

Diet

Foods consumed in Mexico are considerably more healthy than typical Mexican fare in the United States. Staple foods in Mexico are beans and corn. Most of Mexico's meals do not include burritos and nachos with lots of toppings that many Americans eat. Popular dishes in Mexico are simple tacos (various ingredients wrapped in tortillas), a lot of chilies, and meat and fish stews.

Healthy recipe

Mexican bean salad (serves 8-10)

Ingredients

1 16-oz. can black beans, drained and rinsed
1 pkg. frozen corn (cooked for food safety and then cooled)
1 small white onion, chopped
1 green pepper, core removed and chopped
2 Roma tomatoes, seeds removed, chopped
2 cloves garlic, peeled and minced
1 bunch cilantro, stems removed and leaves chopped
1 tbsp. lime juice, or to taste
1 tbsp. lemon juice, or to taste
2 tsp. ground cumin
Salt and pepper to taste

Directions

1. Prepare all vegetables.
2. Mix all ingredients in a large bowl. You may need to add more or less lemon and lime juice, so experiment. Let set for at least an hour so ingredients can absorb the juices.
3. Serve with cheese quesadillas (corn tortillas wrapped around shredded cheese and sautéed).