



ENJOY THE FLAVORS OF MEXICO

Are you craving Mexican food—the healthy way? Look no further than these nutritious ideas to add a Mexican flair to your eating.

- ▶ Add your favorite salsa over vegetables or brown rice to give a boost of Vitamin A and C to your meal.
- ▶ Choose corn or whole wheat tortillas instead of white flour tortillas with your favorite Mexican recipe to add whole grain goodness to your diet.

Follow the MyPlate guidelines to help your family eat well!

- ▶ Make half your plate fruits and vegetables.
- ▶ Switch to skim or 1% milk.
- ▶ Make at least half your grains whole.
- ▶ Vary your protein food choices.
- ▶ Keep your food safe to eat—learn more at www.FoodSafety.gov.
- ▶ Choose foods and drinks with little or no added sugars.
- ▶ Look out for salt (sodium) in foods you buy—it all adds up.
- ▶ Eat fewer foods that are high in solid fats.

The Mexican diet includes lots of healthy beans and spices! Try this chili recipe to add extra fiber and nutrition to your day!

TURKEY AND BEAN CHILI

Ingredients:

- 1 pound ground turkey
- 1 large red or green bell pepper, chopped*
- 1 large onion, chopped*
- 3 cloves garlic, chopped
- 1 tablespoon chili powder
- 2 teaspoons ground cumin
- 1 jar (16-ounce) green salsa, green enchilada sauce, or taco sauce
- ¼ cup water
- 1 can (15-ounce) pinto or black beans, drained and rinsed*

Directions:

1. Cook turkey, bell pepper and onion in a large saucepan over medium heat until the meat is browned, 8 to 10 minutes.
2. Add garlic, chili powder, cumin; sauté and cook about 15 seconds.
3. Stir in salsa (or sauce) and water; bring to a simmer.
4. Reduce heat to medium-low, cover and cook, stirring occasionally, until the vegetables are tender, about 10 to 15 minutes.
5. Stir in beans and cook until heated through, about 1 minute.

Yield: 4 servings

Nutrition Information (per serving):

Calories 307; Fat 8 grams;
Sodium 516 milligrams; Fiber 6 grams

*WIC supplemental food

