

**MAYAS SECRETS: 100 DELIGHTFUL LATIN DISHES  
FOR A HEALTHIER YOU**

Leeanne A. Wiltz

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### **Maya Leon-Meis (Author of Maya's Secrets)**

Special projects highlight holiday favorites and delicious treats just for kids. Maya's Secrets: Delightful Latin Dishes for a Healthier You.

### **Maya Leon-Meis Cookbooks, Recipes and Biography | Eat Your Books**

Editorial Reviews. About the Author. Maya León-Meis is the creator and host of Maya's Secrets, a health education television show geared toward the Latino.

## **Everyday Hero Archives - Everyday Hero Housing Assistance Fund (EHHAF)**

Maya's Secrets by Maya Leon-meis, , available at Book Maya's Secrets: Delightful Latin Dishes for a Healthier You.

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Instead of using Roma tomatoes, one variation for this recipe is to roast tomatillos. Ratings and Book Reviews 0 0 star ratings 0 reviews. FoodsoftheCaribbeanSheen, Barbara. Light rubbing wear to cover, spine and page edges. Blood water paint McCullough, Joy, author. In pieces : a memoir Field, Sally, author. Semi-homemadegrilling2Lee, Sandra. If you will be using strips of roasted chili, remove the stems, seeds, and membranes.