

## Everyday flavors

Think of these as ingredients to your healthy lifestyle. There are so many tasty ways to get the nutrition you need with Mexican-style foods, and beyond!



### Fruit

Apple  
Banana  
Coconut  
Melon  
Mango  
Orange  
Pineapple  
Papaya



### Vegetable

Avocado  
Cilantro  
Corn  
Jalapeño  
Nopal  
Onion  
Tomato  
Tomatillo



### Dairy

Cotija  
Crema  
Kefir  
Lactose-Free Milk  
Milk  
Powdered Milk  
Queso Fresco  
Yogurt



### Protein

Beans  
Beef  
Chicken  
Chorizo  
Fish  
Nuts  
Pumpkin Seeds  
Shrimp



### Grains

Amaranth  
Fideo Noodles  
Corn Masa  
Oats  
Quinoa  
Rice  
Tortilla  
Tostada



### Flavor Boosters

Cinnamon  
Cumin  
Coriander  
Epazote  
Garlic  
Tajin  
Thyme  
Vinegar

## Black Bean Soup

PREP TIME **10m** COOK TIME **30m** SERVINGS **4**

### Ingredients

1 tbsp olive oil  
½ cup onion, chopped  
1 large tomato, chopped  
1 garlic clove, minced  
2 cups black beans, cooked or canned  
¾ cup low sodium chicken broth  
Salt & pepper, to taste  
4 corn tortillas  
1 avocado, diced  
½ cup queso fresco, crumbled  
½ cup fresh cilantro, chopped

### Directions

Heat oil in a large pot over medium high heat. Add the onion, tomato, and garlic and cook for about 5 minutes, until the onions are soft and translucent.

Add drained black beans, chicken broth, and stir. Cover and simmer for about 15 minutes, bringing the soup to a boil at the end.

Uncover and blend the soup with an immersion blender or transfer

the soup into a large blender with a ladle to blend until smooth.

Transfer the soup back to the pot and cook uncovered for about 5-10 minutes, until it reaches your desired consistency.

Season with salt and pepper to taste. Serve in bowls with a tortilla on the side and top with avocado, queso fresco and fresh cilantro.

Go for no or low sodium options of packaged ingredients, like **canned beans** or **chicken broth!**

YOUR

# healthy day

MEXICAN-STYLE

unbottled.

Created by Dairy West, Idaho Foodbank, St. Luke's Health System, University of Idaho Extension, University of Utah, and Utah Department of Health.

recipe inside!



# Healthy choices, meal by meal

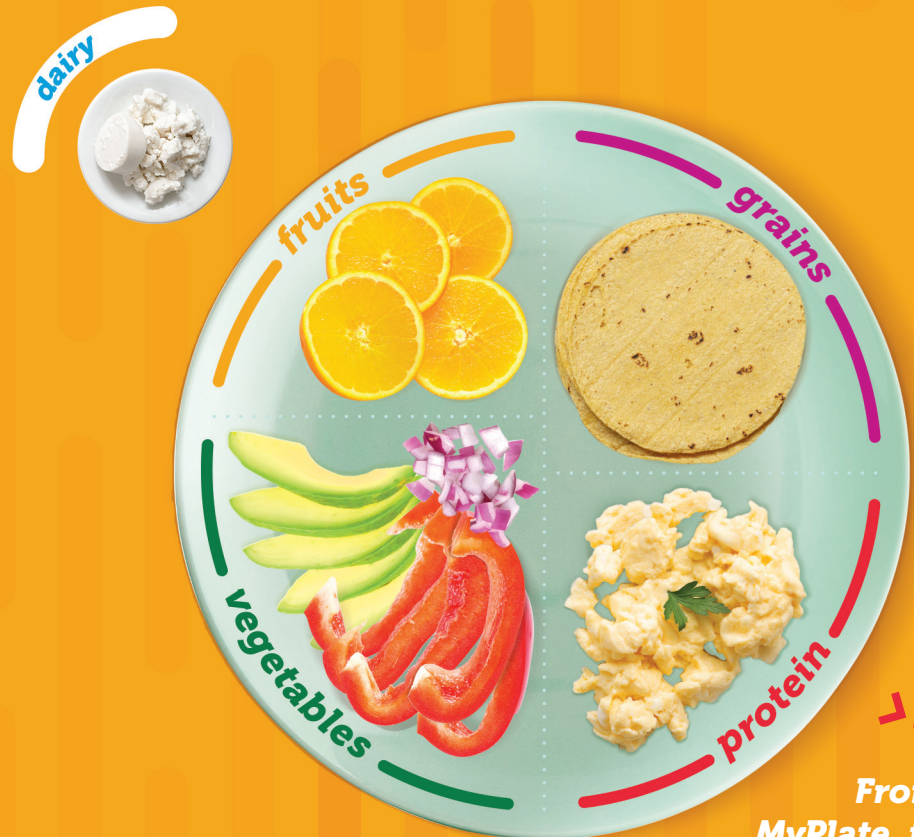
Your body needs a healthy helping of food from the five main food groups, every day. Here's a quick guide to using MyPlate portions to make your plate great!

Make ½ your meal vegetables or fruits

Ensure ¼ of your meal is protein

Fill ¼ of your plate with grains

Include your favorite dairy food!



From MyPlate, to your meal

## Make the most of every day!

These meal ideas show what a day of healthy eating can look like! At meals, aim for at least three of the five food groups. Go for snacks that include two different food groups.

Nopales are high in antioxidants, vitamins and minerals! Try them blended into smoothies with fruit and yogurt.



### Lunch

Nopal salad with chicken and cheese tamales. Enjoyed with a fresh fruit cup sprinkled with tajin.

More lunch favorites:

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### Dinner

Warm pozole generously topped with radish, avocado, cilantro, onion, and jalapeño. Served with tortilla chips and agua fresca.

More dinner favorites:

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### Snack

Creamy yogurt topped with banana, mango, berries, raisins, and shredded coconut. Drizzle with crema!

More snack favorites:

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### Breakfast

Scrambled eggs with sautéed peppers and onions. Topped with crumbled queso fresco and avocado slices. Served on a warm tortilla with a side of orange wedges. Enjoyed with hot coffee and milk!

More breakfast favorites:

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Staple ingredients like **beans** and **corn** are great sources of fiber that keep your heart and gut healthy!