

Hispanic Heritage Calendar

September 15–October 15

<p>Celebrate Latino Flavors and Health Every Day!</p>	<p>PASS THE HERBS AND SPICES! Instead of salt, use spices and herbs like paprika, chili powder, cilantro or a dash of hot sauce to add flavor and a bit of heat.</p>	<p>MIERCOLES DE MEXICO Imagine you are in Mexico, and make a delicious Mexican soup with vegetables and small pasta shells.</p>	<p>GRANDE GRANITA Make a fruit granita for dessert. Your guests and family will swoon over this full flavored, but low calorie dessert.</p>	<p>GRILLED VEGGIES Try grilling corn, potato wedges, thick slices of squash, and even whole onions—it adds a bit of sweetness and cuts down on dirty dishes!</p>	<p>SPICE UP YOUR MEALS Try a new way to use salsa today—on fish, with beans, or on pizza dough for a Latino pizza!</p>	<p>OMEGA 3S Look for fish that are high in Omega 3s—salmon, sardines, mackerel, albacore tuna, and herring—and give them a Latino twist.</p>
<p>WHOLE GRAIN TORTILLA Make a vegetarian burrito for lunch with a whole grain tortilla, beans, greens, and chiles.</p>	<p>WHOLE GRAIN DESAYUNO Make your breakfast a whole grain one with cereal, waffles, toast, or tortillas.</p>	<p>RICE & BEANS Take the classic Latino staple dish, and add a twist with new spices and brown rice.</p>	<p>FRUIT FOR DESSERT Fruit is a great way to end each meal—a bit of healthy sweetness, lots of flavor and only a few calories.</p>	<p>SKIP THE CREAMY DIPS Have your kids dip their veggies and chips in fresh salsa instead of sour cream or cheese dips.</p>	<p>GO VEGETARIAN Use beans, peanuts, nuts, or tofu in place of meat.</p>	<p>RICE—NOT JUST FOR SUSHI Cook up seafood paella and reap the benefits of whole grains and protein.</p>
<p>TOMATOES—A LATINO STAPLE Loaded with vitamin C and lycopene, they add nutrition to any meal.</p>	<p>COOL OFF WITH CEVICHE Turn off your oven! Fresh fish, lime juice, onion, garlic and cilantro are all you need for a delicious treat.</p>	<p>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!</p>	<p>HAVE YOUR CAKE & EAT IT, TOO! You can still have your cake and eat it—but try baking with sugar substitutes to lessen the caloric impact.</p>	<p>PASTA FOR ALL Pasta is not just for Italians! Cook it up, add some beans, peppers, and spices, and you have an easy meal in less than 15 minutes.</p>	<p>LIGHTER POTATOES Potatoes don't have to be fried—chop them up, toss with olive oil, salt and pepper and bake until golden brown—a tasty treat every time.</p>	<p>FROZEN FRUIT Try fruit popsicles. Add chunks of fruit to juice, freeze, and enjoy!</p>
<p>LIVE LIKE THE INCAS Use quinoa—a protein-rich, pilaf-like grain—in your next salad or side dish.</p>	<p>LATINO WINE AND CHEESE TASTING Invite a few friends to your house for a wine and Latino cheese tasting. Try panela or cotija cheeses to start.</p>	<p>CARRIBEAN FLAIR Use a fruit chutney or salsa to add excitement and flavor to vegetables, meat, fish or chicken.</p>	<p>GO NUTS! Take a snack of peanuts, almonds, walnuts, pecans, or macademia nuts to school or work today.</p>	<p>BREAKFAST SMOOTHIES Fresh or fozen fruit, yogurt, milk or soymilk, and blend!</p>	<p>JUICE UP YOUR WATER Add a squeeze of lemon, lime, or orange to plain or sparkling water for added taste with zero calories.</p>	<p>MIX UP SOME SANGRIA Add oranges, strawberries and apples to red wine—sure to satisfy on a hot summer night.</p>
<p>SKIP THE BUTTER Use heart-healthy olive oil to sauté your veggies, eggs, and fish.</p>	<p>TIGHTEN UP YOUR FOOD BUDGET Make up a large batch of soup or casserole. Take a portion to work each day and top with fresh salsa and cilantro.</p>	<p>KIDS' SNACKS Give your kids apples or celery with peanut butter, or mash up an avocado to serve with celery sticks for after school snacks.</p>	<p>HEALTHY FATS Spread mashed avocado instead of mayo for satisfying creaminess and heart-healthy fat.</p>	<p>Oldways strives to create practical, culturally-aware materials in English and Spanish that help Latinos combine the best of their healthy food traditions with the realities of modern American life.</p> <p>To learn more, please visit us at www.oldwayspt.org.</p> <p>If you require materials in Spanish or have questions, please contact: Paola Garza, paola@oldwayspt.org</p> 		