## SEPTEMBER

### 15 - WHOLE GRAIN DESAYUNO
Make your breakfast with a different whole grain! Try amaranth, quinoa, or brown rice porridge. Use your favorite milk with fruit, cinnamon, and a dash of maple syrup.

### 23 - MIGAS CON HUEVO
The literal translation of this dish is crumbs with eggs. The crumbs are strips of old corn tortillas, scrambled with eggs and onions, enjoyed with pico de gallo salsa.

### 16 - TACO NIGHT
Eat your tacos using your favorite corn or whole wheat tortilla! If you feel inspired, make your own! Sounds intimidating but it is fairly simple.

### 24 - OATMEAL WITH A TWIST
Mosh is a milky oatmeal beverage popular in Guatemala with 4 ingredients: ¼ cup rolled oats, 1 ¼ cups of milk, a pinch of cinnamon, and honey. Let it sit overnight and quickly boil the next morning!

### 17 - MAKE OVER YOUR DESSERT
Make a creamy rice pudding using brown rice or amaranth as the base. Coconut milk and shredded coconut can add flavor and texture.

### 25 - MEXICAN TOSTADAS
Create your favorite version using baked whole-grain corn tortillas! Get creative with the fillings using poblano peppers, corn or mushrooms.

### 18 - SNACKS TO GO
Have whole grain tortillas leftover from taco night? Spread one with peanut butter and a banana for a tasty wrap.

### 26 - AVOCADO TOAST
An open sandwich made with mashed avocado (heart-healthy fat), salt, pepper, and citrus juice on toast. Add some greens like arugula.

### 19 - SOPA DE ARROZ CON VERDURAS
Spanish for vegetable and brown rice soup, this is a classic Latin American tradition, you can also add shredded chicken for a complete meal.

### 27 - SWAP IN BROWN RICE
Use brown rice instead of white in the Puerto Rican chicken and rice dish, arroz con pollo, or the classic Spanish dish, paella.

### 20 - PUT ON YOUR DANCING SHOES
Whether you prefer salsa, tango, or the rumba, dancing is a great way to get exercise, meet people, and have fun.

### 28 - MEAL PREP
Make up a large batch of soup using whole grains, beans and veggies. Take a portion to work each day and top with cilantro and lime.

### 21 - LIVE LIKE THE INCAS
Use tricolor quinoa—a protein-rich, pilaf-like grain in your next dinner plate. Check out our *Fiesta Quinoa Salad* recipe.

### 29 - GREENS FOR DINNER
Try a different green for your salad tonight - arugula, watercress or collard greens - with your favorite dressing, tomatoes, and red onions!

### 22 - VEGETARIAN QUESADILLAS
Use whole grain tortillas with a veggie mix (squash, corn, peppers and tomatoes) and Oaxaca or provolone cheese.

### 30 - MAKE AGUA FRESCA
It’s fresh fruit blended, sometimes with seeds! Try fresh squeezed limes, water, diced cucumbers and chia seeds with a small amount of honey.

# Hispanic Heritage Month

OldwaysPT.org
### CELEBRATE POPCORN MONTH!
Old fashioned stove-top corn is so much fun to make and watch! Flavor it with olive oil and your favorite spice blend.

### TEA TIME
Mix hibiscus flower tea with a dash of honey or lime juice. Hibiscus is packed with antioxidants and offers a tart, cranberry-like flavor. Enjoy cold or hot!

### TASTING CHEESE
Make some tapas (small plates) using Oaxaca (string cheese), cotija or queso fresco to start, and enjoy with grapes and whole grain crackers.

### HOMEMADE GUACAMOLE
Need to bring a dish to a party? Guacamole is easy to make, and tastes much better than store-bought versions. Don’t forget the cilantro!

### CILANTRO PESTO
Make a regular pesto recipe but use cilantro instead of basil. Mix and serve with your favorite pasta dish.

### "COME Y BEBE" FRUIT SALAD
Spanish for “Eat and Drink,” Come y bebe is a delicious Ecuadorian fruit salad with fruit cut so small that you can actually drink it! Try it with papaya, bananas, pineapple, and orange juice.

### GO PEPITAS!
Take a snack of pepitas (pumpkin seeds) to school or work. You can also try to make Sikil Pak which is a delicious seed dip made with toasted pumpkin seeds.

### GET TOGETHER WITH FRIENDS AND FAMILY
Go to your favorite Latin American restaurant and order a traditional dish to share with your party.

### MIX UP SOME SANGRIA
Add oranges, berries, or even fresh herbs to red or white wine. Fruity and refreshing!

### POTATOES, THE ARGENTINIAN WAY
Jazz up baked potatoes (or fish, or veggies) with chimichurri, an Argentinian sauce made with parsley, garlic, vinegar and olive oil.

### MEXICAN SQUASH: A LATIN AMERICAN STAPLE
Loaded with texture, use squash as a side dish mixed with corn and poblano peppers, or add them to soup.

### SNACK ON JICAMA
Very popular in Mexico and the only tuber that can be eaten raw! Enjoy with lime and chili pepper.

### SPICE IT UP
Make a red or green tomatillo salsa using serrano or poblano peppers.

### GRILLED PINEAPPLE
Grill and chop some and eat it for dessert, create a salsa or topping to your tacos.

### BEANS FOR DIPPING
Quickly blend pinto or black beans and serve with cilantro and cotija cheese. Plate along with cut veggies or whole grain chips when entertaining friends and family.

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### NATIONAL HISPANIC HERITAGE MONTH
September 15 - October 15

### #HispanicHeritageMonth
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