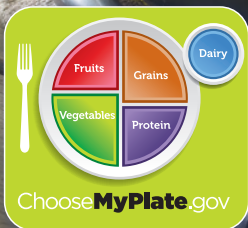




# Happy, Healthy Celebrations

Bright, bold, healthy Latin recipes to celebrate every occasion!





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# Celebrating Together

**A**s Latinos, we love a good party! From Christmas Eve to Mother's Day and backyard barbecues, there's always a reason to celebrate. And why not? Parties are the perfect place to be with friends and family, share special moments, talk, laugh, dance and of course, eat!

Our culture has an amazing tradition of party food; recipes that have been passed through the family for generations. Problem is, our *fiestas* - and all of the *delicias* that come with them - can derail our efforts towards a healthy lifestyle. The good news: We can still enjoy the *sabor latino*, the delicious Latin flavors we love, while maintaining our health. That's where this Goya and MyPlate come in!

At Goya, we've collaborated with the First Lady's Let's Move initiative and the USDA to promote MyPlate, a tool for healthy eating. MyPlate is an icon in the shape of a plate, which replaces the food pyramid to illustrate the five food groups: fruit, vegetable, grain, protein and dairy - the building blocks for a healthy diet. 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.

In this cookbook, we've created 10 complete plates that fulfill all of the food groups illustrated by MyPlate. These plates celebrate our favorite occasions, combining both traditional and new recipes in a way that is healthful and balanced. You'll find dozens of delicious, healthy dishes, complete nutritional information and helpful tips for a year filled with your happiest, healthiest celebrations yet.

**¡Buen Provecho!**



# 5 TIPS

## to Building a Better Party

with **GOYA**

### 1 Include Beans in your Recipes

Considered both a vegetable and a protein, beans are free of saturated fat and filled with fiber and other nutrients that will help you and your guests feel fuller longer. Try adding beans to salads (Chickpea Salad, p. 11), soups (Hearty Lentil Soup, p. 8) and side dishes (Fresh Mexican Bean Salad, p. 15).

### 2 Add Fruits and Vegetables to Half of the Dishes You Serve

Incorporate veggies and fruits into 50% of the dishes on your table to provide your guests with more wholesome options – and in turn, a balanced plate. For new fruit and veggie recipe ideas, try Tropical Coleslaw (p. 19), Arugula Salad with Pear Nectar Vinaigrette (p. 25), and Peruvian Quinoa Soup (p. 7).



### 3 Cook Lean Protein

Experiment with cuts of meat, poultry and fish that have a low percentage of fat. Try skinless chicken breast (Fiesta Chicken and Black Beans, p. 16), lean beef roasts (Herbed Roast Beef with Caper Sauce, p. 6) and flaky white fish (Grilled Herb-Rubbed Halibut, p. 12).

### 4 Serve Slimmed-Down Drinks

Offer no- and lower-calorie drinks to your guests, like GOYA Diet Nectar, Diet Soda and Unsweetened Coconut Water. These drinks are loaded with flavor, so you can still enjoy the taste while saving room for more filling, nutrient-dense calories from food. For lower-calorie drink options, try a Soursop Smoothie (p. 23), or Island Punch (p. 13).

### 5 Lighten up Desserts

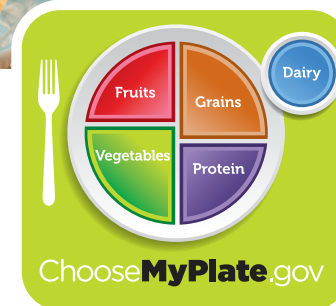
Let's face it; it wouldn't be a party without dessert! So swap out some of the usual calorie-laden sweets for lighter desserts made with natural fruit. Try Guava Sherbet (p. 17), Poached Pears with Cinnamon and Vanilla (p. 7), and Coconut Parfaits (p. 9).



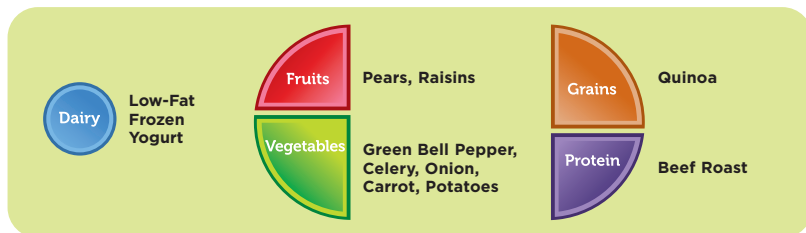


# Healthy Party Meals Are Easy With **GOYA**

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.



# Christmas Holiday Dinner



## Herbed Roast Beef with Caper Sauce

### For the beef:

- 2 tbsp. **GOYA Sazonador Total**
- 1 tbsp. **GOYA Extra Virgin Olive Oil**
- 1 tbsp. **GOYA Minced Garlic**
- 1 tsp. **GOYA Adobo Light All-Purpose Seasoning with Pepper**
- 1 bottom-round beef rump roast (4 lbs.), patted dry

### For the sauce:

- 1 cup coarsely chopped parsley (about 1½ bunches)
- 1 cup thinly sliced scallions (about 4 scallions)
- 2 tbsp. coarsely chopped **GOYA Capers**
- 1 tbsp. **GOYA Minced Garlic**
- 3 tbsp. **GOYA Lemon Juice**
- ¾ cup **GOYA Extra Virgin Olive Oil**



- 1 In small bowl, mix together Sazonador Total, olive oil, garlic and Adobo Light until combined. Place beef in large container. Rub with Sazonador Total mixture until completely coated; cover tightly. Transfer to refrigerator; marinate at least 4 hours, or up to 48 hours. Bring meat to room temperature 30 minutes before roasting.
- 2 Heat oven to 500°F. Place meat on foil-lined baking sheet; transfer to oven. Immediately reduce heat to 425°F. Roast until dark golden brown and internal temperature registers 145°F on quick-read thermometer for medium, about 1 hour 10 minutes (Note that center of roast will be medium, while outer ends will more well done). Transfer roast to platter; tent with foil to keep warm at least 30 minutes before carving.
- 3 Meanwhile, in medium bowl, mix together parsley, scallions, chopped capers and garlic. Stir in lemon juice until well combined. Slowly drizzle in olive oil, stirring frequently, until completely incorporated.
- 4 To serve, cut beef into thin slices. Serve each portion with 2 tsp. sauce.

**MAKES 14 SERVINGS** PREP TIME: 15 MIN. TOTAL TIME: 1 HR. 15 MIN. + Marinating Time / Serving Size: About 4 oz. beef & 2 tsp. sauce  
 420 Calories; 25g Fat (6g Saturated, 0g Trans); 125mg Cholesterol; 2g Carbohydrate; 0g Sugar; 45g Protein; 0g Fiber; 190mg Sodium

## Peruvian Quinoa Soup

- 2 tsp. **GOYA Vegetable Oil**
- 1 green bell pepper, finely chopped (about 1 cup)
- 2 celery stalks, finely chopped (about ¾ cup)
- ½ medium yellow onion, finely chopped (about ¾ cup)
- 1 medium carrot, finely chopped (about ½ cup)
- 1 can (8 oz.) **GOYA Low Sodium Tomato Sauce**
- 2 tsp. **GOYA Minced Garlic**
- 2 packets **GOYA Salad and Vegetable Seasoning** mixed with 8 cups water
- 2 medium waxy potatoes (about 1 lb.), peeled and cut into ½" cubes
- 1 cup **GOYA Quinoa**, rinsed and drained
- 1 tbsp. finely chopped fresh parsley



- 1 Heat oil in medium, heavy pot over medium-high heat. Add peppers, celery, onions and carrots. Cook, stirring occasionally, until tender, about 10 minutes. Add tomato sauce and garlic to pot; cook until fragrant, about 30 seconds more.
- 2 Pour water mixture into pot; bring to boil. Stir in potatoes and quinoa. Lower heat to medium low. Simmer, stirring occasionally, until potatoes and quinoa are tender, about 15-18 minutes. Stir parsley into soup; divide evenly among serving bowls.

**MAKES 8 SERVINGS** PREP TIME: 10 MIN. TOTAL TIME: 40 MIN.

Serving Size: About 1 cup soup

150 Calories; 1.5g Fat (0g Saturated, 0g Trans); 0mg Cholesterol; 32g Carbohydrate; 5g Sugar; 5g Protein; 4g Fiber; 380mg Sodium



## Poached Pears with Cinnamon and Vanilla

- 2 cans (15.25 oz. each) **GOYA Pear Halves**
- 2 **GOYA Cinnamon Sticks**
- ¼" piece fresh ginger, peeled and thinly sliced
- 5 **GOYA Whole Cloves**
- ¼ cups raisins
- 2 tsp. **GOYA Vanilla Extract**
- 4 cups non-fat frozen yogurt, for serving

- 1 Add contents of cans of pear halves to medium saucepot over medium-high heat. Add cinnamon, ginger and cloves; bring liquid to simmer. Reduce heat to medium-low. Simmer until spices are fragrant and flavors begin to seep into pears, about 15 minutes. Turn off heat.
- 2 Stir in raisins and vanilla; cover pot. Let sit until raisins are plump, about 20 minutes more.
- 3 To serve, transfer one pear half and 1 tbsp. raisins to serving dish. Top fruit with 1 tbsp. spiced syrup. Serve with ½ cup frozen yogurt.

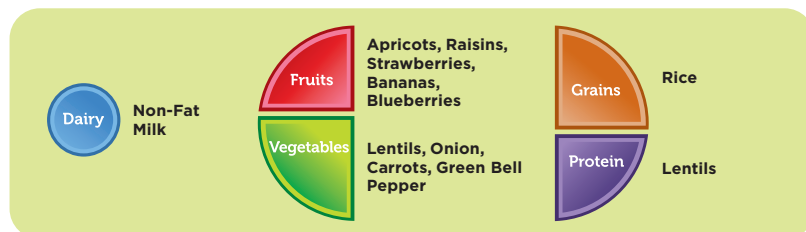
**MAKES 8 SERVINGS** PREP TIME: 5 MIN. TOTAL TIME: 40 MIN.

Serving Size: 1 pear half, 1 tbsp. raisins, 1 tbsp. syrup and ½ cup frozen yogurt

170 Calories; 3g Fat (2g Saturated, 0g Trans); 10mg Cholesterol; 33g Carbohydrate; 30g Sugar; 3g Protein; 1g Fiber; 60mg Sodium



# Cozy Valentine's Day Dinner



## Hearty Lentil Soup

- 1½ tbsp. **GOYA Extra Virgin Olive Oil**, divided
- 1 medium yellow onion, finely chopped (about 1½ cups)
- 2 carrots, finely chopped (about 1 cup)
- 1 green bell pepper, finely chopped (about 1 cup)
- 1 tbsp. **GOYA Minced Garlic**
- 2 packets **GOYA Chicken Boullion** mixed with 8 cups water
- 1 pkg. (1 lb.) dry **GOYA Lentils**, rinsed
- 1 **GOYA Bay Leaf**



- 1 Heat 1 tbsp. olive oil in medium stockpot over medium-high heat. Add onions, carrots and peppers to pot. Cook vegetables, stirring occasionally, until soft, about 7 minutes. Add garlic and cook until fragrant, about 30 seconds more.
- 2 Add chicken boullion mixture, lentils, and bay leaf to pot; bring to boil. Reduce heat to medium low; cover pot. Simmer, stirring occasionally, until lentils are tender and soup thickens, about 40 minutes.

**MAKES 8 SERVINGS** PREP TIME: 15 MIN. TOTAL TIME: 1 HR., 5 MIN.  
 Serving Size: About 1 cup soup  
 230 Calories; 1.5g Fat (0g Saturated, 0g Trans); 0mg Cholesterol; 41g Carbohydrate;  
 3g Sugar; 15g Protein; 17g Fiber; 330mg Sodium

## Golden Pilaf with Apricots, Raisins & Almonds

- 1 tbsp. **GOYA Extra Virgin Olive Oil**
- ¼ cup slivered, blanched almonds
- ½ yellow onion, finely chopped (about ¾ cup)
- 1 packet **Sazón GOYA with Saffron**
- ½ tsp. ground cardamom
- ½ tsp. ground nutmeg
- ½ tsp. salt
- ¼ tsp. **GOYA Ground Cinnamon**
- 1 box (12 oz.) **GOYA Basmati Rice**
- 2½ cups water
- ½ cup non-fat milk
- ¼ cup dried apricots, finely chopped
- ¼ cup raisins



- 1 Heat oil in medium saucepan over medium heat. Add almonds; cook, stirring frequently, until light golden brown, about 3 minutes. Using slotted spoon, transfer to small bowl; set aside. In same saucepan, stir in onions; cook until translucent, about 5 minutes. Add Sazón, cardamom, nutmeg, salt and cinnamon. Cook, stirring, until spices are fragrant, about 30 seconds. Add rice; continue cooking until rice is completely coated and begins to toast, about 1 minute.
- 2 Stir in water, milk, apricots and raisins; bring to boil. Reduce heat to medium low. Simmer, covered, until water is absorbed and rice is tender, about 15 minutes. Fluff with fork; garnish with reserved almonds and serve.

**MAKES 8 SERVINGS** PREP TIME: 15 MIN. TOTAL TIME: 40 MIN.  
 Serving Size: ½ cup rice mixture  
 230 Calories; 3.5g Fat (0g Saturated, 0g Trans); 0mg Cholesterol; 45g Carbohydrate;  
 5g Sugar; 5g Protein; 1g Fiber; 280mg Sodium



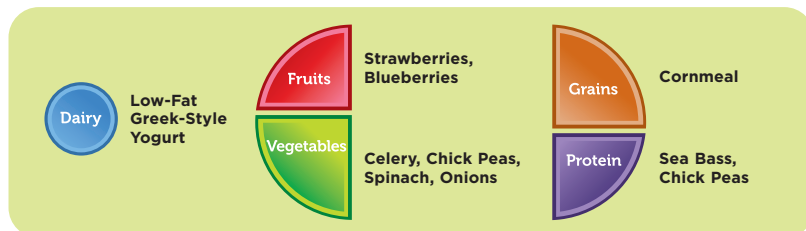
## Coconut Parfaits

- 2 cups non-fat milk
- 1 pkg. (3.5 oz.) **GOYA Coconut Pudding (Tembleque)**
- 2 cups chopped strawberries
- 1 banana, chopped (about 1 cup)
- 8 **GOYA Maria Cookies**, crushed into small pieces
- 2 cups blueberries
- 2 tbsp. flaked coconut

- 1 Add milk and contents of package of coconut pudding to small saucepan over medium-high heat; whisk to combine. Cook, whisking occasionally, until milk mixture thickens and comes to boil, about 5 minutes. Transfer pudding to medium heat-proof bowl; refrigerate until just chilled.
- 2 To assemble parfaits, line up eight glass cups (about 4–6 oz. each). Spoon 2 tbsp. pudding on bottom of each cup. Top with ¼ cup chopped strawberries, 2 tbsp. chopped banana and 2 tbsp. crushed Maria cookies. Continue layering with 2 tbsp. pudding and ¼ cup blueberries. Garnish with flaked coconut. Serve immediately or refrigerate, covered, for up to 1 day.

**MAKES 8 SERVINGS** PREP TIME: 10 MIN. TOTAL TIME: 20 MIN. + Chilling Time  
 Serving Size: 1 parfait  
 130 Calories; 2.5g Fat (2g Saturated, 0g Trans); 0mg Cholesterol; 24g Carbohydrate;  
 15g Sugar; 3g Protein; 2g Fiber; 50mg Sodium

# Lenten Fish Dinner



## Peruvian Fish Ceviche

- 1½ lbs. sea bass filets, cut into ¾" pieces
- ¾ cup **GOYA Bitter Orange Marinade (Naranja Agria)**
- ¾ cup **GOYA Lemon Juice**
- 1 medium red onion, thinly sliced into rings (about 1½ cups)
- 2 stalks celery, finely chopped (about 1 cup)
- 1 frozen **GOYA Aji Rocoto (Peruvian Hot Red Pepper)**, thawed, seeded and finely chopped (about 2 tbsp.)
- 1 tbsp. **GOYA Minced Garlic**
- ¼" piece fresh ginger, finely grated (about 1 tbsp.)
- 2 tsp. finely chopped fresh cilantro
- ¼ tsp. **GOYA Adobo Light All-Purpose Seasoning with Pepper**



- 1 Bring 6 cups of water to boil in medium saucepan over medium-high heat. Add sea bass to water; reduce heat to low. Simmer until fish is just opaque through center, about 2 minutes. Drain and chill until cold. In medium glass bowl or dish, add fish, bitter orange marinade, lemon juice, onion, celery, hot pepper, garlic, ginger, cilantro and Adobo Light. Mix gently to combine. Cover; refrigerate until fish absorbs flavor of marinade, at least 4 hours, or up to 24 hours.
- 2 To serve, divide ceviche evenly among serving dishes.

**MAKES 6 SERVINGS** PREP TIME: 20 MIN. TOTAL TIME: 30 MIN. + Marinating Time  
 Serving Size: About 1 cup ceviche  
 150 Calories; 2.5g Fat (.5g Saturated, 0g Trans); 45mg Cholesterol; 10g Carbohydrate;  
 6g Sugar; 22g Protein; 1g Fiber; 135mg Sodium

## Chickpea Salad

- 1 can (15.5 oz.) **GOYA Low Sodium Chick Peas**, drained and rinsed
- 1 bag (6 oz.) baby spinach
- ½ medium red onion, finely chopped (about ½ cup)
- 2 tsp. balsamic vinegar
- 1 tbsp. **GOYA Extra Virgin Olive Oil**
- ¼ tsp. **GOYA Adobo Light All-Purpose Seasoning with Pepper**

- 1 In large bowl, toss together chickpeas, spinach, and onions.
- 2 Pour vinegar into small bowl. Using whisk, slowly drizzle in oil, whisking constantly, until combined. Season with Adobo Light. Pour dressing over salad. Toss well to coat. Divide salad evenly among serving bowls. Serve immediately.



**MAKES 4 SERVINGS** PREP TIME: 10 MIN. TOTAL TIME: 10 MIN.  
 Serving Size: About 1 cup salad  
 140 Calories; 2.5g Fat (0g Saturated, 0g Trans); 0mg Cholesterol; 25g Carbohydrate;  
 1g Sugar; 7g Protein; 9g Fiber; 180mg Sodium



## Brazilian Cornmeal Cake

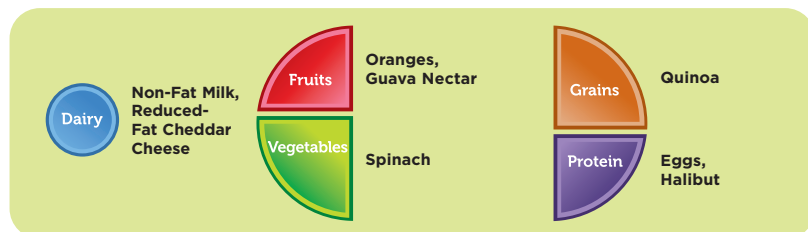
- ½ tsp. butter
- 1 cup all-purpose flour, plus more for coating pan
- 1 cup **GOYA Fine Yellow Cornmeal**
- 1 tbsp. baking powder
- ¼ tsp. salt
- 1 cup sugar
- 2 eggs
- ½ cup **GOYA Vegetable Oil**
- 1 cup non-fat milk
- 3 cups non-fat Greek-style yogurt
- 3 cups chopped strawberries
- 3 cups blueberries

- 1 Heat oven to 350°F. Butter and flour Bundt pan; set aside in refrigerator.
- 2 In medium mixing bowl, whisk together flour, cornmeal, baking powder and salt until thoroughly combined; set aside. In separate medium mixing bowl, whisk together sugar and eggs until eggs are pale yellow. Add vegetable oil, and then milk, whisking to combine. Add reserved flour mixture, whisking until smooth.
- 3 Pour batter into reserved pan. Bake cake until beginning to pull away on sides of pan and thin knife inserted into center comes out clean, about 30 minutes. Transfer to wire rack and let cake cool in pan for 10 minutes. Invert cake onto rack; remove pan and let cool completely.
- 4 In medium mixing bowl, using hand mixer, beat yogurt until volume doubles, about 2 minutes. Serve cake with whipped yogurt and berries.

**MAKES 12 SERVINGS** PREP TIME: 10 MIN. TOTAL TIME: 50 MIN.  
 Serving Size: 1 piece of cake topped with ½ cup whipped yogurt & ½ cup berries  
 270 Calories; 9g Fat (1g Saturated, 0g Trans); 30mg Cholesterol; 41g Carbohydrate;  
 21g Sugar; 9g Protein; 2g Fiber; 230mg Sodium



## Spring Mother's Day Lunch



### Grilled Herb-Rubbed Halibut

- 4 boneless, skinless halibut filets,  $\frac{3}{4}$ "-1" thick (about 4 oz. each)
  - 1 tbsp. **GOYA Sazonador Total**, divided
  - 1 tbsp. **GOYA Lemon Juice**
  - 1 tsp. Dijon mustard
  - 2 tbsp. **GOYA Extra Virgin Olive Oil**
- 1 Using paper towels, pat halibut dry. Coat completely with  $1\frac{1}{2}$  tsp. Sazonador Total, pressing to adhere on fish. Transfer fish to platter; cover and refrigerate for at least 15 minutes, or up to 1 hour.
  - 2 Meanwhile, in small bowl, whisk together remaining Sazonador Total, lemon juice and mustard. Slowly drizzle in olive oil, whisking constantly, until well combined.
  - 3 Heat grill to medium-high heat. Using pastry brush, brush halibut with olive oil mixture. Cook halibut, flipping once and brushing with glaze, until golden brown and just opaque in center (about 4-6 minutes per side). Serve immediately.



**MAKES 4 SERVINGS** PREP TIME: 5 MIN. TOTAL TIME: 15 MIN. + Marinating Time  
**Serving Size:** 1 fish filet  
 180 Calories; 7g Fat (1g Saturated, 0g Trans); 70mg Cholesterol; 4g Carbohydrate;  
 0g Sugar; 24g Protein; 0g Fiber; 360mg Sodium

### Crustless Quinoa Quiche

- 2 tsp. **GOYA Extra Virgin Olive Oil**, divided
  - 1 medium yellow onion, thinly sliced (about  $1\frac{1}{2}$  cups)
  - 2 tsp. **GOYA Minced Garlic**
  - 1 package (1 lb.) frozen **GOYA Chopped Spinach**, thawed and drained
  - 2 cups cooked and cooled **GOYA Quinoa**
  - $\frac{1}{4}$  cup low-fat cream cheese, at room temperature
  - 4 large eggs, plus 4 egg whites lightly beaten
  - $\frac{3}{4}$  cup shredded reduced-fat cheddar cheese
- 1 Heat oven to 400°F. Heat 1 tsp. oil in 10" oven-proof, non-stick skillet over medium heat. Add onions and garlic. Cook until onions are soft, about 10 min.; transfer to bowl.
  - 2 Stir spinach, quinoa and cream cheese into bowl with onion mixture, until combined. In separate bowl, whisk together eggs and cheese. Pour egg mixture over quinoa mixture; stir to combine.
  - 3 Heat remaining oil in same skillet over medium heat. Add quinoa mixture, pressing into even layer. Cook until bottom of quinoa is golden brown. Transfer skillet to oven. Cook until quiche is cooked through (thin knife inserted into center comes out clean), 15-20 minutes.
  - 4 Carefully slide quiche onto serving dish; cut into wedges. Serve warm or at room temperature.



**MAKES 12 SERVINGS** PREP TIME: 5 MIN. TOTAL TIME: 35 MIN.  
**Serving Size:** About 1 piece quiche  
 130 Calories; 6g Fat (2g Saturated, 0g Trans); 70mg Cholesterol; 10g Carbohydrate;  
 1g Sugar; 8g Protein; 1g Fiber; 180mg Sodium

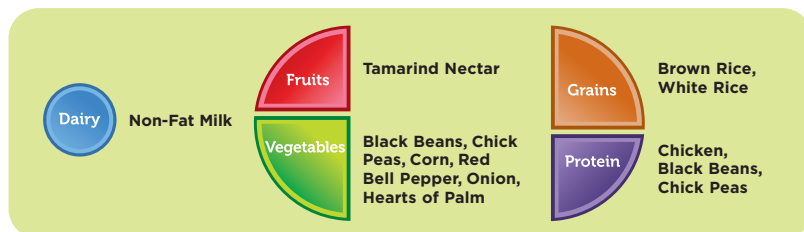
### Island Punch

- 2 cans (11.8 oz. each) **GOYA Unsweetened Coconut Water**
  - 2 cans (9.6 oz. each) **GOYA Diet Guava Nectar**
  - 1 medium orange, thinly sliced
  - $\frac{1}{4}$  cup fresh mint, torn into small pieces
  - 2 cups club soda
- 1 In large pitcher, stir together coconut water, diet guava nectar, orange slices and mint. Transfer pitcher to refrigerator until ready to drink.
  - 2 Right before serving, add soda. Pour into tall glass with ice.



**MAKES 8 SERVINGS** PREP TIME: 5 MIN. TOTAL TIME: 5 MIN.  
**Serving Size:** About 1 cup punch  
 30 Calories; 0g Fat (0g Saturated, 0g Trans); 0mg Cholesterol; 8g Carbohydrate;  
 5g Sugar; 0g Protein; 0g Fiber; 60mg Sodium

## Cinco de Mayo Fiesta



## Tamarind Chicken

Serve with brown rice!

- 1½ tsp. **GOYA Extra Virgin Olive Oil**, divided
- 1 medium red onion, finely chopped (about ¾ cup)
- 1 tsp. **GOYA Minced Garlic**
- 1 chile, finely chopped, from 1 can (7 oz.) **GOYA Chipotle Chiles in Adobo Sauce**
- ½ tsp. **GOYA Adobo Light All-Purpose Seasoning with Pepper**, divided
- ½ tsp. **GOYA Ground Cumin**
- 1 can (9.6 oz.) **GOYA Tamarind Nectar**
- 2 boneless, skinless chicken breast halves (about 1 lb.), cut into ¾" cubes
- 2 scallions, thinly sliced



- Heat 1 tsp. oil in medium skillet over medium-high heat. Add onions, garlic, chipotle pepper, ¼ tsp. Adobo Light and cumin; cook, stirring occasionally with wooden spoon, until onions are soft and translucent, about 7 minutes. Pour tamarind nectar into skillet; bring to boil. Lower heat to medium low; simmer, stirring occasionally until nectar mixture begins to thicken slightly, about 5 minutes. Carefully blend tamarind mixture in blender until smooth, about 30 seconds. Transfer sauce to medium bowl; set aside until cool.
- Heat grill or grill pan to medium-high heat. Thread chicken onto 4 pre-soaked wooden skewers. Drizzle remaining olive oil over chicken; rub to spread evenly. Season chicken with remaining Adobo Light. Add skewers to hot, greased grill grates. Cook, turning brushing chicken with reserved tamarind sauce and turning occasionally, until chicken is cooked through, about 10 minutes.
- To serve, transfer chicken skewers to platter; sprinkle with sliced scallions.

**MAKES 4 SERVINGS** PREP TIME: 10 MIN. TOTAL TIME: 40 MIN.

Serving Size: 1 skewer

220 Calories; 5g Fat (1g Saturated, 0g Trans); 75mg Cholesterol; 15g Carbohydrate; 11g Sugar; 29g Protein; 1g Fiber; 180mg Sodium

## Fresh Mexican Bean Salad

## For the vinaigrette:

- ½ cup lightly packed fresh cilantro
- ¼ cup **GOYA Extra Virgin Olive Oil**
- ¼ cup **GOYA Vegetable Oil**
- ¼ cup **GOYA Red Wine Vinegar**
- 1 clove garlic, peeled
- 1 tsp. sugar
- ½ tsp. salt

## For the salad:

- 1 can (15.5 oz.) **GOYA Black Beans**, drained and rinsed
- 1 can (15.5 oz.) **GOYA Chick Peas**, drained and rinsed
- 1 can (15.5 oz.) **GOYA Whole Kernel Golden Corn**, drained and rinsed
- 1 medium red bell pepper, finely chopped (about 1 cup)
- 2 tbsp. finely chopped red onion
- 1 can (14 oz.) **GOYA Hearts of Palm**, drained, rinsed and cut into ¼" rounds



- Transfer cilantro, olive oil, vegetable oil, vinegar, garlic, sugar and salt to blender. Blend on high until smooth, about 1 minute. (Note: Vinaigrette can be made up to 1 week in advance and stored in refrigerator. Bring to room temperature; whisk before using.)
- In large mixing bowl, combine black beans, chickpeas, corn, bell pepper and onion. Pour in vinaigrette and stir gently to combine. Add hearts of palm, gently toss and serve.

**MAKES 8 SERVINGS** PREP TIME: 15 MIN. TOTAL TIME: 20 MIN.

Serving Size: About ½ cup bean salad

200 Calories; 12g Fat (1.5g Saturated, 0g Trans); 0mg Cholesterol; 21g Carbohydrate; 4g Sugar; 6g Protein; 6g Fiber; 240mg Sodium



## Mexican-Style Almond and Rice Drink

- 6 cups water
- 2 cups dry **CANILLA Extra-Long Grain Rice**
- 1½ cups blanched almonds (about 6 oz.)
- 1 cinnamon stick (about 2" long)
- ½ cup sugar
- 6 cups non-fat milk

- In large container, mix 6 cups warm water with rice, almonds and cinnamon stick. Cover and soak at least 12 hours, or up to 24 hours.
- In blender, blend rice-water mixture with sugar in batches until rice is thoroughly ground (liquid will feel slightly gritty between fingers), about 3 minutes per batch. Strain rice mixture into large pitcher through very fine mesh strainer lined with 2 layers of damp cheesecloth. Pour slowly and press on solids with spatula to extract as much liquid as possible. Discard any leftover rice-almond pulp. Stir 6 cups cold milk into pitcher. To serve, stir thoroughly and pour over ice.

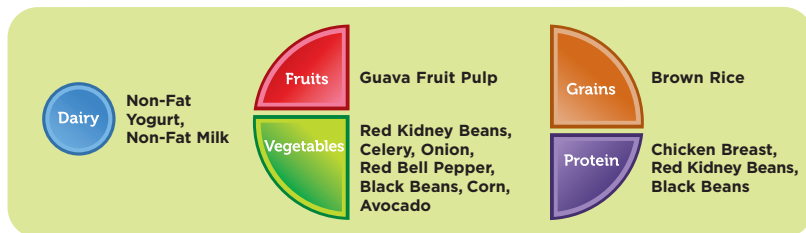
**MAKES 10 SERVINGS** PREP TIME: Less than 5 MIN. TOTAL TIME: 25 MIN. + Soaking Time

Serving Size: About 1 cup horchata

290 Calories; 8g Fat (0g Saturated, 0g Trans); 5mg Cholesterol; 45g Carbohydrate; 18g Sugar; 10g Protein; 2g Fiber; 85mg Sodium



# Fun Father's Day Dinner



## Fiesta Chicken and Black Beans

- 2 tsp. **GOYA Extra Virgin Olive Oil**, divided
- 8 boneless, skinless chicken breast fillets (about 2 lbs.)
- ½ tsp. **GOYA Adobo Light All-Purpose Seasoning with Pepper**
- ½ red onion, finely chopped (about ¼ cup)
- ½ red bell pepper, finely chopped (about ½ cup)
- 1 can (15.5 oz.) **GOYA Low Sodium Black Beans**, drained and rinsed
- ½ cup frozen **GOYA Cut Corn**, thawed
- ½ avocado, finely chopped (about ½ cup)
- 1 tbsp. **GOYA Lemon Juice**
- 1 tbsp. finely chopped fresh cilantro



- 1 Heat 1 tsp. oil in large non-stick skillet over medium-high heat. Season chicken with Adobo Light. Cook chicken, flipping once, until golden brown on both sides and cooked through, 5–7 minutes. Transfer chicken to plate; tent with foil to keep warm.
- 2 Heat remaining oil in same skillet. Add onions and peppers. Cook, stirring, until tender, about 5 minutes. Stir in black beans and corn. Continue cooking until warmed through, about 2 minutes. Remove pan from heat. Stir in avocado, lemon juice and cilantro until combined.
- 3 Divide chicken among serving plates; top with black bean mixture. Serve warm.

**MAKES 8 SERVINGS** PREP TIME: 10 MIN. TOTAL TIME: 30 MIN.  
 Serving Size: 1 chicken cutlet topped with ¼ cup bean mixture  
 330 Calories; 7g Fat (1.5g Saturated, 0g Trans); 120mg Cholesterol; 12g Carbohydrate;  
 1g Sugar; 51g Protein; 5g Fiber; 180mg Sodium

## Brown Rice and Vegetable Salad

- 1 cup **GOYA Brown Rice**
- ½ tsp. salt
- 3 tsp. **GOYA Extra Virgin Olive Oil**, divided
- 1 can (15.5 oz.) **GOYA Low Sodium Red Kidney Beans**, drained and rinsed
- 2 celery stalks, finely chopped (about 1 cup)
- ½ red onion, finely chopped (about ½ cup)
- ¼ cup coarsely chopped fresh parsley
- 1 tsp. **GOYA Sazonador Total**
- 2 tsp. **GOYA Lemon Juice**



- 1 Bring 2¼ cups water to boil in medium saucepan over medium-high heat. Stir in brown rice, salt, and 1 tsp. olive oil; boil 1 minute. Reduce heat to medium-low. Simmer, covered, until water is absorbed and rice is tender (about 40 minutes). (Note: Brown rice has a chewy texture when cooked). Transfer cooked rice to large mixing bowl; chill until cold.
- 2 Into bowl with chilled brown rice, add red kidney beans, celery, red onion, parsley, Sazonador Total, lemon juice and remaining olive oil. Using spatula, gently stir until well mixed. Serve chilled or at room temperature.

**MAKES 6 SERVINGS** PREP TIME: 15 MIN. TOTAL TIME: 1 HR. + Chilling Time  
 Serving Size: About ½ cup salad  
 200 Calories; 4g Fat (0g Saturated, 0g Trans); 0mg Cholesterol; 37g Carbohydrate;  
 1g Sugar; 6g Protein; 5g Fiber; 410mg Sodium

## Guava Sherbet

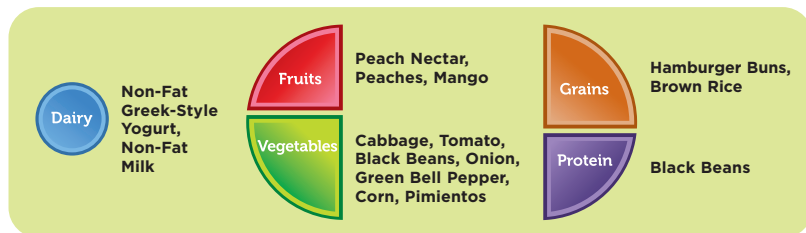
- ¼ cup **GOYA Agave Syrup**
- 1 cup water
- 1 pkg. (14 oz.) frozen **GOYA Guava Fruit Pulp**, thawed
- 1 lime, zested and juiced
- 1 cup low fat plain yogurt
- Mint sprigs for garnish



- 1 Add agave and water to small saucepan over medium-high heat; bring to simmer, stirring occasionally until dissolved. Remove from heat and let cool. Cover and refrigerate until ready to use.
- 2 In medium bowl, stir together agave water, guava pulp, yogurt, lime zest and juice.
- 3 Process guava mixture in ice cream maker, according to manufacturer's instructions. Store in freezer. When ready to serve, scoop into dessert bowls and garnish with mint sprigs.

**MAKES 6 SERVINGS** PREP TIME: 5 MIN. TOTAL TIME: 40 MIN. + Chilling Time  
 Serving Size: 2 scoops sherbet (about ⅓ cup)  
 130 Calories; 1.5g Fat (0g Saturated, 0g Trans); 0mg Cholesterol; 26g Carbohydrate;  
 18g Sugar; 3g Protein; 6g Fiber; 30mg Sodium

# Summer Backyard Barbecue



## Black Bean Burgers

- 2 tsp. **GOYA Extra Virgin Olive Oil**  
 ½ medium yellow onion, finely chopped (about ½ cup)  
 ¼ green bell pepper, finely chopped (about ¼ cup)  
 1 tsp. **GOYA Minced Garlic**  
 1 can (15.5 oz.) **GOYA Low Sodium Black Beans**, drained and rinsed  
 1 can (16 oz.) **GOYA Reduced Sodium Refried Black Beans**  
 1 cup cooked **GOYA Brown Rice**  
 ½ cup corn from 1 can (15.25 oz.) **GOYA Low Sodium Sweet Kernel Corn**, drained and rinsed  
 1 jar (4 oz.) **GOYA Fancy Pimientos**, drained, rinsed and finely chopped (about ¼ cup)  
 1 tbsp. coarsely chopped fresh cilantro  
 12 whole-wheat hamburger buns



- Heat 1 tsp. oil in medium skillet over medium-high heat. Add onions, bell pepper and garlic. Cook, stirring occasionally, until onions and pepper soften, about 7 minutes; set aside.
- In medium mixing bowl, add black beans, refried black beans, cooked brown rice, corn, pimientos, cilantro and reserved onion mixture. Using clean hands, mix thoroughly until combined; form into 12 patties. Wrap each patty in plastic wrap; transfer to freezer until firm, about 20 minutes. (Note: Black bean patties can be stored, wrapped and frozen, for up to 6 months).
- Heat remaining oil in non-stick griddle or in large non-stick skillet over medium-high heat. Add black bean patties, making sure not to crowd pan. Cook, flipping once, until dark golden brown on both sides and warm in center, 10-12 minutes. Serve with hamburger buns.

**MAKES 12 SERVINGS** PREP TIME: 20 MIN. TOTAL TIME: 1 HR.  
 Serving Size: 1 black bean burger  
 210 Calories; 3.5g Fat (.5g Saturated, 0g Trans); 0mg Cholesterol; 39g Carbohydrate;  
 4g Sugar; 8g Protein; 7g Fiber; 330mg Sodium

## Tropical Coleslaw

- ½ head green cabbage, shredded (about 2¼ cups)  
 1 mango, finely chopped (about 1 cup)  
 1 medium tomato, cored, seeded and finely chopped (about 1 cup)  
 2 tbsp. **GOYA Mayonnaise**  
 1 tbsp. **GOYA Lemon Juice**  
 2 tsp. finely chopped fresh cilantro  
 ½ tsp. **GOYA Adobo Light All-Purpose Seasoning with Pepper**  
 ¼ tsp. sugar  
 ¼ tsp. **GOYA Crushed Red Pepper**



- In medium bowl, mix together cabbage, mango, tomato, mayonnaise, lemon juice, cilantro, Adobo Light, sugar and crushed red pepper until combined.
- Cover; refrigerate until cabbage wilts, but retains its crunch, at least 20 minutes, or up to 8 hrs. Serve cold.

**MAKES 8 SERVINGS** PREP TIME: 15 MIN. TOTAL TIME: 20 MIN. + Chilling Time  
 Serving Size: About ½ cup coleslaw  
 70 Calories; 2g Fat (0g Saturated, 0g Trans); 0mg Cholesterol; 11g Carbohydrate;  
 9g Sugar; 1g Protein; 3g Fiber; 85mg Sodium



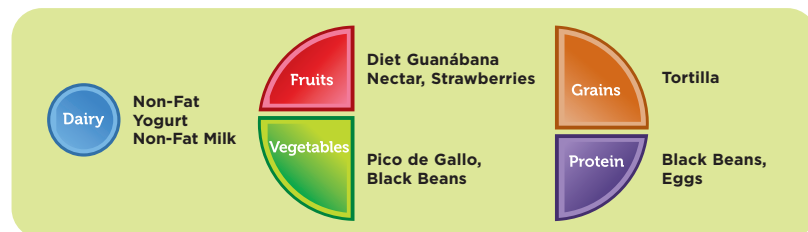
## Peaches and Cream Ice Pops

- 1 can (9.6 oz.) **GOYA Peach Nectar**  
 1 cup water  
 ¾ cup non-fat Greek-style yogurt (about 5 oz.)  
 2 medium peaches, peeled, pitted and finely chopped
- In medium bowl, whisk together peach nectar, water and yogurt until well combined.
  - Evenly divide peach mixture among 8 (⅓ cup) ice pop molds. Divide peach pieces evenly among molds
  - Freeze 30 minutes. Insert popsicle sticks and freeze until solid, at least 6 hours more.

**MAKES 8 SERVINGS** PREP TIME: 5 MIN. TOTAL TIME: 5 MIN. + Freezing Time  
 Serving Size: 1 ice pop  
 50 Calories; 0g Fat (0g Saturated, 0g Trans); 0mg Cholesterol; 12g Carbohydrate;  
 10g Sugar; 2g Protein; 1g Fiber; 20mg Sodium



## Back to School Breakfast



### Black Bean Breakfast Burritos

- 1 tsp. **GOYA Extra Virgin Olive Oil**
  - 4 8" **GOYA Flour Tortillas - Fajitas**
  - 4 eggs, plus 4 egg whites, lightly beaten
  - 1 can (15.5 oz.) **GOYA Low Sodium Black Beans**, drained and rinsed
  - ½ cup **GOYA Pico de Gallo**, drained
- 1 Heat ¼ tsp. oil in medium non-stick skillet over medium-high heat; add tortilla. Cook, flipping once, until light golden brown on both sides, about 30 seconds; transfer tortilla to plate. Repeat with remaining tortillas, using ½ tsp. oil total.



- 2 Heat remaining oil in same skillet. Add eggs. Cook, stirring eggs with spatula, until scrambled and just set, about 4 minutes.
- 3 To assemble burritos: Place 1 tortilla on work surface. Add ¼ scrambled egg mixture, ¼ cup beans and 2 tbsp. pico de gallo. To roll burrito, fold left and right ends over filling. Then, holding the closed ends, fold tortilla in half from bottom to top. Using the top layer of tortilla, push filling towards you to compact filling. Roll tortilla into log and place seam-side down on plate. Cut in half, if desired, and serve immediately.

**MAKES 4 SERVINGS** PREP TIME: 10 MIN. TOTAL TIME: 25 MIN.

Serving Size: 1 burrito

300 Calories; 8g Fat (2.5g Saturated, 0g Trans); 210mg Cholesterol; 36g Carbohydrate; 0g Sugar; 20g Protein; 8g Fiber; 470mg Sodium

### Red and White Soursop Shakes

- 1 can (9.6) oz. **GOYA Diet Soursop Nectar (Guanábana)**
- 1 cup low-fat plain yogurt
- ½ cup fat-free milk
- 4 cups ice, divided
- 6 medium strawberries, rinsed, cored and quartered (about 1 cup)
- 1 tsp. **GOYA Lemon Juice**



- 1 Add nectar, yogurt, milk and 3 cups ice to blender. Blend until smooth and frothy, about 2 minutes; divide evenly among 4 glasses.
- 2 Working quickly, rinse out blender. Add strawberries, lemon juice and 1 cup ice to blender. Blend until smooth and frothy, about 1 minute.
- 3 Spoon strawberry purée evenly over top of each shake. Serve immediately.

**MAKES 4 SERVINGS** PREP TIME: 5 MIN. TOTAL TIME: 8 MIN.

Serving Size: 1 cup

70 Calories; 1g Fat (.5g Saturated, 0g Trans); 5mg Cholesterol; 10g Carbohydrate; 9g Sugar; 5g Protein; 1g Fiber; 65 mg Sodium

## BREAKFAST ON-THE-GO

### Make-Ahead Breakfast Burritos

#### Tip 1

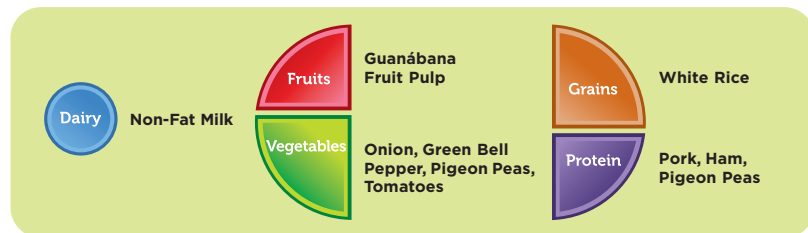
**Busy Morning?** Whip up a batch of burritos ahead of time and freeze to make breakfast-on-the-go a breeze. To do, wrap cooked burritos in plastic wrap, then in foil; freeze up to 3 months. To reheat, unwrap and microwave on HIGH until warmed through (about 4 minutes). Roll in foil, and head out the door.

### Take Your Smoothie To Go

#### Tip 2

This shake makes the perfect breakfast for a hurried morning. Made with dairy and **GOYA Fruit Pulp**, it's filling, comes together in minutes and can easily be transported to wherever the morning takes you. Simply blend and pour into an insulated thermos to keep colder longer.

# Hispanic Heritage Celebration



## Grilled Sofrito Pork

- 2 tsp. **GOYA Extra Virgin Olive Oil**
- 1 medium yellow onion, finely chopped (about 1 cup)
- 1 medium green bell pepper, very finely chopped (about ¾ cup)
- ¼ cup finely chopped fresh cilantro, divided
- 2 tbsp. **GOYA Minced Garlic**
- ½ tsp. **GOYA Adobo Light All-Purpose Seasoning with Pepper**
- 1 packet **Sazón GOYA Natural and Complete**
- 4 medium, ripe tomatoes, cored, seeded and finely chopped (about 2½ cups)
- 1 boneless pork loin roast (about 1½ lbs.), cut into 1"-thick steaks



- 1 Heat oil in large, non-stick skillet over medium-high heat. Add onions and pepper. Cook, stirring occasionally, until vegetables soften but do not brown, 8-10 minutes. Add 2 tbsp. cilantro, garlic, Adobo Light and Sazón. Cook, stirring, until garlic is fragrant, about 1 minute more. Add tomatoes to skillet. Cook, stirring occasionally, until moisture from tomatoes evaporates and mixture begins to thicken, about 5 minutes. Transfer sofrito mixture to non-reactive container; chill until cold. Scoop out and reserve 6 tbsp. sofrito mixture; mix with remaining cilantro. Cover and reserve in refrigerator.
- 2 Add pork steaks to container with remaining sofrito; massage to coat completely in sauce. Cover with plastic wrap. Transfer pork to refrigerator. Marinate at least 4 hours, or up to 48 hours. Bring pork to room temperature 30 minutes before cooking.
- 3 Heat grill to medium-high heat. Remove pork from sofrito mixture, shaking off excess. Add pork to hot-greased grill grates. Cook, flipping once, until pork is dark golden brown and cooked through (internal temperature of at least 145°F), 17-20 minutes. Transfer pork to platter. Top with reserved sofrito mixture. Serve.

**MAKES 6 SERVINGS** PREP TIME: 15 MIN. TOTAL TIME: 50 MIN. + Marinating Time  
 Serving Size: 1 pork steak topped with 1 tbsp. sofrito  
 220 Calories; 10g Fat (2.5g Saturated, 0g Trans); 70mg Cholesterol; 8g Carbohydrate;  
 4g Sugar; 25 g Protein; 2g Fiber; 190mg Sodium

## Rice & Pigeon Peas

- 1 tsp. **GOYA Extra Virgin Olive Oil**
- ¼ lb. low-sodium country ham, cubed
- ½ green bell pepper, chopped (about ½ cup)
- ½ yellow onion, chopped (about ½ cup)
- 1 packet **Sazón GOYA Natural and Complete**
- 1 tbsp. **GOYA Minced Garlic**
- 2 tsp. finely chopped fresh cilantro
- 1 tsp. **GOYA Oregano**
- 1½ cups dry **GOYA Medium Grain Rice**
- 1 cup frozen **GOYA Green Pigeon Peas**, thawed
- 4 oz. **GOYA Low-Sodium Tomato Sauce**
- 2 tbsp. **GOYA Low-Sodium Manzanilla Olives Stuffed with Minced Pimientos**, sliced
- 1½ cups water



- 1 Heat oil in a medium, heavy saucepan over medium-high heat. Add ham to pan; cook until brown, about 5 minutes. Stir in peppers and onions; cook, stirring occasionally, until vegetables are soft and translucent, 10 minutes. Add Sazón, garlic, cilantro and oregano. Cook until fragrant, about 30 seconds.
- 2 Add rice to pan. Cook, stirring frequently, until coated in oil and toasted, about 1 minute. Stir in pigeon peas, tomato sauce, olives and water; using a wooden spoon, stir once and bring rice mixture to a boil. Cook, uncovered, until water is evaporated, about 10 minutes. Gently stir rice from bottom up.
- 3 Lower heat to medium low and cook, covered, until rice is tender, about 15 minutes. Remove saucepan from heat. Gently fluff rice with fork. Cover pan and let stand 5 minutes.

**MAKES 6 SERVINGS** PREP TIME: 25 MIN. TOTAL TIME: 1 HR.  
 Serving Size: About ⅔ cup rice mixture  
 280 Calories; 3g Fat (1g Saturated, 0g Trans); 10mg Cholesterol; 49g Carbohydrate;  
 1g Sugar; 10g Protein; 3g Fiber; 450mg Sodium



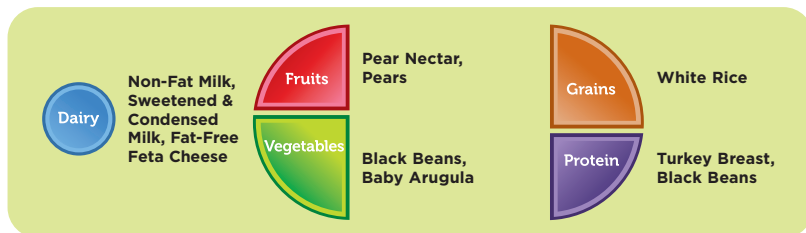
## Soursop (Guanábana) Smoothie

- 4 cups non-fat milk
  - 2 cups ice
  - 1 pkg. (14 oz.) frozen **GOYA Guanabana Fruit Pulp**, broken into chunks
  - ½ cup sugar
- 1 In bowl of blender, add milk, ice, frozen fruit pulp and sugar. Purée until mixture is smooth and creamy, and sugar is dissolved, about 2 minutes.
  - 2 To serve, divide drink evenly among serving glasses.

**MAKES 8 SERVINGS** PREP TIME: Less than 5 MIN. TOTAL TIME: Less than 5 MIN.  
 Serving Size: 1 cup smoothie  
 120 Calories; 0g Fat (0g Saturated, 0g Trans); 0mg Cholesterol; 27g Carbohydrate;  
 25g Sugar; 5g Protein; 2g Fiber; 70mg Sodium



# Thanksgiving Feast



## Turkey Breast Stuffed with Rice and Beans

### For the turkey:

- 1 cup **GOYA Extra Virgin Olive Oil**
- 1 cup **GOYA Bitter Orange Marinade (Naranja Agria)**
- 1 tbsp. **GOYA Minced Garlic**
- 1 tsp. **GOYA Ground Cumin**
- 1 tsp. **GOYA Oregano Leaf**
- ½ tsp. **GOYA Adobo Light All-Purpose Seasoning with Pepper**
- 1 whole boneless, skinless turkey breast, 5-6 lbs. (Note: Ask your butcher to debone turkey breast, if necessary)



### For the stuffing:

- 1 cup cooked **CANILLA Extra Long-Grain Rice**, cooled
- 1 can (15 oz.) **GOYA Low-Sodium Black Bean Soup**

- 1 In small bowl, mix together olive oil, bitter orange marinade, garlic, cumin, oregano and Adobo; set aside. Place turkey breast between two sheets plastic wrap. Using mallet, pound turkey to ½" thickness. Transfer turkey to glass baking dish. Pour reserved marinade over turkey to submerge; cover with plastic wrap. Refrigerate at least 4 hours, or up to 48 hours.
- 2 Heat oven to 425°F. Bring turkey to room temperature 30 minutes before cooking; discard marinade. Meanwhile, in small bowl, mix together rice and beans; set aside.
- 3 Using paper towels, pat turkey dry. Place turkey on work surface so that long side is closest to you. Spread rice and bean mixture on turkey breast, leaving 1" border all around. Starting with long side, roll turkey breast, jelly roll-style to enclose rice and bean mixture, creating long cylinder shape. Using kitchen twine, firmly tie rolled turkey breast in 1" intervals. Transfer turkey, seam side-down to foil-lined baking sheet. Roast turkey, occasionally turning baking tray for even browning, until cooked through (temperature will register 165°F on quick-read thermometer when inserted in center of turkey, touching the stuffing), from 1 hour - 1 hour, 15 minutes. Transfer turkey to cutting board; tent with foil. Let rest 15-20 minutes. Cut into ½"-thick slices.

**MAKES 12 SERVINGS** PREP TIME: 15 MIN.

**TOTAL TIME: 1 HR. 30 MIN. + Marinating Time / Serving Size: 1 slice turkey**

**350 Calories; 10g Fat (2.5g Saturated, 0g Trans); 145mg Cholesterol; 9g Carbohydrate; 0g Sugar; 52g Protein; 2g Fiber; 230mg Sodium**

## Arugula Salad with Pear Nectar Vinaigrette

### For the pear nectar vinaigrette:

- 1 can (9.6 oz.) **GOYA Pear Nectar**
- 1 tbsp. **GOYA Lemon Juice**
- 1 tbsp. Dijon mustard
- 1 tsp. **GOYA Sazonador Total**
- ½ tsp. **GOYA Minced Garlic**
- ¼ tsp. freshly ground black pepper
- ½ cup **GOYA Extra Virgin Olive Oil**

### For the salad:

- 6 cups baby arugula, rinsed and dried
- 2 pears, cored and thinly sliced
- 3 oz. fat-free feta cheese, crumbled
- ¼ cup toasted walnuts



- 1 Bring pear nectar to boil in small saucepan over medium-high heat. Reduce heat to medium-low. Simmer, stirring occasionally, until nectar thickens and reduces to ¼ cup, about 10 minutes; set aside until cool.
- 2 Transfer reduced nectar to medium mixing bowl. Stir in lemon juice, mustard, Sazonador Total, garlic and pepper until combined. Using whisk, add olive oil in slow steady stream, whisking constantly to combine. Set aside. In large salad bowl, toss together arugula, pears, feta, walnuts. Divide salad evenly among serving plates. Drizzle 2 tsp. dressing over each portion. Serve immediately.

**MAKES 6 SERVINGS** PREP TIME: 15 MIN. TOTAL TIME: 25 MIN.

**Serving Size: 1½ cups salad + 2 tsp. dressing**

**180 Calories; 6g Fat (.5g Saturated, 0g Trans); 0mg Cholesterol; 15g Carbohydrate; 3g Sugar; 5g Protein; 3g Fiber; 240mg Sodium**



## Spanish Rice Pudding

- 2 cups water
- 1 cup **GOYA Medium Grain Rice**
- ¼ tsp. salt
- 4 cups non-fat milk
- 2 **GOYA Cinnamon Sticks**
- 1 tsp. freshly grated lemon or orange zest
- ¼ cup **GOYA Sweetened and Condensed Milk**
- 1 tsp. **GOYA Vanilla Extract**
- Ground cinnamon (optional)

- 1 Add water to medium, heavy saucepan over medium-high heat. Bring water to boil. Stir in rice and salt. Return water to boil. Reduce heat to low. Cook, covered, until water is absorbed and rice is tender, about 20 minutes.
- 2 Stir in milk, cinnamon sticks and lemon or orange zest. Increase heat to medium-high; bring milk to boil. Reduce heat to low. Cook, uncovered, stirring occasionally to prevent sticking and scorching, until mixture is thick and creamy, about 25 minutes. Stir in condensed milk and vanilla. Cook, stirring often, until flavor is absorbed, about 5 minutes more. Pour rice pudding into serving bowl; serve warm or chilled. Sprinkle with cinnamon before serving, if desired.

**MAKES 8 SERVINGS** PREP TIME: Less than 5 MIN. TOTAL TIME: 50 MIN.

**Serving Size: About ½ cup rice pudding**

**190 Calories; 2g Fat (1.5g Saturated, 0g Trans); 5mg Cholesterol; 35g Carbohydrate; 15g Sugar; 7g Protein; 1g Fiber; 75mg Sodium**

# GOYA® Healthy Pantry

Throwing a healthy celebration is so easy and delicious when these GOYA products are in your pantry.

## Fruit

Add the taste of ripe, fresh fruit to your party menus all year long. Rely on the consistent quality of **GOYA** canned fruits; enjoy **GOYA** full-flavored fruit beverages. Try frozen fruit pulps – peeled, seeded and puréed for your convenience. So heavenly tasting you'll forget they're healthy too!



## Vegetables

With **GOYA**, it's easy to dish out a healthy portion of veggies to your guests. Cook with **GOYA** beans; considered both a vegetable and a protein, our beans boast premium quality and authentic taste. The vast array of **GOYA** frozen vegetables are flash-frozen at the peak of freshness. **GOYA** canned and jarred veggies are tender and ready-to-use, so you can serve them all year long.



## Dairy

Add dairy – and with it, calcium, potassium, vitamin D and other nutrients – with key **GOYA** ingredients. Shelf-stable, unsweetened **GOYA** evaporated milk is convenient and easy to use in place of regular milk. Try a spoonful of **GOYA** sweetened and condensed milk in coffee, drinks and desserts. Add authentic cheeses, like **GOYA** Queso Blanco to your meals.



## Grains

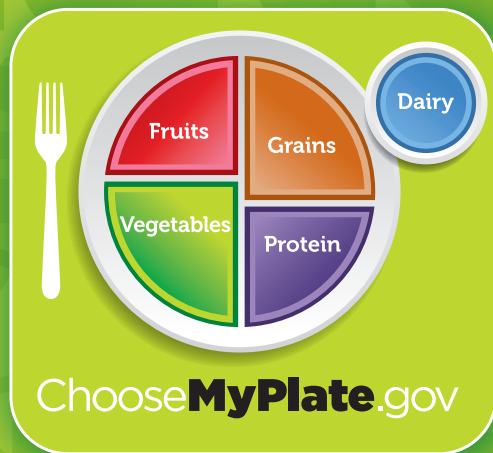
Nourish your family and friends with the vast array of **GOYA**'s top-quality grains. Try our specialty flours, like fine-ground cornmeal, in dough and batters. Experiment with exotic rice options, like basmati. Enjoy family favorites, like long-grain and medium grain rice. Cook with whole-grains, like brown rice and quinoa, for extra fiber and protein. Just open the pantry!



## Protein

Make every entrée a spectacular feat of health and taste with **GOYA**. Quality **GOYA** beans offer low-fat protein and unmatched quality. Premium canned seafood, like sardines, bonito, tuna, octopus and more boast delicate texture and the fresh taste of the sea.





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