshing meal.



Makes 4 Servings
Prep time: 10 min.
Total time: 30 min.

NUTRITION

Serving Size: 1 pizza
190 Calories

5g Fat (1g Saturated,
0g Trans); 5mg Cholesterol;
26g Carbohydrate;
4g Sugar; 9g Protein;
3g Fiber; 450mg Sodium

Skinny Pizzas

- 4 6" GOYA Flour Tortillas
- ½ tsp. GOYA Extra Virgin Olive Oil
- 2 cups sliced mushrooms (like white button or baby Portobello)
- 1 green bell pepper, thinly sliced (about 1 cup)
- 1 red onion, thinly sliced (about 1 cup)
- 2 tsp. GOYA Minced Garlic
- ½ cup GOYA Low Sodium Tomato Sauce
- ½ cup shredded fat-free mozzarella cheese
- 2 tsp. grated reduced-fat parmesan cheese

- 1 Heat oven to 400°F. Place tortillas on 2 large baking sheets. Cook, flipping once, until crisp, about 10 minutes; set aside.
- 2 Meanwhile, heat oil in large skillet over medium heat. Add mushrooms, peppers, onions and garlic. Cook until vegetables are soft and tender, about 10 minutes; set aside.
- 3 Spread tortilla crust with 2 tbsp. tomato sauce, ¼ cup vegetable mixture, 2 tbsp. mozzarella cheese and ½ tsp. parmesan cheese; repeat with remaining crusts and toppings ingredients.
- 4 Transfer pizzas to same baking sheets. Cook until cheese is melted and edges of tortillas are golden brown, about 10 minutes.

MyPlate Tip: Personalized pizzas. Set up a pizza-making station in the kitchen. Use low-fat cheese, and cut-up vegetables or fruits for toppings. Let kids choose their own favorites. Then pop the pizzas into the oven to cook.

Avocado and Grapefruit Salad

For the vinaigrette:

- 2 tbsp. GOYA Lemon Juice
- 1 tsp. GOYA Minced Garlic
- 1 tsp. honey
- ¼ tsp. GOYA Adobo Light All-Purpose Seasoning with Pepper
- ¼ tsp. crushed red pepper
- 2 tbsp. GOYA Extra Virgin Olive Oil
- 1 tbsp. finely chopped fresh cilantro

For the salad:

- 2 boneless, skinless chicken breast halves (about 1 lb.)
- 1 tsp. GOYA Extra Virgin Olive Oil
- 1 packet Sazón GOYA Natural and Complete
- 1 heart of romaine lettuce, rinsed, dried and torn into bite-size pieces (about 4 cups)
- 1 ripe avocado, thinly sliced
- 1 red grapefruit, peeled and segmented
- ¼ red onion, thinly sliced



- 1 In small bowl, mix together lemon juice, garlic, honey, Adobo Light and crushed red pepper. Using whisk, add olive oil in slow steady stream, whisking constantly to combine. Stir in cilantro; set aside.
- 2 Heat oven to 425°F. Place chicken on foil-lined baking sheet. Drizzle with oil and sprinkle with Sazón Natural and Complete. Bake chicken until golden brown and cooked through, about 15 minutes. Set chicken aside to cool. Cut into strips.
- 3 Arrange lettuce on large serving platter. Toss with reserved chicken, avocado, grapefruit and onions. Drizzle with dressing before serving.



Makes 4 Servings
Prep time: 15 min.
Total time: 25 min.

NUTRITION

Serving Size: About ½ cup salad and 1½ tbsp. vinaigrette
340 Calories

20g Fat (3g Saturated, 0g Trans); 75mg Cholesterol;
15g Carbohydrate; 3g Sugar; 26g Protein; 6g Fiber;
320mg Sodium

Healthy Tex-Mex

For a fresh south-of-the-border meal, try this lean chicken taco salad. Loaded with good-for-you foods, like crisp romaine lettuce, sweet kernels of corn, crunchy tortilla strips and perfectly-spiced chicken, this salad is a fiesta in a bowl. Keep the party going by serving Blackberry Ice Pops for dessert. Starring GOYA® Blackberry Fruit Pulp, sweetened with a touch of GOYA® Agave, these icy treats are healthy too.



Chicken Taco Salad

For the cilantro-lime vinaigrette:

- 2 tbsp. GOYA Extra Virgin Olive Oil
- 1 tbsp. GOYA Lemon Juice
- 2 tsp. finely chopped fresh cilantro
- ¼ tsp. GOYA Adobo Light All-Purpose Seasoning with Pepper

For the salad:

- 2 boneless, skinless chicken breast halves (about 1 lb.), butterflied
 - 1 tsp. GOYA Chili Powder
 - ¼ tsp. GOYA Cumin
 - 2 8" GOYA Flour Tortillas, cut into ½" strips
 - 2 romaine lettuce hearts, torn into bite-size pieces (about 8 cups)
 - 1 can (15.5 oz.) GOYA Low Sodium Black Beans, drained and rinsed
 - 1 can (15.25 oz.) GOYA Low Sodium Whole Kernel Corn, drained and rinsed
 - 2 oz. GOYA Queso Blanco (white cheese), crumbled (about ¼ cup)
 - 10 grape tomatoes, halved (about ½ cup)
 - ¼ red onion, thinly sliced (about ¼ cup)
- 1 In small bowl, mix together olive oil, lemon juice, cilantro and Adobo Light; set aside.
 - 2 Heat oven to 400°F. Rub chicken with chili powder and cumin. Heat greased grill pan over medium-high heat. Add chicken. Cook, flipping once, until golden brown on both sides and cooked through, about 15 minutes; set aside to rest 5 minutes. Slice chicken into thin strips. Meanwhile, place tortillas on baking sheet. Cook until crisp, about 10 minutes; set aside.
 - 3 In large serving bowl, toss together romaine lettuce, beans, corn, cheese, tomatoes and onions. Drizzle with reserved dressing, tossing to coat completely. Top with chicken and tortilla strips.



Makes 8 Servings
Prep time: 15 min.
Total time: 35 min.

NUTRITION

Serving Size: About 1 cup salad & ½ tbsp. dressing
250 Calories

8g Fat (2g Saturated, 0g Trans); 40mg Cholesterol; 23g Carbohydrate; 4g Sugar; 19g Protein; 7g Fiber; 340mg Sodium



Blackberry Ice Pops

- 1 pkg. (14 oz.) frozen GOYA Blackberry Fruit Pulp, thawed
- ½ cup water
- ½ cup GOYA Agave

- 1 In medium bowl, mix together blackberry fruit pulp, water and agave, stirring until agave dissolves.
- 2 Evenly divide blackberry mixture among eight 3-oz. ice pop molds. Transfer molds to freezer; freeze until slushy, about 1 hour. Insert popsicle stick into each mold. Freeze until ice pops are solid, about 3 hours more.
- 3 To serve, quickly run bottom of molds under hot water before unmolding.

MyPlate Tip: Make fruit the everyday dessert. Serve baked apples, pears, or enjoy a fruit salad. Or, serve yummy frozen fruit bars instead of high-calorie desserts.



Makes 8 Servings
Prep time: 5 min.
Total time: 5 min.
+ freezing time.

NUTRITION

Serving Size: 1 ice pop
60 Calories

0g Fat (0g Saturated, 0g Trans); 0mg Cholesterol; 14g Carbohydrate; 10g Sugar; 1g Protein; 1g Fiber; 0mg Sodium

Spanish Seafood Feast

Take a trip to Spain in your very own kitchen! Grilled garlic shrimp taste great with gazpacho, a cooling puréed vegetable soup topped off with GOYA® Extra Virgin Olive Oil for a smooth finish. Serve with Garlic and Spinach Rice and a glass of non-fat milk to make the meal complete.

Spanish Garlic Shrimp

- 2 tbsp. **GOYA Extra Virgin Olive Oil**
- 1 tsp. **GOYA Minced Garlic**
- ½ tsp. **GOYA Adobo Light All-Purpose Seasoning with Pepper**
- ¼ tsp. crushed red pepper
- 1 lb. large shrimp, peeled and deveined (about 16 pieces)
- 1 large green bell pepper, cut in 1" pieces
- 1 lemon, cut into 8 wedges



- 1 In zip-top plastic bag, or plastic container with a lid, mix together oil, garlic, Adobo Light and crushed red pepper. Add shrimp, tossing to combine; transfer to refrigerator. Chill shrimp at least 15 minutes, or up to 30 minutes.
- 2 Remove shrimp from marinade; reserve any remaining liquid. Alternately thread peppers, shrimp and lemon on metal or pre-soaked wooden skewers, so that each skewer starts and ends with peppers and contains 4 shrimp pieces. Using pastry brush, brush reserved marinade onto shrimp and vegetables.
- 3 Prepare grill to medium-high heat, or heat a heavy-bottomed grill pan over medium-high heat. Place shrimp on hot surface and cook until shrimp turn pink and opaque, flipping once, 3 - 5 minutes. Remove from skewer before eating, if desired.



Makes 4 Servings
Prep time: 20 min.
Total time: 25 min.
+ marinating time

NUTRITION

Serving Size: 1 skewer
200 Calories

10g Fat (1.5g Saturated, 0g Trans); 170mg Cholesterol;
4g Carbohydrate; 1g Sugar; 24g Protein; 1g Fiber;
540mg Sodium

Gazpacho

For the soup:

- 3 slices white bread, crusts removed and discarded
- 1¼ cup cold water, divided
- 3 medium ripe tomatoes (about 2 lbs.), skinned, seeded and roughly chopped (about 3¾ cups)
- 1 small cucumber, peeled, seeded and roughly chopped (about 1½ cups)
- 1 green bell pepper, seeded and roughly chopped (about 1 cup)
- 2 tsp. **GOYA Minced Garlic**, or 4 cloves fresh garlic, finely chopped
- ¼ cup **GOYA Extra Virgin Olive Oil**
- 1 tbsp. **GOYA Red Wine Vinegar**
- ¼ tsp. **GOYA Adobo Light All-Purpose Seasoning with Pepper**

For the garnish:

- 1 small tomato, seeded and finely chopped (about 1 cup)
 - ½ small red onion, finely chopped (about ½ cup)
 - ½ green bell pepper, seeded and finely chopped (about ½ cup)
 - 1 hard-boiled egg, finely chopped
- 1 Tear bread into small pieces; transfer to medium bowl and cover with 1 cup water. Soak until bread is saturated, about 15 minutes. Squeeze water from bread, discarding soaking water.
 - 2 In bowl of blender or food processor, add bread, tomatoes, cucumber, bell pepper, garlic and ¼ cup water. Blend until well combined, about 1 minute. With motor running, add oil in steady stream until well blended. Stir in vinegar; season with Adobo Light.
 - 3 Strain puréed soup through small-hole strainer into soup terrine, pressing firmly to pass all liquid through strainer; discard any solids. Cover terrine; transfer to refrigerator. Chill at least 1 hour, or up to 48 hours.
 - 4 To serve, divide soup evenly among serving bowls. Garnish with tomatoes, onions, peppers and eggs.



Makes 6 Servings
Prep time: 20 min.
Total time: 25 min.
+ chilling time

NUTRITION

Serving Size: About 1 cup soup
180 Calories

11g Fat (1.5g Saturated, 0g Trans); 30mg Cholesterol;
16g Carbohydrate; 5g Sugar; 4g Protein; 3g Fiber;
150mg Sodium

Garlic and Spinach Rice

- 1½ cups water
- 1 pkg. (1 lb.) frozen **GOYA Chopped Spinach**, thawed
- ½ small onion, roughly chopped (about ½ cup)
- ¼ cup packed fresh cilantro
- 1 tsp. **GOYA Minced Garlic**, or 4 cloves garlic, finely chopped
- 2 tsp. **GOYA Extra Virgin Olive Oil**
- 2 cups dry **CANILLA Extra Long Grain Rice**
- 1 packet **GOYA Cubitos Chicken Bouillon** mixed with 2 cups water



- 1 Add water, spinach, onion, cilantro, and garlic to bowl of blender. Purée until mixture is bright green and completely smooth, about 2 minutes; set aside.
- 2 Heat oil in medium saucepan over medium-high heat; add rice. Cook, stirring occasionally, until rice is coated in oil, about 1 minute. Add reserved spinach mixture and chicken bouillon mixture to pot. Stir to distribute rice evenly. Bring liquid to boil. Reduce heat to medium-low. Simmer, covered, until rice is tender and water is absorbed, about 25 minutes.
- 3 Remove pot from heat. Gently stir. Serve warm.



Makes 8 Servings
Prep time: 10 min.
Total time: 35 min.

NUTRITION

Serving Size: About ¾ cup rice
230 Calories

1g Fat (0g Saturated, 0g Trans); 0mg Cholesterol;
47g Carbohydrate; 0g Sugar; 5g Protein; 1g Fiber;
390mg Sodium

Quick Caribbean Cookout

Tonight, grill your way to good health – Caribbean style! Toss boneless, skinless chicken breasts in a pineapple marinade, thread onto skewers and grill. Add them to a plate of Puerto Rican-style Pink Beans and Rice, featuring GOYA® Low Sodium Pink Beans, for a hearty entrée. For dessert: grilled fresh fruit skewers and a glass of non-fat milk.



- 1 Bring 2 cups water to boil in small saucepan over medium-high heat. Add rice and 1 tsp. olive oil; return water to boil. Reduce heat to low. Simmer, covered, until rice is tender and water is absorbed, about 25 minutes.
- 2 Meanwhile, heat 1 tsp. oil in 4-qt. saucepan over medium-high heat. Add sofrito, Sazón Natural and Complete and oregano. Cook, stirring, until well combined, about 1 minute. Add 1 cup water, beans and tomato sauce. Bring water to a boil; reduce heat to medium low. Simmer, stirring occasionally, until flavors come together and bean mixture is thick, about 15 minutes. Season beans with Adobo Light.

- 3 Divide rice evenly among serving plates. Serve seasoned beans on top or alongside rice.



Makes 4 Servings
Prep time: 5 min.
Total time: 20 min.

NUTRITION

Serving Size: About ½ cup rice and ½ cup beans
290 Calories

2.5g Fat (0g Saturated, 0g Trans); 0mg Cholesterol;
56g Carbohydrate; 1g Sugar; 8g Protein; 4g Fiber;
420mg Sodium

Tropical Chicken Skewers



- 4 boneless, skinless chicken breast halves (about 2 lbs.) cut into ¾" cubes
- ½ cup GOYA Mojo Criollo
- ½ cup GOYA Pineapple Juice
- 1 can (20 oz.) GOYA Pineapple Chunks, drained and rinsed
- ½ yellow onion, cut into 1" pieces (about ¾ cup)
- ¾ green bell pepper, cut into 1" pieces (about ¾ cup)

- 1 In large container with lid, or in large zip-top bag, mix together chicken, Mojo and pineapple juice until coated; transfer to refrigerator. Marinate chicken at least 2 hours, or up to 24 hours.
- 2 Strain chicken, discarding marinade. On 8 metal or pre-soaked wooden skewers, alternately thread pineapple, chicken, onions and peppers so that each skewer contains 3 chicken pieces.
- 3 Prepare grill to medium-high heat or heat grill pan over medium-high heat. Add chicken skewers to hot, greased grill grates. Cook, flipping skewers, until chicken is dark golden brown and cooked through and vegetables are tender, about 15 minutes. Transfer to serving platter; serve warm.



Makes 8 Servings
Prep time: 10 min.
Total time: 30 min.
+ marinating time

NUTRITION

Serving Size: 1 skewer
170 Calories

3g Fat (0.5g Saturated, 0g Trans); 75mg Cholesterol;
9g Carbohydrate; 8g Sugar; 24g Protein; 1g Fiber;
210mg Sodium

Pink Beans and Rice

- 3 cups water, divided
- 1 cup dry CANILLA Extra Long Grain Rice
- 2 tsp. GOYA Extra Virgin Olive Oil, divided
- 2 tbsp. GOYA Sofrito
- 1 packet Sazón GOYA Natural and Complete
- ½ tsp. GOYA Oregano Leaf
- 1 can (15.5 oz.) GOYA Low Sodium Pink Beans, drained and rinsed
- ½ cup GOYA Low Sodium Tomato Sauce
- ¼ tsp. GOYA Adobo Light All-Purpose Seasoning with Pepper

Caribbean Fruit Skewers



- ½ cup water
- 1 tbsp. finely grated, packed GOYA Brown Sugar Cane (Piloncillo)
- ¼ tsp. GOYA Cinnamon
- 1 can (20 oz.) GOYA Pineapple Chunks, drained, rinsed and patted dry
- 12 strawberries, rinsed and hulled (about 1½ cups)
- 6 kiwis, peeled and cut into ½" thick rounds (about 2 cups)
- 1 mango, peeled and cut into ¾" squares (about 1 cup)

- 1 In small saucepan over medium-high heat, bring water, sugar cane and cinnamon to boil. Boil, stirring occasionally, until sugar dissolves and liquid reduces to ¼ cup, about 3 minutes. Remove from heat; let cool to room temperature. (Note: This sauce can be stored in the refrigerator, covered, for up to 1 week.)
- 2 Alternately thread pineapples, strawberries, kiwis and mangos on 12 metal or pre-soaked wooden skewers.
- 3 Heat grill to medium-high heat. Brush fruit skewers all over with cinnamon sauce. Place skewers on clean, greased grill grates. Cook, brushing with sauce and flipping occasionally, until fruit is charred and tender, about 5 minutes. Serve warm or at room temperature.



Makes 6 Servings
Prep time: 10 min.
Total time: 20 min.

NUTRITION

Serving Size: 2 skewers
120 Calories

0.5g Fat (0g Saturated, 0g Trans); 0mg Cholesterol;
29g Carbohydrate; 23g Sugar; 2g Protein; 4g Fiber;
0mg Sodium

MyPlate Tip: Fire up the grill. Use the grill to cook vegetables and fruits. Try grilling mushrooms, carrots, peppers or potatoes on a kabob skewer. Brush with oil to keep them from drying out. Grilled fruits like peaches, pineapple or mangos add great flavor to a cookout.

American Classic with a Healthy Twist

Make classic American recipes healthier than ever! In place of fried chicken cutlets, try these chicken breasts "breaded" with a crunchy almond coating. Serve with a comforting bowl of bean chili, featuring GOYA® Low Sodium Beans, and a bright and crisp salad.

Healthy Chicken Cutlets

- 4 thinly sliced boneless, skinless chicken breast fillets (about 1 lb.)
- 1 cup buttermilk
- 2 tsp. **GOYA Minced Garlic**
- 1 tsp. **GOYA Paprika**
- ¼ tsp. **GOYA Adobo Light All-Purpose Seasoning with Pepper**
- ½ cup raw almonds
- 2 tbsp. all-purpose flour



- 1 In large zip-top bag, or large container with lid, add chicken, buttermilk, garlic, paprika and Adobo Light. Massage chicken to evenly distribute ingredients. Transfer to refrigerator. Chill at least 4 hours, or up to 24 hours (for best results). Strain chicken, discarding marinade.
- 2 Heat oven to 425°F. In bowl of food processor, add almonds and flour. Pulse until almonds turn to fine crumbs, about 30 seconds. Transfer almond mixture to dish. Dredge chicken in almond mixture, pressing to adhere coating; transfer to foil-lined baking sheet.
- 3 Cook until almonds are golden brown and chicken is cooked through, about 15 minutes.



Makes 4 Servings
Prep time: 10 min.
Total time: 25 min.
+ marinating time

NUTRITION

Serving Size: 1 chicken cutlet
210 Calories

9g Fat (1g Saturated, 0g Trans); 75mg Cholesterol;
6g Carbohydrate; 1g Sugar; 27g Protein; 2g Fiber;
135mg Sodium



For the dressing:

- 3 tbsp. **GOYA Red Wine Vinegar**
- 2 packets **GOYA Salad and Vegetable Seasoning**
- 1 tbsp. **GOYA Lemon Juice**
- ¼ cup **GOYA Extra Virgin Olive Oil**

- 1 In large serving bowl, mix together black beans, chick peas, kidney beans, cucumbers, peppers and cilantro.
- 2 In small bowl, whisk together vinegar, salad, vegetable seasoning and lemon juice.

Slowly drizzle in olive oil, whisking constantly, until blended. Pour dressing over bean mixture. Toss well to coat completely.



Makes 10 Servings
Prep time: 10 min.
Total time: 15 min.

NUTRITION

Serving Size: About ½ cup salad
110 Calories

5g Fat (0.5g Saturated, 0g Trans); 0mg Cholesterol;
13g Carbohydrate; 1g Sugar; 5g Protein; 5g Fiber;
330mg Sodium

MyPlate Tip: Include beans and peas. Because of their high nutrient content, consuming beans and peas is recommended for everyone, vegetarians and non-vegetarians alike. Enjoy some vegetarian chili, three bean salad or split pea soup.

Wholesome Bean Chili

- 2 cans (15.5 oz. each) **GOYA Low Sodium Red Kidney Beans**
- 2 tbsp. **GOYA Extra Virgin Olive Oil**
- 1 lb. ground beef (95% lean)
- ½ medium yellow onion, chopped (about ½ cup)
- 1 tsp. **GOYA Minced Garlic**, or 2 cloves garlic, finely chopped
- 1 can (14.5 oz.) diced tomatoes
- 1 can (8 oz.) **GOYA Low Sodium Tomato Sauce**
- 3 tbsp. chili powder
- 1 tsp. ground cumin
- ½ tsp. sugar
- ¼ tsp. **GOYA Light Adobo All-Purpose Seasoning with Pepper**



- 1 Drain beans, reserving liquid; set aside. Heat oil in medium, heavy-bottomed saucepot over medium-high heat. Add beef, onions and garlic; cook until browned, breaking up meat with a wooden spoon, about 10 minutes. Stir in reserved bean liquid, diced tomatoes, tomato sauce, chili powder and cumin. Bring beef mixture to a boil. Reduce heat to low and simmer, stirring occasionally, until sauce thickens, about 1 hour.
- 2 Stir reserved beans into meat mixture. Cook until heated through, about 10 minutes more. Stir in sugar; season with Adobo Light. Divide chili evenly among serving bowls. Serve with wheat crackers.



Makes 8 Servings
Prep time: 20 min.
Total time: 1 hr., 30 min.

NUTRITION

Serving Size: About 1 cup
210 Calories

6g Fat (1.5g Saturated, 0g Trans); 35mg Cholesterol;
21g Carbohydrate; 2g Sugar; 19g Protein; 7g Fiber;
340mg Sodium

Three Bean Salad

For the salad:

- 1 can (15.5 oz.) **GOYA Low Sodium Black Beans**, drained and rinsed
- 1 can (15.5 oz.) **GOYA Low Sodium Chick Peas**, drained and rinsed
- 1 can (15.5 oz.) **GOYA Low Sodium Red Kidney Beans**, drained and rinsed
- 1 medium cucumber, peeled, seeded and chopped (2 cups)
- 1 red bell pepper, seeded and finely chopped (about 1 cup)
- 2 tbsp. finely chopped fresh cilantro

Authentic Mexican Meal

Gather your family around the table for this healthy, home-cooked Mexican meal. Serve Chicken Veracruz, chicken cutlets simmered in a light tomato sauce spiked with jalapeno peppers. Add a side of GOYA® Cut Green Beans mixed with pepitas (toasted pumpkin seeds) for a healthy crunch. A sweet slice of pumpkin flan will leave them with a smile.

Chicken Veracruz

- 5 cups water, divided
- 2 cups dry **CANILLA Extra-Long Grain Rice**
- ½ tsp. **GOYA Adobo Light All-Purpose Seasoning with Pepper**
- 2 tbsp. **GOYA Extra Virgin Olive Oil**, divided
- 8 thinly sliced boneless, skinless chicken breast fillets (about 2 lbs.), patted dry
- 1 medium yellow onion, finely chopped (about 1½ cups)
- 2 tsp. **GOYA Minced Garlic**
- ⅛ tsp. **GOYA Oregano Leaf**
- 1 can (8 oz.) **GOYA Low Sodium Tomato Sauce**
- 8 **GOYA Manzanilla Olives Stuffed with Minced Pimientos**, thinly sliced
- 1 **GOYA Whole Jalapeño Pepper**, finely chopped (about 1 tbsp.)
- 1 tsp. **GOYA Capers**
- ½ **GOYA Bay Leaf**
- 2 tbsp. finely chopped fresh cilantro
- 1 lime, cut into wedges



- 1 Bring 4 cups water to boil in small saucepan over medium-high heat. Stir in rice, Adobo Light and 1 tbsp. oil. Return water to boil. Reduce heat to medium-low. Cook, covered, until rice is tender and water is absorbed, about 25 minutes.
- 2 Meanwhile, heat 2 tsp. oil in large skillet over medium-high heat. Add chicken; cook until light golden brown on both sides, flipping once, about 7 minutes; set aside. Add remaining oil to same skillet. Stir in onions, cooking until soft and translucent, about 10 minutes. Add garlic and oregano to pan; cook until fragrant, about 30 seconds more. Stir in tomato sauce, 1 cup water, olives, jalapeño, capers and bay leaf; bring tomato sauce mixture to boil. Return chicken to pan. Cook, flipping once, until coated in sauce and cooked through, about 15 minutes.
- 3 To serve, divide chicken and sauce evenly among serving dishes; sprinkle with cilantro. Serve with cooked rice and lime wedge.



Makes 8 Servings
Prep time: 15 min.
Total time: 40 min.

NUTRITION

Serving Size: 1 chicken breast and ½ cup cooked rice
360 Calories

7g Fat (1.5g Saturated, 0g Trans); 75mg Cholesterol;
43g Carbohydrate; 2g Sugar; 28g Protein; 1g Fiber;
350mg Sodium

Green Beans with Pepitas

- 2 tsp. **GOYA Extra Virgin Olive Oil**, divided
- ¼ cup shelled raw pumpkin seeds (pepitas)
- 1 bag (1 lb.) frozen **GOYA Cut Green Beans**, thawed, drained and patted dry
- 1 tbsp. **GOYA Sazonador Total**
- 2 tbsp. **GOYA Lemon Juice**



- 1 Heat 1 tsp. oil in large skillet over medium-high heat. Add pumpkin seeds. Cook, stirring occasionally, until light golden brown, about 8 minutes. Transfer to plate; set aside.
- 2 Heat remaining oil in same skillet. Add green beans and Sazonador Total; cook until heated through and crisp tender, 5-7 minutes. Stir in lemon juice and reserved pumpkin seeds. Transfer to serving platter. Serve warm.



Makes 8 Servings
Prep time: 5 min.
Total time: 20 min.

NUTRITION

Serving Size: About ½ cup green beans
80 Calories

6g Fat (1g Saturated, 0g Trans); 0mg Cholesterol;
4g Carbohydrate; 1g Sugar; 2g Protein; 1g Fiber;
250mg Sodium

MyPlate Tip: Check the freezer aisle. Frozen vegetables are quick and easy to use and are just as nutritious as fresh veggies. Try adding frozen corn, peas, green beans, spinach or sugar snap peas to some of your favorite dishes, or eat as a side dish.



Quick Pumpkin Flan

- 1 box (5.5 oz.) **GOYA Flan (Spanish-Style Custard) with Caramel**
- 1½ cups canned, unseasoned pumpkin purée
- 2¾ cups whole milk
- ⅛ tsp. **GOYA Ground Cinnamon**

- 1 Spread caramel from flan box on bottom of 4-cup mold.
- 2 Add pumpkin purée, milk and cinnamon to small saucepan over medium-high heat, whisking to combine. Whisk in remaining contents of flan box; bring to boil, whisking occasionally until smooth and combined. Pour pumpkin mixture in prepared mold; cover with plastic wrap. Transfer mold to refrigerator. Chill until cold and firm, at least 4 hours, or up to 24 hours.
- 3 To unmold, run a thin knife around edges of mold. Invert onto serving plate. To serve, cut into 10 wedges. Serve chilled.



Makes 10 Servings
Prep time: less than 5 min.
Total time: 10 min.
+ cooling time

NUTRITION

Serving Size: 1 flan slice
150 Calories

3g Fat (1.5g Saturated, 0g Trans); 5mg Cholesterol;
30g Carbohydrate; 26g Sugar; 3g Protein; 2g Fiber;
180mg Sodium

GOYA® Healthy Pantry

Building a healthy plate is so easy and affordable

when these GOYA® products are in your pantry! From low-sodium and organic beans to whole grains, crunchy vegetables and sweet, natural fruit, the hardest part of making a healthy meal will be choosing your favorite products!

Low Sodium Beans

Considered both a vegetable and a protein, our healthful, low-sodium line of canned beans offers the authentic flavor and convenience you've come to trust, with two-thirds less sodium than the original. Choose from seven fiber-and-protein-filled varieties: black, white, pinto, red kidney, pink, chickpeas and black bean soup.



Lower Sodium Condiments

Now you can add delicious seasonings and authentic, Latin flavor to your foods – but with less sodium! Try **Sazón GOYA® Natural and Complete** for the traditional flavor of Sazón, without the addition of salt. Or, sprinkle on **GOYA® Adobo Light All-Purpose Seasoning** for delicious taste but with 50% less sodium than the original! Try **GOYA® Low Sodium Tomato Sauce** for a rich and velvety Spanish-style tomato sauce with less sodium.



Organic Beans

GOYA®'s organic beans are 100% certified organic and are grown without synthetic pesticides.

For great quality and convenience, choose from 4 varieties of GOYA® Organic Canned Beans:

red kidney, black, navy and chickpeas. Or, choose from 4 varieties of GOYA® Organic Dry Beans:

navy, red kidney, black or pinto. They're delicious in home-cooked soups, stews and main dishes and cook up just as plump and tender as our original dry beans.



Better For You Grains

Making half of your grains whole grains is so easy with our gluten-free, better-for-you grains.

GOYA® Organic Rice is 100% organic and is grown without synthetic pesticides.

GOYA® Brown Rice is 100% whole grain, high in fiber and has a delicious nutty taste and chewy texture.

Organic, whole-grain GOYA® Quinoa is a good source of dietary fiber and protein and has no saturated fat or cholesterol.



Healthy Oils

GOYA®'s high quality oils suit all of your cooking needs. GOYA® Extra Virgin Olive Oil, Puro Olive Oil and Light Olive Oil – made from high-quality Spanish Olives – contain heart-healthy monounsaturated fat. GOYA® Vegetable Oil, Corn Oil and Canola Oil are trans fat-free.



Frozen Vegetables

Adding a helping of vegetables to your plate is easier than ever! GOYA® Frozen Vegetables are quick and easy to use and are just as nutritious as fresh veggies! Try our frozen corn, broccoli, chopped spinach, peas and carrots and more! Just check the freezer aisle of your grocery store.



Frozen Fruits

GOYA® brings you the heavenly taste of fresh, ripe fruit in a convenient, frozen pulp! Made from 100% pure and natural fruit, GOYA® Fruit Pulp is a delicious way to experience the taste of tropical fruits – at every meal! Try passion fruit, mango, guava, papaya, blackberry and more for endless uses including fruit juices, smoothies, sorbets, jams and sauces.



Diet Beverages

Discover our great-tasting beverages, brimming with tropical fruit flavors, but with less sugar! Our Diet Nectars are rich and fruity, with fewer calories than the original. Our sparkling diet sodas are full-flavored and sugar-free.

GOYA® Unsweetened Coconut Water is naturally hydrating.



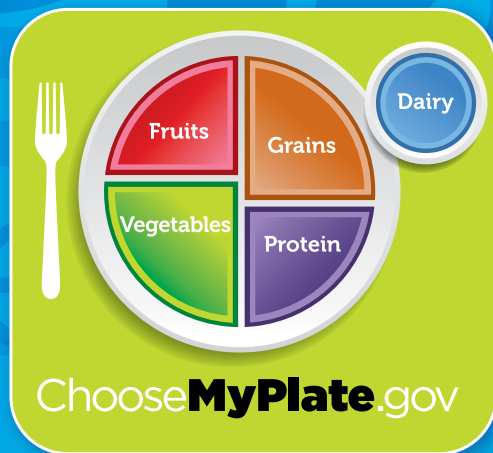
Healthy Snacks and Desserts

Enjoy a healthy snack or dessert with GOYA®! Try our **Gluten-Free Maria Cookies**. Or, try our **Sugar-Free Maria Cookies**. GOYA® **Whole Wheat Tropical Crackers** taste great with our **Sugar-Free Guava Paste**!



*All GOYA® products have 0% trans fat!

For more healthy product information, visit us at goya.com



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