



HOPE's Recommended Ethnic Cookbooks

It's exciting to cook meals that honor your family traditions and celebrate your ethnicity. Here are some cookbooks that incorporate updated nutritional guidelines into traditional ethnic recipes. Enjoy these delicious and nutritious meals with your whole family! Bon Appetit!

Soul Food

- [Low-Fat Soul](#) by Jonell Nash
- [Neo Soul](#) by Lindsey Williams

Indian

- [Secrets of Fat-free Indian Cooking: Over 150 Low-fat and Fat-free Traditional Recipes \(Secrets of Fat Free\)](#) by Priya Kulkarni and Anita Ranade
- [Healthy South Indian Cooking](#) by Alamelu Vairavan and Patricia Marquardt

Latin American

- [Latina Lite Cooking: 200 Delicious Lowfat Recipes from All Over the Americas - With Special Selections on Nutrition and Weight Loss](#) by Maria Dolores Beatriz
- [Steven Raichlen's Healthy Latin Cooking: 200 Sizzling Recipes from Mexico, Cuba, The Caribbean, Brazil, and Beyond](#) by Steven Raichlen

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