Guacamole, rice and beans, and more come together with a fun twist on the traditional Mexican feast. Crisp and crunchy vegetables are a surprising treat to dip in the calcium-rich Avocado-Yogurt Dip with Cumin, and boosting your diet with whole grain brown rice is heart healthy and delicious.
ENTREE  BLACK BEAN & PORK TOSTADAS

INGREDIENTS

4 cups cooked pork loin, shredded
1 tablespoon Mexican seasoning (blend of cumin, cayenne, and garlic powder)
1 tablespoon vegetable oil
8 corn tostadas
2 cups refried black beans, or refried red beans
1/2 cup red onions, thinly sliced
1/2 cup radishes, thinly sliced
3 cups lettuce, shredded
2 tablespoons reduced-fat Monterey Jack Cheese
2 tablespoons cilantro, finely chopped


PREP

> Cook 2-inch pork loin chunks in boiling water for 1 1/2 hours or until tender and easy to shred when cooled.

> Stir together cooked pork and Mexican seasoning. Heat oil in large skillet over medium-high heat. Add pork to skillet and sauté for about 2 minutes to brown.

> Lay tostadas onto plates and spread each with 1/4 cup of beans. Top each with 1/3 cup of shredded pork.

> Toss together vegetables and mound a generous 1/2 cup on each tostada. Sprinkle all with cheese and cilantro.

Nutrition facts per serving: Calories: 253, Total Fat: 9 g, Cholesterol: 52 mg, Sodium: 234 mg, Potassium: 623 mg, Calcium: 64 mg, Total Carbohydrate: 19 g, Fiber: 5 g, Protein: 24 g, Vitamin D: 4 IU

SIDES  AVOCADO-YOGURT DIP WITH CUMIN

INGREDIENTS

3/4 cup plain fat-free yogurt
1/2 cup red onion, finely chopped
3 tablespoons fresh cilantro, chopped
1 tablespoon jalapeno pepper, seeded and finely chopped
2 tablespoons fresh lime juice
1 tablespoon ground cumin
1/2 teaspoon salt
3 ripe peeled avocados, seeded and coarsely chopped
1 garlic clove, minced

PREP

> Place all the ingredients in a food processor or blender, and process until smooth.

> Place in serving bowl. Scoop this creamy dip with pita chips and carrot, celery, red bell pepper, and jicama sticks.

> Prepare up to eight hours in advance, and refrigerate in airtight container.

> To further simplify your evening, use precut vegetables from the produce section.

Nutrition facts per serving: Calories: 58, Total Fat: 4 g, Cholesterol: 0 mg, Sodium: 89 mg, Potassium: 175 mg, Calcium: 24 mg, Total Carbohydrate: 5 g, Fiber: 1 g, Protein: 2 g, Vitamin D: 5 IU
SIDE HEALTHY SPANISH RICE

Serves: 8 (1/2 per serving)

INGREDIENTS
1 cup uncooked brown rice
1 green bell pepper, chopped
1 yellow onion, chopped
1 can (14.5 ounces) reduced-sodium diced tomatoes
2 cups water
1/8 teaspoon cayenne pepper
1 teaspoon chili powder
1 teaspoon cumin
2 tablespoons cilantro

PREP
✓ In a large non-stick skillet coat with cooking spray; sauté rice, pepper, and onion over medium-high heat until golden brown.

✓ Add tomatoes and water. Simmer covered for 30 to 40 minutes or until water is absorbed and rice is tender.

✓ Add cayenne pepper, chili powder, cumin, and cilantro. Serve immediately.

Nutrition facts per serving: Calories: 107, Total Fat: 1 g, Cholesterol: 0 mg, Sodium: 26 mg, Potassium: 117 mg, Calcium: 24 mg, Total Carbohydrate: 23 g, Fiber: 2 g, Protein: 3 g, Vitamin D: 0 IU

DESSERT TAPIOCA PUDDING WITH MANGO SAUCE

Serves: 4 (1 cup per serving)

INGREDIENTS
1 package (3 ounces) Tapioca Cook & Serve Pudding
2 cups fat-free milk
1/2 cup vanilla yogurt, low-fat
1/2 cup mango sorbet

PREP
✓ Prepare tapioca following package directions. Add 1/2 cup low-fat vanilla yogurt to a separate bowl and 1/2 cup mango sorbet. Mix well and refrigerate.

✓ Layer tapioca mix in a tall wine glass and alternate with mango sauce. Layer until glass is 3/4 full. Serve chilled.

Nutrition facts per serving: Calories: 301, Total Fat: 1 g, Cholesterol: 7 mg, Sodium: 247 mg, Potassium: 396 mg, Calcium: 411 mg, Total Carbohydrate: 67 g, Fiber: 0 g, Protein: 9 g, Vitamin D: 105 IU