



38th ANNUAL THREE KINGS DAY HOLIDAY RECIPES



Flaco Coquito

Servings: 12 - 4oz cups

Ingredients:

- 2 cans of Fat Free evaporated milk
- 14oz of coconut milk fresh
- 7oz Fat Free sweeten condensed milk
- 1/2 teaspoon of cinnamon & 2 teaspoons of vanilla
- 1 Tablespoon of organic 100% agave
- 3 - 4 cinnamon sticks
- *Optional: add 6oz dark rum or spiced rum

Instructions:

1. Mix ALL ingredients in a blender, except cinnamon sticks.
 2. Pour into a jug and add cinnamon sticks and refrigerate for an hour before serving.
 3. Serve cold. Sprinkle nutmeg and enjoy!
- *Please note this is not the company's secret recipe

Recipe courtesy of 'Flaco' Coquito. Cynthia Sepulveda, the founder of Flaco Coquito has been making healthy coquitos for over two years and offers more than 25 flavors. To purchase Flaco Coquito's original healthy coquito, visit www.flacocoquito.com.



Colombian-style Pernil Asado

Ingredients:

- 1 (10 - 12 lb.) bone-in pork leg
- 1 large white onion, diced
- 1 red bell pepper, diced
- 8 scallions, chopped
- 10 cloves garlic, crushed



3 tablespoons ground cumin
2 tablespoons white vinegar
6 cups dark beer
1 tablespoon achiote powder

Instructions:

1. Place pork in large roasting pan.
2. To make the marinade: Place onion, pepper, scallions, garlic, cumin, vinegar, salt and pepper in blender until well combined.
3. Make deep incisions on both sides of pork leg and rub marinade all over the pork. Cover pan with plastic wrap and let marinate for a day in the fridge.
4. Pour beer and ground achiote over pork leg and let it marinate for another day.
5. Place oven rack in lowest position and preheat oven at 325F. Roast for about 5-7 hours, until tender.

Recipe courtesy of Latin Kitchen. The Latin Kitchen is a new online destination & authority on Latin cuisine, recipe & menu ideas, food how-to's, entertaining tips and the latest food news. For more information, visit www.thelatinkitchen.com.



Mexican-style Brown Rice

Ingredients:

2 tablespoons vegetable oil
1 ½ cups dry brown rice
2 ounces sliced onions
1 tomato, chopped
1 clove garlic
*kosher salt and pepper

Instructions:

1. Heat vegetable oil in a 10-inch pan with lid. Add rice and onion, sauté over medium heat until onions are shining and rice has turned smoky.
2. Puree tomato, garlic and ¾ cups of water in blender. Carefully pour the puree over the rice and stir. Season with salt and pepper.
3. Lower heat to medium-low flame, allow rice to steam for 35-40 minutes, until completely cooked and tender. Avoid removing lid.

Recipe courtesy of Latin Kitchen. The Latin Kitchen is a new online destination & authority on Latin cuisine, recipe & menu ideas, food how-to's, entertaining



tips and the latest food news. For more information, visit www.thelatinkitchen.com.



Avocado and Roasted Yam Ensalada

Ingredients:

- 1 cup corn, can or fresh
- 2 tablespoons of olive oil
- 1 large yam, peeled and cut into cubes
- ¼ cup red onion, finely chopped
- 2 tablespoons chopped fresh cilantro
- 1 large ripe avocado, sliced in cubes
- 1 lime, juiced
- *salt and pepper

Instructions:

1. On a skillet over high heat, add 1 tbsp olive oil and roast corn for 5 minutes. Set aside to cool.
2. Use same pan add 1 tbsp olive oil, heat well, and add yams and sauté. Set aside
3. In large bowl combine all ingredients with lime juice, toss gently and add salt and pepper.

Recipe courtesy of Latin Kitchen. The Latin Kitchen is a new online destination & authority on Latin cuisine, recipe & menu ideas, food how-to's, entertaining tips and the latest food news. For more information, visit www.thelatinkitchen.com.



Empanadas

Servings: 10 Plates

Ingredients (Dough):

- 3 cups all-purpose flour
- ¼ teaspoon salt
- 6 oz unsalted butter (1 ½ sticks), chilled and cut into 12 pieces
- 1 egg



4-5 tablespoon water

Instructions:

1. Mix the flour and salt in a food processor.
2. Add the butter, egg and water until a clumpy dough forms.
3. To make the empanada dough by hand, follow the same instruction but use your hands to mix the ingredients together. To make it easier to incorporate the butter you can freeze it and then grate it into the flour mix.
4. Form a ball, flatten slightly, and chill in the refrigerator for about 30 minutes.
5. Roll out the dough into a thin sheet and cut out round disc shapes for empanadas (use round molds or a small plate).
6. Use immediately, or store in the refrigerator/freezer to use later.
7. FILLING: Use 93% lean beef or slow cooked chicken breast for filling to reduce fat content and calories.
8. COOKING: Substitute cooking oil for cooking spray when browning meat to reduce fat content

Recipe courtesy of the Nutrition Club at Hunter College. For more information, visit www.hunternutritionclub.org.



Arroz con Grandules

Servings: 7 Plates

Ingredients:

- 3 cloves garlic
- 1 cup white onion
- 4 scallions
- 1/2 cup cilantro
- 1/2 cup green pepper
- 1 tomato
- 1 tablespoon oil
- 1 (15 oz.) can pigeon peas or gandules, drained
- 2 cups of uncooked long-grain rice
- 3 cups water
- 1 container Maggi chicken bouillon
- 1 packet of Sazon
- Salt

Instructions:

1. Chop all ingredients using a processor or chopper, if available.



2. Heat oil on medium in heavy pot.
3. Stir in onion, scallion, cilantro, pepper and garlic and; cook about 5 minutes.
4. Add tomato and salt; cook one minute.
5. Stir in rice and blend well.
6. Add gandules, water, bullion, sazón and salt.
7. Mix well.
8. Reduce flame to medium-low until water is completely absorbed. Once water barely skims surface, set flame to low, cover and cook for 20 minutes.

Recipe courtesy of the Nutrition Club at Hunter College. For more information, visit www.hunternutritionclub.org.



Arroz con Dulce

Servings: 6-8 plates

Ingredients:

- 2 cups brown rice
- 2 cups water
- 1/2 cup shredded sweetened coconut
- 1/2 can (7 ounces) coconut milk
- 1 can (14 ounce) sweetened condensed milk
- 1 can (12 ounce) fat free evaporated milk
- 4 whole cloves
- 1 cinnamon stick
- 2 teaspoons ground ginger
- 1 cup raisins

Instructions:

1. Cook rice according to package directions until liquid has just been absorbed, before rice is thoroughly cooked. Remove from heat.
2. Warm milks with cinnamon stick, cloves and ginger over medium heat for 15 minutes; stir often.
3. Add milk, raisins and shredded coconut to rice. Simmer until rice is soft, about 10-15 minutes. Remove cinnamon stick and cloves.
4. Pour rice into serving dish and sprinkle with ground cinnamon.

Recipe courtesy of the Nutrition Club at Hunter College. For more information, visit www.hunternutritionclub.org.