

## RECIPE DEVELOPMENT

The Latino diet is traditionally high in total fat, saturated fat, calories, and sodium. Through research and product development, a traditional Latino meal was made that complied with a type 2 diabetic's diet. The original recipe of Ensalada de Bacalaco is located in appendix A and the recipe of the modified Ensalada de Bacalaco is located in appendix B.

Alternatives to their traditional meal included decreased sodium, calories, saturated fat and total fat. Alternatives included adding more vegetables, decreasing the egg yolk, using fresh fish, and decreasing the use of oil by draining the oil and vinegar mixture after the salad was done mixing. The original Latino recipe is the control.

Different variations of the meal were prepared using different vegetables, spices, differing amounts of oil and vinegar, and different amounts of eggs.

An experienced taste panel was used to perform sensory evaluations on taste, flavor, presentation, and overall acceptability. Evaluations of the products were done using the Hedonic scorecard, located in appendix C. A final taste panel that included representatives of the target population was used to evaluate the final product.

The Latino meal was objectively tested using the nutrient software, *The Food Processor*, to perform a nutrient analysis.

Below is the listing of the nutrient content of a traditional Latino meal,  
Ensalada de Bacalaco or Cod Fish Salad.

Nutrient	Amount	% of RDA
Calories	390 calories	19.5% of a 2000 calorie diet
Total Fat	31 g	48%
Saturated Fat	4.5 g	24%
Sodium	730 mg	30%

Below is the listing of the nutrient content of the modified Ensalada de Bacalaco.

Nutrient	Amount	% of RDA
Calories	180 calories	9% of a 2000 calorie diet
Total Fat	11 g	16%
Saturated Fat	1.5 g	8%
Sodium	500 mg	21%

The cost of the modified Cod Fish Salad is \$12.13 for the whole meal (six servings) or \$2.02/serving. Fresh codfish fillets were used, which are \$9.99/lb. If fresh codfish were unavailable, salted codfish may be used; however it would be necessary to soak in water for 24 hours to remove excess salt. This would ultimately increase the sodium content of the meal. The cost breakdown of the meal is as follows:

- Cod Fish: \$9.99
- Green Pepper: \$0.35
- Red Pepper: \$0.40
- Red Onion: \$0.13
- Carrot: \$0.25
- Olive Oil: \$0.53
- Eggs: \$0.23
- White Vinegar: \$0.02
- Black Pepper: \$0.06
- Adobo: \$0.01
- Garlic: \$0.16