

Cinco de Mayo Nutrition Tips



Cinco de Mayo is a time to savor all the festive flavors that come with the holiday. Americanized Mexican foods tend to be unhealthy – bottomless bowls of fried chips and salsa, enormous portion sizes, and sugary drinks. Traditional Mexican staples are actually good for your health. Enjoy this fun and festive holiday by including these foods into your celebration for a nutrient boost.

Fresh Vegetables

You can't go wrong with vegetables! Tomatoes, zucchini, bell peppers, corn, chilies and onions are some of the most popular vegetables used in Mexican cuisine. They are all very nutrient dense foods. Packed with essential vitamins and minerals, they are also rich in antioxidants and flavonoids that promote heart health, reduce inflammation, and may help reduce the risk of cancer. Add vegetables to any of your dishes for added flavor and nutrients.

Beans

Beans are a plant-based protein that's low in fat and rich in fiber. Beans help with digestive health and lowering cholesterol. Swap beans for meat in many of your favorite Mexican dishes for a lower fat protein source. If you don't

want to cut meat out entirely, make half the amount of meat and half beans.

Avocados

Avocados are high in monounsaturated fat, which promote heart health. Avocados are loaded with multiple vitamins and minerals in every serving that boost eye health, immune function, and help control blood pressure.

Cilantro

The leaves on this delicious herb are not only tasty, but rich in vitamins, minerals, and antioxidants that can help regulate blood pressure and improve immune function. Cilantro can be used to enhance flavor in sauces, dressings or dips.



Photo credit: twopeasandtheirpod.com

Try this Crispy Black Bean Burrito from twopeasandtheirpod.com that contains all of the foods above for a flavorful and nutrient packed Cinco de Mayo meal.

In a large skillet, heat the olive oil over medium high heat. Add the onion and cook until tender, about 5 minutes. Add the garlic and cook for 2 minutes. Stir in the peppers, black beans, corn, chili powder, cumin, and cilantro. Cook for 5 minutes. Add the fresh lime juice and season with salt and pepper, to taste.

Place a few spoonfuls of cilantro lime quinoa in the center of a tortilla, leaving 1/2-inch border around edges, then add the shredded cheese, and bean/corn mixture down the center of the quinoa. Roll burritos, by folding over the ends and rolling up. Continue making the rest of the burritos.

Heat a large non-stick skillet or griddle pan over medium heat. Arrange burritos, seam-side down, in pan or griddle and cook until golden brown and crisp, about 2-3 minutes per side. Serve warm with Creamy Avocado Yogurt Dip.

CRISPY BLACK BEAN QUINOA BURRITOS

1 tablespoon olive oil
1 small yellow onion, diced
1 clove garlic, minced
1/2 cup diced red bell pepper
1/2 cup diced green bell pepper
15 oz can black beans, rinsed + drained
1/2 cup sweet corn, rinsed + drained
1 1/2 teaspoons chili powder
1 teaspoon ground cumin

1/4 cup fresh cilantro, chopped
Juice of 1/2 lime
Salt and black pepper, to taste
Cilantro Lime Quinoa (*see recipe on back*)
2 cups shredded Cheddar cheese
10 burrito-sized flour tortillas
Creamy Avocado Yogurt Dip (*see recipe on back*)

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Recipe and photo credit: twopeasandtheirpod.com/creamy-avocado-yogurt-dip

This healthy Creamy Avocado Yogurt Dip is simple to make and is great for parties or snack time. Serve with pita chips, tortilla chips, or cut up vegetables.

makes: 4 servings | prep time: 10 minutes | total time: 10 minutes

INGREDIENTS:

1/2 cup plain fat-free Greek yogurt
2 ripe avocados, peeled and seeded
1 clove garlic, minced
3 tablespoons chopped fresh cilantro
1 tablespoon finely chopped seeded jalapeño pepper
2 tablespoons fresh lime juice
1/4 teaspoon ground cumin
Salt and ground black pepper, to taste
Pita chips, tortilla chips, cut up veggies-for serving

DIRECTIONS:

Place the yogurt, avocados, garlic, cilantro, jalapeño, lime juice, and cumin in a blender or food processor. Mix until smooth. Season with salt and pepper, to taste. Scrape dip into a serving bowl and serve with pita chips, tortilla chips, or cut up veggies.



Recipe and photo credit: twopeasandtheirpod.com/cilantro-lime-quinoa

This easy and flavorful Cilantro Lime Quinoa goes great with any Mexican meal.

makes: 4 servings | prep time: 5 minutes | cook time: 20 minutes | total time: 25 minutes

INGREDIENTS:

2 cups vegetable broth
1 cup quinoa, rinsed and drained
1 clove garlic, minced
2 tablespoons fresh lime juice
1/3 cup chopped cilantro
1/4 teaspoon granulated sugar
Salt and pepper, to taste

DIRECTIONS:

In a large pot, combine the broth and quinoa. Bring to a boil. Cover, reduce heat, and cook until broth is evaporated and quinoa is tender, about 15 minutes. Remove from heat and let stand for 5 minutes, covered. Remove lid and fluff the quinoa with a fork.

Stir in garlic, lime juice, cilantro, and sugar. Season with salt and pepper, to taste. Serve warm.