

WELLNESS CONNECTION

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NOURISHING YOU - Gallo Pinto (Rice and Beans Costa Rican Dish)

Recipe Introduction by Ernesto Zepeda

Gallo Pinto means, quite literally, “Spotted Rooster” in Spanish, characterizing the speckled appearance of the dark beans against the white rice. This is a very traditional dish in Central America and the Caribbean but it is in Costa Rica that gets its peculiar name and taste. The primary seasoning in traditional Gallo Pinto is *Salsa Lizano*, a vegetable-based condiment used widely throughout Costa Rica. There are a few places on the internet that allow the substitution of the Salsa Lizano by Worcestershire Sauce, in favor of an authentic taste but I would not recommend the substitution.



Photo Credit: Amanda Biddle of Striped Spatula

Add this to your recipe collection! It will be your new favorite rice dish.

Please follow this link for the recipe: <https://stripedspatula.com/gallo-pinto/>