

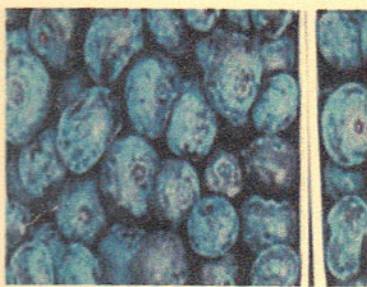


GLADES FAMILY EDUCATION HEALTHY FOODS COOKBOOK

February, 2010

The students of the Glades Family Education Program
have helped one another to discover new, healthier ways
of cooking!

- Breakfast
ESOL 2
- Lunch
ESOL 1
- Dinner
ABE
- Snacks
ESOL 3





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.

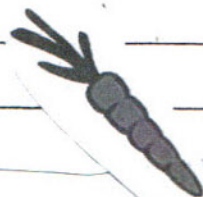


recipe: laboullix
from the kitchen of: Immacula cherisme

Ingredients:

- little cup of rice cooked - 5 or 8 bare pasta
1/2 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



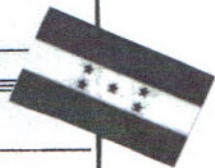
recipe: Hondurian Breakfast
from the kitchen of: Lucia Miranda

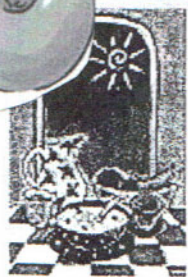
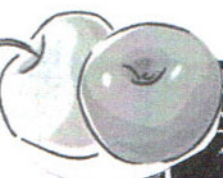
Ingredients:

1- egg. - hot sauce.
1-cup of red beans 2-slices Whole
1-spoon olive oil. Wheat bread.

Directions:

1- Put a pan on the stove, heat it to medium.
2- add 1 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 My breakfast
from the kitchen of: Genavieve Paniagua

Ingredients: 1 Cup of juice 100%
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
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 spoonful 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 healthy is to live
a long life and feel well.
Is to give the best to
My family.

Hlicia Perez
Is important for
my children to eat
healthy.

* YEsENIA DELGADO *
* Is important to eat healthy *
* Eat healthy is to live *
* healthy. * * * * *

Bertha Garcia

this is a family recipe
Eat healthy is to live healthy

Juan Ramon

is important to eat healthy
Eat healthy is to live
healthy

Joel Alfred
I like eat healthy

Ruth Ortiz
Eat fruit and
vegetables every day



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

Marisela Martinez
Is important to eat healthy.

Maria M Ramirez

Is important to eat healthy.

Silvia Nunez

My recipe is from a cook book

Remember that you are what
you eat

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

Maria de los Angeles Flores
My recipe is from Eat -
Healthy Cook book.

Remember

"Eat healthy is to live
Healthy."

* Nora Gonzalez *

is important to eat healthy.

Natalia Montoya

I got my recipe from a
cook book