

Recipe from:  
Dominican Republic



**INCAP**  
Instituto de Nutrición  
de Centro América y Panamá

## A traditional dominican lunch "Bandera Dominicana"

8 servings

### Ingredientes

- |              |   |
|--------------|---|
| 4 cups       | White rice                              |
| 2 cups       | Cooked beans (red beans)                |
| 900 g        | Chicken                                 |
| 1 tablespoon | Vegetable oil                           |
| 2 cloves     | Garlic, chopped                         |
| 1 unit       | Cebolla picada                          |
| 1 unit       | Green bell pepper, chopped              |
| 4 units      | Tomatoes, chopped                       |
| 1 tablespoon | Oregano                                 |
| 2 cups       | Green salad (lettuce, tomato, cucumber) |

### Utensils

- 2 pots
- Frying pan
- Knife
- Cutting board
- Large bowl

### Preparation

1. Cook the white rice and set aside.
2. Sauté the beans with half of the onion, garlic, tomato, and oregano.
3. Stew the chicken with the remaining onion, garlic, tomato, and spices.
4. Serve the rice, beans, and chicken together, accompanied by ½ cup of salad on each plate.



## La Bandera Dominicana: a hug from home

*La Bandera Dominicana* is more than rice, beans, and meat: it is a touch of history and a rhythm of culture served on a plate. Its aroma recalls blended roots and that warmth of home that is never forgotten.

For many Dominicans, this dish is the lunch that brings people together, the meal that is missed when far away, and a source of pride that tastes like tradition. Enjoying it is feeling, even for a moment, that the island is very close.

### When buying lettuce and other ingredients at local markets

- You support your community
- You get fresh products
- You strengthen the local economy

### Choosing lettuce

- Bright, tender, uniformly green leaves
- Avoid yellow, wilted, or spotted leaves

### To store

- Keep dry and in a cool place
- Wash only before consumption
- Do not freeze

### Before consuming

- Remove damaged leaves
- Separate, wash with fresh water, and drain
- If wilted, soak in ice water to restore freshness

Information available in *A Tribute to the Environment and Health*.  
Request your copy in spanish here.

## Nutritional Information

Estimated nutritional value per serving

Calculations performed using NutriNCAP  
Request more information here.



Energy (Kcal)	Protein (g)	Calcium (mg)	Iron (mg)	Magnesium (mg)	Phosphorus (mg)	Zinc (mg)	Copper (mg)	Selenium (mcg)	Vitamin C (mg)	Thiamin (mg)	Riboflavin (mg)	Niacin (mg)	Vitamin B6 (mg)	Folates (mcg)	Vitamin B12 (mcg)	Vitamin A (mcg)	Total fat (g)	Saturated fat (g)	Monounsaturated fat (g)	Polyunsaturated fat (g)
348.34	26.15	53.09	4.21	58.33	238.23	2.84	0.26	21.83	23.44	0.27	0.25	5.88	0.3	152.83	0.16	86.01	10.41	2.86	4.01	2.35

Cholesterol (mg)	Available carbohydrates (g)	Total dietary fiber (g)	Ash (g)	Potassium (mg)	Sodium (mg)	Pantothenic acid (mg)	Folic acid (mcg)	Food folates (mcg)	Retinol (mcg)	Beta-carotene (mcg)	Vitamin E (mg)	Vitamin D (mcg)	Vitamin K (mcg)
65.86	36.24	4.33	1.95	517.83	188.83	1.19	45.36	75.88	29.01	0	0.21	0.08	2.74

Recipe obtained through  
INCAP Technical Cooperation in the Dominican Republic.



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