

## Cinco de Mayo and Mexican Food

One-fourth of all restaurants feature foods with a Mexican flavor. But keep in mind that favorites like crispy taco shells, taco salads, nachos, guacamole and chips and salsa are tasty and can be high in fat.

The staples — tortillas, beans and rice — are great sources of complex carbohydrates. Pinto and black beans supply fiber as well. Mexican cuisine also offers you a chance to include different types of vegetables and grain foods, as well as explore new flavors.

This Cinco de Mayo and all year round, try Mexican creations that are full of flavor without feeling all the guilt:

- Fajitas, enchiladas, burritos or tamales,
- Soft tacos with chicken, beef or beans
- Gazpacho or tortilla soup
- Chile verde
- Red or black beans and rice
- Arroz con pollo (chicken with rice)
- Veracruz-style seafood dishes
- Flan or fruit for dessert