

Spring into Health

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It is spring in Nebraska! As the weather warms up, people usually feel better and have more energy. It is a great time to get up, and go outside to enjoy what spring in Nebraska has to offer. Flowers and trees are in bloom, birds are singing, and kids are outside playing. Join in the fun. Below check off the ways you want to become more fit during the coming spring and summer. As you complete most or all of these activities reward yourself with a movie night, new shoes, a nap, or something that motivates you.

- Track the miles you have walked
- Try a new vegetable
- Walk on a trail
- Plant a garden
- Spend less time in front of a TV and other electronic screens
- Try yoga
- Drink more water and less sweetened beverages
- Try a new healthy recipe
- Be physically active for 30 minutes most days of the week
- Try a new fruit
- Do yard work
- Eat breakfast
- Go for a walk with family
- Go for a bike ride
- Stop and smell the flowers
- Play a sport

Mango Tango Black Bean Salsa

- 1 mango
- 1 (15 oz.) can black beans, drained and rinsed
- ¼ cup onion, finely chopped
- ¼ cup fresh cilantro, washed and coarsely chopped
- 1 (7 oz.) can whole kernel corn with peppers, drained
- 2 tablespoons lime juice
- 1 teaspoon garlic salt
- ¼ teaspoon ground cumin

1. Wash hands with soap and water. Wash and peel the mango then cut in half length-wise. Throw away the seed. Cut into ¾-inch cubes.
2. In a medium bowl, combine all ingredients and mix well.
3. Refrigerate until ready to use.
4. Serve wrapped up in a tortilla, on top of rice or with tortilla chips. Makes 16 servings.



Each serving contains: Calories 30, Total Fat 0 g, Sodium 250 mg, Carbohydrate 7 g, Dietary Fiber 2 g, Sugars 3 g, Protein 1 g.

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This publication has been peer reviewed.