

Looking for information on healthy eating ideas or how to increase your family's physical activities?

Recipe

Dish: **Zesty Mango Salsa**

- 1 mango-peeled and diced
- 1 avocado-peeled and diced
- 2 large tomatoes-diced
- 2 Tbsp. olive oil
- 3 cloves garlic-minced
- 1 large jalapeño pepper, seeded and minced (or 1 small can, drained)

- Serves: _____
- 1 tsp. salt
 - 2 Tbsp. fresh lime juice
 - ¼ cup chopped red onion
 - ½ cup fresh cilantro-chopped
 - 1 can black beans, drained

Mix the mango, avocado, tomatoes, jalapeno, beans, cilantro and garlic. In separate bowl, mix the salt, lime juice, red onion and olive oil. Pour over mango mix and refrigerate for at least 20 minutes to let flavor set. Serve with baked tortilla chips, or over chicken, pork or fish.

Recipe

Dish: **Taco Popcorn**

- 7½ cups air-popped popcorn
- Butter-flavored cooking spray
- 2 tsp. low sodium taco seasoning

Preheat oven to 300° F. Place popcorn in a large bowl. Lightly coat with cooking spray, toss, and coat again. Sprinkle the taco seasoning mix over the popcorn and toss. Spread popcorn evenly in large baking pan. Bake for 5 minutes, stir and then return to oven for 5 more minutes.

Recipes courtesy of Fast Recipes, Wisconsin DPI,
Developed by Jill Camber Davidson, RD, CD Sept. 09



The Wellness in Tosa Schools Committee encourages you to visit these family-friendly websites or try some new recipes over the Holiday break.

www.mypyramid.gov



www.movinandmunchin.com/index.html

