



SOUTHWEST RICE AND CHICKEN BURRITOS WITH BUTTERNUT SQUASH

SERVES 4

This burrito features sweet squash, satisfying chicken, and a cheese that bites back.

- 1/2 cup (125 mL) uncooked rice of your choice
- 2 boneless, skinless chicken breasts, cut into small cubes
- 2 cups (500 mL) butternut squash, peeled, seeded and cut into small cubes
- 2 Tbsp (30 mL) olive oil
- 1 tsp (5 mL) ground cumin
- 1 Tbsp (15 mL) lime juice
- 4 large tortillas
- 1/2 cup (125 mL) grated cheddar or Monterey Jack cheese

Preheat oven to 400 F (200 C).

Cook rice according to package directions.

For the chicken and butternut squash, on large baking sheet, toss chicken and butternut squash with oil and cumin. Roast in preheated oven for 30 to 35 minutes, until chicken is cooked through and squash is tender. Toss with lime juice.

To assemble burritos, divide rice between wraps, placing near the bottom and leaving sides available for tucking and rolling. Add chicken and squash on top of rice, followed by cheese. Roll into burritos and slice in half, if desired.

EACH SERVING CONTAINS: 498 calories; 37 g protein; 15 g total fat (4 g sat. fat, 0 g trans fat); 54 g total carbohydrates (4 g sugars, 5 g fiber); 499 mg sodium

THIS MONTH
MEXICAN
COOKING MADE
Easy

SWEET POTATO, WHITE BEAN AND CHEDDAR ENCHILADAS

SERVES 4

Enchiladas are much like a Mexican version of lasagna. Here, tortillas are filled with white beans, sweet potato cubes and cheddar cheese.

- 2 red bell peppers, seeded and halved
- 1 lb (454 g) sweet potatoes, peeled and cut into small cubes
- 2 Tbsp (30 mL) olive oil, divided
- 1 garlic clove
- 1 Tbsp (15 mL) apple cider vinegar
- 1/3 cup (80 mL) low-sodium vegetable broth
- 1 tsp (5 mL) smoked paprika
- 4 large tortillas
- 1 - 14 oz (398 mL) can white beans, drained and rinsed
- 1/2 cup (125 mL) grated smoked cheddar or regular cheddar
- 2 green onions, minced

Preheat oven to 400 F (200 C). Arrange oven racks to accommodate two baking sheets.

Line peppers skin side up on baking sheet. On separate large baking sheet, toss sweet potatoes with 1 Tbsp (15 mL) oil. Add peppers to top rack of oven and sweet potatoes to bottom rack. Roast for 40 to 45 minutes, until skin is slightly blackened on peppers and sweet potatoes are tender. Take out of oven and remove any charred bits from peppers. Lower oven heat to 350 F (180 C).

For the sauce, in food processor, pulse garlic until minced. Add roasted peppers, remaining 1 Tbsp (15 mL) oil, vinegar, stock and paprika. Blend until smooth.

Divide sweet potatoes among tortillas, followed by white beans and cheddar. Roll without tucking in edges. In 8 x 8 in (20 x 20 cm) glass or ceramic dish, add spoonful of sauce to coat bottom. Line filled tortillas in a single layer, cover tortillas with remaining sauce and cover dish with parchment. Bake for 20 to 25 minutes, until it is heated through and sauce is bubbling.

Sprinkle with green onions and serve.

EACH SERVING CONTAINS: 488 calories; 18 g protein; 14 g total fat (4 g sat. fat, 0 g trans fat); 76 g total carbohydrates (10 g sugars, 13 g fiber); 500 mg sodium





SPICED MEXICAN CHOCOLATE FLAN WITH ALMOND MILK

SERVES 4

Mexican chocolate is known for combining delicious warming spices with cocoa.

- 1 1/2 cups (350 mL) vanilla almond milk (sweetened or unsweetened)
- 4 large eggs
- 1/4 cup (60 mL) sugar
- 1/4 cup (60 mL) unsweetened cocoa powder, sifted
- 1/2 tsp (2 mL) ground cinnamon
- 1/4 tsp (1 mL) salt

Preheat oven to 350 F (180 C). Arrange 4 ramekins or flan dishes in 9 x 13 in (23 x 33 cm) glass baking dish.

Combine all ingredients in blender or whisk in large bowl by hand. Pour into ramekins. Carefully transfer to oven, and fill glass baking dish with very

hot or recently boiled water so it reaches halfway up, being sure not to get any in milk mixture in ramekins.

Bake for 40 to 45 minutes, until knife inserted in center comes out mostly clean, flan jiggles just a bit when tapped and tops are beginning to lightly brown. Carefully remove cooked flans from glass baking dish; discard water. Chill flans for at least 4 hours or overnight in refrigerator. Enjoy in ramekins or run a sharp knife around edges and flip onto serving plates.

EACH SERVING CONTAINS: 152 calories; 8 g protein; 7 g total fat (2 g sat. fat, 0 g trans fat); 19 g total carbohydrates (12 g sugars, 2 g fiber); 269 mg sodium



154

liters of soda per capita are consumed annually in the US alone. Looking to reduce your intake while boosting your hydration? Try sparkling water or caffeine-free tea. You can also try adding lemon or lime to a glass of water, or infusing water with fruit or cucumber to make your own “spa water.” Keep a pitcher in your fridge where it’s always handy and chilled!

300 F

(150 C) or higher is considered a high temperature for cooking meat.

Recent research is unveiling a link between meat cooked at high temperatures and risk of cancer. To reduce your risk, limit how frequently you cook meat on an open flame or hot metal surface. Try to avoid eating burnt or charred meat, and opt for vegetarian proteins like tofu or beans more often.



732

million people are affected by periodontal disease worldwide.

A common form is gingivitis (gum disease). In a new study, researchers found that people who switched to a diet low in processed carbohydrates and meat and rich in omega-3 fatty acids, vitamin C, vitamin D, antioxidants and fiber for four weeks experienced less gum bleeding. The scientists think that this diet may significantly reduce gingivitis.

8%

of all adults will experience major depression at some point in their lives. A 2014 study found a significant reduction in depression for those who exercised regularly. Exercise is just one of the many helpful strategies for depression—others include lifestyle changes, medication and counseling. It’s important to chat with your doctor if you think you have depression, to receive specific advice for you.

408

people participated in a recent study examining “residential green space” and cardiovascular disease risk. Those who live in areas with more parks, trees, gardens and other greenery had a lower risk of heart disease. No green space in your neighborhood? Find ways to spend time in nature: hike, have a picnic in the park, do some community gardening or turn your patio into a little oasis with plenty of plants.

