



Building
Healthy Habits

Spring Quick Tips

Cornell
Cooperative
Extension



Cultural Corner

Cinco de Mayo celebrates the Mexican defeat of the French in the Battle of Puebla in 1862. Today, the holiday is celebrated in many places in the United States and honors Mexican-American culture, language and food.



Let's celebrate Cinco de Mayo!

Make it a healthy celebration by following these MyPlate tips:

Serve-up variety- create a colorful spread of foods from all food groups.

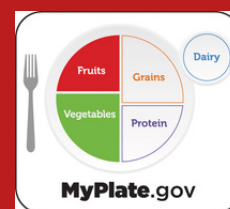
Cheers to good health- serve water with a slice of lime or lemon, unsweetened iced tea with lemon or fresh mint leaves, or seltzer water.

Reduce food waste- send leftovers home with friends and family. Remember to put food in the refrigerator within 2-hours to keep food safe to eat!

Shopping Tips

Choose fruits canned in 100% fruit juice and vegetables with “low-sodium” or “no salt added” on the label. These products are just as nutritious and fresh.

Canned and frozen fruits and vegetables last longer than fresh. They can be a quick way to add fruits and vegetables to your meal.



Recipe

Black Bean Quesadillas

Makes 8 servings, Serving size 1 quesadilla

15 minutes preparation time

Ingredients

- 3/4 cup chunky salsa or pico de gallo
- 1 can (15.5 ounces) black beans, drained and rinsed - try low sodium
- 2 cups shredded reduced-fat Colby and Monterey Jack Cheese
- 2 tablespoons fresh chopped cilantro
- 4 - 8 inch flour tortillas (try whole grain)
- 1/2 teaspoon of extra virgin olive oil

Directions

1. Wash your hands then use a small hole strainer to drain liquid from salsa. Discard liquid.
2. Transfer salsa to a medium bowl and mix in black beans, cheese, and cilantro until combined.
3. Divide black bean mixture evenly over half of each tortilla.
4. Fold tortillas in half.
5. Heat large griddle or skillet over medium-high heat. Brush with oil and place filled tortilla on griddle.
6. Cook, carefully flipping once until tortillas are golden brown and cheese filling melts, about 5 minutes.
7. Cut Quesadilla into wedges.

Nutrition Facts: Serving Size: 1 quesadilla Calories: 160, total fat: 5g, saturated fat: 2g, cholesterol: 5mg, sodium 490mg, carbohydrate: 25g, fiber 4g, total sugars: 1g, added sugar: 0g, protein: 7g, Vitamin D: 0mcg, Calcium: 96mg, Iron: 2mg, Potassium: 287mg

Building Healthy Habits can help you:

- Save \$\$ on grocery bills and stretch your food dollars
- Prepare low-cost quick and healthy meals
- Keep your family healthy by staying active and eating right

Contact us to see if you're eligible for this free program!

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Kids' Book Nook

To learn more about Cinco de Mayo, visit the public library with your children and borrow "Marco's Cinco de Mayo" by Lisa Bullard. Read the book with your children and talk about which parts are your favorite and why. Together, prepare the Black Bean Quesadillas for a snack or meal!



For more information on the Building Healthy Habits program in Herkimer County, see: <https://bit.ly/CCEHCEFNEP> or scan the QR code below to sign up for personalized nutrition education:



Building Healthy Habits BHH

