

Every. Day. Active.



Being healthy means being active every day, whether it's at home, with your family, or in your community. Find your healthy by being active your way.

My Home

- Be a good role model for your kids and set the healthy example for your family
- Start walking your way to a healthy lifestyle

My Kids

- Limit screen time and get active as a family
- Encourage your kids to play and to try new activities

My Neighborhood

- Enjoy the Arizona outdoors! Visit a local park or go on a family hike
- Join community clubs or programs like sports, exercise, gardening, walking or dance

For tips and places to be active near you, visit AZHealthzone.org



Chorizo Slaw Tacos

Ingredients

- 4 cups red cabbage, thinly sliced
- 1 cup fresh cilantro leaves, remove stems
- 3 tablespoons white vinegar, divided
- 2 tablespoons olive oil, divided
- ½ teaspoon salt, divided
- 1 pound lean ground turkey
- 1 tablespoon paprika
- 2 teaspoons ground cumin
- ½ teaspoon ground pepper
- 6 cloves garlic, finely chopped
- 8 6-inch corn tortillas
- Cooking spray

Directions

1. Wash hands with soap and warm water.
2. In a medium bowl, combine cabbage and cilantro.
3. In a small bowl, combine 1 tablespoon vinegar, 1 tablespoon oil and ¼ teaspoon salt and pour over cabbage mixture; toss and set aside.
4. Heat a large frying pan over medium-high heat. Add turkey and cook until brown.
5. In a small bowl, combine left over vinegar, oil, paprika, cumin, pepper, garlic and salt. Pour into pan with turkey.
6. Cook 2 minutes or until turkey reaches 165°F.
7. Heat large frying pan over medium heat and spray with cooking spray. Heat tortilla until soft and remove.
8. Top each tortilla with meat filling and top with slaw and serve.



Makes 4 servings

Nutrition Facts

per serving	
Calories.....	370
Carbohydrates.....	37gm
Protein.....	32 gm
Total Fat.....	11 gm
Saturated Fat.....	1 gm
Trans Fat.....	0 gm
Cholesterol.....	45 mg
Dietary Fiber.....	5 gm
Total Sugars.....	3 gm
Sodium.....	450 mg
Calcium.....	61 mg
Folate.....	16 mcg
Iron.....	3 mg
Calories from Fat.....	27%

Recipe Courtesy of Team 4 Nutrition