



# Fresh Way to FIESTA

## Sweet ideas for CINCO DE MAYO celebrations

**FAMILY FEATURES**

Cinco de Mayo is the perfect opportunity to indulge in Mexican-inspired dishes, dips and drinks. This year, put a tangy twist on your festive favorites with a refreshing new flavor.

Watermelon is a versatile fruit with a flavor profile that pairs perfectly with many of the ingredients in traditional Mexican dishes. Sweet and juicy watermelon is a great way to cut the heat of spicier foods, and its texture lends an unexpected, satisfying crunch in dips such as chunky salsas.

Whether you're hosting a Cinco de Mayo themed party or simply looking forward to an inspired meal at home, get an early jump on summer and let watermelon be your star ingredient.

For more recipes featuring low-calorie, no-fat watermelon, visit [www.watermelon.org](http://www.watermelon.org).

### Baja Fish Tacos with Watermelon Guacamole

- Servings: 12–16 tacos
- 2 medium avocados, peeled and chopped
  - 2 tablespoons lime juice
  - 2 teaspoons diced jalapeno pepper (or to taste)
  - 1/3 cup chopped cilantro
  - 2 medium garlic cloves, minced
  - 1 can (4 ounces) diced green chilies, drained
  - 2 1/2 cups diced watermelon, divided
  - Salt, to taste
  - Cooking spray
  - 1 1/2 pounds cod
  - Chili powder
  - 12–16 corn tortillas
  - 3–4 cups commercial coleslaw mix (shredded cabbage and carrots)
  - 1/2–1 cup commercial salsa

For guacamole, mash avocados to mix of smooth and chunky in medium bowl. Add lime, jalapeno, cilantro, garlic and chilies and mix thoroughly. Add 1 1/2 cups diced watermelon and salt (if desired) and toss. Cover and refrigerate to let flavors blend.

Heat oven to 350°F. Spray cookie sheet with cooking spray. Place cod on sheet and sprinkle with chili powder and salt. Bake for 12–20 minutes (depending on thickness of fish) or until cooked through. Remove from oven and cut into pieces.

Heat tortillas on grill or griddle. Top each with few pieces of fish, 1/4 cup coleslaw mix, heaping spoonful of guacamole, tablespoon of salsa and few pieces of remaining diced watermelon.

### Watermelon Margarita

- Servings: 1
- 1 1/2 ounces tequila
  - 3/4 ounce Triple Sec
  - 3/4 ounce Midori
  - 2 ounces sour mix
  - 6 ounces cubed, seeded watermelon
  - 8 ounces ice

Blend all ingredients. Serve in 14-ounce glass. Garnish with lime and watermelon wedge.

### Watermelon Cilantro Salsa Tropical

- Servings: 8–12
- 2 cups chopped seedless watermelon
  - 1 cup chopped fresh pineapple
  - 1 cup chopped fresh mango
  - 4 limes (juice only)
  - 1 cup trimmed and chopped scallions
  - 1/2 cup chopped fresh cilantro
  - Salt and pepper, to taste

Toss all ingredients in mixing bowl and season with salt and pepper just before serving.



### Southwest Salsa Bowl

- Materials:**
- 1 round, seedless watermelon
  - Dry erase marker
  - Utility knife or carving knife
  - Ice cream scoop or other large spoon
  - Fire and Ice Salsa
  - Chips, jalapenos, cilantro and lime, for garnish

1. Choose round seedless watermelon.
2. Wash watermelon and pat dry.
3. Use dry erase marker to trace design around middle of watermelon.
4. Use utility knife to carve design (copy design in photo).
5. Split watermelon in half, and use scoop to carve out flesh.
6. Choose flat area of rind on other watermelon half to trace and carve out lizard design (copy from image in photo).
7. Fill bowl with salsa.
8. Garnish with lizard, chips, jalapenos, cilantro and lime.

### Fire and Ice Salsa

- Servings: 3 cups
- 3 cups seeded and chopped watermelon
  - 1/2 cup green peppers
  - 2 tablespoons lime juice
  - 1 tablespoon chopped cilantro
  - 1 tablespoon green onion
  - 1–2 tablespoons jalapeno peppers

Combine ingredients; mix well and cover. Refrigerate 1 hour or more.

### Fiesta-Worthy Facts

Impress guests at your Cinco de Mayo celebration with these mouthwatering morsels:

- Although about 200–300 varieties of watermelon are grown in the United States and Mexico, there are about 50 varieties that are most popular.
- The five best-known types of watermelon include: seeded, seedless, mini, yellow and orange.
- Watermelon is the most-consumed melon in the United States, followed by cantaloupe and honeydew.
- Early explorers used watermelons as canteens.
- Watermelon is 92 percent water, which makes it a good option for hydrating your body.

# The Calories We Need To Change Over Time

**BROOKINGS** — Disease and disability were once thought of as inevitable parts of getting older. Modern science no longer supports this conclusion.

“Our health and wellness is influenced by the decisions we make daily in our nutrition and physical activity choices,” said Megan Olesen, SDSU Extension Nutrition Extension Field Specialist.

Leacey Brown, SDSU Extension Gerontology Field Specialist, added. “It is never too late to partake in a healthy lifestyle and enjoy the benefits of improved nutrition and fitness.”

Brown explained that today, men and women are living longer and enjoying active lifestyles well into their 80s and 90s. “However, as people age, they may find that maintaining a healthy weight is more challenging,” Brown said.

This challenge occurs, Olesen explained because the number of calories a person needs is influenced by several different things. “The number of calories we require depends on our age, gender and level of activity,” Olesen said. “As we age, our calorie needs are fewer than they were during our younger years.”

To find out how many calories you need each day, Olesen directs readers to MyPlate’s Daily Food Plan calculator at [www.choosemyplate.gov](http://www.choosemyplate.gov).

Olesen said that contrary to calories, the amount of nutrients older adults need increases, especially protein, B-vitamins, and calcium. “To ensure that you are getting important nutrients that your body needs as you age, make sure to consume a variety of foods from all food groups,” Olesen said.

As a guide, refer to the recommendations from the Dietary Guideline for Americans:

1. Eat fruits and vegetables. These can be fresh, frozen, or canned. Dark green vegetables, like broccoli or leafy greens, have calcium and vitamin K to support bone health.
2. Vary your protein choices. Include more fish, beans, and peas. Omega-3 rich foods like salmon raise good cholesterol and are sources of vitamin D. Protein is important for maintaining muscle mass, helping you fight infections, and recover from an accident or surgery.
3. Have 3 servings of low-fat or fat-free dairy (milk, yogurt or cheese) that are fortified with vitamin D to keep your bones healthy. Yogurt contains calcium and probiotics that help aid digestion.

4. 100 percent whole grains have soluble fiber that helps remove cholesterol.
5. Choose healthy fats (polyunsaturated and monounsaturated). Switch from solid fats to oils that are liquid at room temperature.
6. Water helps move fiber through your system and keeps you hydrated.

**ACTIVITY**

We naturally lose muscle mass as we age. If we don’t replace that lost muscle, Brown said our bodies will have less muscle and more fat, resulting in a decrease in our metabolic rate. “Keeping active in your 40s and 50s helps to keep your metabolism from dropping,” Brown said.

Aiming for a minimum of 150 minutes per week of aerobic activity and including strength training exercises at least twice a week will help

replace lost muscle mass. This will also help to slow bone mineral loss which can lead to osteoporosis.

Keeping all of this in mind, Brown said the Golden Years should not be a time for extreme fad diets or drastic weight loss. Instead, aim for a goal of eating better. “Many of the fad diets restrict entire food groups which can lead to serious nutritional deficiencies,” Olesen said.

Rapid weight loss can cause loss of lean body mass which is the opposite of what we need to maintain good health. “Overall, it is recommended to set a goal of maintaining a stable weight as you age. If you are interested in losing a few pounds, talk to your health care team or a registered dietitian about ways to achieve a healthy weight,” Olesen said.

To learn more, visit [iGrow.org](http://iGrow.org).