



Healthy Latin Eating: Our Favorite Family Recipes Remixed

By Angie Martinez, Angelo Sosa

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In this exciting, one-of-a-kind cookbook, radio and TV personality Angie Martinez and acclaimed chef Angelo Sosa join together to offer you over 100 innovative and delicious recipes that blend the art of Latin cooking with healthy eating. Based on the sexy, spicy, and satisfying foods they cherish from their Cuban, Dominican, and Puerto Rican backgrounds, Angie and Angelo remix classic recipes like *ropa vieja* and *arroz con pollo* so everyone can enjoy eating the food they've grown up with, but without the guilt.

As Angie writes in her introduction, *this is not a diet book!* Instead she is thrilled to share her personal passion about clean and healthy living with the Latin community. Despite its bold flavors and fresh ingredients, Latin cuisine has never exactly been known as "light." Once Angie and Angelo combined forces, they knew they could share a balance of the old and the new in dishes like Shrimp and Papaya Ceviche and Silken Soymilk Flan, or beverages such as the No-Guilt Mojito, alongside deep-rooted family recipes like Angie's grandmother's Crispy Tostones and Angelo's tía Carmen's Dominican Fish Stew. There's something for everyone in this beautifully photographed cookbook, whether you're vegetarian, vegan, gluten free or an omnivore looking for lighter fare.

In the first chapter, Angelo's Healthy Kitchen, you'll read about smart ingredient substitutions, alternative cooking methods, and subtle reductions in sugar, fat and sodium that create healthier food without compromising the integrity of Latin cuisine's celebrated, iconic tastes. These simple yet flavorful recipes are for any level of experienced cook, with helpful notes ranging from kitchen prep tips to nutritional advice to ingredient tidbits.

With its blend of innovative and traditional recipes, emphasis on health-conscious eating, and fun stories from two accomplished and influential members of the Latin American community, this vibrant volume is a welcome addition to anyone who enjoys Latin flavors.

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Editorial Review

Review

Coupled with his elegant approach, Angelo's cuisine is utterly unique. One can feel his passion for Asian flavors, his talent for combining them harmoniously, and his uninhibited creativity in each and every of his recipes. They all tell a story—the story of a chef who lives for cooking. (Alain Ducasse *From The Foreword*)

Angelo Sosa is a perfectionist, and one of the most committed and principled chefs I know. Throw in his penchant for global cooking and his expansive culinary skill set and you have the perfect recipe for a great cookbook author. His first effort is thrilling, reliable and insanely sexy...but most importantly the food is as delicious and sensible. (Andrew Zimmern)

Angelo Sosa has a true talent for presenting both old and new flavors together like few other young chefs can - at once elegant, approachable and thoroughly unique (this in itself is a rare culinary trinity!). His book will serve as both inspiration and guide to many meals in my home for years to come. (Gail Simmons)

Sosa believes in the science of flavor and the art of cooking. He categorizes recipes by the primary tastes the tongue physically senses: sweet, salty, sour, bitter, and umami. To those fundamentals he adds spicy, earthy, and nutty. Out of this palette of flavors he creates unique recipes that harmonize these attributes. Scallop and banana tartare offers a basic sweetness, which is underscored by dressing it with jalapeño vinaigrette for contrasting acidity and spiciness. Salty flavor dominates in Sosa's remarkable riff on Chinese takeout standard General Tso's chicken reimagined with sweetbreads. Even more startling, sloppy Ho Chi Minh revolutionizes an American classic with Vietnamese flavors. (*Booklist*)

Chef Angelo Sosa combines flavors in surprisingly delicious ways. His unique cooking style comes from many influences: his Dominican-Italian heritage, French culinary training, time spent working with chef Jean-Georges Vongerichten, competing on *Top Chef*, and traveling in Asia. He brings these experiences to bear in this inviting cookbook, sharing 100 exciting, globally inspired recipes. Some are jazzed-up versions of familiar fare: Mustard Seed Potato Salad, for example, or Sloppy Ho Chi Minh, an exotic riff on the classic Sloppy Joe. Others are wildly original, like Curried Pots de Crème and Grilled Watermelon with Chinese A-1 Sauce. The flavors are innovative and complex, but the cooking, generally, is not. Really, it all boils down to this: Buy this book and cook from it. If you do, you'll find yourself cooking and eating better than you ever imagined. (*Fine Cooking*)

Angie Martinez continues to show us that nothing will hold her back! In her efforts to stay healthy, she has teamed up with Angelo Sosa to release a new cookbook titled *Healthy Latin Eating: Our Favorite Recipes Remixed*. The cookbook will feature over 100 recipes from the Dominican, Puerto Rican, and Cuban cultures. What's good about these recipes is how you'll be substituting some of the original ingredients with healthier alternatives- cutting out all the extra carbohydrates! Angie shows us how to eat good and be guilt free! The book is scheduled to be released in January 2015. Go Angie! (*The Gabulous Life, 12/1/14*)

Angie Martinez has a healthy holiday meal for you! After a high blood pressure scare, radio host Angie Martinez decided to change her diet. 'I was looking to lighten up my family's meals,' she says. The delicious results are in her new cookbook, *Healthy Latin Eating: Our Favorite Family Recipes Remixed*. Try these favorites at your next gathering! (*Glam Belleza Latina, December 2014*)

If you read this blog often, you know I write almost daily about a new cookbook. I leave it to you whether you will buy a particular book, of course, but sometimes I do suggest action. I have never been so blunt, though, as to say: Stop what you are doing. Get in the car or onto Amazon. Buy this book and get cooking. So, now, right now, stop what you are doing. Get in the car or onto Amazon. Buy this book — *Healthy Latin Eating* — and get cooking. Angie and Angelo are culinary revolutionaries. Keep the key flavors, but find ways to assemble them in a more healthy way. The old, classic dishes are here but here better. Expanding the food upon the table, the authors have added creativity to their revolutionary zeal. Both Angie and Angelo contribute recipe ideas here, introducing us to family favorites, comfort food dishes that have been loved for generations. Those classic flavors are combined here into new dishes that, I can assure you, will become instant favorites for you. (*Cooking by the Book*, 12/17/2014)

Enjoy classic Latin recipes but without the guilt! Radio and TV personality Angie Martinez and acclaimed chef Angelo Sosa have teamed up to make healthier versions of their family's favorite dishes. Here, they're sharing recipes from their new cookbook *Healthy Latin Eating*, like red quinoa con pollo, guacamole verde and a tropical smoothie. (*The Today Show*, 1/5/2015)

Radio/television personality Angie Martinez and chef/television personality Angelo Sosa might seem like an unlikely pair to team-up for a cookbook. But paging through their new book, *Healthy Latin Eating*, it's clear that this is no forced vanity project. Martinez, who is known as the "Voice of New York" from her time on Hot 97, is passionate about healthy cooking and these days can be found more often at the farmers market than the radio booth. Sosa, who appeared on Top Chef, has been known to tap into his unique Dominican-Italian heritage when preparing his fresh, flavorful dishes. Plus, they seem to be friends! (*Food Republic*, 1/5/2015)

In their new cookbook, *Healthy Latin Eating*, Sosa and Martinez reconstruct their favorite Latin recipes using nutritious ingredients. The dishes, beautifully rendered in gorgeous photographs, are easy to prepare and as delicious as their less-healthy counterparts. We liked them so much that we featured them in the February issue of Latina Magazine. (Amanda Cargill *The Latin Kitchen*, 1/9/15)

The premise: Fans of Latin cuisine know it's delicious and diverse but not exactly health-conscious. TV and radio personality Martinez and Top Chef alum Sosa are out to prove that it can be. *Healthy Latin Eating* shares more than 100 recipes from the co-authors' Cuban, Dominican and Puerto Rican heritages. Many are Old World dishes updated for a contemporary palate that use healthier ingredient substitutions and cooking methods. Look for guest dishes by Latino celebrities such as actress Rosie Perez, former New York Yankee Robinson Cano and actor/comedian John Leguizamo. Sample recipes: Red quinoa con pollo; carne adobada; banana leaf-wrapped fish Veracruz; paella Dominicanos; silken soy and almond milk flan. (Stephanie Allmon *Star-Telegram*, 1/22/2015)

Angie Martinez teamed up with Angelo Sosa to release a new cookbook titled, *Healthy Latin Eating: Our Favorite Family Recipes Remixed*. You will get over 100 recipes of different foods from their Dominican, Puerto Rican and Cuban backgrounds. Instead of adding on the extra carbs, you'll be substituting some of the recipes original ingredients with healthier alternatives leaving you feeling guilt free. (ShaniqualFWT *In Flex We Trust*, 11/30/2014)

'Tis the season for good eating and just because pie is on the table does not mean you have to go for it. Angie Martinez and chef Angelo Sosa teamed up to create *Healthy Latin Eating* cookbook along with some extra help from Robinson Cano, Rosie Perez, Adrienne Bailon, John Leguizamo & more. (*Listen Up Entertainment*, 11/24/2104)

Latin dishes are most often big flavor bombs but they don't have the reputation of being light. New York culinary personalities Angie Martinez and Angelo Sosa aim to do something about that in their colorful and inviting book. They scale back family recipes and also include favorites from celebrities such as actors John Leguizamo and Rose Perez, and baseball greats Robinson Cano and Jorge Posada. Black beans turn up in a frisee salad and carrots are the star in an ingenious mole sauce. Audience: Experienced cooks looking for new thrills. The beautiful photos alone are enough to push a home cook into the kitchen. Recipes include the bold flavors we are accustomed to in Latin cooking but the authors use them in new ways. Everything needed to make the recipes can be found in well-stocked stores. (Janet K. Keeler *Tampa Bay Times*, 1/5/2015)

Cookbook of the Week: *Healthy Latin Eating* Who Should Buy It: Anyone who loves to cook and eat Latin American food. Who Shouldn't: Those who want their Latin American food sizzled in pork fat. Sosa shares tips for giving food flavor without frying it—herbs, garlic, cumin, olives—and for those things that simply must be cooked in oil, he suggests vegetable-based ones. Must-Make Recipes: Cucumber and Serrano Chile Salad, Turkey Picadillo, Quinoa Con Pollo, Carrot Mole with Toasted Pumpkin Seed Vinaigrette, and actor John Leguizamo's contribution: his mother's Arroz Atollado with pork ribs. Bonus point: This writer made Martinez's Quinoa Con Pollo for her 94-year-old grandmother last weekend. Said grandmother had never eaten quinoa before, and doesn't eat much these days in general. She asked for seconds. (Julia Bainbridge *Yahoo! Food*, 1/14/2015)

In their new cookbook, *Healthy Latin Eating*, Sosa and Martinez reconstruct their favorite Latin recipes using nutritious ingredients. The dishes, beautifully rendered in gorgeous photographs, are easy to prepare and as delicious as their less-healthy counterparts. We liked them so much that we featured them in the February issue of *Latina Magazine*. Here, four recipes from *Healthy Latin Eating*. Buen Provecho! (Amanda Cargill *The Latin Kitchen*, 1/9/2015)

This week, noted New York radio personality, Angie Martinez sat down with the Breakfast Club to discuss the details regarding her book *Healthy Latin Eating*, which she created in conjunction with chef Angelo Sosa. 'It's a lot of the favorite Latin recipes that you like just a little changed up to make it healthier,' she described the book. Martinez gave examples of how she and Sosa created "healthier" Latin recipes. 'So instead of rice, we use quinoa, we use brown rice,' she explained. 'Instead of frying things, we chose to bake them. Instead of using processed stuff, we use fresh vegetables to make it.' (Anny Jules *Latin Post*, 12/15/2014)

Known as "The Voice of New York," Angie Martinez hosts a radio show that is consistently ranked #1 in the country among young audiences. But that's not the only thing on this busy mujer's plate. Martinez is also a mom (to son Niko, pictured), a Grammy nominee (for the 1997 Ladies Night Remix of Lil' Kim's "Not Tonight"), an actress (who appeared in *Brown Sugar* and *Paper Soldiers*), a marathon runner (completing her first, the NYC Marathon, last November), and now, the co-author of *Healthy Latin Eating*, a cookbook wherein she and Chef Angelo Sosa reconstruct their favorite Latin dishes with nutritious ingredients. The recipes from *Healthy Latin Eating* are so delicious we featured them in the February issue of *Latina Magazine*. (Both the cookbook and the magazine are on stands now.) (Amanda Cargill *Latina*, 1/9/2015)

When radio personality Angie Martinez needed a helping hand to put together a cookbook, she called upon former Top Chef Cheftestant Angelo Sosa. Together, the duo whipped up *Healthy Latin Eating*, which is out now. So how did Angie end up working with Angelo? It turns out she had been a fan of cooking his for years. 'I had at this point already been talking to so many people about the notion of doing this project,' she tells *Latina*. 'Then I [met] Angelo. When he was introduced to me he had already released a cookbook that I loved—it was beautiful and classy—and we clicked and vibed right away.' They have more in common than just food. 'He's like me. He's third generation, so he learned from his family,' she says. 'He has the same love

for the culture but also is from a new generation, and we just connected and vibed from that place. I told him about the idea for the book and he got it right away.' (Jocelyn Vena *Bravo*, 1/12/2015)

From tamales to empanadas, classic Latin dishes are delicious, filling, and packed full of flavor. Unfortunately, they also tend to be extremely high in calories and fat, creating a bit of a problem for health-conscious eaters. When Angelo (author, restaurant owner, and Top Chef alum) and Angie (radio host and television personality) recognized this critical health issue within Latin American cuisine, they collaborated on a remedy to the problem: *Healthy Latin Eating*. The cookbook offers fantastic recipes along with simple solutions for preparing healthier dishes without compromising flavors. (McKenzie Van Meter *Relish*, 2/9/2015)

Longtime New York radio host Angie Martinez loved the empanadas, chicharrones de pollo, and other Puerto Rican dishes that she grew up eating. But as Martinez, born in New York of Cuban, Dominican, and Puerto Rican heritage, focused on preparing healthier food for herself and her son, she found they were eating Latin dishes less frequently. "I got to a point where I didn't want to eat a salad every day or a piece of grilled something. I wanted to eat some of the food that I loved and not worry," she says. This interest led Martinez to update some of her favorite dishes by substituting healthier ingredients and using new preparations — brown rice or quinoa instead of white rice, baking rather than frying. She began sharing these recipes with fans and followers on HealthyLatinEating.com. Just over a year ago, Martinez connected with Angelo Sosa, a "Top Chef" alum with a Dominican father and Italian mother. He is chef-owner of two Manhattan-based Mexican restaurants called Añejo. The duo collaborated on healthier versions of traditional recipes, along with contributions from Martinez's friends in the music industry. The result is the new *Healthy Latin Eating: Our Favorite Family Recipes Remixed*. (Michael Floreak *The Boston Globe*, 1/20/2015)

Naluda Magazine guide for Valentine's Day Gifts - Ready for your hottest Valentine's Day yet? Spicy food is an aphrodisiac so Valentine's Day is the perfect time to heat things up in the kitchen... and multimedia powerhouse Angie Martinez released her debut cookbook with celebrity chef Angelo Sosa, *Healthy Latin Eating: Our Favorite Family Recipes Remixed*, right on time. Filled with delicious, lighter Latin dishes, *Healthy Latin Eating* will help you turn up the heat- without weighing you down. Pair this gift with a promise to cook for him/her – or together. (Naluda Magazine, 1/30/2015)

HEALTHY LATIN EATING: Our Favorite Family Recipes Remixed by radio and television personalities Angie Martinez & Angelo Sosa shows that Latin food can be healthful and still quite delicious. As Angie writes in her introduction, this is not a diet book! It is more about the author's passion about clean and healthy living with the Latin community. The book describes smart ingredient substitutions, alternative cooking methods, and subtle reductions in sugar, fat and sodium that create healthier food without compromising the integrity of Latin cuisine. Standouts include red quinoa con pollo; jicama & watermelon salad with cumin vinaigrette; beef ropa vieja; and spicy dark chocolate tamales. (Laurie Burrows *Grad epicurious*)

From tamales to empanadas, classic Latin dishes are delicious, filling, and packed full of flavor. Unfortunately, they also tend to be extremely high in calories and fat, creating a bit of a problem for health-conscious eaters. When Angelo (author, restaurant owner, and Top Chef alum) and Angie (radio host and television personality) recognized this critical health issue within Latin American cuisine, they collaborated on a remedy to the problem: *Healthy Latin Eating* (Kyle Books, 2015). The cookbook offers fantastic recipes along with simple solutions for preparing healthier dishes without compromising flavors. (McKenzie Van Meter *Relish Magazine*, 2/9/2015)

New cookbooks focus on healthy eating Few would dispute that Latin food is delicious, but it also has the reputation of being high in carbs, fat and sodium. Two New Yorkers — Martinez, a radio and TV personality, and Sosa, a chef — have teamed up to create healthier versions of their family's favorite dishes. Sosa's Red Quinoa Con Pollo cuts a lot of the carbs from the traditional rice version. Martinez contributes a picadillo recipe from celebrity friend DJ Enuff that substitutes ground turkey for beef. There's a lot to like about this book, but a not-insignificant flaw is the absence of nutritional information for the recipes. (Chris Ross *San Diego Union Tribune*, 2/17/2015)

Sour Grapefruit Margarita - Forget about orange being the new black. Shades of pink — think the insides of a Ruby Red grapefruit — is where it's at during citrus season. Fresh grapefruit juice amps up the flavor in this easy, slightly sour margarita recipe. It also offers a dose of antioxidant-rich vitamins C and A, as well as dietary fiber. My pantry is absent agave nectar, but simple syrup worked just fine. Cheers! (*Corvallis Gazette-Times*, 2/5/2015)

Lighter versions of classic Latin foods?for instance, flan made from soy and almond milks and corn dumplings that are poached rather than deep fried?fill this collaboration from radio personality Martinez and Top Chef alumnus Angelo Sosa (*Flavor Exposed*). The authors, aided by registered dietician Shirley Fan (*The Flying Brownie*), show readers how to use healthy substitutions?brown rice for white, for example?to boost the nutritional value of meals without sacrificing taste. Expect plenty of whole grains, legumes, lean proteins, and fresh produce in these recipes, along with trendy ingredients such as coconut water and agave nectar. **VERDICT:** Like Ingrid Hoffmann's *Latin d'Lite*, this cookbook blends traditional and contemporary recipes and advocates small lifestyle changes instead of drastic diets. Martinez and Sosa's recipes are invigorating and simple, with some surprise gourmet twists. (August Mortimer *Movers & Shakers*, 2/15/2015)

Health-focused cookbooks and recipes for the new year - Fans of Latin cuisine know it's delicious and diverse but not exactly health-conscious. TV and radio personality Martinez and Top Chef alum Sosa are out to prove that it can be. *Healthy Latin Eating* shares more than 100 recipes from the co-authors' Cuban, Dominican and Puerto Rican heritages. Many are Old World dishes updated for a contemporary palate that use healthier ingredient substitutions and cooking methods. Look for guest dishes by Latino celebrities such as actress Rosie Perez, former New York Yankee Robinson Cano and actor/comedian John Leguizamo. (Stephanie Allmon *Fort Worth Star-Telegram*, 1/21/2015)

About the Author

Angie Martinez is recognized as one of the most influential personalities in popular culture and multimedia. Originally known as "The Voice of New York," Angie's nearly 20 years of on-air hosting experience has led her to become the media trailblazer she is today: multimedia host, spokeswoman, actress, recording artist, entertainment personality, author and philanthropist. For more information about Angie Martinez, please visit TheVoiceofNY.com.

Angelo Sosa is an acclaimed chef, alum of Bravo's *Top Chef*, and was featured on *Iron Chef America*. Angelo's Mexican restaurant Anejo is a recognized hotspot in New York, with two locations in Hell's Kitchen and most recently Tribeca. He is the author of *Flavor Exposed*.

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Mary May:

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