



MAY: A TASTE OF CINCO DE MAYO

May is here and more fun awaits outside! What better excuse to celebrate with friends or family than *Cinco de Mayo*? No *Cinco de Mayo* is complete without good Guacamole and Salsa – find 4 different ways to spice them up! As always, we celebrate in **SimplyFresh: Meals in Minutes** style – offering quick, easy, delicious, 5-30 minute, food solutions for home and work. Check out **kid's corner** for fun décor ideas that your little ones can enjoy too!

TANGY THAI 	GRILLED CORN & CHIPOTLE 	STRAWBERRY PEACH W/ CINNAMON CRISPS 	 TOMATO BASIL	 MANGO	 CLASSIC TOMATO
TROPICAL FRUIT 					
4 DIFFERENT WAYS GUACAMOLE		SALSA		4 DIFFERENT WAYS	

CLCK ON
THE ITEM
TO GET
THE
RECIPE



SUPERFOOD

AVOCADO

Avocados are rich in fiber, healthy fats and vitamins, which help boost the absorption of vitamins from other foods.

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FIT



The *SimplyFresh* May LTO (Limited Time Offer) in your local Bon Secours hospital cafeteria will be featuring *Shake 'em Up! Salads* & *South of the Border Salad*. Look for these items and others with a **FIT** icon.

BREAKFAST

BROILED BROWN SUGAR GRAPEFRUIT



ORIGINALLY POSTED BY THE DOMESTIC GEEK

Prep: 3 min **Cook:** 2-3 min **Total:** 5-6 min **Yield:** 1 serving

In season, grapefruits are super juicy and delectably sweet. Eat this recipe right out of the oven with a spoon or add a side of Greek yogurt for added protein. Click image or visit <http://goo.gl/s59RSY>. For 5 Make-Ahead Breakfast alternatives check out <https://goo.gl/q7Ia9B>.

LUNCH

CHICKEN LETTUCE WRAPS

ADAPTED FROM CHUNGAH

Prep: 10 min **Cook:** 10 min **Total:** 20 min **Yield:** 4 servings

Who doesn't love P.F. Chang's Chicken Lettuce Wraps? You can easily make this copycat recipe right at home in just 20 minutes. It's better for you and cheaper. In SimplyFresh style, look for a low sodium soy sauce and no salt added water chestnuts to reduce the salt content. Make it ahead and then just portion it out with dark leafy green goodness. For this fun recipe, click the image or visit <http://goo.gl/qBcHiQ>.

P.F. CHANG'S
chicken lettuce wraps
DAMNDELICIOUS.NET



DINNER

In theme with Cinco de Mayo...



FISH TACOS

ORIGINALLY POSTED BY RODALE'S ORGANIC LIFE

Prep: 16 min **Cook:** 10 min **Total:** 26 min **Yield:** 4 servings

"Who doesn't love fish tacos? We wanted to ditch the frying oil and mayo but maintain the flavor, so we subbed a spicy blackening seasoning and a nutrient-rich mango-avocado salsa, which cuts the heat and pairs perfectly with the fish. For recipe instructions, click on the image or <http://goo.gl/OL3T7a>



KIDS CORNER

Include kids in cooking and décor process



Tissue Paper Picados & Flowers engage kids in the creative process and add a touch of fiesta to any backyard dinner, picnic or outing. Click on the images for quick and easy instructions. From our April post, find an infographic at <http://goo.gl/ryZzB2> with some great ways to include kids of any age in the cooking process. As for kid's favorite foods, try the fruit salsa with cinnamon crisps from above or Mexican Street Corn on the right <http://goo.gl/BejKd9>.

Meals in Minutes blog is an extension of **SimplyFresh: the taste of good health**. **Meals in Minutes** blog is offered as a direct response to survey feedback from the **SimplyFresh** events. Our employees asked for quick & easy solutions that are nutritious and delicious and can fit within the daily activities of the healthcare workforce. Special thanks to all our contributors, such as Morrison, Bon Secours Class-A-Roll, the Wellness Team and more. *We hope you enjoy these offerings from our Bon Secours Employee Wellness family to yours!*