

The NMSD Monthly Morsel Nutrition Newsletter

Enjoy our “Monthly Morsel” WEEKLY for Fall of 2020, with new healthy recipe ideas each week!

Salsa

Fresh cilantro chopped

1/2 Diced Red Onion

1 Diced Jalapeño (for more heat leave seeds or add more jalapeño)

3 cups of diced tomatoes

1/2 TBSP lime juice

Salt and pepper

2 minced garlic cloves

Fresh: Chopped all items then place in blender to blend down to your choosing of texture.

Grilled or Roasted: Grill or roast all vegetables then place in blender add the cilantro, lime juice, garlic, salt & pepper and blend to smooth or chunky.



Posole

4 cups Hominy

1/2 lb. diced pork or chicken

6 cups water or till pot is full

Half finely diced onions or 1tbsp onion powder

1 tbsp garlic powder

Salt and Pepper

Optional Red or green Chile

1) Dice any ingredients if needed, then place in a crockpot or stock pot with hominy.

2) Add water till full, then add salt & pepper and garlic.

3) Let slow cook 2-3 hours or till proteins and hominy are cook fully.

