

Recipe Book



**Tecnológico
de Monterrey**



Social Enterprise | Independent Research Organisation
Training Academy | Advisory Services

Guacamole toast with spinach, cabbage and pumpkin seeds

Servings 4

Ingredients

4 slices of whole wheat bread

For the guacamole

1 avocado

60 grams of tomato cut into small cubes

2 tablespoons finely chopped onion

1 tablespoon finely chopped serrano pepper

The juice of 1/2 lemon

Salt to taste

1/4 teaspoon habanero rinds

15 ml olive oil (1 tablespoon)

For the salad

150 grams of purple cabbage previously washed and disinfected cut in chiffonade

300 g of spinach previously washed, disinfected and dried

4 tablespoons toasted pumpkin seeds

30 ml olive oil (2 tbsp)

15 ml apple cider vinegar (1 tbsp)

Utensils

Two bowls

One fork or food processor

One medium skillet

One large spoon

Cutting board

Chef's knife

Electric oven

Procedure

For guacamole:

1. Chop all the ingredients
2. If prepared in the food processor, add onion, tomato, serrano, lemon juice, salt and olive oil and process lightly.
3. Add the avocado and mix until you get the desired consistency. Season.
4. If prepared using a fork, place the pulp of the avocado in a bowl and press until the desired consistency is obtained. Add the other ingredients and mix very well. Season.

For the salad

1. Place the purple cabbage, baby spinach and toasted pumpkin seeds in a bowl.
2. Add the olive oil and apple cider vinegar and mix very well.
3. Add salt to taste.

To serve:

1. Heat the slices of bread in the oven at 180°C for 3 minutes.
2. Spread each slice of bread with the guacamole
3. Accompany with spinach and cabbage salad.

Toast de guacamole con ensalada de col morada, pepita de calabaza y espinaca

Porciones: 4

Ingredientes

Para el guacamole:

1 aguacate
60 gramos de jitomate saladet partido en cubos pequeños (1 pieza chica aprox)
2 cucharadas de cebolla picada finamente
1 cucharada de chile serrano picado finamente
El jugo de ½ limón
Sal al gusto
¼ cucharadita de chicharrón de habanero
¼ cucharada de aceite de oliva

Para la ensalada

150 gramos de col morada cortada en chiffonade, lavada y desinfectada
1 manojo de espinacas previamente lavado, desinfectado y seco
4 cucharadas de pepita de calabaza tostada
½ cucharada de aceite de oliva
15 ml de vinagre de manzana (1 cda)

Pan campesino cortado en rebanadas de 1.5 cms.
(1 rebanada por persona)
8 Jitomates cherry partido en cuartos para decorar

Utensilios

- Dos bowls
- Un tenedor o procesador de alimentos
- Un sartén mediano
- Cuchara grande
- Tabla para picar
- Cuchillo chef
- Horno eléctrico

Procedimiento

Para el guacamole:

1. Si se prepara en el procesador de alimentos, agregar la cebolla, el jitomate, serrano, jugo de limón, sal y aceite de oliva y procesar ligeramente.
2. Agregar la pulpa de aguacate y procesar hasta obtener la consistencia deseada. Sazonar.
3. En caso de utilizar el tenedor para hacer el puré, colocar en un bowl la pulpa del aguacate y prensar hasta obtener la consistencia deseada. Agregar los demás ingredientes y mezclar muy bien. Sazonar.

Para la ensalada

1. Colocar la col morada, la espinaca baby y la pepita de calabaza tostada en un bowl.
2. Agregar el aceite de oliva y vinagre de manzana y mezclar muy bien.
3. Agregar sal al gusto.

Para emplatar:

1. Calentar las rebanadas de pan en el horno a 180°C por 3 minutos.
2. Untar cada rebanada de pan con el guacamole. Decorar con jitomate cherry partido en cuartos.
3. Acompañar con la ensalada de espinaca y col.

Nutritional Information per Serving (1 slices)
Información Nutricional (1 rebanada)

Kcal	Protein (g)	CHOS (g)	Lipids (g)	Fiber (g)
279	8.7	25	16	5.7

Calcium (mg)	Iron (mg)	Magnesium (mg)	Phosphorus (mg)	Potassium (mg)	Vitamin C (mg)	Thiamin (mg)	Riboflavin (mg)	Niacin (mg)	Vitamin B6 (mg)	Biotin (µg)	Vitamin A (RAE µg)	Beta Carotene (µg)	Lycopene (µg)	Lutein (µg)
119.88	2.15	190.68	314.47	805.65	49.09	0.248	0.269	3.082	0.4	3.258	235.00	2811.55	429	6086.88

Daily Value **				
Kcal	Protein %	CHOS %	Lipids %	Fiber %
13.95	17.40	9.09	20.51	20.36

Daily Value**											
Calcium %	Iron %	Magnesium %	Phosphorus %	Potassium %	Vitamin C %	Thiamin %	Riboflavin %	Niacin %	Vitamin B6 %	Biotin %	Vitamin A %
9.2	12.0	45.4	25.2	17.1	54.6	20.7	20.7	19.3	23.5	10.9	26.1

- ◇ DVs were developed by the U.S. Food and Drug Administration (FDA) to help consumers determine the level of various nutrients in a standard serving of food in relation to their approximate requirement for it
- ◇ Based on the reference caloric intake of 2,000 calories for adults and children aged 4 years and older

Bean Soup with Squash

Servings 4

Ingredients

250 grams of black beans
 100 grams finely chopped onion
 1 large garlic clove, finely chopped
 1 large tomato, cut in small cubes
 500 ml vegetable broth
 15 ml olive oil (1 tablespoon)
 4 tortillas, cut into thin strips
 15 ml oil (1 tablespoon)
 Salt and pepper to taste
 160 gr squash sliced into small cubes
 100 grams of fresh cheese cut into small cubes

Utensils

Pressure cooker
 Blender
 One 2 liter pot
 One Large spoon
 One Small frying pan
 Cutting board
 Chef's knife

Procedure

1. Soak the beans one night before in water
2. Cook the clean beans in the pressure cooker. Strain and reserve the broth.
3. Blend the beans with the vegetable broth until a very fine consistency is obtained.
4. Heat in the 2-liter pot, 1 tablespoon of olive oil, add the chopped onion and garlic and sauté for 3 minutes.
5. Add the tomato and sauté for 5 minutes.
6. Add the bean broth, heat and season. In case the soup is very thick, add some of the cooking broth
7. Heat a few drops of oil in the pan and lightly sauté the squash cubes. Season and set aside.
8. Heat the rest of the oil in the pan and fry the tortilla until lightly browned.
9. Remove from heat and place on absorbent paper to remove excess fat.
10. Serve the hot soup on the plate and top with the fried tortilla and squash and cheese cubes.

Sopa de frijol negro con cubitos de calabaza y tiritas de tortilla

Porciones: 4

Ingredientes

250 gramos de frijol negro
100 gramos de cebolla picada finamente
1 diente de ajo grande picado finamente
1 jitomate saladet grande en cubos pequeños
500 ml de caldo de verduras
½ cucharada de aceite de oliva
4 tortillas cortadas en tiritas finas
Aceite en aerosol
Sal y pimienta al gusto
160 gr de calabaza partida en cubos pequeños

Utensilios

- Olla de presión
- Licuadora
- Olla de 2 litros
- Cuchara grande
- Sartén chico
- Tabla para picar
- Cuchillo chef

Procedimiento

1. Cocer el frijol negro limpio y remojado desde la noche anterior en la olla de presión. Colar y reservar el caldo.
2. Licuar el frijol con el caldo de verduras hasta obtener una consistencia muy fina.
3. Calentar en la olla de 2 litros, aceite de oliva, agregar la cebolla y el ajo picados y saltear por 3 minutos.
4. Agregar el jitomate saladet y saltear por 5 minutos.
5. Agregar el caldo de frijol molido, calentar y sazonar. En caso de que la sopa esté muy espesa, agregar un poco del caldo de cocción de los frijoles.
6. Calentar aceite en aerosol en el sartén y saltear ligeramente los cubos de calabaza. Sazonar y reservar.
7. Freír la tortilla hasta que esté ligeramente dorada. También se pueden hacer en air fryer u hornear por 20 minutos a 180°C.
8. Retirar del calor y colocar sobre papel absorbente para eliminar el exceso de grasa.
9. Servir la sopa caliente en el plato y coronar con la tortilla frita y los cubos de calabaza.

Nutritional Information per Serving

Información nutrimental por porción

Kcal	Protein (g)	CHOS (g)	Lipids (g)	Fiber (g)
351	21.6	49.7	7.2	4.7

Calcium (mg)	Iron (mg)	Magnesium (mg)	Phosphorus (mg)	Potassium (mg)	Vitamin C (mg)	Thyamin (mg)	Riboflavin (mg)	Niacin (mg)	Vitamin B6 (mg)	Biotin (µg)	Vitamin A (RAE µg)	Beta Carotene (µg)	Lycopene (µg)	Lutein (µg)
382.7125	4.66	155.3775	536.055	1300.16	16.6125	0.696	0.247625	2.438	0.678	0.143	293.68	1951.91	822.25	19.25

Daily Value				
Kcal	Protein (g)	CHOS (g)	Lipids (g)	Fiber (g)
17.55	43.20	18.07	9.23	16.79

Daily Value											
Calcium %	Iron %	Magnesium %	Phosphorus %	Potassium %	Vitamin C (%)	Thyamin %	Riboflavin %	Niacin %	Vitamin B6 %	Biotin %	Vitamin A %
29.4	25.9	37.0	42.9	27.7	18.5	58.0	19.0	15.2	39.9	0.5	32.6

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Mushrooms and carrots “tostadas”

Servings 4

Ingredients

600 gr clean mushrooms
 360 gr tomato
 100 gr onion (half in pieces and half sliced)
 1 garlic clove
 1 teaspoon canned chipotle pepper
 1 tablespoon oil
 Salt and pepper to taste
 150 ml vegetable broth
 240 grams of carrot (one large piece) cut into julienne
 8 baked tostadas (2 per person)
 120 grams of romaine lettuce washed, disinfected and cut

Utensils

Blender
 Snacking board
 Chef's knife
 Large skillet
 Large spoon

Procedure

1. Shred the mushrooms as if it were chicken.
2. Place the tomato, the piece of onion, the garlic and the chipotle in the blender and blend perfectly until a very fine puree is obtained.
3. Heat the oil in the pan and sauté the sliced onion for 5 minutes.
4. Add the mushrooms and sauté for 5 more minutes.
5. Add the tomato puree and wait for it to boil. Season with salt and pepper.
6. Add vegetable broth in case the mixture is very thick.
7. Add the carrot and cook for 5 more minutes

Tostadas de tinga de setas y zanahoria

Porciones: 4

Ingredientes

600 gr de setas limpias
300 gr de jitomate saladet
100 gr de cebolla (la mitad en trozo y la otra mitad fileteada)
1 diente de ajo
1 cucharadita de chile chipotle de lata
Aceite en aerosol
Sal y pimienta al gusto
150 ml de caldo de verduras
200 gramos de zanahoria (una pieza grande) cortada en juliana
8 tostadas (2 por persona)
120 gramos de lechuga romana lavada, desinfectada y cortada en chiffonade

Utensilios

- Licuadora
- Tabla para picar
- Cuchillo chef
- Sartén grande
- Cuchara grande

Procedimiento

1. Deshebrar las setas como si fuera pollo.
2. Colocar en la licuadora el jitomate, el trozo de cebolla, el ajo y el chipotle y licuar perfectamente hasta obtener un puré muy fino.
3. Saltear la cebolla fileteada por 5 minutos en el sartén con un poco de aceite en aerosol.
4. Agregar las setas y saltear por 5 minutos más.
5. Agregar el puré de jitomate y esperar a que hierva. Sazonar.
6. Agregar caldo de verduras en caso de que esté muy espesa la mezcla.
7. Agregar la zanahoria en juliana y cocinar por 5 minutos más.
8. Rectificar sabor.
9. Para preparar las tostadas, colocar tinga sobre la tostada y decorar con la lechuga.
10. Acompañar con ensalada de habas y nopales.

Nutritional Information per Serving (1 tostada)
Información nutrimental por porción (1 tostada)

Kcal	Protein (g)	CHOS (g)	Lipids (g)	Fiber (g)
279	9.4	44.3	7.1	6.5

Calcium (mg)	Iron (mg)	Magnesium (mg)	Phosphorus (mg)	Potassium (mg)	Vitamin C (mg)	Thyamin (mg)	Riboflavin (mg)	Niacin (mg)	Vitamin B6 (mg)	Biotin (µg)	Vitamin A (RAE µg)	Beta Carotene (µg)	Lycopene (µg)	Lutein (µg)
78.5375	2.413	50.8425	241.2875	1126.988	26.396	0.454	0.880406	10.41	0.43065625	14.94	654.7125	6798.46	2574.6	922.293

Daily Value				
Kcal	Protein %	CHOS %	Lipids %	Fiber %
35.90	13.60	46.88	3.45	48.47

Daily Value											
Calcium %	Iron %	Magnesium %	Phosphorus %	Potassium %	Vitamin C (%)	Thiamin %	Riboflavin %	Niacin (%)	Vitamin B6 %	Biotin %	Vitamin A %
6.0	13.4	12.1	19.3	24.0	29.3	37.8	67.7	65.1	25.3	49.8	72.7

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Fava bean and nopales salad

Servings 4

Ingredientes

400 gr of Nopal(cactus leaf) cut into strips 3 cm long
60 grams finely chopped onion
100 grams of clean fava beans
15 ml oil (1 tablespoon)
15 ml white vinegar or apple cider vinegar (1 tbsp)
Salt and pepper to taste

Utensils

Bowl
Cutting board
Chef's knife
Large spoon
1 liter pot

Procedure

1. Boil water in the pot, add salt and add fava beans.
2. When they are half way cooked, add the nopales. Let all of it boil for 5 more minutes.
3. Drain and cool. Peel the beans.
4. Mix in a bowl the nopales and cooked beans, onion, olive oil, vinegar and seasoning.

Ensalada de habas y nopales

Porciones: 4

Ingredientes

400 gr de nopal cortado en tiras de 3 cms de largo
60 gramos de cebolla picada finamente
100 gramos de habas limpias
15 ml de aceite de oliva (1 cucharada)
15 ml de vinagre blanco o vinagre de manzana (1 cda)
Sal y pimienta al gusto

Utensilios

- Bowl grande
- Tabla para picar
- Cuchillo chef
- Cuchara grande
- Olla de 1 litro

Procedimiento

1. Hervir agua en la olla, agregar sal y agregar habas.
2. Ya que estén a $\frac{1}{2}$ cocción, agregar los nopales. Dejar hervir por 5 minutos más.
3. Escurrir y enfriar. Pelar las habas.
4. Mezclar en un bowl los nopales y habas cocidas, la cebolla, el aceite de oliva, el vinagre y sazonar.

Nutritional Information per Serving

Información Nutricional por porción

Kcal	Protein (g)	CHOS (g)	Lipids (g)	Fiber (g)
134.3	7.1	17.5	3.9	8.1

Calcium (mg)	Iron (mg)	Magnesium (mg)	Phosphorus (mg)	Potassium (mg)	Vitamin C (mg)	Thyamin (mg)	Riboflavin (mg)	Niacin (mg)	Vitamin B6 (mg)	Biotin (µg)	Vitamin A (RAE µg)	Beta Carotene (µg)	Lycopene (µg)	Lutein (µg)
244.1725	2.15	80.595	110.0525	579.48	13.97	0.024	0.069	0.778	0.124	0	32.4	350.15	0	0.3

Daily Value				
Kcal	Protein %	CHOS %	Lipids %	Fiber %
6.72	14.20	6.36	5.00	28.93

Daily Value											
Calcium %	Iron %	Magnesium %	Phosphorus %	Potassium %	Vitamin C (%)	Thyamin %	Riboflavin %	Niacin (%)	Vitamin B6 %	Biotin %	Vitamin A %
18.8	11.9	19.2	8.8	12.3	15.5	2.0	5.3	4.9	7.3	0.0	3.6

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Lentil Salpicón

Servings 4

Ingredients

150 gr of lentils
 150 gr tomato cut into small cubes
 50 gr red onion, finely chopped
 50 gr finely chopped radish
 1 serrano pepper without veins or seeds ,finely chopped
 2 tablespoons washed cilantro, disinfected and finely chopped
 2 tablespoons olive oil
 3 lemons (juice)
 1 cup of lettuce lettuce
 1 small avocado, cut into small cubes

Utensils

1. Bowl grande
2. Snacking board
3. Chef's knife
4. 1 liter pot
5. Large spoon
6. Strainer

Procedure

1. Leave the lentils soaking the night before in water.
2. Cook the lentils in the pot with water until soft but firm.
3. Strain and reserve the broth. Let cool.
4. Mix in a bowl the cold lentil, tomato, onion, cilantro, radish, serrano, avocado, romaine lettuce, olive oil, lemon juice, salt and pepper.

Recetario mexicano vegetariano

Salpicón de lentejas

Porciones: 4

Ingredientes

150 gr de lenteja
150 gr de jitomate saladet cortado en cubos pequeños
50 gr de cebolla morada picada finamente
50 gr de rábano picado finamente
1 chile serrano sin venas ni semillas picado finamente
2 cucharadas de cilantro lavado, desinfectado y picado finamente
1 cucharada de aceite de oliva extra virgen
El jugo de 3 limones
1 taza de lechuga romana lavada, desinfectada y cortada en chiffonade
1 aguacate chico cortado en cubos pequeños
8 tostadas

Utensilios

- Bowl grande
- Tabla para picar
- Cuchillo chef
- Olla de 1 litro
- Cuchara grande
- Colador

Procedimiento

1. Dejar remojando las lentejas la noche anterior en agua.
2. Cocer las lentejas en la olla con agua hasta que estén suaves pero firmes.
3. Colar y reservar el caldo. Dejar enfriar.
4. Mezclar en un bowl la lenteja fría, jitomate, cebolla, cilantro, rábano, serrano, aguacate, lechuga romana, aceite de oliva, jugo de limón, sal y pimienta.
5. Servir con tostadas.

Nutritional Information per Serving
Información nutrimental por porción

Kcal	Protein (g)	CHOS (g)	Lipids (g)	Fiber (g)
180.9	4.6	13.9	11.9	5.2

Calcium (mg)	Iron (mg)	Magnesium (mg)	Phosphorus (mg)	Potassium (mg)	Vitamin C (mg)	Thyamin (mg)	Riboflavin (mg)	Niacin (mg)	Vitamin B6 (mg)	Biotin (µg)	Vitamin A (RAE µg)	Beta Carotene (µg)	Lycopene (µg)	Lutein (µg)
24.5075	1.771	32.8475	99.395	423.4075	21.4925	0.37625	0.1645	1.706	0.34075	0.141	56.82	671.825	858	240.525

Daily Value				
Kcal	Protein %	CHOS %	Lipids %	Fiber %
9.05	9.20	5.05	15.26	18.57

Daily Value											
Calcium %	Iron %	Magnesium %	Phosphorus %	Potassium %	Vitamin C (%)	Thyamin %	Riboflavin %	Niacin (%)	Vitamin B6 %	Biotin %	Vitamin A %
1.9	9.8	7.8	8.0	9.0	23.9	31.4	12.7	10.7	20.0	0.5	6.3

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Strawberries and mango with amaranth and flax seeds

Servings 4

SNACK

Ingredients

The juice of a large orange
4 teaspoons flax seed
40 gr amaranth seeds
200 gr of strawberries washed, disinfected and cut
200 g of mango cut into cubes

Utensils

Bowl
Cutting board
Chef's knife
Small frying pan
Spoon
4 cups

Procedure

1. Leave the flax seeds soaking in the orange juice the night before. They must remain refrigerated.
2. Toast the amaranth until a light golden color is obtained. Let cool.
3. Serve the yogurt in the glasses.
4. Add the soaked flax seeds and mix.
5. Decorate each glass with amaranth and strawberries.

Nutritional Information per Serving

Información Nutricional por porción

Kcal	Protein (g)	CHOS (g)	Lipids (g)	Fiber (g)
126	3.4	23.3	2.1	3.8

Calcium (mg)	Iron (mg)	Magnesium (mg)	Phosphorus (mg)	Potassium (mg)	Vitamin C (mg)	Thyamin (mg)	Riboflavin (mg)	Niacin (mg)	Vitamin B6 (mg)	Biotin (µg)	Vitamin A (RAE µg)	Beta Carotene (µg)	Lycopene (µg)	Lutein (µg)
33.47	1.23	39.825	80.63	281.21	60.4125	0.04375	0.0425	0.50975	0.14025	1.85	29.48	400.4	1.86	17.06

Daily Value				
Kcal	Protein %	CHOS %	Lipids %	Fiber %
6.30	6.80	8.47	2.69	13.57

Daily Value											
Calcium %	Iron %	Magnesium %	Phosphorus %	Potassium %	Vitamin C %	Thyamin %	Riboflavin %	Niacin %	Vitamin B6 %	Biotin %	Vitamin A %
2.6	6.8	9.5	6.5	6.0	67.1	3.6	3.3	3.2	8.3	6.2	3.3

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Whole Day Distribution

Kcal	Protein (g)	CHOS (g)	Lipids (g)	Fiber (g)
1350	54.8	174	48.2	34

Protein	Fat	Carbohydrate	Kcal
17%	32%	51%	1350 kcal

Daily Value				
Kcal	Protein %	CHOS %	Lipids %	Fiber %
67.5	109.6	63.2	61.8	121.4

Daily Value											
Calcium %	Iron %	Magnesium %	Phosphorus %	Potassium %	Vitamin C %	Thiamin %	Riboflavin %	Niacin %	Vitamin B6 %	Biotin %	Vitamin A %
67.9	79.9	131.0	110.6	96.1	208.9	153.5	128.7	118.3	124.3	67.8	144.7

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Estudiantes Generación 2020-2024

Licenciatura en Nutrición y Bienestar Integral del
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Generation 2020-2024

Bachelor's Degree in Nutrition and Wellbeing
Tecnológico de Monterrey
Mexico City Campus

