



These Mexican Dishes are Healthy, and Here's Why!

Mexican food isn't just about burritos and quesadillas! Often misunderstood as being unhealthy, traditional Mexican cuisine, featuring fresh vegetables, whole grain corn, and lean animal foods, is health supporting, versatile, and delicious. The flavors that make Mexican food so unique - lime, cilantro, chilis, onion - offer powerful benefits for your health and wellbeing. These ingredients are featured in many traditional Mexican dishes. Which of these have you tried?

Tortillas: Corn tortillas are a staple in many Mexican meals. They are a whole grain food and a good source of calcium, a mineral that many people don't get enough of. For flour tortillas, choose ones made with vegetable oil rather than lard, and whole grain flour rather than white flour.

Tacos: Tacos are a versatile meal option. How do you make your tacos special? Healthy toppings like lime juice, chopped cilantro, onion, green or red salsas, and green chile peppers make your tacos as nutritious as they are delicious.

Pinto beans: Pinto beans are served whole or refried. Like all beans, they are nutritional powerhouses, high in essential minerals, fiber, and protein. If you choose refried beans, note they may be high in fat and calories, so be mindful of portions. There are plenty of "refried" bean recipes and products that use little or no added fats.

Nopales: Nopales, also known as cactus, can be the star of the show or an addition to various dishes. Nopales are high in antioxidants and can help lower cholesterol and regulate blood sugar in the body.

Ceviche: Ceviche, a seafood dish made from raw tilapia or shrimp cured in lime juice, is traditionally made with chopped onion, tomato, cilantro, and hot pepper of choice. Ceviche lends itself to a great variety, so the sky's the limit; you can add mango for a sweet twist or cucumbers for a crunch. Ceviche is a great source of lean protein.

Pozole: Pozole is made with either pork or chicken, with or without salsa. Lean pork or skinless chicken breast are best. It contains hominy, a high fiber whole grain made from corn. Toppings like lime juice, shredded cabbage, and radishes add nutritional value.

Ceviche



Ingredients:

- 1 lb of fresh or frozen and thawed tilapia filets*
- 3-5 limes
- 1 roma tomato, diced
- ½ small purple or red onion, diced
- ½ cup chopped cilantro
- 1 serrano or jalapeno pepper, finely chopped (optional)
- Salt, pepper, and dried oregano to taste

*For a vegetarian version, substitute raw or lightly steamed chopped cauliflower for the tilapia.

Directions:

Finely chop the tilapia and place into a bowl.

Halve the limes and squeeze the juice over the tilapia – enough juice to cover it completely.

Dice the tomatoes, onions and cilantro and add to the bowl with the tilapia and lime juice. Mix all the ingredients together and place in the fridge for an hour.

Season to taste with salt, pepper, and oregano. Grab some tostadas and enjoy!