GLADES FAMILY EDUCATION

HEALTHY FOODS COOKBOOK

February, 2010

The students of the Glades Family Education Program have helped one another to discover new, healthier ways of cooking!
This book was made possible by a grant from the Florida Literacy Coalition with funding provided by Florida Blue Cross/Blue Shield.

This recipe book was created by the adult learners of the Glades Family Education Program who spent months studying the Health Literacy curriculum. They have been analyzing their own lifestyles and have focused on the nutritional values of different foods. The students have revised their own recipes and their families’ recipes to reflect the knowledge they have gained from their classes in order to live healthier lives not only for themselves, but for their families.
Recipe: LaboUlir from the kitchen of: Immacula Chensme

Ingredients:
- Little cup of rice cooked -5 or 8 have pasta.
- 1 cup sugar -1 can of milk -1 carrot -1 cup of coconut

Directions:
First: Heat the water on the stove.
Next: Put the dry ingredient in the water after it is boiling.
Then: Put everything in the blender and add milk.
After that I add the vanilla.
Finally anybody can drink it.

Recipe: Honduran Breakfast
from the kitchen of: Lucia Miranda

Ingredients:
- 1 egg.
- Hot sauce.
- 1 cup of red beans.
- 2 slices whole wheat bread.
- 1 spoon olive oil.

Directions:
1. Put a pan on the stove, heat it to medium.
2. Add 2 spoon olive oil and 1 egg.
3. Mix the beans and fry them in the pan.
4. Mix everything together, add hot sauce.
5. It is ready to eat with 2 slices of bread.
Recipe: Healthy Breakfast
From the kitchen of: Jennife Panagter

Ingredients:
- 1 cup of juice
- 2 slices of bread
- 1 tbsp peanut butter
- 1 egg
- 1 tbsp jelly
- 1 apple

Directions:
First, pour 100% juice in a cup.
Next, put on a plate the whole wheat bread and spread peanut butter and grape jelly.
Then, scramble the egg.
After that, peel an apple.
Finally, I eat the breakfast.

Recipe: Rice with Milk
From the kitchen of: Miss Helia

Ingredients:
- 1 cup water
- 2 cups skim milk
- 1 cup rice
- 1 cup raisins
- 2 spoonfuls of cinnamon
- Sugar

Directions:
First, boil one cup of water.
Next, put the rice in the boiling water and cook for 15 min.
Then, add cinnamon.
After that, add raisins and mix everything together.
Finally, add sugar to taste.
Maria Jimenez
Eat healthier is to live a long life and feel well, is to give the best to my family.

Alicia Perez
It is important for my children to eat healthy.

Bertha Garcia
This is a family recipe, Eat healthy is to live healthy.

Yesenia Delgado
It is important to eat healthy.

Ruth Odey
Eat fruit and vegetables every day, healthy.

I like eat healthy.

Joel Alfred

Eat healthy is to live healthy.

Yanic Valmar
I like eat healthy food, it is good for me.

Maria de los Angeles Flores
My recipe is from Eat Healthy Cook book. Remember Eat healthy is to live Healthy.

Maria T Calderon
I got my recipe from a cook book from library.

Marisela Martinez
It is important to eat healthy.

Nora Gonzalez
It is important to eat healthy.

Sivvia Nunez
My recipe is from a cook book. Remember that you are what you eat.

Maria M Ramirez
It is important to eat healthy.

Natalia Martinez
I got my recipe from a cook book.