



# Cinco de Mayo 5-3-1 Olé!



5-9 servings  
each day



## MEXICAN FRESH AND EASY!

Traditional Mexican cuisine includes lots of fresh fruits and vegetables. Including a wide variety of fruits and vegetables in your diet is a great way to get all of your vitamins, minerals, and fiber to stay fit and healthy. Many traditional Mexican foods are easy to grow: try planting a salsa garden with tomatoes, tomatillos, peppers, garlic and cilantro! And to add even more veggies, try using baked veggie chips to dip!

### VEGGIE CHIPS

- Preheat oven to 200°F.
- Coat baking sheet with cooking spray or brush with oil.
- Slice veggies 1/8" thick:
  - Zucchini and yellow squash
  - Carrots
  - Parsnips
  - Beets
  - Turnips

- Place cut veggies on prepared sheet in a single layer.
- Sprinkle with kosher salt, pepper, and oregano.
- Bake for 1.5 hours, rotating pan halfway through cooking for even baking.
- Use with your favorite dip!

Recipe from Chef Tim Cipriano, Dodd Middle School, Cheshire



3 servings  
each day

## QUESO MEANS CHEESE!

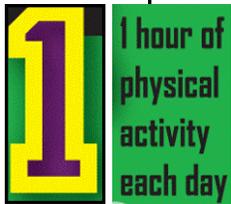
Protein in cheese helps build muscles, calcium helps build strong bones, and fat helps slow absorption of sugar. Pizza is a delicious way to include cheese in your diet! Try this Mexican version which includes lots of fresh veggies for an added health boost:

### MEXICAN PIZZA

Preheat oven to BROIL.

- Place 12" tortilla (any flavor) on plate.
- Add 3 spoonfuls of salsa or meatless spaghetti sauce to tortilla and spread it around.
- Add toppings of your choice. Fresh, seasonal, CT Grown vegetables are best:
  - Broccoli
  - Green, red, yellow, orange Bell Peppers
  - Mushrooms (button or baby bellas are good)
  - Sliced celery
  - Onions, preferably caramelized
  - Roasted potatoes
  - Sliced zucchini and yellow summer squash
  - Refried beans
  - Shredded lowfat mozzarella cheese
  - Shredded Monterey jack
  - Grated Parmesan and/or Romano cheese
- Carefully slide tortilla off of plate and place on broiler pan. Broil one pizza at a time for about 1 minute or until the cheeses melt.
- Use oven mitts to carefully remove broiler pan from oven. Place hot broiler pan on top of the stove (or on a wooden cutting board).
- Use an offset spatula to remove pizza to plate. Fold or roll pizza. Eat and enjoy!

Recipe from Linda Biedrycki, Dodd Middle School, Cheshire



1 hour of  
physical  
activity  
each day

## DANCE YOUR WAY TO HEALTH!

Dancing is a great way to get your heart pumping...and it's fun! There are lots of ways to get this sometimes overlooked form of exercise into your life.

- Try a salsa class at your local community center.
- Organize a dance party; the limbo, the macarena, and the bunny hop are guaranteed to get you laughing, smiling, and moving!
- Turn off the TV and put on the stereo...pull out those old disco records and boogie down!
- Try group dancing such as contra or square dancing!
- Video games like Dance Dance Revolution or Pump It Up can help you learn new dances.

