

SEPTEMBER WHOLE GRAIN DESAYUNO

15 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.

TACO NIGHT

16 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.

MAKE OVER YOUR DESSERT

17 Make a creamy rice pudding using brown rice or amaranth as the base. Coconut milk and shredded coconut can add flavor and texture.

SNACKS TO GO

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

SOPA DE ARROZ CON VERDURAS

19 Spanish for vegetable and brown rice soup, this is a classic Latin American tradition, you can also add shredded chicken for a complete meal.

PUT ON YOUR DANCING SHOES

20 Whether you prefer salsa, tango, or the rumba, dancing is a great way to get exercise, meet people, and have fun.

LIVE LIKE THE INCAS

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

VEGETARIAN QUESADILLAS

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

MIGAS CON HUEVO

23 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.

OATMEAL WITH A TWIST

24 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!

MEXICAN TOSTADAS

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

AVOCADO TOAST

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

SWAP IN BROWN RICE

27 Use brown rice instead of white in the Puerto Rican chicken and rice dish, arroz con pollo, or the classic Spanish dish, paella.

MEAL PREP

28 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.

GREENS FOR DINNER

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

MAKE AGUA FRESCA

30 It's fresh fruit blended, sometimes with seeds! Try fresh squeezed limes, water, diced cucumbers and chia seeds with a small amount of honey.



CELEBRATE



NATIONAL HISPANIC HERITAGE MONTH

September 15 - October 15

OCTOBER

CELEBRATE POPCORN MONTH!

1

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

2

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.

3

CILANTRO PESTO

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

4

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.

5

MIX UP SOME SANGRIA

Add oranges, berries, or even fresh herbs to red or white wine. Fruity and refreshing!

6

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.

7

SPICE IT UP

Make a red or green tomatillo salsa using serrano or poblano peppers.

8

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.

9

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!

10

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!

11

"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.

12

GET TOGETHER WITH FRIENDS AND FAMILY

Go to your favorite Latin American restaurant and order a traditional dish to share with your party.

13

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.

14

SNACK ON JICAMA

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

15

GRILLED PINEAPPLE

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

