



HEALTHY EATING



NUTRITIOUS & DELICIOUS

Step closer to your wellness goals today!

Starting a journey to eat healthier has lots of benefits such as preventing chronic diseases, improving your focus and energy levels throughout the day and improving your long-term health. When you include a balanced variety of nutritional foods in your diet it will help your body to get all the necessary nutrients it needs. Let's explore how to eat a diverse range of wholesome and healthy foods.

Enrich your plate with a diverse selection of fruits, vegetables, grains, proteins, and dairy as part of your daily routine. Each food category contributes nutrients to your body that increase your overall health and wellness. Try healthy cooking in the kitchen with family or friends by preparing fruits and vegetables, trying a new recipe, or setting the table. The act of cooking together can transform healthy eating into an enjoyable experience.

So, get your apron ready and start discovering healthy recipes!

RECIPE: HUMMUS

15 minutes, Feeds 4, Vegan-Friendly

Ingredients

- 1 can of garbanzo beans (chickpeas), drained and rinsed
- 2-4 tablespoons of water
- 2 tablespoons of olive oil
- 1 tablespoon of lemon juice
- 1 garlic clove minced
- 3/4 teaspoon of ground cumin
- 1/4-1/2 teaspoon of salt

Method

Step 1:

Add the garbanzo beans, 2 tablespoons of the water, olive oil, lemon juice, garlic, cumin, and 1/4 teaspoon of salt to a food processor and blend until creamy. If needed, you can add more water to thin the hummus or add more salt to taste.

Step 2:

Top with olive oil, sea salt, or fresh herbs, if desired. Serve the hummus with veggies, crackers, tortilla chips, or use as a spread on a sandwich or wrap.



HEALTH BENEFITS

- Fortifying your muscles and bones
- Enhancing your immunity and promoting long-term health
- Maintaining a healthy digestive system
- Supporting the well-being of your skin, teeth, and eyes

FREE RESOURCES

- ✓ **Toolkits**
- ✓ **Fitness Classes**
- ✓ **Nutrition Classes**
- ✓ **Telehealth Coaching**
- ✓ **Education Materials**
- ✓ **Related Resources**

[HEALTHIERTEXAS.ORG/TOOLKITS/](https://healthiertexas.org/toolkits/)



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