

Feeding My Farmworker Family



Recipes for a Healthy Diet



Chicken Breast with Radish Salad

Ingredients

For the chicken

- 2 chicken breasts
- 1 bunch of thyme and 1 bunch of oregano
- 4 servings of butter, softened
- Salt and black pepper
- Chili to taste (for serving)

For the radish salad

- 2 bunches of radishes
- 1 onion
- 1 tomato
- Salt to taste
- Lime to taste

Plus **one** tortilla and **one** apple per person.

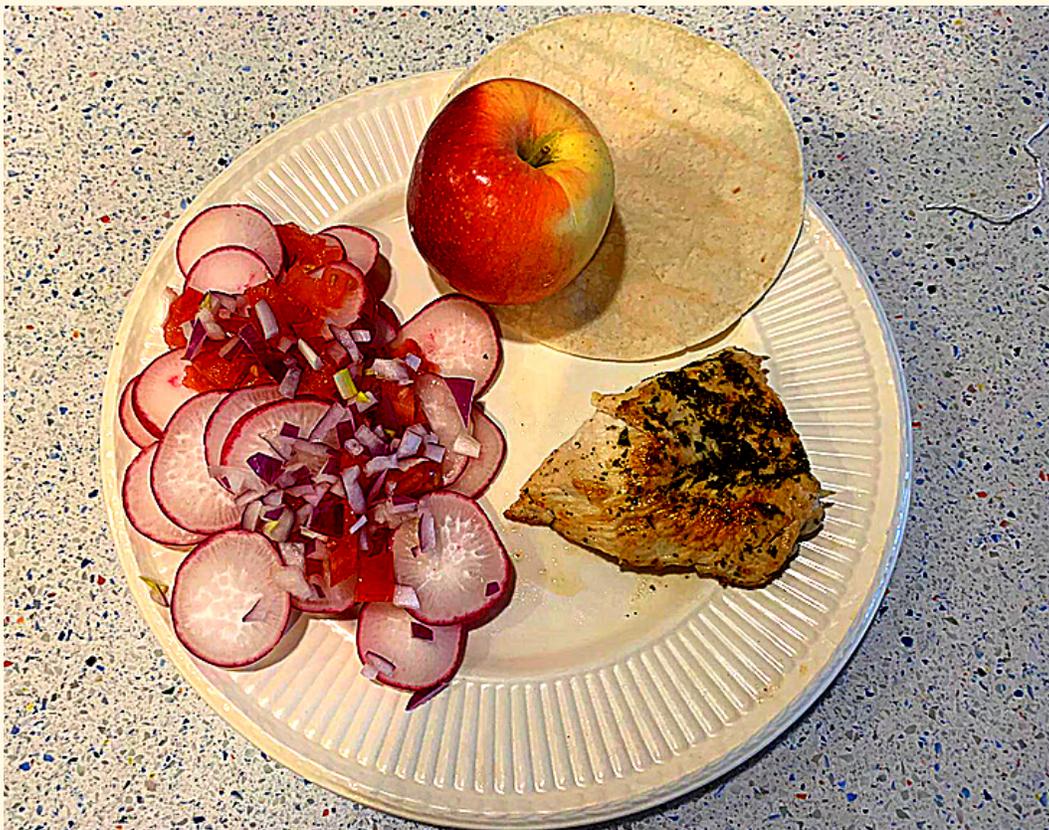
Serves 4 people



Serving the meal with salad and just one tortilla makes the recipe balanced.

Preparation

1. For the chicken, chop the thyme and oregano.
2. Add the chopped herbs to the softened butter, and mix until they are well combined.
3. Spread the herb butter on one side of each chicken breast.
4. Sprinkle salt and pepper overtop.
5. Preheat a pan. (You don't need oil.)
6. Sautee the chicken breasts until they're cooked in the middle, turning them over once, halfway through.
7. For the salad, chop the radish, onion, and tomato.
8. Add salt and lime juice to taste.
9. Give each person **one** serving of chicken, **two** servings of salad, **one** tortilla, and **one** apple.



Eggs with tomato, beans, and fruit salad

Ingredients

For the egg

- 1-2 eggs per person
- 2 tomatoes
- 1/2 onion
- 1 serving of butter
- Salt to taste

For the beans

- 1/2 onion
- Garlic to taste
- 1 serving of butter
- 1 can of black beans
- Salt to taste

For the fruit salad

- 1 pineapple
- 2-3 bananas

Serves 4 people



Beans count as a grain,
so we don't add any tortillas to the meal.

Preparation

1. For the beans, chop half an onion and the garlic. Add them to a pot with a serving of butter. Sautee.
2. Add the beans and cook.
3. For the eggs, chop the other half of the onion and the tomatoes. Add them to a pan with a serving of butter. Sautee.
4. When the vegetables are half-cooked, scramble the eggs and add them to the pan.
5. Add salt and cook.
6. For the fruit salad, chop the fruits and combine.
7. Each person receives **one** serving of eggs, **one** serving of beans, and **two** servings of fruit salad.



Vegetable and Ground Turkey Tacos

Ingredients

For the tacos

- Spices (achiote, oregano, thyme, black pepper) and salt, to taste
- 1 onion
- 2 bell peppers
- 3 tomatoes
- 6-7 mushrooms
- 1 pound of ground turkey
- Oil
- 2 tortillas per person
- Chili to taste

For the salad

- 1 head of lettuce
- 4 tomatoes
- 1 cucumber
- Lime juice to taste
- Salt to taste

Serves 4 people



Using more vegetables and less meat makes the recipe balanced.

Preparation

1. For the tacos, chop the onion, herbs (if you're going to use them), bell peppers, tomatoes, and mushrooms.
2. Heat **one serving** of oil in a pan.
3. Add the onion and sautee.
4. Add the meat, spices, and salt, and sautee.
5. In another pan, heat another serving of oil.
6. Add the onions, peppers, tomatoes, and mushrooms, and sautee.
7. Sprinkle with salt.
8. When they've finished cooking, add the ingredients to the tortillas. You should add a **half** serving of meat and a **half** serving of vegetables to each tortilla. **Each person receives 2 tacos.**
9. For the salad, chop all of the vegetables and combine.
10. Squeeze lime juice on top, and add salt to taste.
11. Each person receives **2 servings** of salad.



Mini-tlayudas with cactus salad

Ingredients

For the tlayudas

- 1 serving of corn dough per person
- 1 can of black beans, and the liquid
- 1 head of lettuce or cabbage
- 2-3 tomatoes
- 1 onion
- 1 serving of grated cheese per person

* Note: DON'T use canned refried beans; they contain a lot of oil.

For the cactus salad

- 3-4 cactus paddles (nopales)
- 2 tomatoes
- 1/2 onion
- Parsley or cilantro to taste
- Jalapeño to taste
- Lime juice and salt to taste

Plus 1 mango per person. Serves 4.



The cheese and beans have protein, so you don't have to have meat with the meal.

Preparation

1. For the tlayuda, heat the beans and their liquid. Mash them little by little using a wooden spatula or spoon.
2. Make the tortillas. Cook them in a pan or on a griddle.
3. While the beans and tortillas cook, chop the lettuce, tomatoes, and onion.
4. When the beans and tortillas finish cooking, add a **half** serving of beans, **one** serving of tomato, **one** serving of lettuce, and onion to taste, to each tortilla.
5. Grate **one** portion of cheese overtop to finish.
6. For the salad, boil the cactus paddles
7. Chop the cooked cactus, tomatoes, onion, parsley, and jalapeño.
8. Combine and add lime juice and salt to taste.
9. Each person receives **one** tlayuda, **two** servings of salad, and **one** mango.



Tips to Make Meals Balanced and Healthy

- Replace half of your rice with chopped vegetables.
- Add vegetables (carrots, onions, celery) to your beans.
- Instead of eating a tortilla with your meal, eat a piece of fruit.
- Drink 1-2 glasses of water between meals.
- If you're still hungry after a meal, eat another serving of salad.
- Choose whole grains (whole wheat bread, brown rice) and leaner meats (chicken breast, fish, ground beef).
- Use olive oil instead of butter, lard, or vegetable oil.

My recipes

Contact information

www.farmworkerjustice.org

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