



# Arugula, Tomato, and Bell Pepper Omelet

## Ingredients

Serves 4

- 3 large eggs
- 1/4 cup milk (dairy or plant-based)
- 1/2 cup fresh arugula, chopped
- 1 small ripe tomato, diced
- 1/2 red bell pepper, diced
- 1/4 cup red onion, finely chopped
- 1 clove garlic, minced
- 1 tablespoon olive oil
- Salt and pepper to taste
- Fresh basil leaves for garnish

## Directions

### 1. Prepare the Spinach

- Blanch the spinach in boiling water for 1-2 minutes until wilted. Drain and immediately transfer to a bowl of ice water to stop the cooking process. Drain again and squeeze out excess water. Chop the spinach coarsely and set aside.

### 2. Toast the Nuts

- In a large skillet, heat 1 tablespoon of olive oil over medium heat. Add the pine nuts (or almonds) and cook, stirring frequently, until they are golden brown and fragrant. Remove the nuts from the skillet and set aside.

### 3. Cook the Garlic

- In the same skillet, add the remaining 1 tablespoon of olive oil. Add the minced garlic and cook for 1-2 minutes until fragrant and lightly golden, being careful not to burn it.

### 4. Combine the Ingredients

- Add the chopped spinach to the skillet with the garlic. Cook for 2-3 minutes, stirring occasionally, until the spinach is heated through and well combined with the garlic.

### 5. Add Raisins and Nuts

- Stir in the raisins or currants and the toasted nuts. Cook for an additional 2 minutes until the raisins are plumped and the mixture is heated through.

### 6. Season and Serve

- Add the sherry vinegar (or red wine vinegar) and stir to combine. Season with salt, pepper, and smoked paprika (if using).
- Remove from heat and, if desired, sprinkle with grated Manchego cheese before serving.

### 7. Garnish and Enjoy

- Transfer to a serving dish and enjoy warm or at room temperature. This dish pairs well with grilled meats or as a side for a variety of meals.

## Nutrition Information

*Per serving*

Nutrients	Amount
Calories	380 kcal
Total Fat	27 g
Saturated Fat	7 g
Cholesterol	558 mg
Sodium	350 mg
Total Carbohydrates	12 g
Dietary Fiber	3 g
Sugars	7 g
Protein	22 g

Recipe provided by  
Chef Cesar Rivera Cruzado



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# Mango and Coconut Chia Pudding

## Ingredients

Serves 4

- 1 cup coconut milk (or any plant-based milk of your choice)
- 1/2 cup canned coconut milk (for extra creaminess)
- 1/4 cup chia seeds
- 1-2 tablespoons maple syrup or honey (adjust to taste)
- 1 teaspoon vanilla extract
- 1 ripe mango, peeled and diced
- 1/4 cup shredded coconut (toasted or raw, as preferred)
- Fresh mint leaves for garnish (optional)

## Directions

### 1. Prepare the Chia Pudding Base

- In a medium bowl, combine the coconut milk, canned coconut milk, chia seeds, maple syrup or honey, and vanilla extract.
- Stir well to ensure the chia seeds are evenly distributed and not clumped together.

### 2. Chill the Mixture

- Cover the bowl and refrigerate for at least 4 hours, or preferably overnight. Stir the mixture after the first hour to prevent the seeds from settling at the bottom.
- The chia seeds will absorb the liquid and form a thick, pudding-like consistency.

### 3. Prepare the Mango

- Peel and dice the ripe mango into small cubes.
- Reserve a few pieces for garnish if desired.

### 4. Assemble the Pudding

- Once the chia pudding has set, give it a good stir to ensure a smooth consistency.
- In serving glasses or bowls, layer the chia pudding and diced mango. You can create multiple layers or simply top the pudding with mango.

### 5. Garnish and Serve

- Sprinkle the shredded coconut on top of the mango layer. Toast the coconut beforehand for an extra depth of flavor, if desired.
- Garnish with fresh mint leaves for a touch of color and freshness.

### 6. Enjoy

- Serve immediately or keep refrigerated until ready to serve. This Mango and Coconut Chia Pudding makes for a delicious and healthy breakfast, snack, or dessert.

## Nutrition Information

### Per serving

Nutrients	Amount
Calories	230 kcal
Total Fat	15 g
Saturated Fat	12 g
Monounsaturated Fat	1 g
Polyunsaturated Fat	1 g
Cholesterol	0 mg
Sodium	20 mg
Total Carbohydrates	22 g
Dietary Fiber	5 g
Sugars	13 g
Protein	3 g

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