

*Greetings!* We are happy to introduce Lincoln Medical and Mental Health Center's first Senior Cookbook, *Savory Bites and Sweet Sensations: Bronx Home Cooking*. Filled with 44 delicious recipes originating from Chile, Colombia, Cuba, Dominican Republic, Ecuador, El Salvador, Honduras, Mexico, Nigeria, Peru, Puerto Rico and the United States of America, this cookbook represents the rich diversity of the South Bronx and reminds us of the culinary traditions of our community.

The recipes that follow were provided to us by seniors who graciously shared their secret recipes and love-filled traditions. For me, this cookbook is a taste of home and brings to mind many fond family memories of dinners and celebrations. I hope that it will do the same for you and that you will enjoy creating new memories as you share this book with the next generation in your family, helping them hold on to traditions while teaching them to live better and healthier lives.

We hope that this cookbook will inspire you to eat healthier while remaining true to the flavorful meals that many of us have come to love. We all know that eating healthy is perhaps the first step in improving a person's overall health; each recipe was adapted by a professional chef and nutritionist and healthier ingredients were substituted where possible. You will be surprised to learn how easy and fun it can be to honor your culture by cooking these delicious meals, in a healthy way.

Enjoy!