



15 HEALTHY LATIN RECIPES



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Mexican Recipes

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Grilled Chicken Fajita Bowls

Ingredients:

- 1-pound boneless, skinless chicken breasts
- 2 bell peppers (red and green) thinly sliced.
- 1 red onion thinly sliced.
- 1 tablespoon olive oil
- 2 teaspoons chili powder
- 1 teaspoon cumin
- 1 teaspoon paprika
- Salt and pepper to taste
- 4 cups cooked brown rice.
- 1 cup black beans, drained and rinsed.
- 1 cup corn kernels (fresh or frozen)
- 1/2 cup salsa
- 1/2 cup plain Greek yogurt.
- 1/4 cup chopped fresh cilantro.
- Lime wedges for garnish

Instructions:

In a bowl, mix together the chili powder, cumin, paprika, olive oil, salt, and pepper. Rub this mixture over the chicken breasts.

Preheat your grill to medium-high heat and grill the chicken for about 6-8 minutes per side, or until fully cooked. Remove and let it rest for a few minutes before slicing into strips.

While the chicken is resting, heat a skillet over medium-high heat. Add a drizzle of olive oil and sauté the bell peppers and onions until they are tender and slightly charred.

In serving bowls, divide the cooked brown rice, black beans, corn, grilled chicken, and sautéed peppers and onions evenly.

Top each bowl with salsa, a dollop of Greek yogurt, and chopped cilantro. Serve with lime wedges for extra flavor.

Quinoa and Black Bean Stuffed Peppers

Ingredients:

- 4 large bell peppers (any color)
- 1 cup quinoa rinsed and drained.
- 2 cups vegetable broth
- 1 can (15 ounces) black beans, drained and rinsed.
- 1 cup corn kernels (fresh or frozen)
- 1 cup diced tomatoes.
- 1 teaspoon cumin
- 1 teaspoon chili powder
- Salt and pepper to taste
- 1 cup shredded low-fat cheddar cheese (optional)
- Chopped fresh cilantro for garnish.

Instructions:

Preheat your oven to 375°F (190°C).

Cut the tops off the bell peppers and remove the seeds and membranes. Set them aside.

In a saucepan, combine quinoa and vegetable broth. Bring to a boil, then reduce heat to low, cover, and simmer for about 15 minutes or until the quinoa is cooked and the liquid is absorbed.

In a large bowl, mix together the cooked quinoa, black beans, corn, diced tomatoes, cumin, chili powder, salt, and pepper.

Stuff each bell pepper with the quinoa and black bean mixture. Place them in a baking dish.

If desired, sprinkle shredded cheddar cheese on top of each stuffed pepper.

Cover the baking dish with aluminum foil and bake for 25-30 minutes or until the peppers are tender.

Garnish with chopped cilantro before serving.

Shrimp and Avocado Salad

Ingredients:

- 1-pound large shrimp, peeled and deveined
- 1 tablespoon olive oil
- 1 teaspoon chili powder

- 1/2 teaspoon cumin
- Salt and pepper to taste
- 4 cups mixed salad greens
- 2 avocados, diced.
- 1 cup cherry tomatoes, halved.
- 1/4 cup red onion thinly sliced.
- 1/4 cup fresh cilantro, chopped.
- Juice of 2 limes
- 2 tablespoons olive oil
- 1 clove garlic, minced.
- Salt and pepper to taste

Instructions:

In a bowl, mix together the olive oil, chili powder, cumin, salt, and pepper. Toss the shrimp in this mixture.

Heat a skillet over medium-high heat and cook the shrimp for about 2-3 minutes per side or until they are pink and cooked through. Remove from heat and set aside.

In a large salad bowl, combine the mixed greens, diced avocado, cherry tomatoes, red onion, and chopped cilantro.

In a small bowl, whisk together the lime juice, olive oil, minced garlic, salt, and pepper to make the dressing.

Add the cooked shrimp to the salad and drizzle the dressing over the top.

Toss everything together gently and serve immediately.

Puerto Rican Recipes

Arroz con Pollo (Chicken with Rice)

Ingredients:

- 1 1/2 cups of brown rice
- 4 boneless, skinless chicken breasts
- 1 onion, chopped.
- 1 bell pepper, chopped.
- 2 cloves garlic, minced.
- 1 can (14 oz) diced tomatoes (low sodium)
- 1/2 cup frozen peas
- 1/2 teaspoon cumin
- 1/2 teaspoon paprika
- Salt and pepper to taste
- 2 tablespoons olive oil
- 3 cups chicken broth (low sodium)

Instructions:

Heat olive oil in a large skillet over medium heat. Add chicken breasts and cook until browned on both sides. Remove and set aside.

In the same skillet, add onions, bell peppers, and garlic. Sauté until softened.

Stir in rice, cumin, paprika, salt, and pepper. Cook for a few minutes until the rice is lightly toasted.

Add diced tomatoes, chicken broth, and frozen peas. Bring to a boil.

Return the chicken breasts to the skillet, cover, and simmer for 20-25 minutes or until the rice is cooked and the chicken is tender.

Serve hot.

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Pescado a la Criolla (Fish in Tomato Sauce)

Ingredients:

- 4 white fish fillets (such as tilapia or cod)
- 1 onion finely chopped.
- 1 bell pepper thinly sliced.
- 3 cloves garlic, minced.
- 1 can (14 oz) diced tomatoes (low sodium)
- 1/4 cup fresh cilantro, chopped.
- 2 tablespoons olive oil
- Salt and pepper to taste
- 1 lime, juiced.

Instructions:

Season fish fillets with salt, pepper, and lime juice. Set aside to marinate for 10-15 minutes.

In a large skillet, heat olive oil over medium heat. Add onions, bell peppers, and garlic. Sauté until softened.

Stir in diced tomatoes and half of the chopped cilantro. Simmer for 10 minutes.

Place the marinated fish fillets on top of the tomato mixture. Cover and cook for 10-12 minutes, or until the fish flakes easily with a fork.

Garnish with the remaining cilantro and serve.

Ensalada de Coditos (Puerto Rican Pasta Salad)

Ingredients:

- 2 cups elbow macaroni cooked and cooled.
- 1 cup cooked ham, diced.
- 1 cup cooked chicken breast, diced.
- 1/2 cup red bell pepper, diced.
- 1/2 cup green bell pepper, diced.
- 1/2 cup red onion finely chopped.
- 1/2 cup green olives, sliced.
- 1/2 cup corn kernels (fresh or canned)
- 1/2 cup light mayonnaise
- 2 tablespoons white vinegar
- Salt and pepper to taste

Instructions:

In a large mixing bowl, combine the cooked macaroni, diced ham, diced chicken, bell peppers, red onion, green olives, and corn.

In a separate small bowl, whisk together the mayonnaise and white vinegar.

Pour the mayonnaise mixture over the pasta salad and toss to coat evenly.

Season with salt and pepper to taste.

Chill in the refrigerator for at least an hour before serving.

Dominican Recipes

Dominican Chicken and Vegetable Stew (Sancocho)

Ingredients:

- 2 lbs boneless, skinless chicken thighs, cut into pieces.
- 1 cup yam (ñame), peeled and diced.
- 1 cup cassava (yuca) peeled and diced.
- 1 cup green plantains peeled and sliced.
- 1 cup sweet potatoes peeled and diced.
- 1 cup corn kernels
- 1 onion, chopped.
- 3 cloves garlic, minced.
- 2 carrots, sliced.
- 2 celery stalks, chopped.
- 1 bell pepper, diced.
- 2 tomatoes, diced.
- 8 cups chicken broth
- 1/4 cup cilantro, chopped.
- Salt and pepper to taste

Instructions:

In a large pot, heat some oil over medium-high heat. Add the chicken pieces and cook until browned on all sides. Remove and set aside.

In the same pot, add the onions and garlic. Sauté until fragrant and translucent.

Add the chicken back to the pot, along with the chicken broth. Bring to a boil.

Reduce heat to medium-low, add all the vegetables (yam, cassava, plantains, sweet potatoes, corn, carrots, celery, bell pepper, and tomatoes) to the pot.

Simmer for about 30-40 minutes or until the vegetables are tender.

Season with salt and pepper to taste.

Serve hot, garnished with chopped cilantro.

Dominican Avocado Salad (Ensalada de Aguacate)

Ingredients:

- 2 ripe avocados, diced.
- 1 red onion thinly sliced.
- 2 tomatoes, diced.
- 1/4 cup cilantro, chopped.
- 2 tablespoons lime juice
- 2 tablespoons olive oil
- Salt and pepper to taste

Instructions:

In a large bowl, combine the diced avocados, sliced red onion, diced tomatoes, and chopped cilantro.

In a small bowl, whisk together the lime juice, olive oil, salt, and pepper.

Drizzle the dressing over the salad and gently toss to combine.

Serve immediately as a refreshing side dish.

Dominican Fish with Coconut Sauce (Pescado con Coco)

Ingredients:

- 4 white fish fillets (such as mahi-mahi or snapper)
- 1 cup coconut milk
- 2 cloves garlic, minced.
- 1 onion, chopped.
- 1 red bell pepper, sliced.

- 1 green bell pepper, sliced.
- 1 tablespoon olive oil
- Juice of 1 lime
- Salt and pepper to taste

Instructions:

Season the fish fillets with salt, pepper, and lime juice. Let them marinate for 15 minutes.

In a large skillet, heat olive oil over medium-high heat. Add the minced garlic and chopped onion. Sauté until softened.

Add the sliced red and green bell peppers to the skillet and cook for a few more minutes.

Place the marinated fish fillets into the skillet and pour the coconut milk over them.

Cover the skillet and simmer for about 15-20 minutes, or until the fish is cooked through and flakes easily with a fork.

Serve hot with rice or vegetables and spoon the coconut sauce over the fish.

Argentinian Recipes

Argentinian Grilled Vegetable Skewers

Ingredients:

- 2 red bell peppers, cut into chunks.
- 2 yellow bell peppers, cut into chunks.
- 2 zucchinis, sliced into rounds.
- 1 red onion, cut into chunks.
- 8-10 button mushrooms, cleaned.
- 2 tablespoons olive oil
- 2 cloves garlic, minced.
- 1 teaspoon dried oregano
- Salt and pepper to taste
- Wooden skewers, soaked in water for 30 minutes.

Instructions:

Preheat the grill to medium-high heat.

In a bowl, combine olive oil, minced garlic, dried oregano, salt, and pepper.

Thread the vegetable chunks onto the soaked wooden skewers, alternating between peppers, zucchini, onion, and mushrooms.

Brush the vegetable skewers with the olive oil mixture.

Grill the skewers for about 10-12 minutes, turning occasionally, until the vegetables are tender and have grill marks.

Serve hot as a side dish or with your favorite dipping sauce.

Quinoa Salad with Avocado and Black Beans

Ingredients:

- 1 cup quinoa
- 2 cups water
- 1 can (15 oz) black beans, drained and rinsed.
- 2 ripe avocados, diced.
- 1 cup cherry tomatoes, halved.
- 1/2 cup red onion finely chopped.
- 1/4 cup fresh cilantro, chopped.
- Juice of 2 limes
- 2 tablespoons olive oil
- Salt and pepper to taste

Instructions:

Rinse quinoa under cold water. In a saucepan, combine quinoa and water. Bring to a boil, then reduce heat, cover, and simmer for 15 minutes, or until quinoa is cooked and the liquid is absorbed. Let it cool.

In a large bowl, combine cooked quinoa, black beans, diced avocado, cherry tomatoes, chopped red onion, and fresh cilantro.

In a small bowl, whisk together lime juice, olive oil, salt, and pepper.

Drizzle the dressing over the salad and toss gently to combine.

Chill in the refrigerator for about 30 minutes before serving. Serve cold.

Grilled Chicken with Chimichurri Sauce

Ingredients:

- 4 boneless, skinless chicken breasts
- Salt and pepper to taste
- 1 cup fresh parsley, chopped.
- 3 cloves garlic, minced.
- 2 tablespoons red wine vinegar
- 2 tablespoons olive oil
- 1 teaspoon dried oregano
- 1/2 teaspoon red pepper flakes (adjust to taste)
- Juice of 1 lemon

Instructions:

Season the chicken breasts with salt and pepper.

Preheat your grill to medium-high heat.

Grill the chicken breasts for about 6-8 minutes per side, or until cooked through and no longer pink in the center.

While the chicken is grilling, prepare the chimichurri sauce. In a bowl, combine chopped parsley, minced garlic, red wine vinegar, olive oil, dried oregano, red pepper flakes, and lemon juice. Mix well.

Once the chicken is done, remove it from the grill and let it rest for a few minutes.

Serve the grilled chicken with a generous drizzle of chimichurri sauce.

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Costa Rican Recipes

Gallo Pinto (Costa Rican Rice and Beans)

Ingredients:

- 1 cup cooked white rice.
- 1 cup cooked black beans.
- 1/2 cup finely chopped onion.
- 1/2 cup finely chopped bell pepper (red or green)
- 2 cloves garlic, minced.
- 2 tablespoons vegetable oil
- 1/2 teaspoon ground cumin
- Salt and pepper to taste
- Fresh cilantro for garnish (optional)

Instructions:

Heat the vegetable oil in a large skillet over medium heat.

Add the onions, bell peppers, and garlic. Sauté until they become translucent.

Stir in the cooked rice and black beans.

Add the ground cumin, salt, and pepper. Mix well and cook for another 5-7 minutes, stirring occasionally.

Serve hot, garnished with fresh cilantro if desired.

Ceviche de Camarones (Costa Rican Shrimp Ceviche)

Ingredients:

- 1-pound cooked shrimp, peeled and deveined
- 1 cup fresh lime juice
- 1 red onion finely chopped.
- 1 bell pepper (red or green) finely chopped.
- 2-3 cloves garlic, minced.
- 1-2 tomatoes, diced.
- 1/2 cup fresh cilantro, chopped.
- Salt and pepper to taste
- Hot sauce (optional)

Instructions:

Cut the cooked shrimp into bite-sized pieces and place them in a large bowl.

Pour the fresh lime juice over the shrimp and let it marinate for about 10 minutes.

Add the chopped onion, bell pepper, garlic, and tomatoes to the bowl. Mix well.

Season with salt, pepper, and hot sauce if desired.

Refrigerate for at least 30 minutes to allow the flavors to meld.

Serve chilled, garnished with fresh cilantro.

Ensalada de Palmito (Costa Rican Heart of Palm Salad)

Ingredients:

- 1 can (14 ounces) heart of palm, drained and sliced.
- 1 tomato, diced.
- 1/2 red onion thinly sliced.
- 1/2 cup diced red bell pepper.
- 1/4 cup fresh cilantro, chopped.
- 2 tablespoons olive oil
- 2 tablespoons fresh lime juice
- Salt and pepper to taste

Instructions:

In a large bowl, combine the sliced heart of palm, diced tomato, sliced red onion, diced red bell pepper, and chopped cilantro.

In a separate small bowl, whisk together the olive oil and lime juice.

Drizzle the dressing over the salad and toss gently to combine.

Season with salt and pepper to taste.

Chill in the refrigerator for about 30 minutes before serving.

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