

Cricket Health's Hispanic Heritage Month cookbook



BY
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HEALTH



At Cricket Health, we celebrate all cultures and value each individual's unique experience.

Our dietitians created this cookbook to honor Hispanic heritage through food. They've put healthy spins on their favorite Hispanic and Latinx recipes so that you can enjoy delicious, traditional flavors as you continue your health journey.

Food is an important part of who we are, and we believe you should be able to continue enjoying your favorite dishes regardless of your dietary needs. This cookbook shows that the right modifications can make all the difference. We hope you enjoy our selection of recipes. As always, feel free to reach out to your Cricket Health dietitian for healthy takes on the foods you love!

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Bebidas

(drinks)

**Here are a few of
our favorite Latinx
drinks. We hope you
enjoy these sweet,
refreshing beverages!**

Cucumber and lemon agua fresca

Ingredients

1 large cucumber,
peeled

5 limes, juiced

1/2 cup sugar or
artificial sweetener

4 cups water, divided

2 cups ice

Cucumber and lime
slices, for garnish
(optional)

Directions

Chop the cucumber into chunks and place in a blender.

Add the lime juice, sugar, and two cups of water to the blender. Blend until smooth.

Using a mesh strainer, strain the blended mixture into a pitcher. Discard the pulp left in the strainer.

Stir the ice and remaining two cups of water into the pitcher.

Serve right away or refrigerate for later. Garnish with slices of cucumber and lime, if desired.



Horchata

Ingredients

1 cup white rice
2 cinnamon sticks
6 cups water, divided
2 cups milk
1/2 cup artificial
sweetener
1 tablespoon vanilla
extract

Directions

Soak the rice and cinnamon sticks in four cups of water. Let sit overnight, or for at least four hours.

Transfer soaked rice and cinnamon mixture to blender. Add milk, artificial sweetener, and vanilla. Blend for five minutes.

Strain blended mixture into a pitcher using a cheesecloth or mesh strainer. Discard the solids left in the strainer or cheesecloth.

Add two cups of water to the strained liquid. Stir and serve.



Platos principales

(main courses)

**These entrées have
one special ingredient
in common: love.
We've gathered
recipes from all
over—South America,
Central America, and
the Caribbean!**

Flautas de pollo (chicken flautas)

Ingredients

1 1/2 cups low-sodium chicken broth

1 chicken breast

1 onion, finely chopped and divided

1/4 cup fresh cilantro

4 garlic cloves, minced and divided

1/4 cup Mexican-blend shredded cheese

2 tablespoons cream cheese

1 (10-count) package corn tortillas

Cooking spray

Plain yogurt or sour cream, for garnish (optional)

Optional seasonings, to taste: bay leaf, celery, rosemary, thyme, garlic powder

Directions

Add the chicken broth to a large saucepan and bring it to a simmer. Add the chicken breast, half of the onion, cilantro, half of the garlic, and the optional seasonings (if desired). Simmer for 30 minutes or until the chicken is fully cooked (reaching an internal temperature of 165°F on a meat thermometer).

Remove the chicken breast from the saucepan and shred with a fork. Transfer to a bowl and add the shredded cheese, cream cheese, remaining onion, and remaining garlic.

Preheat the oven to 350°F.*

Remove the tortillas from their packaging and stack them on a microwave-safe plate. Cover with a wet paper towel and microwave for one minute.

Fill each tortilla with the shredded chicken mixture. Roll into a tube shape to close. Place the rolled-up tortillas side by side in a greased casserole pan or baking dish.

Once all the tortillas are in the pan, top them with a light coating of cooking spray. Bake for 20 minutes, flipping the tortillas over after 10 minutes.

Remove from oven and garnish with plain yogurt or sour cream, if desired.

***Note:** You can also use an air fryer instead of the oven. Cook at 390°F for approximately nine minutes, or until crispy, flipping halfway through.



Ensalada de camarones (shrimp salad)

Ingredients

1 pound cleaned,
deveined raw shrimp

1/2 red onion, thinly
sliced

1/2 cup red pepper,
thinly sliced

1/2 cup yellow pepper,
thinly sliced

1/2 tomato, finely
chopped

2 garlic cloves,
chopped

1 cup cilantro, finely
chopped

1 cup olive oil

1/4 cup white vinegar

1 tablespoon dried
oregano leaves

1 lemon, juiced

Directions

Bring a large saucepan of water to a boil. Add shrimp and boil for three to five minutes.

Remove shrimp from heat. Drain immediately and place in a bowl of ice-cold water to stop the cooking process.

In a large bowl, combine the onion, peppers, tomato, garlic, cilantro, olive oil, and vinegar. Add the oregano leaves, cooked shrimp, and lemon juice. Stir well and serve—we recommend pairing this dish with yucca root or rice!



Arroz mamposteao (stewed beans and rice)

Ingredients

2 tablespoons olive oil
1/2 cup red pepper,
chopped
1/2 cup yellow pepper,
chopped
1/2 cup cilantro,
chopped
1 tablespoon tomato
paste
1 tablespoon sofrito
(page 46)
3 cups cooked brown
rice
Frijoles guisados
(page 18)
Extra cilantro, for
garnish (optional)

Directions

Heat olive oil in a frying pan over medium heat. Add the red and yellow peppers, cilantro, tomato paste, and sofrito. Cook, stirring occasionally, for five to seven minutes, or until peppers are tender. Transfer to a large serving bowl.

Add the cooked rice and frijoles guisados to the serving bowl and mix thoroughly.

Garnish with cilantro, if desired.



Frijoles guisados (stewed beans)

Ingredients

2 tablespoons canola
or olive oil

1/2 medium onion,
chopped

1/2 medium red bell
pepper, chopped

1/2 medium green
pepper, chopped

1/4 cup fresh cilantro,
chopped

4 garlic cloves,
chopped

1 teaspoon paprika

1 teaspoon cumin

1 bay leaf

2 cups low-sodium
chicken broth

1 (15-ounce) can
unsalted pinto or
kidney beans*

1 medium potato,
chopped**

2 tablespoons tomato
paste

Directions

Heat the oil in a large saucepan over medium heat.

Add the onion, red pepper, green pepper, cilantro, garlic, paprika, cumin, and bay leaf. Sauté, stirring occasionally until the onions are translucent.

Add the chicken broth, beans, potato, and tomato paste. Bring to a boil.

Reduce heat, cover, and simmer for 15 minutes until the potatoes are tender.

Remove from heat. Serve with brown rice and a side salad.

***Note:** You can reduce the amount of sodium in canned beans by rinsing them with water before cooking with them.

****Note:** If you need to reduce the amount of potassium in potatoes, soak them in water for at least two hours. Remove them from the water before cooking.



Pimientos rellenos (stuffed bell peppers)

Ingredients

2 bell peppers
1 tablespoon olive oil
1/2 onion, chopped
4 garlic cloves, minced
1 pound ground turkey*
1/2 cup fresh tomatoes, chopped
1 teaspoon ground cumin
1 teaspoon oregano
1 tablespoon red wine vinegar
1 tablespoon Mrs. Dash or sazónador total
3 cups cooked quinoa
1/4 cup crumbled queso fresco

Directions

Preheat the oven to 180°F.

Cut each pepper in half horizontally, separating the top (with the stem) from the bottom. The bottom half should stand upright and form a bowl. Discard any seeds.

Place the bottom halves of the peppers on a sheet pan and bake for 15 minutes. Remove from the oven. Peel and discard the membranes. Return the peppers to the baking sheet and set aside.

Chop the top halves of the peppers into small pieces.

Heat the olive oil in a large skillet over medium heat. Add onion, chopped peppers, and garlic.

Add the ground turkey to the skillet. Break it into small chunks with a spoon or spatula as it cooks. Cook until browned.

Add the tomatoes, cumin, oregano, red wine vinegar, and Mrs. Dash or sazónador. Reduce the burner to medium-low heat and bring the contents of the skillet to a simmer. Continue simmering for about 10 minutes.

Mix the cooked quinoa into the skillet. Spoon the mixture into the halved peppers on the baking sheet, filling them to the top. Once they are fully stuffed, sprinkle the halved peppers with queso fresco. Bake at 180°F until the cheese is melted, or about 30 minutes.

***Note:** To make this recipe vegetarian, substitute one pound of crumbled tofu for the ground turkey.



Chile relleno (stuffed chili peppers)

Ingredients

5 poblano chiles
1 tablespoon olive oil
1/2 cup onion, chopped
1 (15-ounce) can
unsalted black beans,
drained
1/4 teaspoon ground
cumin
1/2 cup low-sodium
chicken stock
1/2 cup mozzarella
cheese

Directions

Preheat the oven to 350°F. Place the chiles on a baking sheet and roast for 20 minutes.

Peel the roasted chiles and cut a slit down the length of each one, from stem to tip.

Heat the olive oil in a saucepan over medium heat. Add the onion and sauté until translucent. Add the black beans and cumin. Cook for five minutes.

Transfer the black bean mixture to a blender and blend with the chicken stock to form the “refrito.”

Fill the chiles with refrito. Arrange on a baking sheet, with open sides facing up, and sprinkle with mozzarella.

Bake at 350°F until cheese is browned—about 12 minutes in the oven, or five minutes in the air fryer. Serve and enjoy.



Tostada de frijoles y queso (bean and cheese tostada)

Ingredients

6 corn tortillas
1/2 cup olive oil,
divided
1/2 cup onion diced
1 (15-ounce) can
unsalted pinto beans,
drained
1/4 teaspoon ground
cumin
6–8 lettuce leaves
1 tomato, chopped
1/2 cup queso fresco
1/4 cup cilantro,
chopped
2 jalapeños, chopped
(optional)

Directions

Preheat the oven to 400°F. Bake the corn tortillas for 5 minutes or until toasted.

Heat one tablespoon of olive oil in a saucepan over medium heat. Add the onion and sauté until translucent. Add the pinto beans and cumin. Cook for 5 minutes.

Transfer the bean mixture to a blender and blend with the remaining olive oil to create the “refrito.”

Lay tortillas flat and spread the refrito on top of them. Top with lettuce, tomato, queso fresco, cilantro, and jalapeños (if desired). Serve and enjoy!



Empanadas de pollo horneadas (baked chicken empanadas)

Ingredients

1 tablespoon olive or canola oil

1 (8-ounce) boneless, skinless chicken breast

4 cups low-sodium chicken broth

1 onion, diced

1 tablespoon paprika

1 teaspoon ground cumin

1 teaspoon chili powder

Cooking spray

1 (16-ounce) package whole-wheat pizza dough (thawed if frozen)

1 egg

Directions

Heat oil in a sauté pan over medium heat. Add the chicken breast and broth. Cook the chicken on both sides until done. Add the onion, paprika, cumin, and chili powder. Reduce heat to low and cook for 10 to 15 minutes, until onions are soft and clear.

Remove the chicken breasts from the pan and shred them into small pieces. Stir the shredded chicken back into the pan—this mixture will be your empanada filling.

Preheat the oven to 400°F. Coat a large baking sheet with cooking spray.

Divide the pizza dough into 16 golf-ball-sized pieces. Roll each piece into a smooth ball.

Using a rolling pin, flatten each ball of dough into a circle about six inches wide. Lay flat.

Place two tablespoons of the chicken filling onto the center of each circle of dough. Lightly brush the outer edges of the dough with water. Fold the circle in half to form a semicircle with the filling inside. Press the edges of the dough together firmly and crimp with a fork to seal. Place the empanadas on the greased baking sheet.

Use a fork to lightly beat the egg together with one tablespoon of water. Brush a thin layer of this mixture over the top of each empanada.

Bake the empanadas for 20 minutes, until lightly browned.



Fajitas con arroz guisado (fajitas with stewed rice)

Ingredients

For the fajitas:

1 pound chicken breast
1/2 teaspoon black pepper
1/2 teaspoon ground cumin
1/2 teaspoon chili powder
1/2 teaspoon paprika
1/2 teaspoon garlic powder
3 garlic cloves, minced
2 tablespoons olive oil
1 red pepper, cut into thin strips
1 onion, cut into thin strips
1 lime, juiced

For the arroz guisado:

3 tablespoons vegetable oil or olive oil

1/2 onion, chopped
1/2 cup green pepper diced
1 garlic clove, minced
2 cups water
1 cup brown rice
1/2 teaspoon garlic powder
1/2 teaspoon chili powder
1/2 teaspoon ground cumin
1/4 cup low sodium tomato puree

Directions

For the fajitas:

Season the chicken with black pepper, cumin, chili powder, paprika, garlic powder, and garlic.

Heat olive oil in a large skillet over medium heat. Add the chicken and cook for seven to eight minutes on each side. Remove the chicken from the pan and slice it into strips.

Sauté the red pepper and onion in the same skillet until caramelized.

Add the chicken back into the skillet and combine with the veggies. Pour lime juice on top and stir.

For the arroz guisado:

Heat the oil in a skillet over medium-low heat. Add the onion, green pepper, and garlic. Sauté until tender.

Add the water, rice, spices (garlic powder, chili powder, and ground cumin), and tomato purée.

Bring to a boil, then reduce to low heat. Cover and simmer until all liquid is absorbed.

Serve the fajitas over the arroz guisado. Pair with a side salad, if desired.



Pollo guisado con vegetales (chicken stew with vegetables)

Ingredients

1 tablespoon garlic powder
1 tablespoon dried oregano
1 tablespoon dried parsley flakes
1/2 tablespoon cumin
1 teaspoon turmeric
1/4 teaspoon cayenne pepper
3 skinless chicken thighs
1 (10-ounce) bag frozen mixed vegetables
1 onion, chopped
1 tomato, chopped
4 carrots, finely chopped
4 celery sticks, finely chopped
3 cups water
1 red bell pepper, finely chopped
3 cloves garlic, minced or pressed
3 tablespoons fresh cilantro, chopped
2 teaspoons tomato paste

Directions

Combine dried spices (garlic powder, oregano, parsley, cumin, turmeric, and cayenne pepper) in a small cup. Rub mixture over chicken and let sit for at least 30 minutes.

Place the mixed vegetables, onion, tomato, carrots, and celery in the slow cooker. Add the chicken breast, water, bell pepper, garlic, cilantro, and tomato paste. Cook on high for three to four hours or on low for six to eight hours.

Once the chicken is fully cooked, remove and shred into small pieces. Mix the chicken back in with the broth and vegetables.

Serve over rice or quinoa, with a side of fresh salad.

Note: Homemade chicken broth is just boiled chicken with spices—in this recipe, you're actually cooking the chicken and broth at the same time! Now that you know how to make chicken broth, you can store or freeze it for future recipes.



Tacos de pescado con salsa tropical (blackened fish tacos with tropical salsa)

Ingredients

1 pineapple, peel and
core removed, diced
into small cubes

1/2 red onion, finely
diced

1 cup fresh cilantro,
chopped

1 lime, juiced

1 jalapeño, cored and
finely diced (optional)

1/2 tablespoon chili
powder

1 teaspoon ground
cumin

1/2 teaspoon dried
oregano

1/4 teaspoon fresh
cracked black pepper

1 pound salmon fillet

1 tablespoon olive oil

8 small corn tortillas

Directions

Preheat oven to 400°F. Line a baking sheet with parchment paper for easy cleanup and set aside.

Prepare tropical salsa by combining pineapple, onion, cilantro, lime juice, and jalapeño (if desired). Stir and place in the fridge to chill.

In a small bowl, whisk together the chili powder, cumin, oregano, and black pepper until combined.

Lightly pat salmon dry with a paper towel and place on prepared baking sheet. Brush salmon with olive oil, then sprinkle with the whisked seasoning mixture.

Place in oven and bake until internal temperature reaches 145°F, about 15 to 20 minutes.

Once salmon is fully cooked, remove from the oven and use a fork to break into large chunks.

Warm the tortillas, if desired. Distribute salmon evenly onto the tortillas. Top with several spoonfuls of tropical salsa before serving.



Arroz con gandulez (rice with pigeon peas)

Ingredients

2 tablespoons olive oil

1 yellow onion,
chopped

1/4 fresh green bell
pepper, chopped

1/4 fresh red bell
pepper, chopped

3 garlic cloves, minced

2 tablespoons sofrito
(page 46)

1/2 cup fresh cilantro,
chopped

1/4 teaspoon ground
cumin

1/2 cup fresh oregano
(or 1 teaspoon dried
oregano)

1 1/2 cups brown rice

1 cup low-sodium
chicken broth

1 (15-ounce) can green
pigeon peas, drained
and rinsed

2 tablespoons tomato
paste

1 tablespoon turmeric

Directions

Heat oil in a medium saucepan over medium-high heat. Sauté the onion, green pepper, red pepper, garlic, and sofrito until the onions are soft and translucent. Add the cilantro, cumin, and oregano.

Add rice to the pan, and stir until it is mixed in with the vegetables. Stir in chicken broth, one cup of water, pigeon peas, tomato paste, and turmeric.

Bring the rice mixture to a boil. Cook uncovered until water has evaporated, and mix again. Reduce heat to low and cover. Cook until rice is tender.



Ensalada de frijoles (bean salad)

Ingredients

1 (15-ounce) can
unsalted black beans,
drained

1 (15-ounce) can
unsalted chickpeas,
drained

1 (15-ounce) can
unsalted pinto beans,
drained

1 onion, finely chopped

1/2 cup unsalted corn

1/2 cup green pepper,
thinly sliced

1/2 cup red pepper,
thinly sliced

1/2 cup cilantro

1/2 cup olive oil

1/2 cup balsamic
vinegar

3 garlic cloves,
smashed

Directions

Mix all ingredients together in a large bowl.

Serve and enjoy!



Arepas Colombianas (Colombian corn pancakes)

Ingredients

1 1/2 cups warm water
1 tablespoon unsalted
butter or olive oil
1/2 teaspoon salt (optional)
2 cups cooked cornmeal
1/2 cup queso cotija
1/2 cup shredded mozzarella
cheese
2 tablespoons olive oil

Directions

Add butter or olive oil to the warm water, along with the salt, if desired. Stir until butter has melted, or until olive oil and water are well combined. Set aside.

In a large bowl, mix the dry ingredients: cornmeal, queso cotija, and mozzarella cheese.

Add the water mixture to the dry ingredients. Stir together to form a dough. Continue stirring until the dough no longer sticks to your hands. Cover and let rest for five minutes.

Grab a tennis-ball-sized chunk of dough and form a ball with your hands. Next, flatten it until it's about a quarter inch thick, making sure the edges are not cracked. This piece of dough will form your arepa. Repeat, creating more arepas until you've used the rest of the dough.

Heat the olive oil in a skillet or frying pan over medium heat. Add the arepas to the pan. Fry them, flipping occasionally, until they are golden brown on each side.

Remove arepas from the pan and serve. They can be eaten on their own or stuffed with beans, herbs, and vegetables.

Note: If you're stuffing your arepas, slice them in half while they're still hot and add your filling between the two slices. Suggestions for stuffing include red onions, cilantro, black beans, and jalapeño peppers.



Gallo pinto (Costa Rican beans and rice)

Ingredients

For the salsa lizano:

1–2 dried chiles
1 cup water
1/2 yellow onion, chopped
1 carrot, chopped
1/2 cup cilantro, finely chopped
1/2 lemon, juiced
2 tablespoons granulated sugar
2 tablespoons molasses
1 tablespoon white vinegar
1 tablespoon ground cumin

For the gallo pinto:

2 tablespoons vegetable oil
1 yellow onion, chopped
1/4 cup red pepper, chopped
1 (15-ounce) can unsalted black beans
1/2 cup Cilantro, finely chopped
3 cups cooked brown rice
1 egg, fried (optional)

Directions

For the salsa lizano:

Remove the stems from the chiles. Bring the water to a boil in a small saucepan. Add the chiles and simmer for 10 minutes. Remove from heat and let cool, keeping the chiles in the water.

Once they've cooled, transfer the chiles and water to the blender. Add the onion, carrot, cilantro, lemon juice, sugar, molasses, vinegar, and cumin. Blend until smooth.

For the gallo pinto:

Heat the oil in a large skillet over medium heat. Sauté the onion and red pepper until the onion is translucent.

Add the beans, homemade salsa lizano, and cooked rice. Stir until all ingredients are combined and sprinkle with cilantro.

Serve this dish on its own, or top with a fried egg.



Frijoles refritos (refried beans)

Ingredients

1/2 cup olive oil
1/2 onion, chopped
1 (15-ounce) can of
unsalted black or pinto
beans, drained
1 teaspoon ground
cumin
1 jalapeño, diced
(optional)

Directions

Heat the olive oil in a saucepan over medium heat. Sauté the onion in the oil until translucent. Add the beans, cumin, and jalapeño (if desired). Cook for five minutes. Remove from heat and let cool.

Once the bean mixture has cooled, transfer to a blender and blend until smooth. Serve on its own, as a taco filling, or over rice.



Sazonos
(seasonings)

**Looking for the
perfect seasoning
to use in your next
recipe? We have
you covered with
these flavorful
Latinx favorites!**

Sofrito

Ingredients

3 onions, chopped
2 red peppers, chopped
3 Anaheim peppers, chopped
1/4 pound of sweet pepper, or ají dulce (if available)
3 garlic heads, peeled
1 bunch of cilantro
1 bunch of culantro (if available)

Directions

Add all ingredients to a food processor or blender. Blend together until a paste forms.

Add this salt-free paste to soups, stews, beans, rice, or any dish that needs a little extra flavor. After using your sofrito, store it in the fridge or freeze it to enjoy later.

Pico de gallo

Ingredients

5 Roma tomatoes, diced
1/2 cup white or red onion, diced
1/2 cup fresh cilantro, chopped
1 small jalepeño pepper, diced, with veins and seeds removed
1–2 teaspoons lime juice, to taste

Directions

Combine all of the vegetables in a bowl. Stir well.

Season with lime juice and stir.

Sazonador total sin sal (unsalted total seasoning)

Ingredients

2 tablespoons ground cumin
4 teaspoons chili powder
1/2 tablespoon sea salt
2 teaspoons paprika
1 teaspoon black pepper
1 teaspoon garlic powder
1 teaspoon onion powder
1 teaspoon red pepper flakes
1 teaspoon dried oregano
1 teaspoon coriander seed powder
1/4 teaspoon cayenne

Directions

Combine all ingredients in a jar.
Shake the jar to mix.

Postres

(desserts)

**Have a sweet tooth?
We can relate. Here
are some delicious—
and kidney-friendly—
Latinx treats.**

Limber de limón (lemon ice treat)

Ingredients

2 cups fresh-squeezed
lemon juice (about
8–10 lemons)

2 cups sugar or sugar
substitute

4 cups water

Lemon zest (optional)

Directions

Blend all ingredients together in a blender.

Pour blended mixture into several four-ounce plastic cups. Place cups in the freezer until mixture has frozen.

Remove cups from the freezer and serve.

Serving tip: Remove each frozen limber from its cup and put it back into the cup upside down. This makes the limber stick out of the cup so it's easier to eat.

Note: You can also use a plastic paleta (popsicle) mold to freeze your limber instead of plastic cups.



Gelatina (jello)

Ingredients

1 (3-ounce) box sugar-free strawberry jello mix

1 (3-ounce) box sugar-free grape jello mix

1 (3-ounce) box sugar-free pineapple jello mix

3 ounces of your favorite flavored yogurt

1 (8-ounce) box unflavored gelatin mix

Directions

Prepare the three boxes of flavored jello mix according to the instructions on the packaging. Pour each type of jello into a separate square or rectangular container. Cover and refrigerate overnight.

Once the jello is ready, remove from the molds and cut into cubes. Place all of the cubes in a large mixing bowl—or place cubes of each flavor in separate bowls, if you prefer. Keep cubes refrigerated until you need them again.

Pour the unflavored gelatin mix into a small bowl and add half a cup of boiling water. Mix well.

Add the yogurt to the gelatin and mix again. Set aside.

Fill 12 eight-ounce cups about halfway with jello cubes.

Pour the gelatin and yogurt mixture over the cubes in each cup. Keep pouring until the cups are about three-quarters of the way full.

Cover the cups and refrigerate for three to four hours (or even better, overnight!). Serve and enjoy.



Flan de queso (cheese flan)

Ingredients

1/3 cup sugar
1/4 cup water
2 cups skim milk
1 (12-ounce) can
evaporated milk
5 eggs
1 (8-ounce) package of
cream cheese
3 tablespoons
granulated sugar
substitute baking
blend
1 teaspoon vanilla
Fresh fruit, for serving
(optional)

Directions

Preheat the oven to 350°F.

Add sugar and water to a small saucepan. Bring to a boil, swirling the pan occasionally until the contents caramelize and turn slightly brown.

Pour the caramel into a two-quart baking dish, coating the bottom of the dish evenly. Set the baking dish aside until the caramel has cooled and hardened.

Meanwhile, blend the skim milk, evaporated milk, eggs, cream cheese, sugar substitute, and vanilla until smooth.

Pour the blended mixture into the baking dish, covering the caramel. Cover the baking dish with aluminum foil.

Place the covered baking dish into a larger baking dish. Add water to the larger baking dish, until the water reaches halfway up the sides of the smaller baking dish.

Place in the oven and bake for 60 minutes, until the custard is set, but still jiggly. To test for doneness, insert a knife into the middle of the flan. If the knife comes out clean, the flan is ready.

Carefully remove the baking dishes from the oven. Transfer the baking dish with the flan onto a rack. Let cool for one hour.

Refrigerate for at least three hours, until the flan is well chilled. To serve, run the tip of a small knife around the edges of the flan to separate it from the baking pan. Place a large plate on top of the flan and flip the flan onto the plate.

Top the flan with fresh fruit and serve!



Arroz con leche (rice pudding)

Ingredients

1 1/2 cup white rice
2 cups water
3 cups dairy-free milk
2 cinnamon sticks
1/2 teaspoon vanilla extract
1/3 cup maple syrup or
1/2 cup sugar
1 star anise pod
Raisins, for garnish
1/4 teaspoon ground
cinnamon, for garnish

Directions

Rinse rice with cold water until the water runs clear. Drain any excess water.

Place water into a medium saucepan and bring to a boil.

When the water reaches a boil, add the rice. Reduce heat to low and cook, uncovered, for 15 minutes.

Add the dairy-free milk, cinnamon sticks, vanilla extract, maple syrup or sugar, and star anise. Cook uncovered over medium heat for 15 minutes, stirring the contents of the pot from time to time. When the rice is ready, remove the cinnamon sticks.

Sprinkle with raisins and ground cinnamon. Serve.



Mousse de frutillas (fruit mousse)

Ingredients

1 cup plain yogurt
1 cup strawberries
1 lemon, juiced
Sugar substitute
(optional)
1 (8-ounce) package
unflavored gelatin
Strawberry slices, for
garnish

Directions

Blend the yogurt, strawberries, lemon juice, and sugar substitute together in a blender until smooth.
Add the gelatin and blend again.
Transfer the mixture into several small bowls.
Refrigerate until firm.
Garnish with fresh, thinly sliced strawberries.





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