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Roots and Reality of Latino Diabetes

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Encontrando Respuestas en Tradiciones y Ciencia

New dates: October 5-6, 2009

Originally scheduled for February 2009, the conference dates have been changed to October 5-6, 2009. The venue remains the same, Westin Casuarina in Las Vegas.

LNC Website, Now In Español



The interest in the English version of our website has been phenomenal. We've received great feedback on the look, feel, and content. In recent months we've been working on translating the English site into conversational Spanish. It continues to be a work in progress but the information you told us was most needed (recipes, diabetes info, portion control, etc) is now up and running on the Spanish version of our site.

New LNC Blog, Sarita's Kitchen

Almost every demographic group is increasingly using the Web these days, especially Latinos. A new study by Burson-Marsteller, global public relations and communications firm, revealed that Latinos are online more time, 30 hours a week, compared to the general market's 25 hours a week. From shopping to social networking, the Web is quickly becoming the new go-to place for Latinos. In an effort to build a stronger online community, the LNC recently launched its new blog 'Sarita's Kitchen'. The blog will feature recipes, news pieces, and ideas on how to improve your health with Latin flare! Recent posts include 'Yerba Mate, a traditional start to the day' and 'What's in a name - Latino vs. Hispanic'. For those of you who use Twitter, make sure to follow us! <https://twitter.com/LatinoNutrition>

Healthy Latin Recipe: Lime Spiced Potatoes

A single medium-sized potato contains about half the daily adult requirement of vitamin C. Also the potato's roots (no pun intended) date back 10,000 years to the Andes region, specifically Peru, giving the spud a genuinely Latino heritage.



Ingredients:

- 2 pounds of potatoes, quartered (skin on)
- 10 limes, juiced
- 1 bouillon cube
- 5 medium whole dried red chile pepper, stems removed

Preparation:

- 1) Fill a pot with water, being careful to leave enough room
- 2) for the potatoes. When water boils, add the quartered
- 3) potatoes and cook until they are tender and can be easily
- 4) pierced with a knife or fork.
- 5) In a blender, combine the lime juice, bouillon cube and whole dried chiles. Blend until everything is fully combined.
- 6) Drain potatoes and pour the lime mixture over them. Serve immediately.

Recipe courtesy of Cristina Culebro, Mexico City