



Celebrating Hispanic Heritage Month

September 15 – October 15, 2022

Unidos: Inclusivity for a Stronger Nation

Menu suggestions from the Rev. Dr. Valori Mulvey Sherer

Below is a sample menu with various, simple items to choose from for each part of the Hispanic Heritage dinner. Recipes are easy to find online. These are just suggestions - some of my favorites :)

Appetizer:

- dates stuffed with cream cheese (can add a half-walnut on top) - Puerto Rico (My favorite childhood treat. We called them cucarachas dulces, which means sweet cockroaches - ew - probably b/c of how they look!)
- empanadas - Argentina
- Tequeños (cheese rolls) - Venezuela
- chopped veggies with guacamole is also typical Latinx

Soup:

- taco soup (Mexico)
- oxtail soup (Spain)
- sopa catractcha de mariscos con un (fish cooked in coconut milk) - Honduras

Bread:

- fry jack - Belize
- pan de muerto (usually eaten on Dia de los muertos, hence the name: bread of the dead) - Mexico
- tortilla - Mexico and most of Central America
- pan de yuca or cassava cheese bread – Ecuador

Salad:

- Spanish bean (cannellini) and red pepper salad - Spain
- chojín - Guatemala
- chifrijo- Costa Rica
- fiambre - usually served on Dia de los muertos/All Saints - Guatemala
- ensalada con quinoa de Peru (Peruvian quinoa salad)

Main course

- arroz con pollo (Spanish rice and chicken) - most Latinx countries. My favorite childhood dinner from Puerto Rico.
- chicharrones con camotes (fried pork ribs with sweet potatoes) - Peru
- bifetc con horno (baked beef - can use ground beef or round steak) - Uruguay
- huachinango en leche de coco (red snapper - or other fish - in coconut milk - Colombia)
- tacos, enchiladas, the usual Mexican favorites

VEGETARIAN:

- llapingachos (spiced potato cakes) - Ecuador
- paltas rellenas (stuffed avocados) - Peru

Note: Rice is often part of dinners in most Latin countries. Some use potatoes, but mostly rice. The rice is often cooked with saffron and/or tomato.

Dessert (so many options!)

- plantanos (plantains - fried - most Latinx countries)
- plantanos con crema Natilla (cinnamon spiced plantains with Natilla cream - Costa Rica)
- pastel de almendras y mango (almond and mango pie) - Guatemala
- tortas de cacao (cocoa cakes) - Colombia
- flan (custard) - Mexico
- Mexican wedding cookies (cakes)
- churros - Mexico

Drinks

- batida de leite (milk punch) - Brazil
- champurrado (chocolate coffee) - Guatemala