

Woman's Day

FOR
Latinas

Healthy FAMILY MEALS

Easy new recipes
from TV's **Evette Ríos**

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COOKER
TACOS**

(¡Delicioso!)

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WINTER 2014

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HEALTHY for the HOLIDAYS

LATIN FOOD THAT TRIMS CALORIES WITHOUT LOSING ITS FLAVOR? *¡SÍ!* SAYS *RECIPE REHAB* HOST EVETTE RÍOS.

By Robyn Moreno Photography by Susan Pittard

On her CBS cooking show, *Recipe Rehab*, Evette Ríos helps families across America become healthier by transforming their favorite dishes—often rich treats like taquitos or fettuccine Alfredo—into good-for-you versions. Yet when her own mom, Nilsa, was diagnosed with type 2 diabetes two years ago, Evette found herself scared. “Some of my family members have passed away from the complications of this disease,” she says. “My mom had symptoms like blurred vision. I was worried.”

Nilsa’s experience is far too common among Hispanics, whose diabetes rates are about 70% higher than those of their white peers. And of all Latinos, Puerto Ricans—like Evette’s family—are diagnosed most often. The good news: Lifestyle changes, such as limiting stress, exercising more and eating well, can have a positive impact.

To bring her blood sugar down, Nilsa would have to choose foods that were lower in calories, fat, sugar and salt. She was game, but doubted her new diet could be tasty.

Evette and her mom, Nilsa.



“Growing up, we always ate red beans and white rice, with some sort of meat: *carne guisada*, *pernil*, *pollo*,” remembers Evette. “We didn’t eat many vegetables. I don’t think Mom knew how to prepare them.” And then there was her dessert addiction. “She loves sweets,” says Evette. “She assumed she couldn’t have them anymore.”

Evette didn’t want her *mamá* to do without, so she set about creating a new menu that Nilsa would relish.

HAIR BY CASEY GEREN FOR ORIBE; MAKEUP BY SUE PIKE FOR LAURA MERCIER. BOTH WITH ARTISTS BY TIMOTHY PRIANO; WARDROBE STYLING BY KATE POWELL; FOOD STYLING BY EMMA FEIGENBAUM WITH BIG LEO; PROP STYLING BY PAOLA ANDREA WITH ANYWAY MGMT.



Around the holidays, Señora Ríos is known for her pernil, or roasted pork shoulder. "Pork is like the national food of Puerto Rico," Evette says. "When I was a kid, we'd go to my uncle's and roast an entire pig." Traditional pernil is a juicy cut of meat prepared with its *cuerito* (skin) on. "People rely on that *cuerito* for flavor," Evette says. "But herbs can do the job without adding fat or cholesterol." She uses pork loin, which is leaner, and seasons it with garlic and oregano, sometimes in an overnight marinade.




Evette didn't want her diabetic mom to do without the Puerto Rican dishes she adored, so she created healthier versions of Nilsa's favorites.

To satisfy Nilsa's sweet tooth, Evette whips up a lighter-but-still-yummy version of *coquito*, the traditional Puerto Rican eggnog. (Her recipe has significantly less sugar than others.)

Today, along with taking diabetes medication, 73-year-old Nilsa exercises regularly and loves Zumba. Her diabetes is symptom-free. Evette, meanwhile, is committed to letting other Latinos know that they can eat healthy without giving up flavor. "Food is such an important part of family and culture," she says. "I want us all to be able to enjoy it without worry."




The beans and squash in this cozy winter dish are so flavorful and filling, you can skip the meat and eat it as a main. If you're missing your arroz, swap in protein-rich quinoa."

STEW AND PORK LOIN: SARAH ANNE WARD; FOOD STYLING BY CHELSEA ZIMMER; PROP STYLING BY SHANA FAUST; ON-SET STYLING BY EMILY KATE ROEMER/STUDIO D; FOOD STYLING BY CHELSEA ZIMMER; PROP STYLING BY SHANA FAUST; ON-SET STYLING BY EMILY KATE ROEMER/STUDIO D

Red bean and calabaza stew

ACTIVE 35 MIN + TOTAL 1 HR 5 MIN
SERVES 8 + COST PER SERVING \$1.13

- 2½ cups dried red beans (about 1 lb), rinsed and soaked for at least 8 hours or overnight
- 1 Tbsp olive oil
- 1 large onion, chopped
- 1 large red pepper, chopped
- 1 large green pepper, chopped
- 2 oz lean cured ham, cut into ¼-in. pieces
- 4 cloves garlic, finely chopped
- 2 Tbsp unsalted tomato paste
- 2 lb calabaza or butternut squash, cut into ½-in. cubes (about 3 cups)
- Kosher salt and pepper
- Fresh cilantro, roughly chopped, for serving

- 1 Drain the beans; place in a large pot. Cover with 7 cups water; bring to a gentle boil over medium-high heat. Reduce the heat to low; simmer, covered, until the beans are tender, 22 to 25 minutes.
- 2 Meanwhile, heat the oil in a 12-in. skillet over medium-high heat. Add the onion, peppers, ham and garlic. Cook, stirring frequently, until the vegetables are just tender, 6 to 7 minutes. Add the tomato paste; cook 2 minutes more.
- 3 Transfer the onion mixture and squash to the pot with the beans. Cook, covered, until the beans and squash are tender, 30 to 35 minutes. Season with ¾ tsp salt and ¼ tsp pepper. Serve with cilantro, if desired.

PER SERVING 268 CAL, 3 G FAT (0 G SAT FAT), 3 MG CHOL, 292 MG SOD, 17 G PRO, 41 G CAR, 6 G FIBER



This is a great side dish for people like my mom, who enjoy sweeter things. The citrus stands up to the beans' bite, and thyme has lots of flavor without being overwhelming."



Pernil-style roast pork loin ♥

ACTIVE 10 MIN + TOTAL 1 HR 20 MIN
SERVES 8 + COST PER SERVING \$1.78

- 2 large cloves garlic, finely chopped
- 2 tsp dried oregano
- 2 tsp ground cumin
- 1 tsp chili powder
- Kosher salt and pepper
- 1 2½- to 3-lb boneless center-cut pork loin, trimmed of excess fat

- 1 Heat oven to 400°F, with the rack in the middle. In a small bowl, combine the garlic, oregano, cumin, chili powder, 1 tsp salt and ½ tsp pepper. Rub the pork with the spice mixture.
- 2 Place the pork, fat-side up, in a roasting pan and roast until an instant-read thermometer registers 145°F, 55 to 65 minutes.
- 3 Transfer the pork to a cutting board and let stand for 10 minutes before thinly slicing. Pour pan and resting juices over to serve.

PER SERVING 221 CAL, 9 G FAT (3 G SAT FAT), 78 MG CHOL, 318 MG SOD, 31 G PRO, 7 G CAR, 0 G FIBER

Green beans with orange and thyme ♥

ACTIVE 20 MIN + TOTAL 35 MIN
SERVES 8 + COST PER SERVING 60¢

- 2 lb green beans, trimmed
- Kosher salt and pepper
- 1 Tbsp olive oil
- 1 Tbsp fresh thyme leaves, roughly chopped
- 1 clove garlic, finely chopped
- 1½ tsp orange zest
- 3 Tbsp fresh orange juice

- 1 Bring a large pot of water to a boil. Add the green beans and 1 tsp salt. Cook until tender, 6 to 7 minutes. Drain.
- 2 Heat the oil in a large skillet over medium heat. Add the beans, thyme, garlic, half of the orange zest, ½ tsp salt and ¼ tsp pepper.
- 3 Cook, stirring frequently, until garlic is just lightly golden, 2 to 3 minutes. Stir in the juice; cook until mostly evaporated, 30 seconds to 1 minute more. Garnish with the remaining zest.

PER SERVING 50 CAL, 2 G FAT (0 G SAT FAT), 0 MG CHOL, 156 MG SOD, 2 G PRO, 8 G CAR, 3 G FIBER

SERVE AT YOUR NEXT PARTY!

Healthy coquito

ACTIVE 6 MIN + TOTAL 6 MIN
SERVES 8 + COST PER SERVING 95¢



- 1 16-oz package silken tofu, drained
- 1 cup coconut milk creamer
- ½ cup unsweetened light coconut milk
- ¼ cup coconut palm sugar
- 2 tsp rum extract (optional)
- 2 tsp coconut extract
- 1½ tsp vanilla extract
- 1½ tsp fresh lemon juice
- ¼ tsp ground cinnamon, plus more for serving
- ¼ tsp ground ginger
- ¼ tsp ground nutmeg

- ¼ tsp kosher salt
- ⅓ tsp ground cloves
- 8 cinnamon sticks (optional)

- 1 In a blender, combine the tofu, creamer, coconut milk, sugar, rum extract (if using), coconut and vanilla extracts, lemon juice, cinnamon, ginger, nutmeg, salt and cloves.
- 2 Blend until smooth. Divide the coquito among small glasses, garnish with the cinnamon sticks (if using) and dust with cinnamon.

PER SERVING 90 CAL, 2 G FAT (1 G SAT FAT), 0 MG CHOL, 67 MG SOD, 3 G PRO, 11 G CAR, 0 G FIBER