

Cooking with International Flavors



Living a healthy FCS-lifestyle doesn't mean resigning yourself to eating bland, boring food. With easily accessible ingredients, you can prepare FCS-friendly meals infused with Italian, Mexican, Chinese, and other intriguing international flavors.

And you don't need to be a chef or a foodie to do it. It's time to banish bland, boring food from your life. It's time to take the flavor back!

Nutrition information provided in this fact sheet is of a generalized nature and is for education purposes only. It is not medical advice and should not be construed as such. Always consult your healthcare provider for nutrition plans that are tailored to your unique needs.

Each country has a unique way of cooking, at the core of which are distinctive flavor profiles. You'll be surprised to learn how easy it is to create these flavor profiles using FCS-friendly herbs, spices and vinegars, plus MCT oil. Then you can use your imagination to enhance these flavor profiles to suit different tastes – and maybe create some new international favorites of your own.

INTERNATIONAL FLAVOR PROFILES

Five countries, and five distinctive flavor bases which you can use:

- To marinate and baste chicken, fish, etc.
- As a sauce
- As a salad dressing

ITALIAN

Thoroughly mix the following:

- ½ tsp dried or fresh chopped oregano
- ½ tsp dried or fresh chopped basil
- ½ tsp dried or fresh chopped rosemary
- ½ tsp dried or fresh chopped parsley
- 2 Tbsp MCT oil

MEAL IDEA

Baked Chicken and Steamed Lemon Asparagus

- Marinate boneless skinless chicken breasts with herbs and MCT oil.
- Bake chicken breasts.
- Brush additional marinade on chicken breasts while baking and before serving.
- Steam asparagus and then brush with lemon- and oregano-infused MCT oil before serving.

MEXICAN

Thoroughly mix the following:

- ½ tsp dried Hungarian sweet paprika
- ½ tsp ground cumin
- ½ tsp garlic powder
- ½ tsp dried chili pepper
- ½ tsp dried chipotle chili pepper
- 2 Tbsp MCT oil

MEAL IDEA

Tilapia Tacos

- Marinate tilapia with herbs and MCT oil.
- Brush with marinade while baking.
- Line soft fat-free tortillas with shredded lettuce and sliced tomatoes. Top with baked tilapia.
- Finish with fat-free shredded cheese, fat-free salsa, and chopped cilantro.



The information provided here is for educational purposes only and is not intended as medical advice. Always consult with a qualified healthcare professional before making any changes to your diet or lifestyle.

* For more information, resources, and fact sheets, please visit KnowYourTGs.com.

CHINESE 

Thoroughly mix the following:

- ½ tsp cinnamon
- ½ tsp dried cloves
- ½ tsp dried ground fennel
- ½ tsp star anise
- ½ tsp Szechuan peppercorns
- 2 Tbsp MCT oil

MEAL IDEA**Chinese “Stir-Bake”**

- Marinate diced boneless, skinless chicken breast, and chopped vegetables (bell peppers, broccoli, and mushrooms) with herbs and MCT oil.
- Brush additional marinade on chicken and vegetables while baking.
- Toss baked chicken and vegetables with brown rice and serve.

GREEK 

Thoroughly mix the following:

- ½ tsp dried or fresh chopped oregano
- ½ tsp dried or fresh chopped basil
- ½ tsp dried or fresh chopped parsley
- ½ tsp garlic powder or fresh minced garlic
- 2 Tbsp MCT oil

MEAL IDEA**‘FCS Village’ Greek Salad With Chicken**

- Marinate boneless, skinless chicken breasts. Brush additional marinade on chicken breasts while baking.
- Chop romaine lettuce, tomatoes, cucumbers, red pepper, and red onions.
- Dice the baked chicken breasts and toss with salad, crumbled fat-free feta cheese, and additional marinade – which you are now using as salad dressing.
- Before serving, sprinkle salad with dried oregano and basil. Drizzle with balsamic vinegar. Enjoy!

**INDIAN** 

Thoroughly mix the following:

- ½ tsp cumin powder
- ½ tsp ground coriander
- ½ tsp garam masala
- ½ tsp turmeric powder
- 2 Tbsp MCT oil

MEAL IDEA**Chicken Curry**

- Dice three boneless, skinless chicken breasts into bite size pieces.
- Marinate overnight.
- Sautee chicken over low heat.
- Add tsp of curry powder while cooking.
- Serve over basmati rice flecked with diced onions and green bell peppers.
- For a refreshing cool beverage, try a Mango Smoothie.

Additional Tips and Resources

- For an extensive list of foods you can eat (and foods you should avoid), read the [FCS-Friendly Foods*](#) fact sheet.
- Cooking isn't just about ingredients. It's also about techniques. Using different techniques can help you achieve greater complexity in your cooking. For example:
 - Grilling/smoking adds a smoky outdoor flavor.
 - Oven roasting at high heat adds a crunch to thinly sliced vegetables and potatoes.
 - Cutting zucchini with a spiral slicer makes vegetable noodles you can sauté in a little MCT oil.
- Herbs, spices, and vinegars are potent flavor enhancers. You don't need a lot to create deep, intense flavor. For example, if you're flavoring up an international marinade or sauce with a flavor enhancer, a pinch is all you need.
- Be very careful at the grocery store. You may be tempted to buy time-saving products like minced garlic or fire-roasted red peppers in a jar. Many of these types of convenience products contain olive oil and other ingredients that are not FCS-friendly.

Finally, give yourself a big hug for your commitment to a healthy FCS lifestyle. Living with FCS is manageable, but it isn't easy. Keep up the great work and celebrate good health with a delicious, internationally-inspired FCS-friendly meal.

Recipes and meal suggestions courtesy of Mary Felando, MS, RDN, CLS, FNLA.