YOUR HEALTH MATTERS!

On Television:
- Buenos Dias Program, 8:00 a.m. - 5:30 p.m., Channel 7, ValleyVisión
- 6:30 p.m. - 7:30 p.m.

Contact:
- Belinda
- Nina

Free Exercise Classes

July 2017

Page 2
Role Model

Know the Benefits
Physical activity does not need to be intensive. A walk in the park can help you live a healthier life.

Walking helps you:

- Maintain a healthy weight
- Prevent or manage different illnesses such as: heart disease, high blood pressure & type 2 diabetes
- Strengthen bones & muscles
- Improve your mood
- Improve balance & coordination

The faster, farther and more frequently you walk, the greater the benefits.

Source: Mayo Clinic
INGREDIENTS:

- 1 (16 oz.) can black beans, drained and rinsed
- ½ green bell pepper, cut into 2 inch pieces
- 1 egg
- ½ onion, cut into wedges
- 3 cloves garlic, peeled
- 1 tablespoon chili powder
- 1 tablespoon cumin
- 1 teaspoon chili sauce or hot sauce
- ½ cup bread crumbs
- Your Favorite Veggies

PREPARATION:

1) If grilling, preheat an outdoor grill for high heat, and lightly oil a sheet of aluminum foil. If baking, preheat oven to 375°F, and lightly oil a baking sheet.
2) In a medium bowl, mash black beans with a fork until thick and pasty.
3) In a food processor, finely chop bell pepper, onion, and garlic. Then stir into mashed beans.
4) In a small bowl, stir together egg, chili powder, cumin, and chili sauce. Stir the egg mixture into the mashed beans. Mix in bread crumbs until the mixture is sticky and holds together. Divide mixture into four patties.
5) If grilling, place patties on foil, and grill about 8 minutes on each side. If baking, place patties on baking sheet, and bake about 10 minutes on each side. Top with your favorite vegetables.

“INGREDIENTS:

- 1 (16 oz.) can black beans, drained and rinsed
- ½ green bell pepper, cut into 2 inch pieces
- ½ onion, cut into wedges
- 3 cloves garlic, peeled
- 1 egg
- 1 tablespoon chili powder
- 1 tablespoon cumin
- 1 teaspoon chili sauce or hot sauce
- ½ cup bread crumbs
- Your Favorite Veggies

PREPARATION:

1) If grilling, preheat an outdoor grill for high heat, and lightly oil a sheet of aluminum foil. If baking, preheat oven to 375°F, and lightly oil a baking sheet.
2) In a medium bowl, mash black beans with a fork until thick and pasty.
3) In a food processor, finely chop bell pepper, onion, and garlic. Then stir into mashed beans.
4) In a small bowl, stir together egg, chili powder, cumin, and chili sauce. Stir the egg mixture into the mashed beans. Mix in bread crumbs until the mixture is sticky and holds together. Divide mixture into four patties.
5) If grilling, place patties on foil, and grill about 8 minutes on each side. If baking, place patties on baking sheet, and bake about 10 minutes on each side. Top with your favorite vegetables.