



Nutrioli®

Aceite Comestible Puro de Sésame
Nutrioli

Hispanic
Heritage
Recipes Book

Caldo Tlalpeño



Chicken breast is rich in protein and is the part that contains the least saturated fat. It provides minerals, like iron, calcium and phosphorus, as well as vitamins from the B complex, including B3, B6 and folic acid.





INGREDIENTS:

- 5 pieces of skinless chicken.
- 1 tbsp. **Nutrioli**[®].
- Salt and pepper.
- 2 carrots, peeled and sliced.
- 2 whole cloves of garlic.
- 1½ cups green beans, cut in thirds.
- 1 cup garbanzo beans, soaked the previous day water, as needed.
- 3 dried chipotle chilies.
- 1 sprig wormseed, (a.k.a. mexican tea).
- 1 avocado.
- 1 cup panela cheese, cubed.
- 2 tortillas julienned, fried in 2 tbsp. **Nutrioli**[®] and drained.



DIRECTIONS:

- 1 Salt and pepper chicken pieces. Heat **Nutrioli**[®] in a pot and sauté chicken along with chipotle chilies and garlic. Once golden-brown, add enough water to fully cover chicken. Add carrots and garbanzo beans. Cook over medium heat, periodically skimming off any foam. Season soup with wormseed and salt. Continue simmering until chicken and garbanzo beans are soft.
- 2 Garnish with cheese, sliced avocado and tortilla strips. Serve hot.

Prep time: 75 minutes - Difficulty: Low - 4 servings

Nutritional Values



Calories: 439 - Protein: 49 g - Fat: 13 g
Carbohydrates: 28 g



Light Mole de Olla



Chicken breast is high in protein and low in fat, which makes it a very healthy option for your dishes.





INGREDIENTS:

- 3½ boneless chicken breasts, cubed.
- ½ of a medium onion.
- 2 cloves garlic.
- 2 ears of corn, cut into thirds.
- 3 carrots, diced.
- 1 cup green beans, cut in thirds.
- 2 medium potatoes, cut in half.
- 1 sprig wormseed, (a.k.a. mexican tea).
- 2 guajillo chilies.
- 2 ancho chilies.
- 1 tbsp. **Nutrioli®**.
- Salt and chicken bouillon powder to taste.
- 3 squash, cut in pieces.
- 3 cactus apples.



DIRECTIONS:

- 1 Pour a half-gallon of water into a deep pan. Add corn and cook for 20 minutes. Then add carrots, chicken breast, green beans, potatoes, wormseed and cactus apples.
- 2 Reconstitute chilies in boiling water until tender. After removing seeds and veins, puree and strain.
- 3 Heat **Nutrioli®** in a skillet and add chili puree. Season with salt and chicken bouillon powder. Once sauce comes to a boil, thickens and changes color, add to pot with stew. Add squash, cover and cook over medium heat for 15 minutes or until vegetables are tender.

TIPS: Serve with drops of lemon juice or, for a spicier dish, add crushed red pepper.

Prep time: 60 minutes - Difficulty: Low - 6 servings

Nutritional Values



Calories: 258 - Protein: 29 g - Fat: 7 g
Carbohydrates: 20 g



Green Chilaquiles with Fried Eggs



Breakfast is the most important meal of the day. Tortillas are rich in carbohydrates, which give you energy, while eggs provide protein and minerals. Start your day off right with this complete breakfast!



INGREDIENTS:

- 8 green tomatoes.
- 1 sprig wormseed, (a.k.a. mexican tea).
- ¼ of an onion.
- 1 clove garlic.
- 3 serrano chilies.
- 2 tbsp. cilantro, chopped.
- 1 tbsp. **Nutrioli**®.
- 1 tbsp. chicken bouillon powder.
- 20 tortillas, cut in triangles.
- 1 cup **Nutrioli**®.
- 1 cup cream.
- 1 cup queso fresco, crumbled.
- 4 eggs.

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DIRECTIONS:

- 1 Boil tomatoes, chilies, onion and garlic in a medium pot. Once soft, puree with cilantro in blender.
- 2 Pour into heated pot with one tablespoon of **Nutrioli**® and season with bouillon, salt and wormseed.
- 3 Fry tortillas in a skillet with one cup of **Nutrioli**® over medium heat until crisp. Place on paper towels to absorb excess oil.
- 4 Fry eggs in remaining **Nutrioli**® until reaching desired doneness.
- 5 Drench tortilla chips with sauce, place fried egg on top and add cream and cheese to taste. Serve immediately.

Prep time: 45 minutes - Difficulty: Low - 6 servings

Nutritional Values



Calories: 536 - Protein: 11 g - Fat: 33 g
Carbohydrates: 53 g



Squash Blossom and Corn Smut Quesadillas



These quesadillas, besides being delicious, are made with corn smut, a fungus that grows on corn and which is very popular in Mexico.

It has high nutritional value, as it's rich in lysine, an essential amino acid that the body needs to combat infections and build strong bones.





INGREDIENTS:

- 12 tortillas.
- 11 oz. corn smut.
- 11 oz. squash blossoms, washed and cut in pieces.
- 2 tbsp. **Nutrioli**®.
- 14 oz. cheese, thinly sliced.
- 3 tbsp. onion, minced.
- 1 clove garlic, peeled and minced.
- 2 poblano peppers, grilled, peeled and sliced.
- ½ tsp. salt.
- 1 tbsp. wormseed.



DIRECTIONS:

- 1 In a skillet, sauté garlic and onion in **Nutrioli**®.
- 2 Add sliced peppers and cook.
- 3 Add squash blossom, cover and cook over low heat for 10 minutes.
- 4 Uncover and add wormseed and salt, stirring well.
- 5 Repeat step 4 with corn smut.
- 6 Add cheese on top of mixture and wait for it to melt.

Prep time: 40 minutes - Difficulty: Medium - 4 servings

Nutritional Values



Calories: 453 - Protein: 22 g - Fat: 16 g
Carbohydrates: 57 g



Tuna Taco



Tuna is rich in protein and omega-3 fatty acids, which help reduce cholesterol and triglyceride levels.



INGREDIENTS:

- 2 cans of tuna in water, drained.
- Salt and pepper to taste.
- 2 tbsp. **Nutrioli**®.
- Lemon, for serving.
- Cilantro and onion, diced.
- 12 tortillas.

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DIRECTIONS:

- 1 Open and drain tuna. Heat **Nutrioli**® in a skillet. Add tuna and season with salt and pepper. Cook over high heat until golden brown and crispy.
- 2 Heat tortillas. Serve tuna with cilantro, onions, lemon and salsa, as desired.

Prep time: 45 minutes - Difficulty: Low - 4 servings

Nutritional Values



Calories: 314 - Protein: 17 g - Fat: 9 g
Carbohydrates: 41 g



Red Snapper Empanadas



Red snapper contains highly digestible protein, is low in cholesterol and is an excellent source of minerals like calcium and iron, as well as vitamin A, B and C.





INGREDIENTS:

- $\frac{3}{4}$ lb. corn meal.
- 2 cups hot water.
- Salt and pepper to taste.
- 7 fl. oz. **Nutrioli**[®].

To cook red snapper:

- 2 cups water.
- $3\frac{1}{2}$ oz. tomatoes.
- $1\frac{1}{2}$ oz. white onion.
- 2 cloves.
- $1\frac{1}{2}$ oz. garlic.
- 1 oz. celery.
- Salt to taste.
- $10\frac{1}{2}$ oz. red snapper fillets.

For filling:

- 2 tbsp. **Nutrioli**[®].
- $1\frac{1}{2}$ oz. red onion, minced.
- $\frac{1}{2}$ tsp. garlic.
- $\frac{1}{2}$ tsp. chives, minced.
- $3\frac{1}{2}$ oz. tomatoes.
- 4 tsp white wine.
- 3 tbsp. chopped cilantro.
- Red snapper fillet, flaked.
- Salt and pepper to taste.

For sauce:

- 18 oz. prickly pears.
- $1\frac{1}{2}$ oz. white onion.
- 1 tsp garlic.
- $\frac{3}{4}$ lb. tomatillos.
- 1 oz. dried chipotle peppers.
- 2 sprigs of cilantro.
- Salt and pepper to taste.



Prep time: 50 minutes - Difficulty: Low - 10 servings

DIRECTIONS:

- 1 Pour corn meal into a bowl and add salt and pepper to taste. Slowly add hot water and knead until obtaining a uniform consistency. Divide into mini tortilla sized portions. Form into tortillas using plastic wrap and a manual tortilla press.

To cook red snapper:

- 2 Wash and sanitize ingredients.
- 3 Heat water and add tomato, onion, cloves, celery and garlic. Season to taste. Once mixture comes to a boil, add fish fillet and let cook for 10 minutes over low heat. Drain off water and set aside. Flake the fillet and set aside.

For filling:

- 4 Wash and sanitize ingredients beforehand.
- 5 Heat **Nutrioli®** in a skillet and sauté onion, garlic and chives for one minute. Incorporate tomato and wait for it to release its juices before adding wine. Mix uniformly and then add fish, cilantro, salt and pepper. Cover and let simmer to concentrate the flavors.

For empanadas:

- 6 Place a portion of filling inside the empanada and close carefully to prevent the filling from escaping. Heat **Nutrioli®** in a skillet and fry empanadas until crisp.

For sauce:

- 7 Wash and sanitize ingredients beforehand.
- 8 Grill prickly pears in a dry skillet. Peel off skin, remove seeds and set aside. Grill tomatillos, garlic, onion and chipotle chili in the same skillet. Once they are seared, add a half-cup of water and let simmer.
- 9 Once tomatillos are tender, purée in blender with prickly pear and cilantro. Season to taste.
- 10 Pour salsa into a bowl. Serve empanadas on top of a bed of lettuce leaves.

Nutritional Values



Calories: 420 - Protein: 12 g - Fat: 22 g
Carbohydrates: 42 g



Fish Tacos al Pastor



Fish is very nutritious, with a high percentage of protein and essential Omega 3 fatty acids, which primarily promote cardiovascular health. These tacos make an excellent choice for a tasty light supper.



INGREDIENTS:

- 5 pasilla peppers, seeded and deveined.
- 10 guajillo peppers, seeded and deveined.
- ½ cup white vinegar.
- ½ clove garlic, peeled.
- Salt and pepper to taste.
- Pinch of cumin.
- 3 whole cloves.
- 2 lbs. fish fillets.
- 4 tbsp. **Nutrioli**®.
- 1 large onion, diced.
- 1 cup fresh pineapple, cut in cubes.

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DIRECTIONS:

- 1 Boil hot peppers in water until tender. Place in blender with some of the water they were cooked in, vinegar, garlic, salt, pepper, cumin and cloves and puree until producing a smooth, thick sauce.
- 2 Pour into a saucepan with one tablespoon of **Nutrioli**® and cook over low heat, stirring constantly, until reaching a boil. Remove from heat and let cool.
- 3 Salt and pepper fish fillets, spread with sauce and place them one on top of the other in a container. Cover with plastic wrap and let marinate in refrigerator for at least 30 minutes.
- 4 Remove from refrigerator and cut in thin slices or cubes.
- 5 Heat remaining **Nutrioli**® in a non-stick skillet, add diced onion and sauté until translucent. Add marinated fish. A few minutes before removing from heat, add pineapple.

TIPS:

Serve in tacos with lemon, cilantro and picante sauce.

Prep time: 90 minutes - Difficulty: Low - 10 servings

Nutritional Values



Calories: 190 - Protein: 20 g - Fat: 8 g
Carbohydrates: 10 g



Taco Bowl



The beef in this delicious recipe is rich in B complex vitamins, which protect the nervous system, as well as iron and zinc, which promote circulation.





INGREDIENTS:

- 2 beef fillets, 5 oz. each.
- 1 tsp. garlic, diced.
- ¼ cup soy sauce.
- 2 tbsp. **Nutrioli**®.
- ¼ tsp. cumin.
- 1 pinch of chili powder.
- 2 tbsp. lemon juice.
- 1½ cups cooked brown rice.
- 4 cups romaine lettuce, cut in strips.
- 2 cups pico de gallo.
- 1 cup black beans.
- 6 tbsp. guacamole.
- ¾ cup american cheese, shredded.
- 3 tbsp. cilantro, chopped.



DIRECTIONS:

- 1 Cut fillets into strips.
- 2 In a bowl, combine garlic, soy sauce, **Nutrioli**®, cumin, chili powder and lemon juice. Add strips of beef and let marinade for at least 1 hour in the refrigerator.
- 3 Afterwards, drain meat and grill in a skillet until cooked through.
- 4 Arrange all ingredients attractively in a bowl.

Prep time: 1 hour and 15 min. - Difficulty: Low - 3 servings

Nutritional Values



Calories: 506 - Protein: 29 g - Fat: 20 g
Carbohydrates: 53 g



Pure soy, pure health.

100% pure soy

Cholesterol free

Omegas 3,
6 and 9

0g Trans Fats

Vitamin E



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32 fl. oz. (1 qt) 946ml

Pure soy, pure health.

Alejandro Maldonado
Yoga Teacher



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